

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

SIXTEENTH CONGRESS
First Regular Session

HOUSE BILL NO. 69



Introduced by REP. ANTHONY G. DEL ROSARIO

EXPLANATORY NOTE

Section 12, Article XIII of the Constitution provides that, *"The State shall establish and maintain an effective food and drug regulatory system and undertake appropriate health manpower development and research, responsive to the country's health needs and problems."*

This bill seeks to establish the Healthy Lifestyle Office under the Department of Health (DOH) to coordinate efforts of all health entities, both private and public, in order to prevent and remedy health related problems as well as to ensure that all citizens are educated on the various serious health risks that affect the populace.

When we make healthy choices, we feel better, look better and live better. Choosing the healthy lifestyle requires us to learn the consequences of our behavior on our health. When we are informed on how diet, sufficient sleep, exercise and chemical substances affect our health, we can make educated choices. Healthy lifestyle provides a solid foundation for positive outcome in all aspects of our lives: school, work, recreation and relationships.

The rise in obesity and weight-related problems accompanied by the resulting incidence of chronic diseases has created a crisis that burdens the health care infrastructure of our country. Recent deaths caused by stroke, cardio-vascular disease and cancer can be attributed to erratic lifestyle practices and exposure to risk factors such as smoking, poor eating habits and lack of exercise. The prevalence of such health concerns thereby calls for a comprehensive multidisciplinary approach to prevention. We must take an informed, sensitive approach to communicate and educate our citizens regarding health issues in line with improving the health of our citizens and reducing the cost of health care.

In view of the foregoing, approval of this bill is highly appreciated.


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AN ACT
ESTABLISHING THE HEALTHY LIFESTYLE OFFICE UNDER THE DEPARTMENT
OF HEALTH AND APPROPRIATING FUNDS THEREFOR

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

SECTION 1. Declaration of Policy. – It is hereby declared the policy of the State to adopt, establish and institutionalize mechanisms that are aimed, to protect and promote the health of the Filipino people. Toward this end, the establishment of the Healthy Lifestyle Office is necessary in order to plan, develop and implement a national program for the promotion and support of activities that will make the lifestyle of all Filipinos healthy.

SEC. 2. Healthy Lifestyle Office. – There is hereby established the Healthy Lifestyle Office under the Department of Health to undertake appropriate health development and research program that shall promote the healthy lifestyle responsive to the needs of the Filipinos to reduce sickness, disability and other lifestyle related diseases.

SEC. 3. Duties and Functions. – The Healthy Lifestyle Office shall have the following duties and functions:

- a) Adopt an integrated, comprehensive and community based response for the prevention and control of chronic, lifestyle related non-communicable diseases (NCDs);
- b) Promote health strategies that will be intensified in order to effect changes that would lead to a significant reduction in mortality and morbidity, ensure and actively pursue complementary accountabilities of all stakeholders in the implementation of an integrated, comprehensive and community based response to these diseases;
- c) Establish the Healthy Lifestyle Coalition, composed of public and private sector representatives chosen by the Secretary of Health, to assure consistency of the public health and private sector approach to dealing with programs that address the problems that affect overweight and obese individuals;
- d) Establish a clinical advisory committee to ensure a unified approach using the latest research for consistency in program development and to provide a forum for discussing the issues that institute healthy lifestyles and to identify best practices that can be replicated;
- e) Coordinate higher education and training programs for dietary and exercise physiology students with local health boards;
- f) Solicit, accept and expend grants, gifts, bequests, donations and other funds from any source for programs that will enable the country to accomplish the goals of this program;
- g) Develop a cross-agency series of goals to ensure consistency throughout the system of providers and agencies working in the area of improving lifestyles;

- h) Encourage the development of incentives for participation in employee wellness programs;
- i) Build upon existing initiatives that focus on any of the coalition's goals, soliciting input from these initiatives and eliminating duplication of efforts; and
- j) Exercise such other powers and perform such other duties and functions as may be prescribed by law or ordinance.

SEC. 4. **Executive Director; Qualifications.** – The Office shall be under the direct supervision of an Executive Director who shall be appointed by the President of the Philippines from the list of doctors of medicine recommended by the Secretary of Health. The Executive Director shall be a recognized physician with at least five (5) years experience in any of the most prominent non-communicable diseases, namely: cardiovascular diseases, cancers, chronic obstructive pulmonary diseases (COPD) and diabetes, which are lifestyle related and are linked by common preventable risk factors like tobacco use, unhealthy diet and lack of exercise.

SEC. 5. **Duties of Executive Director.** – The Executive Director shall be directly responsible to the Office, and shall have the following duties:

- a) Exercise over-all supervision and direction over the implementation of all research and development programs of the Office and in general to supervise and direct the management, operation and administration of the Office;
- b) Execute contracts, incur obligations, acquire and dispose of assets and deliver documents on behalf of the Office;
- c) Approve the Office's organizational structure, staffing patterns, operating and capital expenditures;
- d) Recommend the officers and employees of the Office on the basis of the highest possible standards of merit and fitness for public servants subject to the civil service laws, rules and regulations;
- e) Implement and enforce policies, decisions, orders, rules and regulations issued by the Department of Health; and
- f) Exercise such other powers and functions and perform such other duties as may be authorized, delegated, or assigned.

SEC. 6. **Annual Report.** – The Executive Director shall submit to the President of the Philippines, through the Secretary of Health, an annual report generally dealing with the activities and operations of the Office, together with the audit report on the relevant accounts.

SEC. 7. **Appropriations.** – The amount necessary for the implementation of this Act shall be charged to the appropriations for the Department of Health. Thereafter, such sum as may be necessary for the operation and maintenance of the Office shall be included in the annual General Appropriations Act.

SEC. 8. **Implementing Rules and Regulations.** – Within sixty (60) days from the effectivity of this Act, the Secretary of Health shall issue the necessary rules and regulations for the effective implementation of this Act.

SEC. 9. **Separability Clause.** – If any provision or part of this Act is declared invalid or unconstitutional, the remaining parts or provisions not affected shall remain in full force and effect.

SEC. 10. **Repealing Clause.** – All laws, decrees, orders, rules and regulations and other issuances, or parts thereof, which are inconsistent with the provisions of this Act are hereby repealed or amended accordingly.

SEC. 11. **Effectivity.** – This Act shall take effect fifteen (15) days after its publication in the Official Gazette or in two (2) national newspapers of general circulation.

Approved,