

Republic of the Philippines
House of Representatives
Quezon City

Seventeenth Congress
Second Regular Session

House Bill No. **5958**



Introduced by Representative Estrellita B. Suansing

EXPLANATORY NOTE

Section 13, Article II of the 1987 Constitution provides, in part:

"Section. 13. The State recognizes the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual, and social well-being. x x x."

Likewise, Section 15 of the same Article provides:

"Section 15. The State shall protect and promote the right to health of the people and instill health consciousness among them."

Pursuant to these policies, there is a need for the State to actively promote the health of children and to take the necessary steps to prevent serious health risks brought about by the consumption of unhealthy food and beverages. Consequently, the State is just exercising its mandate to protect the right to health of the people by requiring that children are given healthy and nutritious choices when purchasing food and beverages in school canteens.

This bill seeks to regulate the sale of unhealthy food and beverage in all public and private schools in the country by adopting some of the guidelines provided in the Department of Education (DepEd) Order No. 13, Series of 2017, entitled *"Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices."* With the approval of this proposed measure, we will make available healthy, nutritious and affordable menu choices to our youth and instill healthy eating habits among them.

There is also a need for the State to regulate the marketing and sale of foods and non-alcoholic beverages in all public and private schools to prioritize restrictions on the sale and marketing of food products high in sugar, salt and fat. Unhealthy food eating patterns such as more sugar, fats, oils and less leafy vegetables and whole grain cereals and a sedentary lifestyle lead to an upward surge in overweight and obesity.

According to the World Health Organization, malnutrition in all its forms presents a significant threat to human health. Today, the world, especially the developing countries, is facing the existence of the double burden of malnutrition. According to World Health Organization, double burden of malnutrition is the existence of undernutrition side by side with overweight and obesity in the same population across the life course. Poor nutrition impairs physical and brain development in children. Schools are the best places to implement solutions to over-nutrition, malnutrition and obesity since children and young adults spend most of their time in school. Thus, it is imperative to regulate the kind of food and drinks sold at school canteens.

In view of the foregoing, approval of this bill is earnestly sought.


ESTRELLITA B. SUANSING

SEC. 5. ***Duty to Educate Students on the Ill-effects of Unhealthy Food and Beverage Choices.*** – All public and private schools are likewise required to incorporate into their curriculum lessons on the effects of consumption of unhealthy food and beverages, including the effects of sugar on the human body.

1 SEC. 6. ***Adherence to the Requirements of a Healthy Diet.*** – Canteens
2 in all public and private schools are required to adhere to the Philippine Dietary
3 Reference Intakes as recommended by the Department of Science and Technology-
4 Food and Nutrition Research Institute. Canteens are obliged to approximate the
5 nutritive value of foods per serving guided by the following essential factors:

- 6 a. Wide range of nutrients;
- 7 b. Saturated fat is less than 3 grams or approximately equivalent to more than
8 half a teaspoon of fat per serving;
- 9 c. No trans fat;
- 10 d. Added sugar is less than 10 grams or 2 teaspoons per serving; and
- 11 e. Sodium is less than 120 milligrams or equivalent to 300 milligrams of salt or
12 1/20 teaspoons salt per serving.

13 SEC. 7. ***Implementing Rules and Regulations.*** – Within thirty (30) days
14 from the approval of this Act, the Secretary of Education shall, in consultation with the
15 Secretary of Health, Secretary of Science and Technology, Food and Nutrition
16 Research Institute and the National Nutrition Council, issue rules and regulations for
17 the effective implementation of this Act.

18 SEC. 8. ***Repealing Clause.*** – All laws, decrees, rules and regulations,
19 which are inconsistent with the provisions of this Act are hereby repealed or modified
20 accordingly.

21 SEC. 9. ***Effectivity.*** – This Act shall take effect fifteen (15) days after its
22 complete publication in the *Official Gazette* or in a newspaper of general circulation.

23 Approved,