



# NUTRINET newsletter

*Nutrition Research Information Network*

*Working  
towards an  
improved food  
and nutrition  
information  
system in the  
country*

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## NUTRINET Finalizes Three Big Activities for the Year

The NUTRINET Technical Committee members met last May 27, 2006 at the College of Home Economics-University of the Philippines Diliman, (CHE-UPD) Quezon City. There were three events discussed and resolved at this meeting, namely the signing of the NUTRINET Memorandum of Agreement (MOA), the Joint Governing Board and Technical Committee Meeting, the Book Fair at the Food and Nutrition Research Institute Seminar Series scheduled on July 6-7, 2006, and the NUTRIFAIR.

The signing of the new NUTRINET MOA has been set for on July 7, 2006, 10:00 A.M. at the FNRI Meeting Room. Signatories of the MOA consist of department secretaries, university chancellors, agency directors, deans of colleges, heads of private sector organizations and representatives of the industry sectors. Dr. Estrella F. Alabastro and Dr. Francisco T. Duque III will sign the agreement for the Department of Science and Technology (DOST) and the Department of Health (DOH) respectively. The University of the Philippines (UP) will be represented by the respective chancellors, Dr. Ramon L. Arcadio for UP Manila, Dr. Sergio S. Cao for UP Diliman and Dr. Luis Rey I. Velasco for UP Los Baños. The agency directors will include Dr. Mario V. Capanzana (Food and Nutrition Research Institute, DOST), Dr. Nuna E. Almanzor (Industrial Technology Development Institute, DOST), Prof. Fortunato T. De La Peña, (Officer-in-Chief, Office of the Director, Science and Technology Information Institute, DOST), Ms. Crispinita A. Valdez (Director III, Department of Health) and Ms. Maria-Bernardita T. Flores (Officer-in-Charge, Office of the Executive Director, National Nutrition Council). The other signatories will be Dr. Sue Liza C. Saguiguit (Dean, College of Human Ecology, UP Los Baños), Dr.

Milagros P. Querubin (Dean, College of Home Economics, UP Diliman), Dr. Cecilia V. Tomas (Dean, College of Medicine, UP Manila), and Dr. Caridad A. Ancheta (Dean, College of Public Health, UP Manila). Dr. Rodolfo F. Florentino (Chair-President, Nutrition Foundation of the Philippines), Dr. Florentino S. Solon (Executive Director, Nutrition Center of the Philippines) and Dr. Alexander D. Tuazon (VP Medical Affairs Division, United Laboratories, Inc.) will represent the signatories from the private sector members of NUTRINET. Ms. Marie Angela S. Gopalan, (Director, Human Resource Management and Development Service, Department of Social Welfare and Development) and Mr. Asterio P. Saliot (Director, Agricultural Training Institute-Department of Agriculture) will also be there to sign.

It is noteworthy to mention that said MOA was revised to include the termination clause of commitment to the NUTRINET which is three years.

After the renewal of commitment of the members to the Network, a Joint Governing Board and Technical Committee Meeting will follow. The proposed agenda of the meeting will consist of:

- Presentation of the NUTRINET Accomplishments for 1987 to 2005 December
- Review and Discussion on
  - Prioritized activities during the Planning/Workshop for 2005-2007
  - Plan of Activities for 2006
  - NUTRINET Library Collection Development Update

 See NUTRINET... on p.7

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**CONTRIBUTORS**

FNRI, ITDI, STII

**PRODUCTION STAFF**

**Ms. Annie Lyn D. Bacani**  
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**SECRETARIAT**

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**NUTRINET Technical Committee Chair  
In focus**



**DR. ZENAIDA V. NARCISO**

Dr. Zenaida V. Narciso, the Chair of Nutrition Research Information Network (NUTRINET) Technical Working Group (TWG) is a dedicated and committed person in nutrition education, promotion and advocacy. Dr. Narciso is Chief Science Research Specialist at the Research Utilization Management Division (RUMD).

Dr. Narciso, or "Zeny", to her colleagues and friends, is a holder of a Ph.D. in Development Communication from the University of the Philippines Los Banos, where she received honors for coursework. She finished her degree in Master in Community Nutrition at the University of Queensland, Australia. She took her B.S. Community Nutrition at the University of the Philippines Diliman.

She has been with the Institute since 1976. During her 30 years at the FNRI, she has served in various capacities as researcher, planning officer, communication specialist and for a while as Officer-in-Charge of the then Administrative Division (now Administrative and Finance Division).

Dr. Narciso has led various projects in nutrition education and communication research and in nutrition promotion. She is actively involved in different national inter-agency committee work such as nutrition program evaluation, nutrition education, breastfeeding, and food fortification promotion, among others. More than 30 research and technical papers under her name have been completed, published in technical journals or presented in local and international conferences.

Currently, she is the project leader of the FNRI Writers' Pool and the Editor-in-Chief of the FNRI Digest, the official

 *See Technical Committee ... on p.7*

## National Nutrition Council

The formal turn-over of the chairmanship of the National Nutrition Council (NNC) from the Department of Agriculture (DA) to the Department of Health (DOH) was held on 2 February 2006. Health Secretary Francisco T. Duque III, the newly designated Chair of the NNC, Agriculture Secretary Domingo Panganiban, Dr. Mario V. Capanzana, Chairperson of the NNC Technical Committee, and officials of the NNC Secretariat were present during this ceremony.

The new champion of nutrition, NNC Chair Duque committed to continue action for nutrition improvement within the framework of the Health Policy Agenda, the so-called FOURMULA ONE FOR HEALTH. The thrusts of FOURMULA ONE include financing, regulation, service delivery and governance. He also challenged the NNC Secretariat to work harder to achieve its nutritional goals particularly that of alleviating hunger and malnutrition pursuant to recent instructions of President Arroyo. Outgoing NNC Chair Secretary Panganiban on the other hand, likewise affirmed DA's commitment to work closely with the DOH and the NNC in the pursuit of food, nutrition and health security, and poverty alleviation goals.

NNC's transfer to DOH is provided for in Executive Order No. 472, "Transferring the National Nutrition Council from the Department of Agriculture to the Department of Health". The Executive Order was issued on 30 November 2005 by Her Excellency President Gloria Macapagal Arroyo. Under the Executive Order, NNC is mandated to realign its operations to focus on client-based operations and in addressing hunger and malnutrition.

The NNC, as mandated by law, is the country's highest policy-making and coordinating body on nutrition. In addition to DOH, other members of the Council include the DA, Department of Budget and Management (DBM), Department of Education (DepED), Department of Interior and Local Government (DILG), Department of Labor of Employment (DOLE), Department of Science and Technology (DOST), Department Social Welfare and

Development (DSWD), and the Department of Trade and Industry (DTI). The National Economic and Development Authority (NEDA) is also a member of the Council. From the private sector, the members are Ms. Elisa V. Valdecantos, the GMA Kapuso Foundation, Inc., and the ABS-CBN Foundation, Inc.

*Contributor:*

*Ms. Chona M. Fernandez/Ms. Ma. Cecilia V. Sta. Ana  
NNC-DOH*

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## Science.ph Soon to Go On-Line

Science.ph is the first ever-online science and technology (S&T) information service in the Philippines. It has been registered in November 2005 and is envisioned to be launched soon, according to Donna-Ruth V. Montalban, Chief of Information Technology Division of the Science and Technology Information Institute (ITD-STII).

What is so special about Science.ph? Aside from offering a search service for the Philippine S&T information, behind it is a "story of passion and commitment from a breed of dedicated workers toiling in obscurity at STII in the service of the Filipino people," says Ms. Montalban.

Science.ph aims primarily to provide the S&T clientele with a unified access to a comprehensive body of science and technological information, utilizing a wide range of sources in a single portal. The intended beneficiaries of this service are the research, academic and business communities.

Science.ph transcends other engines like Google and Yahoo and is more versatile. Science.ph searches with the use of S&T controlled vocabulary and thesaurus which greatly improve retrieval results. Controlled vocabulary and thesaurus are used for

 *See Science.ph ... on p.4*

# SPECIAL FEATURE

## *Science.ph ... from p.3*

building relationships among terms, getting suggestions to facilitate search strategy building, and for capturing semantic knowledge.

The STII team adopted the open source development concept and the use of open source technologies to develop Science.ph. As of this writing, a prototype of the central interface linking science and technology information on departmental web sites and specialty databases has already been developed. At the initial phase, the web services will search through eight DOST databases, namely:

1. **SciNET** (Science and Technology Information Network) database - a bibliographic database of the DOST agencies library holdings managed by the Science and Technology Information Institute (STII);
2. **HERDIN** (Health Research and Development Information Network) database – a data retrieval system which uses state-of-the-art information and communication technologies, managed by the Philippine Council for Health Research and Development (PCHR);
3. **SCIENTIST** database - contains biobibliographical information of living men and women in the fields of science and technology including their published works. It is managed by STII;
4. **FOREIGN ANALYTICS** database - contains indices of foreign publications on S&T, managed by STII;
5. **INSTITUTIONS** database - contains profiles of S&T institutions in the country. Information include services, facilities, publications and contact person; managed by STII;
6. **R&D** database - contains profiles of R&D projects funded and/or assisted by DOST including those available from other RDIs in the country, managed by STII;

7. **S&T FILIPINIANA** database - contains classified abstracts and indices of Philippine publications on S&T, including available theses and dissertations, managed by STII; and
8. **DOST TRAVEL REPORTS** database - contains highlights of reports on foreign travels of DOST officials and employees.

Content-building is in progress as the team also targets the next phase. The next phase will feature the inclusion of other DOST databases, e-commerce support for full text documents and other resources, personalization and customization to give users more content options, and full semantic Web support for more effective searches. It will also include collaborative filtering system, which predicts information that might be of interest to the users.

The **Science.ph** project staff is divided into two teams according to its phases. The team of the Conceptualization Phase consists of Rosie Almocera, Maribel Palafox, Rodel Offemaria, Mona Montevirgen, Sherry Sarmiento, and JJ Esguerra. The second team in charge of the Design and Implementation Phase includes the following: Sherry Sarmiento, JJ Esguerra, Junjie Roasa, Edgardo Catorce, Efren Jamolod, Carmi Dometita, Marievic Villanueva, Robee Cruz, Domingo Tamayo, Louella Santiago, Alfon Narquita, Rhea Salim, Maribel Palafox, and Leonor Arcilla.

The **Science.ph** is under the stewardship of Engr. Enrico F. Florencio and Ms. Donna-Ruth V. Montalban.

*CRVillamin  
STII-DOST*

## **2006 Nutrition Month Theme**

***"Kumain ng right upang maging  
batang bright."***

## The ABCs of Reducing CVD Risk among Filipinos

Cardiovascular disease (CVD) including stroke remains as one of the leading causes of premature death among Filipinos.

Four out of 10 (4.5%) Filipino adults, 50 years old and above had history of stroke or experienced sudden weakness, numbness and slurring of speech which are symptoms of stroke. This is according to the results of the 2003-2004 National Nutrition and Health Survey (NNHeS) conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) in collaboration with 14 medical specialty societies as part of the 6<sup>th</sup> National Nutrition Survey (NNS). Moreover, the report indicated that CVD including stroke, predominantly affects older persons and the risk rises steadily with age. While some of the risk factors such as genes and age cannot be controlled, others may be reduced by lifestyle changes.

Find out the major risk factors and how to reduce CVD and stroke risk by knowing the following ABC guide:

### *A is for Android Obesity*

This is the excess accumulation of visceral fat around the abdomen. According to the World Health Organization (WHO), adults with high waist circumference (WC  $\geq$  102 centimeters for men and WC  $\geq$  88 centimeters for women) and increased waist-hip ratio (WHR  $\geq$  1.0 for men and WHR  $\geq$  0.85 for women) have higher health risk because of the presence of dangerous abdominal fat in the body. About half (54.8%) of adult Filipino women are android obese using the WHR parameters based on the NNHeS. Android obesity, likewise, as measured by WC has remained more prevalent among women (18.3%) than among men (3.1%). The prevalence of android obesity among adult Filipinos has almost doubled over the five years from 10.7 percent in 1998 to 18.3 percent in 2003.

People with android obesity are more than twice as likely to have a heart attack than lean people based on the result of the International InterHeart study.

### *B is for Blood Pressure and Blood Sugar*

For normal blood pressure (BP), the target range is less than 120/80 millimeters mercury. Blood pressure equal or greater than 140/90 millimeters mercury is a major risk for heart disease and the primary risk factor for stroke and CVD according to the U.S. National Heart, Lung and Blood Institute. The NNHeS reported that 22 out of 100 Filipino adults are hypertensive. Hypertension usually occurs at age 40 years. However, the NNHeS further revealed that 39 percent of younger Filipino adults 20-29 years old are pre-hypertensive.

If you have pre-hypertension (120/80 to 139/89), change your lifestyle now to prevent serious health problems down the road. If you don't know what your blood pressure is, check it! High blood pressure has grave consequences to one's health.

Normal blood sugar based on the American Diabetes Association (ADA) criteria is less than 100 millimeters mercury. Hyperglycemia or diabetes mellitus is characterized by high fasting blood sugar (FBS) level greater than or equal to 125 milligrams per deciliter. Five (5) out of 100 (4.6 percent) Filipino adults have high FBS or with history of diabetes according to the NNHeS report. In diabetes, blood sugar or glucose rises due to insufficient insulin or ineffective use of insulin by the body. It occurs among middle-aged or older people but it is rising among young adult.

Keeping your blood sugar to normal level is helpful in reducing the CVD risk by nearly three times.

### *C is for Cholesterol level*

The National Cholesterol Education Program (NCEP) recommends the following normal cholesterol levels: total cholesterol is  $<$  160 milligrams per deciliter; low-density lipoprotein (LDL) is less than 130 milligrams per deciliter; high-density lipoprotein (HDL) is greater than or equal to 45 milligrams per

 See The ABC's ... on p.6

# Phytochemicals & dietary fiber: bridges to good health

Have you heard the words “functional foods”, “phytochemicals” and “dietary-fibers”? Are they important to our bodies?

Functional foods provide health benefits beyond basic nutrition. Functional ingredients are either naturally-occurring in these foods or added during processing.

Phytochemicals are natural bioactive compounds found in plant foods that work with nutrients and dietary fiber to protect your health. “Phyto” is a Greek word that means plant. Phytochemicals are usually related to plant pigment and bioactive components.

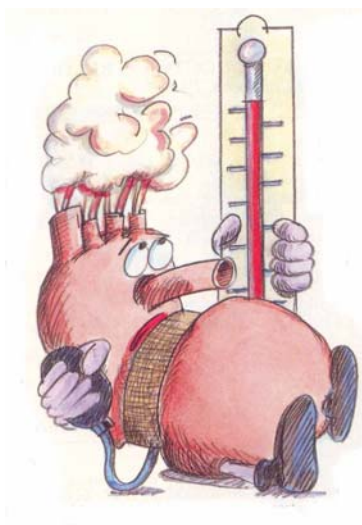
Fruits and vegetables that have bright colors yellow, orange, red, green, blue and purple-generally contain the most number of phytochemicals and the most nutrients. Lycopene, for example, is a phytochemical found in tomatoes and pink grapefruits. Beta-carotene, is a pigment found in squash, carrots and green leafy vegetables. Isoestrogens are found in soy products.

Dietary fiber is the part of food that resists digestion. Fibers are found in plant foods, such as whole grains, fruits, vegetables, legumes, seeds, nuts, etc. They can be divided into two categories, insoluble and soluble. Insoluble fiber is a coarse material that does not dissolve in water. It is called roughage. It helps prevent constipation, intestinal disorders and cancer. Rich sources of insoluble dietary fiber are bran (the outer covering of corn, oat, rice and wheat), whole grains (corn, barley, rice wheat, oat and other cereals) and edible skins of fruits and vegetables. Soluble fiber is made up of sticky substances like gums and gels and dissolves in water. It helps lower blood cholesterol. It also aids in better nutrient absorption. Rich sources of soluble dietary fiber are rolled oats, barley, rye, dry beans and legumes, apples, oranges, peaches, plums, grapes, carrots, cabbage, okra, prunes, citrus fruits, and flour made from coconut residue (*sapal*).

*MIGGlorioso  
FNRI-DOST*

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### The ABC's ... from p.5



deciliter, and triglyceride is less than 150 milligrams per deciliter. Among Filipino adults, a significant increase in the prevalence of high cholesterol level ( $\geq 240$  milligrams per deciliter) was noted, from 4.0 percent in 1998 to 8.5 percent in 2003 based on the 1998 and 2003 FNRI surveys. Total cholesterol, LDL and triglycerides levels increased with age peaking between 40 and 70 years old based on the NNHeS. Furthermore, the survey showed that the prevalence of high LDL ( $\geq 160$  milligrams per deciliter) and the low HDL ( $< 40$  milligrams per deciliter) are 11.7 percent and 54.2 percent, respectively. High levels of total cholesterol and LDL, together with low HDL, increase the risk of heart attacks and stroke. The importance of having your cholesterol measured and knowing its normal levels can reduce your risk of developing CVD.

*ETAbille  
FNRI-DOST*



 *Technical Committee ... from p.2*

newsletter of the FNRI. She also spearheads various trainings and workshops on nutrition, nutrition communication and dissemination for the entire division staff, FNRI employees and external clients through public course offerings.

She has been Secretary, Vice President and Public Relations Officer (PRO) of the Philippine Society of Nutritionist-Dietitians (PSND) Inc. in the past. She is presently the Secretary of this professional organization and Editor-in-Chief of the Catalyst, PSND's newsletter.

Her life outside the FNRI involves teaching at St. Scholastica's College. She is also an active member of the Queens' Row Gospel Church, Inc. where she was once Chair of the Board of Stewards. She is also the Coordinator of the Christian Bible Fellowship at FNRI.

Proven commitment to the cause of the FNRI's service to public, commendable track record in food and nutrition communication research and a proactive visionary all best describe Dr. Zenaida V. Narciso.

*CRTJosue  
FNRI-DOST*

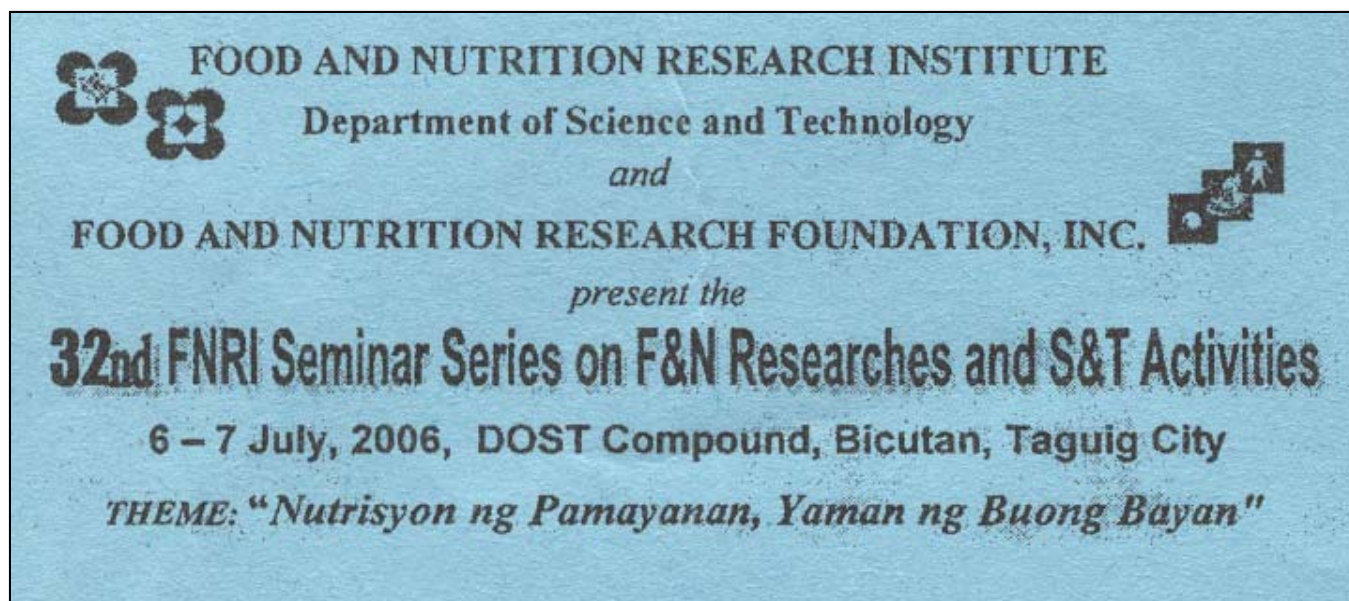
 *NUTRINET... from p.1*

The Bookfair, an income-generating activity of the Network will showcase all types of knowledge-based materials, particularly food and nutrition-related publications and general reference information materials such as dictionaries, encyclopedia, almanacs and maps. It will also include publications of member-agencies of the Network.

The NUTRIFAIR on the other hand, is a yearly activity of the Network. For year 2006, the DSWD was selected Chair of the said activity. The affair features NUTRINET publications and databases, exhibits/sale of the latest food and nutrition publications; ornamental and functional plants; lecture-demonstration on seafoods and meat processing, herbal medicine preparation; and lectures on food and nutrition and health-related topics.

We wish the NUTRINET more power and success in these activities!

*FBBragas  
FNRI-DOST*



**FOOD AND NUTRITION RESEARCH INSTITUTE**  
Department of Science and Technology  
*and*  
**FOOD AND NUTRITION RESEARCH FOUNDATION, INC.**  
*present the*  
**32<sup>nd</sup> FNRI Seminar Series on F&N Researches and S&T Activities**  
6 – 7 July, 2006, DOST Compound, Bicutan, Taguig City  
**THEME: "Nutrisyon ng Pamayanan, Yaman ng Buong Bayan"**

# NEW ACQUISITIONS

*Contributors: Ms. Marilou R. Enteria, National Nutrition Council  
Ms.. Aida S. Aracap, Department of Health*

## CHILD SURVIVAL GROWTH

NNC United Nations Children's Fund  
Strategy to improve child survival  
growth & education division  
development for the most at-risk.

## CARDIOVASCULAR

WG Lueper, Russel V.; Evans, Alun;  
100 McKeigue, Paul; Srinath, Reddy  
CAR World Health Organization, 2004  
2004 Cardiovascular survey methods 3<sup>rd</sup>  
DOH ed.

## FOOD ANALYSIS/CAROTENOIDS ANALYSIS

TX Rodriguez, Delia A.  
545.C1 A guide to carotenoid analysis in foods  
R65 / USAID and ILSI, 2001  
2001  
NNC

## FOOD ADDITIVES

WHO Joint FAO/WHO Expert Committee  
TRS on Food Additives Evaluation of  
928 Certain Food Additives  
DOH

## MATERNAL HEALTH-PHILIPPINES

NNC Tan, Jaime  
Commitment to enhance maternal  
health in the Philippines: prospect for  
achieving millennium development  
goal 5.

## FOOD PYRAMID-LACTATING

FN Daily nutritional guide pyramid for  
TX Filipino lactating women. Bicutan,  
359.P6 Taguig City, FNRI, 2005  
D211  
2005  
Leaflet  
DOH

## NUTRITION PROMOTION-CRISIS

NNC Food and Agriculture  
Protecting and promoting good  
nutrition in crisis and recovery:  
resource guide / Rome: FAO, 162p.  
[with 5 CDs]

## VITAMIN A EFFECT

TX Nalubo, Ritu and Nestel Penelope  
553.V5 The effects of vitamin A nutriture on  
N51 N52 health: a review / USAID and ILSI,  
2001 2001  
NNC

### NUTRINET Secretariat

Food and Nutrition Research Institute-DOST  
DOST Compound, Gen. Santos Ave.  
Bicutan, Taguig City, 1604 Metro Manila  
Website: <http://www.fnri.dost.gov.ph/nutrinet/index.html>

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