Republic of the Philippines
QUEZON CITY COUNCIL
Quezon City
23rd City Council

PR23CC-683

48th Regular Session

RESOLUTION NO. SP-10492, S-2026

A RESOLUTION STRONGLY SUPPORTING COMMUNITY-BASED NUTRITION EDUCATION, ACTIVE LIFESTYLE, AND FAMILY WELLNESS PROGRAMS TO HELP ADDRESS CHILDHOOD OBESITY IN QUEZON CITY

Introduced by Councilors JHON ANGELLI "Sami" C. NERI, JOSE MARIA "Mari" M. RODRIGUEZ, DOROTHY A. DELARMENTE, M.D., and ERWIN REY "Cocoy" A. MEDINA

Co-Introduced by Councilors Tany Joe "TJ" L. Calalay, Bernard R. Herrera, Joseph P. Juico, Charm Ferrer, CPA, MPA, JD, Nicole "Nikki" V. Crisologo, Candy A. Medina, Atty. Voltaire Godofredo "Bong" Liban III, Aly Medalla, Atty. Christoffer Allan "Tope" Liquigan, Albert Alvin "Chuckie" L. Antonio III, Wencerom Benedict C. Lagumbay, Don S. De Leon, Luigi D. Pumaren, Atty. Vicente Belmonte Jr., Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Atty. Jesus Miguel Suntay, Raquel S. Malañgen, Joseph Joe Visaya, Alfred Vargas, MPA, Karl Edgar Castelo, Shaira "Shay" L. Liban, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, and Victor "Vic" D. Bernardo

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WHEREAS, the Quezon City Government continues to promote programs that support preventive healthcare and the well-being of children and families;

WHEREAS, childhood obesity has emerged as a growing public health concern worldwide, including in urban communities in the Philippines;

WHEREAS, medical studies show that childhood obesity increases the risk of developing serious health conditions such as type 2 diabetes, hypertension, cardiovascular disease, and other metabolic disorders later in life;

WHEREAS, unhealthy dietary patterns, sedentary lifestyles, and excessive screen time are among the contributing factors to rising rates of childhood obesity;

WHEREAS, community-based health promotion programs that encourage proper nutrition, regular physical activity, and healthy lifestyle habits can help reduce the risk of obesity among children;

WHEREAS, barangays, schools, parents, and youth organizations can play a vital role in promoting healthy habits among children and adolescents;

WHEREAS, childhood obesity may also negatively affect the mental health, self-esteem, academic performance, and overall quality of life of children and adolescents;

WHEREAS, this Resolution complements and strengthens the objectives of Quezon City Ordinance No. SP-2846, S-2019, otherwise known as the Quezon City Healthy Diet in Schools Ordinance, by further encouraging community-based nutrition education, active lifestyles, and family-centered wellness initiatives aimed at addressing childhood obesity and promoting long-term public health among children and adolescents in Quezon City.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to strongly support, as it does hereby strongly support, community-based nutrition education, active lifestyle, and family wellness programs to help address childhood obesity in Quezon City.

RESOLVED FURTHER, that the Quezon City Health Department, in coordination with the Schools Division Office of Quezon City, the Quezon City Parks Development and Administration Department, and other concerned offices, are encouraged to support nutrition, awareness campaigns, wellness activities, and healthy lifestyle initiatives for children and families;

RESOLVED FURTHERMORE, that barangays are encouraged to conduct localized nutrition education activities, healthy cooking demonstrations, family wellness seminars, and community exercise programs suitable for children and families.

RESOLVED FURTHERMORE, that Sangguniang Kabataan (SK), schools, and youth organizations are encouraged to organize youth-oriented activities promoting healthy eating habits, active lifestyles, responsible screen time habits, and preventive health practices.

RESOLVED FURTHERMORE, that parents, guardians, community stakeholders, and private sector partners such as restaurants, supermarkets, fitness centers, and food establishments are encouraged to support healthier food environments and child-friendly wellness initiatives within their communities.

RESOLVED FINALLY, that copies of this Resolution be furnished to the Quezon City Health Department, the Schools Division Office of Quezon City, all barangays in Quezon City, and other concerned offices for their information and appropriate action.

ADOPTED: May 20, 2026.

CERTIFICATION

This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on May 20, 2026 and was CONFIRMED on June 1, 2026.

MIKEY F. BELMONTE
Acting City Vice Mayor
Presiding Officer

ATTESTED:

ATTY. JOHN THOMAS S. ALFEROS, III
City Government Department Head III
(Secretary to the Sanggunian)