



Republic of the Philippines
Department of Education

NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

OCT 24 2025

MEMORANDUM

SCHOOL-INITIATED ACTIVITIES FOR THE PREVENTION AND
REDUCTION OF OVERWEIGHT AND OBESE LEARNERS

To: Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
OIC-Chief Education Supervisor, School Governance and Operation Division
Public Elementary / Secondary School Heads/OICs
All Others Concerned

1. In support of the Department of Education’s continued efforts to promote child health and nutrition under Republic Act No. 11037 (Masustansyang Pagkain Para sa Batang Pilipino Act) and in alignment with DepEd Order No. 13, s. 2017 (Policy and Guidelines on Healthy Food and Beverage Choices in Schools), this Division strengthens its initiative to prevent and reduce overweight and obesity among learners through school-based nutrition promotion and physical activity programs.

2. Based on the recent Baseline School Weighing Activity in the Elementary level, a total of 44,205 pupils were weighed from 45,448 enrolled learners, with the following nutritional status distribution:

Nutritional Status	Number of Identified Learners	Percentage
Severely Wasted (SW)	954	2.2%
Wasted (W)	2,460	5.6%
Normal (N)	36,391	82.3%
Overweight (OW)	2,865	6.5%
Obese (O)	1,064	2.4%

This data shows that 8.9% (3,929 learners) are classified as overweight or obese, requiring proactive and sustained intervention at the school level to promote healthy weight management and lifestyle habits.

3. Relative to this, all public elementary and secondary schools are enjoined to undertake the following interventions:


a. Schools shall intensify nutrition education and awareness through classroom integration and special activities such as Nutrition Talks mini-sessions, and interactive forum using the **Pinggang Pinoy model**. These should emphasize balanced meals, portion control, and the importance of limiting sugary and processed foods.



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- b. Schools are encouraged to promote active lifestyles by institutionalizing daily morning exercises, **“Hataw” or dance breaks, and organized sports or fun walks.** MAPEH teachers are urged to integrate physical activity beyond classroom settings to ensure that learners engage in at least 60 minutes of moderate to vigorous movement daily.
- c. Schools must ensure compliance with **DepEd Order No. 13, s. 2017**, by strengthening the implementation of the Healthy Canteen Policy. The sale of sugar-sweetened beverages and deep-fried snacks must be restricted, while nutritious options such as fruits, root crops, milk, and water should be made accessible and affordable to learners.
- d. Schools shall involve parents and guardians through nutrition and health education sessions, emphasizing the role of the home environment in promoting healthy eating habits. Schools are encouraged to distribute simple nutrition guides, such as the Pinggang Pinoy visual plate and “Healthy Baon” tips, during parent meetings or PTA assemblies.
- e. Schools must establish a monitoring and evaluation mechanism for overweight and obese learners. This includes quarterly measurement of weight and height, individual or group counseling sessions conducted by the School Health and Nutrition Section, and submission of accomplishment reports for consolidation at the Division level.
4. Immediate and wide dissemination of this Memorandum is desired.


VIOLETA M. GONZALES CESO VI
Assistant Schools Division Superintendent
Officer-In -Charge
Office of the Schools Division Superintendent

Encl: As stated
Reference: As stated
To be indicated in the Perpetual Index
Under the following subjects

NUTRITION

LEARNERS

SCHOOLS

RJLW/ SCHOOL-INITIATED ACTIVITIES FOR THE PREVENTION AND REDUCTION OF OVERWEIGHT AND OBESE LEARNERS FOR SY
2025–2026
October 22, 2025