

PRESS RELEASE

Philippine Statistics Authority – Negros Occidental Hosted a Nutrition Month Seminar

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Registered Nutritionist and Dietitian of Bacolod City Health Office Myrah Lei G. Unson (left photo), and PSA – Negros Occidental Provincial Statistical Office Personnel.

24 July 2024 – BACOLOD CITY. The Philippine Statistics Authority (PSA) Negros Occidental Provincial Statistical Office hosted a Nutrition Month Seminar, in Bacolod City. This year marks the 50th Nutrition Month with the theme: “Sa Philippine Plan of Action for Nutrition (PPAN) *Sama-Sama sa Nutrisyong Sapat Para sa Lahat!*” (Through PPAN, let’s collaborate on nutrition security for all!)

The seminar was conducted by Myrah Lei G. Unson, a registered Nutritionist and Dietitian of the Bacolod City Health Office. The speaker enriched the knowledge of PSA officials and personnel in promoting healthy lifestyle, improves proper nutrition to decrease the level of nation’s malnutrition – undernutrition, overweight, and obesity. Lastly, to engage participants in physical activities and prevent from developing diseases.

Attendees also had the chance to state concerns or inquiries about what proper physical activity to perform, where to coordinate with Bacolod City Health Office in terms of future collaboration of the PSA, and asked advice from the speaker on challenges encounter during working hours.

The Nutrition Month Seminar was made possible through the efforts and support of the Province of Negros Occidental and PSA Negros Occidental Provincial Statistical Office.



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