



**COMMITTEE ON HEALTH AND SANITATION**

**COMMITTEE REPORT**

CHS-PCR-798-2025

Office of the Sangguniang Panlungsod  
Received by: MAY 2025  
Date: 9-MAY

Subject: *A resolution adopting the National Nutrition Council (NNC) governing board resolution No. 2, Series of 2012 entitled: "Revised Implementing Guidelines on Operation of Timbang Plus (OPT PLUS)"*

*(Date referred: March 31, 2025)*

The above-mentioned proposed resolution underwent its first reading on March 31, 2025 during the 134<sup>th</sup> Regular Session of the Sangguniang Panlungsod. The said proposed resolution was referred by the Presiding Officer, City Vice Mayor Hon. Rowena Bautista Mendiola to the Committee on Health and Sanitation.

**FINDINGS:**

Nutrition plays a vital role in the individual's growth and development with growth as a measure of an individual's health and nutritional well-being.

There are two methods of growth assessment in communities in the Philippines that are being implemented, namely Growth Monitoring and Promotion (GMP), the individual child regular growth monitoring for counseling and intervention, and the conduct of mass weighing referred to as Operation Timbang (OPT).

OPT Plus is the annual mass weighing with the addition of the measurement of length or height of all preschool children aged 0-71 months old in a community to identify and located families with malnourished preschool children, and determine the overall nutrition in the area every 1<sup>st</sup> Quarter of the year.






**RECOMMENDATION:**

Hon. Reynaldo C. Palabrica moved for the approval of the above-subject matter duly seconded by all the members of the Sangguniang Panlungsod. The above subject matter was **APPROVED** during its 134<sup>th</sup> Regular Session.

**WE HEREBY CERTIFY** that the contents of the foregoing report are true and correct.


Signed this 31st day of March 2025 at the City of Bacoor, Cavite.

**COMMITTEE ON HEALTH AND SANITATION**

  
\_\_\_\_\_  
**COUN. REYNALDO C. PALABRICA**  
Chairman

  
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**COUN. LEVY TELA**  
Vice Chairman

  
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**COUN. ALDE PAGULAYAN**  
Member

  
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**COUN. CATHERINE SARINO EVARISTO**  
Member







**COMMITTEE ON HEALTH AND SANITATION**

**EXCERPTS FROM THE MINUTES OF THE REGULAR SESSION**  
**CHS-PCR-798-2025**

Subject: *A resolution adopting the National Nutrition Council (NNC) governing board resolution No. 2, Series of 2012 entitled: "Revised Implementing Guidelines on Operation of Timbang Plus (OPT PLUS)"*

*(Date referred: March 31, 2025)*

The 134<sup>th</sup> Regular Session was held last March 31, 2025 at the Session Hall of the Sangguniang Panglungsod. City Vice Mayor Hon. Rowena Bautista Mendiola presided the Regular Session and was called to order at exactly 10:00 a.m.

Atty. Khalid Atega, Jr., Secretary of the Sangguniang Panlungsod proceeded with the roll call, the approval of the Journal and minutes of the 133<sup>rd</sup> Regular Session, and the reading of the referrals to committees of proposed Ordinances, Resolutions, Messages, Communications, Petitions and Memorials.

City Councilor Honorable Reynaldo C. Palabrica moved for the suspension of the internal rules duly seconded by the members of the Sangguniang Panlungsod, the internal rules were suspended.

Upon reading and referral of agenda item No. **PCR-798-2025** – "*A resolution adopting the National Nutrition Council (NNC) governing board resolution No. 2, Series of 2012 entitled: "Revised Implementing Guidelines on Operation of Timbang Plus (OPT PLUS)"*", City Councilor Hon. Reynaldo C. Palabrica moved for the approval of the above-mentioned subject matter.

The motion was unanimously seconded by all the Honorable Members of the 5<sup>th</sup> Sangguniang Panlungsod. The resolution adopting the National Nutrition Council (NNC) governing board resolution No. 2, Series of 2012 entitled: "Revised





Republic of the Philippines  
Province of Cavite  
**CITY OF BACOR**



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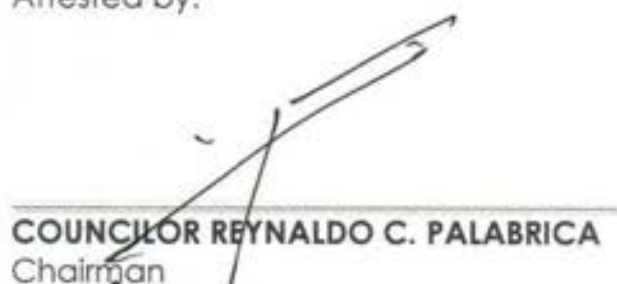
Implementing Guidelines on Operation of Imbong Plus (OPT-PLUS)  
**APPROVED.**

City Councilor Hon. Alejandro F. Gutierrez moved for the adjournment of the 134<sup>th</sup> Regular Session duly seconded by the majority of the members of the 5<sup>th</sup> Sangguniang Panlungsod. The regular session was adjourned at exactly 11:20 a.m.

Prepared by:

  
Ronaldo M. Verona  
Administrative Aide

Attested by:

  
**COUNCILOR REYNALDO C. PALABRICA**  
Chairman



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Resolution Adopting

Republic of the Philippines  
NATIONAL NUTRITION COUNCIL

NNC GOVERNING BOARD  
Resolution No. 2, Series of 2012

**Approving the Revised Implementing Guidelines  
on Operation Timbang *Plus* (OPT *Plus*)**

**Whereas**, nutrition plays a vital role in an individual's growth and development with growth as a measure of an individual's health and nutritional well-being:

**Whereas**, two methods of growth assessment in communities in the Philippines are being implemented, namely; Growth Monitoring and Promotion (GMP), the individual child regular growth monitoring for counseling and intervention, and the conduct of mass weighing referred to as Operation Timbang (OPT);

**Whereas**, OPT *Plus* is the annual mass weighing with the addition of the measurement of length or height of all preschool children aged 0-71 months old in a community to identify and locate families with malnourished preschool children, and determine the overall nutrition situation in the area every 1st quarter of the year;

**Whereas**, the "*Plus*" in OPT *Plus* refers to the:

1. Inclusion of length and height measurement in the conduct of OPT *Plus* because using weight and length or height in combination can help best describe a child's nutritional status in terms of stage of deterioration of nutritional status of the child;
2. Effort of the OPT Team to come up, through a group-coordinated effort, with only one set of OPT *Plus* data for consistency among the different functionaries and groups;
3. Extra effort of local nutrition committees, particularly members of Community Health Teams, to jointly discuss, analyze and utilize the OPT *Plus* results for identification of actions to address the malnutrition problem in the locality; and
4. Use of the Child Growth Standards (CGS) as the country's standard for growth assessment of children as the single international standard that represents the best physiological growth for all children from birth to five years of age and establish the breastfed infant as the normative model for growth and development as stipulated in NNC Governing Board Resolution No. 2, S 2008, "Adoption of the New WHO Child Growth Standards for Use for Children 0-5 years old in the Philippines".



NNC GOVERNING BOARD  
Resolution No. 2, Series of 2012

Approving the Revised Implementing Guidelines on Operation Timbang *Plus* (OPT *Plus*)

**NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED**, in consideration of the above premises, we the National Nutrition Council Governing Board hereby approve the revised implementing guidelines on OPT *Plus*;

**FURTHER RESOLVED** that the following actions be pursued to support the implementation of the revised implementing guidelines on OPT *Plus*;

1. For agencies including but not limited to the Department of Health (DOH), Department of Social Welfare and Development (DSWD), Department of Education (DepED), and Department of the Interior and Local Government to issue the department-wide order in support of this Board Resolution; and
2. The National Nutrition Council (NNC) Secretariat and the National Center for Disease Prevention and Control of the DOH to lead in the conduct of orientation among local government functionaries on the revised implementing guidelines on OPT *Plus* to ensure its consistent adoption; and
3. The NNC Secretariat, with support from the DOH, DSWD, DepED, and Department of Science and Technology to ensure the availability of calibrated weighing scales and verified height boards.

Approved this 12<sup>th</sup> day of January 2012.



**ENRIQUE T. ONA, MD**  
Secretary of Health and Chairperson  
National Nutrition Council Governing Board

Attested:

**Assistant Secretary Maria-Bernardita T. Flores, CESO II**  
Council Secretary and Executive Director IV  
National Nutrition Council