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**A Case Study and Analysis for a More Effective Nutritional Health Program for
Students in Valenzuela City**

A Research Presented to the Faculty of the Senior High School
of the Valenzuela City School of Mathematics and Science

In Partial Fulfillment of the Requirements
of the Subject Practical Research I

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DEDICATION

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ABSTRACT

The nutrition of the students has always been one of the things that we are concerned about. Some students have a normal Body Mass Index (BMI), but some have a low BMI and can be considered underweight, and some have a high BMI or are overweight. This situation gives way to the implementation of some nutritional health programs that address the situation regarding low and high BMI. However, despite the existence of these nutritional programs, there are still students whose BMI has not improved. Using a case study as the design for this qualitative research, this paper seeks to analyze the need for more effective nutritional health programs for students with low and high BMIs based on the viewpoints and experiences of nutritionists. This paper also aims to evaluate and analyze existing programs that address the issue of low and high BMI. The result of this study highlights the existing nutritional programs, the effectiveness of the existing nutritional health programs, and the strategies that can improve the existing nutritional health programs in addressing the issue of low and high BMI.

Keywords: Nutritional Health Program, low BMI, High BMI, Nutrition, Nutritionist,

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CHAPTER I

The Problem and Its Background

A. Introduction

Many developing and non-developing countries around the world suffer a major amount of Malnutrition. In 2020, The World Health Organization (WHO) anticipated that 149 million children under the age of five would be stunted (too short for their age), 45 million would be wasting (too short for their height), and 38.9 million would be overweight or obese. Malnutrition is a contributing factor in about 45% of fatalities in children under the age of five. Malnutrition in children is a perennial problem in the Philippines (Del Rosario, et al. 2013).

According to statistical data from 1975 to 2014, the study revealed that the Philippines ranked ninth in terms of underweight men (3.6 million) and eighth in terms of underweight women (4.4 million), placing a spot higher than Ethiopia, Nigeria, and Brazil. Meanwhile, According to the Food and Nutrition Research Institute of the Department of Science and Technology's most recent survey, around 27 million Filipinos are overweight or obese. Adult overweight and obesity rates have nearly doubled over the previous 20 years, rising from 20.2% in 1998 to 36.6% in 2019. Similarly, from 4.9% in 2003 to 11.6% in 2018, the prevalence rates of overweight and obesity among teenagers have more than doubled.

According to the WHO, Malnutrition refers to deficiencies or excesses in nutrient intake, an imbalance of essential nutrients, or impaired nutrient utilization. The double burden of malnutrition consists of both undernutrition and overweight and obesity, as well as diet-related noncommunicable diseases. Kwashiorkor, Marasmus, Iron-deficiency anemia, Vitamin A deficiency, scurvy, and Rickets, these deficiencies can greatly affect children's performance physically, mentally, emotionally, and academically.

The COVID-19 Pandemic's effects have been prominent for all individuals, especially in their state of well-being. Due to social isolation, a major gap in nutrition and exercise among people opened up (Özden & Parlar Kilic 2021). During the lockdown, many students developed eating habits that would severely affect their nutrition. Accompanying these was the lack of exercise, which continued to worsen the statistics of unhealthy and malnourished students around the world.

According to the World Health Organization (WHO), a healthy diet is crucial for growth and development. Better nutrition is linked to stronger immune systems, safer pregnancies and deliveries, a lower risk of non-communicable diseases (including diabetes and cardiovascular disease), and longer life spans. The impact of diet on physical development and health is examined in the study of nutrition. For growth, reproduction, and survival, our bodies need nutrients, which food provides. Good nutrition helps people preserve their independence by preserving their physical strength, mobility, endurance, hearing, vision, and cognitive capacities (Tufts Health Plan Preferred, 2020). The process of educating individuals and communities on the importance of appropriate nutrition and healthy eating habits is referred to as nutrition education. Its goal is to raise awareness and educate about the impact of diet on general health and well-being. With the right nutrition direction, obesity, diabetes, and heart disease can all be avoided and managed. It makes an effort to provide people with the information and abilities they need to make informed dietary and lifestyle decisions (Piscopo, 2019).

A nutritional health program is a strategy created to encourage and preserve optimal health through a sensible diet. Various initiatives seek to address the root causes of various illnesses, such as inadequate nutrition and improper eating patterns (Mason, 2006). Nutritional health initiatives can assist people and communities in choosing better foods, enhancing their general health, and lowering their chance of developing chronic diseases.

An example of a Nutritional Health Program in the Philippines is the Philippine Plan of Action for Nutrition (PPAN). Under the direction of the National Nutrition Council (NNC), which serves as the national advisory body for nutrition, the Philippine Plan of Action for Nutrition (PPAN) is the design for an integrated program of nutrition interventions. Monitoring and evaluation are the responsibilities of the entity in charge of managing the execution of initiatives and programs relating to nutrition. This program aims to reduce protein–energy malnutrition among children, chronic energy deficiency among adults, and micronutrient deficiencies among all population groups.

Integrated Management of Acute Malnutrition (IMAM) is another government-run initiative in the Philippines that aims to prevent and treat acute malnutrition, especially in young children (under the age of five). Guidelines were adopted by the Department Of Health (DOH) to support the integration of treatment for children suffering from Severe Acute Malnutrition (SAM) into the on-going routine health and nutrition services at the national and local levels. This involves activities including the promotion of breastfeeding, the provision of specific diets and supplements, and the early detection and treatment of severe malnutrition.

The Philippines has established school nutrition programs to enhance the health and academic performance of students, particularly those from low-income families. These programs are frequently supported by the executive branch and non-governmental organizations (NGOs) in public schools. There are many different sizes and types of programs that encourage healthy eating in schools. While some programs focus on promoting good eating habits through campaigns for nutrition education and awareness, others may place more of an emphasis on providing low-income children with free or discounted meals (Shresta et al., 2019). These programs aim to give pupils the wholesome meals they require for their physical and intellectual development.

An example of a School Nutritional Health Program in Valenzuela City is the localized feeding program *Batang Valenzuelano, Let's GO!* where the city's Enhanced Nutribun is distributed to Daycare students at the Dalandanan Multi-Purpose Building. This program aims to fight malnutrition by providing supplemental food, in addition to their regular meals. Five pieces per pack of enhanced nutribun are allocated for distribution of the Chikiting Food Patrol to every student weekly until the completion of the feeding cycle. Also, before concluding the launching, the City's Registered Nutritionist-Dietitian also offered a sustainable, comprehensive, and integrated program to guardians and parents through a "Parent - Nutrition Education Session" to teach basic, practical, and appropriate food and nutrition topics that they can use for good at home (Taborda, 2023). The *Gulayan sa Paaralan* initiative, which stands for "Vegetable Garden in School," is another nutritional health program that has been put into place in Valenzuela City. It aims to increase kids' access to wholesome food while educating them about farming, nutrition, and environmental sustainability.

Malnutrition refers to deficiencies or excesses in nutrient intake, an imbalance of essential nutrients, or impaired nutrient utilization. The double burden of malnutrition consists of both undernutrition and overweight and obesity, as well as diet-related noncommunicable diseases (World Health Organization). The states of being underweight, overweight, or obese can be measured using BMI, or Body Mass Index. BMI is a medical screening tool that calculates the ratio of your height to weight to determine how much body fat you have (*BMI (Body Mass Index): What It Is & How to Calculate*, 2022). Using the formula $\frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$, we can categorize 6 different weight types. Your BMI is considered underweight if it is less than 18.5. Your BMI is between 18.5 and 25, which is considered a healthy weight range. If your BMI is between 25.0 and 30, you are considered overweight. Having a BMI less than 18.5 or greater than 25.0 BMI poses health risks to a person. They have a higher risk of developing malnutrition, anemia, and a weakened immune system, which could lead to more frequent

infections and illnesses, osteoporosis, and infertility (Defining Adult Overweight and Obesity, 2022).

Through a needs analysis, this research aims to discover the needs and define the deficiencies or problems to identify the solution for students with above normal and below normal BMIs through a Nutritional Health Program. Obtaining the perceptions and insights of nutritionists from all over Valenzuela City through interviews would allow the researchers to justify and look for further improvement of nutrition Health Programs all over Valenzuela City. Additionally, observing nutritional health programs conducted in Valenzuela City Monitoring and Observing the premises of the Nutritional Health Program. The Goal of this research is to understand the perception of Nutritionists inside Valenzuela City and the need to conduct a more effective Nutritional Health Program for students with below and above normal BMI.

B. Statement of the Problem

This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspectives of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding above or below normal BMI:

1. How does the Nutritional health program address the issue regarding above or below normal BMI?
2. What are the advantages and disadvantages to the participants of the nutritional health program?
3. What are the programs that are currently being implemented to address low and high BMI?

C. Scope and Delimitation of the Study

This study conducted a case study to assess and observe the Nutritional Health Program around Valenzuela City. The study limits its scope to nutritionists in Valenzuela City, specifically those assigned to City Hall. A non-probability sampling technique known as the "snowball sampling technique" is one in which a researcher begins with a small population of known individuals and expands the sample by asking those initial participants to identify additional individuals who should participate in the study. This technique also includes "purposive sampling", in which participants who have shared an experience but have distinct characteristics and experiences are sought after by the researchers. For a case study, various textbooks recommend varying sizes of samples, but a sample of six to twenty people is sufficient (Renwick, 2019). Its main purpose is to investigate the perception of nutritionists inside the city of Valenzuela regarding the existing nutritional health programs and their implementation to further improve them. The Target Nutritionist must be a registered nutritionist working in Valenzuela City. The participant nutritionist must have a Bachelor of Science in Nutrition and Dietetics (BSND). The Case study would take place around the Research locale of Valenzuela 3's and Valenzuela City Hall.

D. Significance of the Study

Using the viewpoints and experiences of nutritionists, this study intends to assess the need for nutritional health programs in schools. Also, this study attempts to evaluate current nutritional health initiatives that deal with the problem of students with low and high BMI. Thus, this study will be useful to the following individuals:

The **students** with low or high BMI. We can learn new information and get a better understanding of how to improve these programs in order to better serve the needs of students with low and high BMIs by knowing what the current nutritional health programs are and what

nutritionists think about them.

The **Valenzuela City nutrition administration** will benefit from this study because they will have a better understanding of the nutritional needs of students with low or high BMI and will be able to give the right support to improve the overall health of the mentioned students.

The **nutritionist** will also learn more about the dietary requirements of students with low and high BMIs and will be able to offer recommendations on nutrition that are appropriate for these students' requirements.

Future researchers who wish to do research on nutritional health programs for students with low and high BBMIs may find the results of this study useful as a source of information.

The **parents or guardians** of students with low or high BMI, as they will learn more about the significance of adequate nutrition for the growth of their children.

CHAPTER II

Review of Related Literature

The purpose of this chapter is to explain and support the researchers' objectives while providing knowledge and a clearer grasp of the study's main points through the inclusion of noteworthy studies and relevant literature.

A. Nutritional Health Program

Traditional health programs have been on par with schools and universities for quite some time, most notably when the pandemic came, according to Stevens et al. (2020). Traditional Health Programs changed due to quarantine and the pandemic. Unfortunately, since then, Nutritional health programs have come to a halt due to certain quarantine protocols.

Traditional Health Programs Pre-pandemic consisted of Feeding Programs to defeat malnutrition for students and Nutritional Education campaigns to promote nutritional education and control of epidemic diseases (Capanzana & Aguila 2019).

According to the Department of Science and Technology-Food and Nutrition Research Institute (2015) Aims to focus on these three factors on conducting Nutritional Health Programs; Body Mass Index (BMI), White blood cells (WC) and Working heart rate (WHR). The researchers aim to put the focus on the BMI of Senior High School Students. More specifically, students with below normal BMI.

According to Rivera (2017), Feeding programs make up most of the nutritional health programs, The study also shows that after the 100 to 120 feeding days, there was a very high attainment of the SBFP goals, particularly 78.29% of the severely wasted, and those who were categorized as "wasted" were rehabilitated to normal nutritional status and attendance improved to at least 98.86%. This Literature allows the research to understand that conducting a

nutritional test can impact students in a positive manner by improving their Body Mass Index. Also, conducting Nutritional Programs provide high success rates in the Philippines.

A nutritional health program is a plan that uses sensible eating to promote and maintain optimal health. Changes in the underlying social, economic, and health environments as well as specific, deliberate health- and nutrition-related interventions may be responsible for rapid improvements in health and nutrition in developing nations. Nutritional health programs are important turning points in strategies to improve nutrition and food as a solid foundation for socioeconomic development. According to Mason (2006), several initiatives aim to address the underlying causes of various diseases, such as inadequate nutrition and unhealthy eating habits. Nutrition is a fundamental input into health production, impacting both short- and long-term health. This related literature helps the study by giving an overview of the existing knowledge about the topic. It also justifies and demonstrates the significance of the research problem. Nutritional health programs can help individuals and communities select healthier foods, improve their overall health, and reduce their risk of developing chronic diseases.

Considering the justifications of nutritional health programs, it shows that the related literature provides guidance to the researchers to formulate an idea that nutritional health programs can help individuals and communities select healthier foods, improve their overall health, and reduce their risk of developing chronic diseases. With that, individuals can have a better lifestyle by being physically healthy and fit. Thus, having a normal BMI.

B. Body Mass Index (BMI)

Body Mass Index or BMI, according to the World Health Organization (WHO, 2010), is originally known as the Quetelet index, which serves as an indicator of a person's nutritional health. Adolphe Quetelet created it in the 19th century. Researchers found that BMI seems to be a fair proxy for issues connected to obesity and being overweight in the 1970s, particularly

based on the data and report from the Seven Countries study. It is computed by dividing the person's weight in kilograms (kg) by the square of a person's height in meters (m^2) $\frac{weight(kg)}{height^2(m^2)}$.

BMI is used to determine if a person falls under these four categories. Underweight, Normal, Overweight and Obese.

According to Zierle-Ghosh (2022), the four classifications of BMI are; The underweight classification ranges from 16.0 - 18.4 kg/m^2 , the Normal classification ranges from Normal weight: 18.5 - 24.9 kg/m^2 , the overweight classification ranges from Overweight: 25.0 - 29.9 kg/m^2 , and the Obese classification ranges from 30 - above kg/m^2 BMI can be used as a baseline assessment in a research on a nutritional program to determine how well it promotes healthy weight management. By educating participants on balanced diets, portion control, and physical activity, the program may help people reach a healthy BMI. According to Defining Adult Overweight and Obesity (2022), the normal BMI which can be considered as healthy is a BMI that is equal to or greater than 18.5 but equal to or less than 25.

According to Tarrant et al. (2018), here are some effects of Low BMI in a person: (1) Malnutrition: Low BMI can be indicative of malnutrition, which occurs when the body does not receive enough essential nutrients to maintain normal function. Malnutrition can lead to a weakened immune system, increased risk of infection, anemia, and other health problems; (2) Reduced bone density: People with low BMIs may have reduced bone density, which can increase the risk of fractures and osteoporosis; (3) Fertility issues: Low BMIs can cause disruptions in the menstrual cycle, leading to infertility or difficulty conceiving; (4) Weakness and fatigue: A low BMI can lead to weakness and fatigue, as the body may not have enough energy to carry out normal activities; (5) Decreased cognitive function: Low BMIs have been associated with decreased cognitive function and memory impairment. It's important to note that a low BMI may be a result of a variety of factors, including genetics, metabolism, and lifestyle habits, and not necessarily indicative of an eating disorder or intentional weight loss. This Literature allows

the researchers to justify the need for conducting a Nutritional Program for students with below normal BMI, thus citing the effects and aftermath that the Below Normal BMI possesses.

In addition to low BMI, being overweight or having above normal BMI also have effects on the health of a person. According to The GBD 2015 Obesity Collaborators, high BMI can cause (1) ischemic heart disease also known as coronary artery disease (CAD), is a condition that occurs when there is reduced blood flow to the heart muscle due to narrowed or blocked coronary arteries; (2) ischemic stroke is a type of stroke that occurs when the blood supply to a part of the brain is blocked or significantly reduced; (3) hemorrhagic stroke is a type of stroke that occurs when a blood vessel in the brain ruptures or leaks, causing bleeding into or around the brain. This bleeding can damage brain cells and disrupt normal brain function; (4) hypertensive heart disease refers to a group of conditions that occur as a result of long-standing high blood pressure (hypertension). When blood pressure remains elevated over time, it can lead to changes in the heart's structure and function, causing various heart-related problems; and (5) diabetes mellitus commonly referred to as diabetes, is a chronic metabolic disorder characterized by high blood glucose levels (hyperglycemia). It occurs when the body either does not produce enough insulin or is unable to effectively use the insulin it produces. Besides this, it is also analyzed that overweight prevalence in more than 70 countries has increased by two times from 1980 to 2015. In 2015 alone, The GBD Obesity Collaborators also stated that 4 million deaths were contributed by high BMI making 7.1% of deaths in 2015 caused by high BMI. This can show that the increase in prevalence of high BMI in the past few years can lead to a higher death rate caused by BMI which also justifies the need for nutritional programs for those who have high BMI.

Researchers may determine how well the program is working to help participants manage their weight and achieve overall health goals by observing changes in participants' BMI before and after the start of the program. BMI can also be used to identify those who may be

more susceptible to health issues linked to being underweight or overweight. BMI serves as an indicator for how Malnourished a person is.

Researchers can use BMI as a baseline evaluation technique in studies concentrating on nutritional programs or interventions by utilizing this related literature. Researchers may assess how well the program promotes healthy weight management by calculating participants' BMI at the start of the program and monitoring changes over time. The researchers can have a better understanding of weight-related concerns, assess treatments, and create evidence-based strategies promoting healthy weight management and wellness in general by using BMI as a research tool.

C. Fitness of Students

Fitness is the condition of wellness and is described as the presence of good health a person has that is demonstrated by their quality of life and sense of well-being (Paoli & Bianco, 2015). According to Ohoruogu (2016), there are three ways on how fitness can contribute to optimal health and wellness. Fitness can help prevent diseases and illnesses by reducing the risk of conditions caused by inactivity or hypokinetic conditions. Fitness can also help in the treatment of diseases and illnesses as it alleviates symptoms from hypokinetic conditions such as diabetes, heart attacks, back pain, and others. Lastly, fitness promotes health and wellness. Though closely related, fitness is neither health nor wellness (Paoli & Bianco, 2015). Fitness contributed to the quality of life associated with wellness and aided in meeting the nation's health goals. This just shows how fitness can affect a person's life positively, giving them a chance to be more healthy and reduce the risk of being ill. Fitness can be achieved in many ways, like physical exercises such as cardiovascular exercises and strength exercises (CDC.gov, 2022), adequate rests (Sunj & Singh, 2023) and proper nutrition. According to the U.S. Department of Health and Human Services (2015), eating a balanced diet, reduced sugar,

fats, and sodium, and healthy food options can help in achieving fitness and build a healthy eating pattern. Thus, having an effective nutritional program is needed in order to achieve fitness especially for students with low and high BMI.

According to DOST (2018), 25.0% of school-age children are underweight which shows the severity of magnitude to be high. On the other hand, the prevalence of school-aged children being overweight is increasing throughout the years from 8.6% to 11.7% of children, majority from those who are in a wealthy household. Implementing an effective nutritional program for students with low and high BMI can help in bringing the severity down.

Nutritional Fitness of students has been a major factor especially as school progresses to Higher education, sometimes students lack the time to exercise and do fitness activities. Thus leading to poor health fitness that later on evolve to become health illness and diseases. Another effect of poor fitness of students is the low Body Mass index or below normal BMI, this proves as a challenge as students Physical health are at stake.

Considering its implications to nutritional programs, looking at the fitness of the students helps in creating a better understanding about their needs and helps improve the effectiveness of nutritional programs. Besides health, fitness can serve as a gauge to see how effective a nutritional program is since it shows the well being of a person, not only physically but also mentally. By integrating and considering fitness, a nutritional program can be open to other means of improving the health of students.

D. Perception of Nutritionist

Nutritionists are professionals who provide guidance on wholesome eating and the relationship between nutrition and welfare. A nutritionist is defined by Andersen et al. (2018) as a person who studies nutrition and/or provides advice or education on matters relating to nutrition. A nutritionist, thus, is a qualified expert who conducts research on nutrition, makes

suggestions for a healthy diet, and offers guidance on nutrition-related issues. An expert in medicine known as a nutritionist specializes in the study of food and nutrition to enhance health and fend off disease. They conduct analyses of the preferences of the people's diets, lifestyles, and medical problems in order to build plans that will meet the people's nutritional demands. They might work in a variety of settings, including private practices, clinics, and schools. Additionally, they might work with both individuals and groups, offering knowledge, direction, and support for their health, including weight management, disease prevention and treatment, performance in everyday activities, and general health improvement.

Nutritionists need to have a solid grasp of human anatomy and physiology, nutritional biochemistry, and food science. Fallaize et al. (2019) claim that study participants in making dietary recommendations were licensed dietitians and nutritionists with at least two years of experience. This just serves to emphasize how important it is to pick a nutritionist or anyone with enough experience to provide advice about health. A qualified nutritionist should be able to offer recommendations that are backed up by evidence rather than simply offering incorrect dietary advice that could be harmful to others.

Canadian Standards (Cited in Bisset et al., 2013) said that they supported the use of new and emerging strategies for promoting nutritional health programs in schools. This demonstrates that professional groups or specialized dietitians may have preferences or viewpoints with relation to the implementation of nutritional health initiatives in schools. In order to better comprehend the necessity for these programs, it is crucial that we are aware of the dietitians' perspectives on these health-related activities.

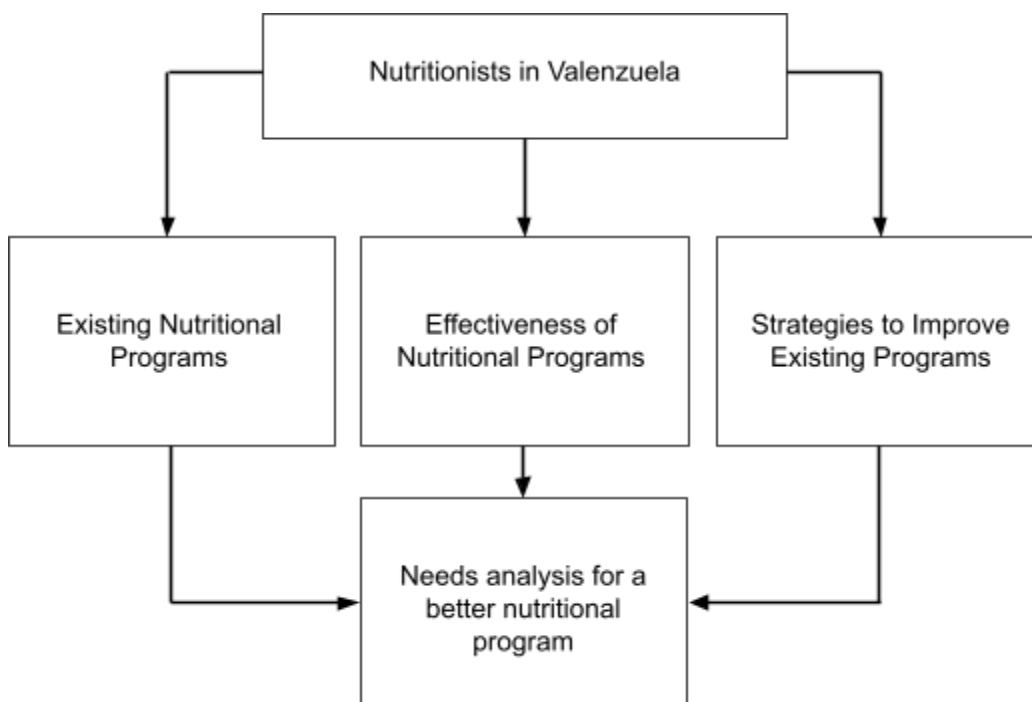
We are able to better understand why we need a credible nutritionist to participate in this study if we have a better knowledge of what makes a nutritionist credible and what makes them qualified to do so. When implementing nutritional health programs in the classroom for students with low and high BMI, it is crucial to acquire the opinion of a reputable dietitian. We can assess

the demand for such programs and identify potential improvements to the present health programs for students with low and high BMI by learning about their viewpoints and views on nutritional health programs.

E. Conceptual Framework

Figure 1

Conceptual Framework of the Study



The insights of the registered nutritionist in Valenzuela City will be the focus of the study. To conduct the needs analysis, the researchers interviewed and discussed with nutritionists their experience with nutritional programs. The researchers also formulated relevant questions that are aligned with the Statement of the Problem of the research. The needs analysis is conducted once all the needed data has been gathered and all research questions have been addressed. This enables the researchers to recommend actions and steps that can be taken to improve

existing nutritional programs. This also enables the researchers to suggest new nutritional programs that can be implemented for underweight students.

F. Definition of Terms

Above Normal Body Mass Index

BMI is a gauge of body fat and a good indicator of your risk for illnesses associated with excess body fat. The higher your BMI, the more likely you are to have certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing difficulties, and some malignancies (National Heart, Lung, and Blood Institute, 2019).

A body mass index (BMI) above 29.9 is categorized as overweight, while a normal BMI range falls between 18.5 and 29.9. Having a higher-than-normal BMI indicates an increased susceptibility to various health-related diseases.

Below Normal Body Mass Index

A person's Body Mass Index is calculated by dividing their weight in kilograms (or pounds) by the square of their height in meters (or feet). A low BMI can show low body fatness. BMI measures weight categories that could lead to health issues, but it does not assess a person's health or body fat percentage (Centers for Disease Control and Prevention, 2022).

A low body mass index (BMI) is a measure of body fat based on a person's weight and height. A BMI below 18.5 is considered to be underweight, which can have negative health consequences.

Malnutrition

Malnutrition is a condition characterized by inadequate or excessive nutrient intake, an imbalance of essential nutrients, or difficulties in nutrient utilization. The concept of the double burden of malnutrition encompasses the coexistence of undernutrition and overweight/obesity, alongside diet-related noncommunicable diseases (WHO, 2022).

Malnutrition is a state of well-being for an individual that can be characterized by either lacking nutrition or overnutrition but generally encompasses a wider variety of conditions.

Needs Analysis

A needs analysis in qualitative research is a method of gathering data to identify the needs, preferences, and expectations of a particular group or population. This type of research typically involves conducting interviews, focus groups, or surveys to collect data from individuals or groups who have direct experience with the topic being studied (Wright & Austin, 2015). Qualitative needs analysis can provide in-depth insights into the attitudes, beliefs, and perceptions of the target population, and can be useful in a variety of fields, including healthcare, education, social services, and market research.

Nutritional Health Program

A nutritional health program is a program designed to promote and improve the nutritional status of individuals or communities. Such programs are typically focused on educating people about healthy eating habits, encouraging the consumption of nutrient-rich foods, and promoting overall wellness (Tontisirin, 2017).

Nutritional health programs aim to be an effective means to improve nutrition by ensuring that individuals have adequate access to resources, specifically food to battle malnutrition. These include developmental programs and policies with strategies that incorporate nutrition objectives. Nutritional health programs also promote appropriate diets and healthy lifestyles as well as monitor nutritional situations.

Nutritionist

A nutritionist is a healthcare professional who has studied nutrition and acknowledges how the body uses food and how nutrition affects health and wellbeing. They are individuals that have expertise on food, nourishment, and health. Nutritionists may likewise observe what the

environment means for the quality and security of food and what it might mean for wellbeing (National Cancer Institute, 2020).

Nutritionists assist individuals with initiating a good diet and eating habits to further develop wellbeing and prevent diseases. They might offer programs on nutrition education, meal planning, and nutritional counseling.

CHAPTER III

Methodology

This chapter discusses the research methodology that was used in this study to analyze the need for a nutritional health program for students in Valenzuela City with a below normal BMI in Valenzuela City. Moreover, this chapter also provides information about the progression of the research, starting with the formulation of interview questions, data collection, and data analysis. It also gives definition to the techniques and strategies used to gain a better understanding of the data that was collected. The research method that was selected by the researchers was designed to make sure that the objectives of the study would be achieved. Further explanations about the research design, sampling technique, instrumentation, data collection, data analysis, and data validation will also be presented in this chapter.

A. Research Design

The researchers performed a Case study and a needs analysis to determine the necessity of a nutritional health program for students with Below and Above normal BMI of students in Valenzuela City. It is a methodical procedure that entails locating gaps between what a person or organization now possesses in terms of skills, knowledge, resources, and capabilities, and what is necessary to accomplish a desired outcome or objective. (Christensen, 2018). The researchers also used case study as the research design of their study, an intensive, systematic investigation of a single person, group, community, or other unit in which the researcher examines extensive data on multiple variables (Heale & Twycross, 2018), which would focus on the experiences of the nutritionists as to how they view nutritional health programs and how to make them better. This study would also focus on the implementation of

nutritional health programs. The purposive snowball sampling technique will be used to choose the respondents in order to get the required data and information.

B. Research Participants

The Nutritionists from Valenzuela City are the focus of this case study. A snowball sampling technique in line with the study's criteria is used to select the participants. The following criteria set by the researchers must be met by any qualifying participant: (1) a registered nutritionist; (2) a BSND graduate who passed the licensure examination; and (3) a registered dietician who finished the 1,200 hours of supervised practice. Five nutritionists from the City Hall who met the criteria were selected using the snowball sampling method.

C. Sampling technique

The snowball sampling method was used in this research study to choose the participants. Non-probability sampling techniques like snowball sampling entail existing participants recruiting additional individuals to join the sample (Nikolopoulou, 2022). Using this sample strategy, it is possible to investigate people who have certain qualities but who might otherwise be challenged to pinpoint by the researchers alone. The five (5) participants, who are registered dietitians and who are now employed in Valenzuela City, were found using these particular sampling techniques.

D. Instrumentation

To ensure the validity of the data gathered, the researchers used two types of instruments: a semi-structured interview and a questionnaire through Google Forms that was used for Pilot testing. The interview will be done with the selected nutritionist in Valenzuela. The interview questions are formulated in a way that is aligned with and relevant to the research

question. The researchers sought the input of their school's nurse to assess the suitability of the proposed questions for the participants. A linguist validated the questions for grammatical and structural accuracy. Furthermore, another nurse reviewed and verified the accuracy of the questions. To guarantee the accuracy of the participants' answers, the researchers returned to the interviewed nutritionist to be validated. Furthermore, the researchers conducted pilot testing regarding the questions to ensure their clarity.

E. Research Procedure

1. Data Collection

The researchers gathered five (5) nutritionists from Valenzuela City Hall. A consent letter containing the title and a short description of the research was given to the informants. Confidentiality and privacy were also given as options. A set of eight (8) interview questions was prepared. Some questions may be answered yes or no, but they can also be further explained through follow up questions. The interview questions underwent validation by an English teacher and two nurses. Before proceeding to the actual data collection, the researchers needed to submit these requirements: institutional approval, informed consent, research questionnaires, and Good Clinical Practice certificate of each member which can be acquired by passing the exam about the 6 hour course in clinical practices.

Participants were informed before the interview about the objectives of the study. An informed consent form was also sent to the participants before the interview. The same questions were given to the participants for clear data analysis. With the participant's consent and knowledge, their answers were recorded for the transcription.

2. Data Analysis

After collecting data from the interview, the researchers transcribed each response from the participants and thematically categorized each response to create a theme. The researchers used keywords and important details to create a theme for each answer. The answers were encoded and critically analyzed by the researchers without any form of bias.

Through in-vivo coding, the researchers' transcriptions were categorized based on the words used in the transcription. In-vivo coding, as defined by Saldana, J. (cited in Andrasik et al., 2014) is the division of data into smaller parts for more codable parts. After this, open coding was used by the researchers to create concepts and categories from the divided data. Open coding is used to label, define, and develop concepts based on the characteristics of the data (Khandkar S.H., n.d.). Axial coding was done after the first cycle of coding to connect and relate each category and create a more general theme. Axial coding is a second phase of coding that requires critical and analytical skills to create more organized and structured categories from the data (Scott & Medaugh, 2017). Lastly, selective coding is done to create the emerging themes of the data. Selective coding, as defined by Creswell (Cited in Schwartz A., 2021), is the incorporation of all the categories and forms a relationship between each category.

The researchers formed a conclusion based on the themes and categories identified and interpreted through the coding process.

3. Data Validation

To demonstrate the validity of the research, all the data gathered from this study was systematically validated to ensure there were no signs of copyright infringement or plagiarism in the collected data. The researchers ensured that no previous studies or topics related to the need for a nutritional health program had been conducted at the Valenzuela City School of

Mathematics and Science. The research questions and interview questions were thoroughly checked and verified by professionals in the field of nutritional health programs.

- a. A legal consent was presented to the practical research advisor for review and information, as they also had a background on the conducted interviews.
- b. The transcriptions were included as evidence for the results and discussions. The findings of the research underwent member checking to ensure the accuracy and precision of the informants' answers.
- c. The researchers referred to the modified information provided by their practical research advisor and other validators, who were experts in the research field. They also considered other student research. The answers provided by the experts served as the go signal for drawing conclusions.
- d. The researchers double-checked the information to be gathered with the respect of the respondents from the interviews. This ensured that the results were consistent and aligned with the objectives of the study.
- e. The researchers conducted a peer review of the information gathered from interviews. Ensuring that the interpretation of the researchers is the same as other peers.

4. Ethical Considerations

To ensure the safety of the participants in this research, their voices are recorded during the interview sessions with their explicit consent. It is explicitly mentioned that participants have the freedom to withdraw from the research at any point if they choose to do so. The confidentiality of the participants' identities is strictly maintained throughout the entire research process to prevent any leakage of their personal information.

Following the interviews, the voice recordings were securely stored in digital format and will be used solely for the purpose of this research. To safeguard the identity and privacy of the participants, it is also essential to ensure the proper disposal of the data collected during the research process. After the research concludes, it is imperative to appropriately dispose of the gathered data to maintain the anonymity and privacy of the participants.

CHAPTER IV

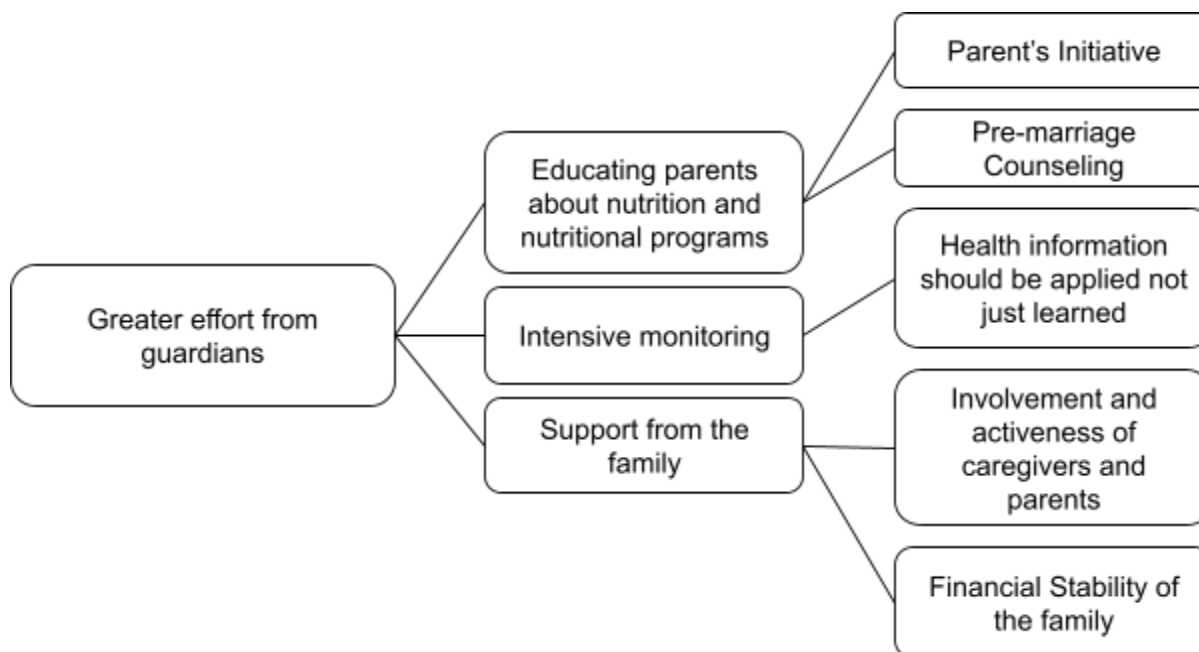
Results and Discussions

Gathered results and data are presented and discussed in this chapter, in line with a more effective Nutritional Health Program for underweight students in Valenzuela City. The following discussions were problems encountered by nutritionists and the insights of Valenzuela City nutritionists on creating more effective nutritional programs.

Nutritional Health Programs

Figure 2

Other Initiatives in Addressing Low and High BMI Students



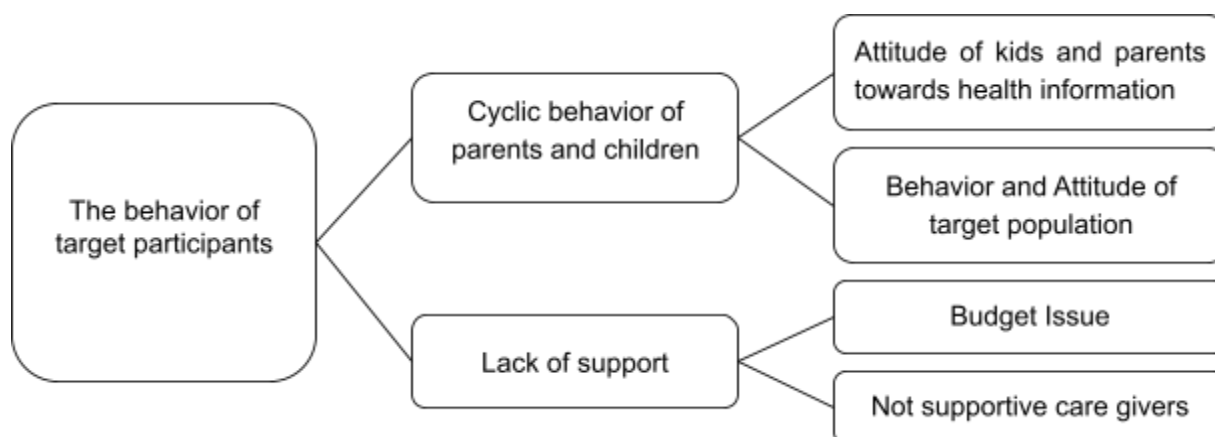
This figure shows the participant's response on how we can improve the strategies in the implementation of existing nutritional health programs to address low BMI. Based on the gathered data, there are several factors that need to be considered when improving these programs, including the lectures regarding nutrition and the programs implemented under it,

thorough monitoring of weights, physical activities, and the involvement of family members as well as their resources. According to participants 1 and 2, they said that *“kung ang pamilya wala masyadong knowledge sa tamang pagkain, tamang pagpapakain, uhh pag after ng feeding balik ulit yan, babagsak ulit”* and *“additional knowledge”*, this means that knowledge about healthy eating habits and lifestyles is important to families as it can be developed in a cyclic manner within the household. While participant 3 indicated pre-marriage counseling, which is also a type of lecture about the first 1000 days of the children to prevent further complications. Correspondingly, participant 4 specified that monitoring the weight is also to be considered in improving the existing programs as well as the family member’s involvement and resources to support their healthy lifestyle. This implies that to improve the existing nutritional health programs, individuals should have proper knowledge about nutrition along with determination and support from caregivers or family members.

Difficulties Encountered

Figure 3

Challenges encountered with the Implementation of Programs



The figure above presents the participants' responses regarding the challenges encountered during the implementation of nutritional programs. According to the data, the

primary problem identified by the participants was the behavior of the target population towards these programs. As mentioned by participants 1 and 2 *“yon yung behavior talaga nila parang wala silang pake”* and *“Ang challenges namin siguro yung behavior nung– at tsaka yung paano nila tanggapin yung mga tinuturo namin”* respectively, this means that parents' lack of commitment to nutrition had a direct influence on their children, creating a cycle of unhealthy habits. Furthermore, the excessive use of gadgets, such as cellphones and tablets, has replaced physical activities and playtime for children. This substitution hampers their ability to engage in physical activities, as they spend more time sitting and playing games on their devices. Inadequate budget allocation was also highlighted as a significant concern. As participants 4 and 5 pointed out, the allocated budget for programs is not sufficient. Insufficient financial resources hinder the proper implementation of programs, leaving them confined to paper plans without practical execution. Addressing these challenges is crucial to ensuring effective and successful nutritional programs.

The existing nutritional health programs face different challenges that affect its implementation. Based on the gathered data, the challenges also affect the participants, their families, and those who implement the program. The behavior and efforts of the said contributors mainly influence the effectiveness of the programs. Furthermore, this also influences the inconsistent records of the programs. The effectiveness and different results of the programs are greatly impacted by the involvement of individuals.

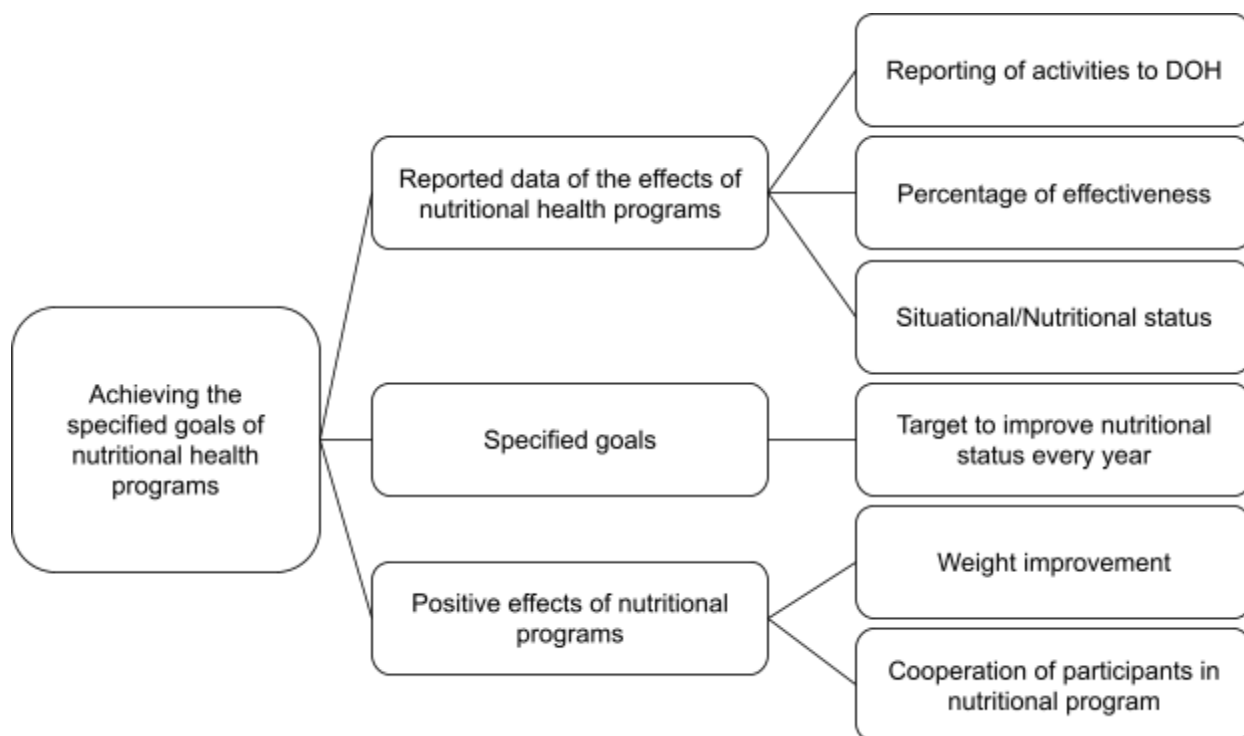
The nutritional health programs are used by improving the issue regarding above and below normal BMI, but there are certain challenges which may hinder the nutritional programs from being effective and useful. One challenge that these programs encounter is about the behavior of the targeted participants, this is because of the lack of support and determination coming from the participants. In order to solve this issue, there are some suggested ways to improve the existing nutritional health programs in order for them to be useful in addressing the

issue regarding below and above normal BMI. One suggestion is the greater effort from the guardians, this involves the more active participation and more determination in participating in nutritional health programs. This is seen in one of the nutritional programs in barangay Dalandanan called “Cooking Contest for Parents of Malnourished Children”, this is where the parents of the malnourished child participate in a cooking contest. This shows the active participation of the targeted participants of the nutritional health programs.

Positive Parameters

Figure 4

Effectiveness Indicators of Nutritional Programs



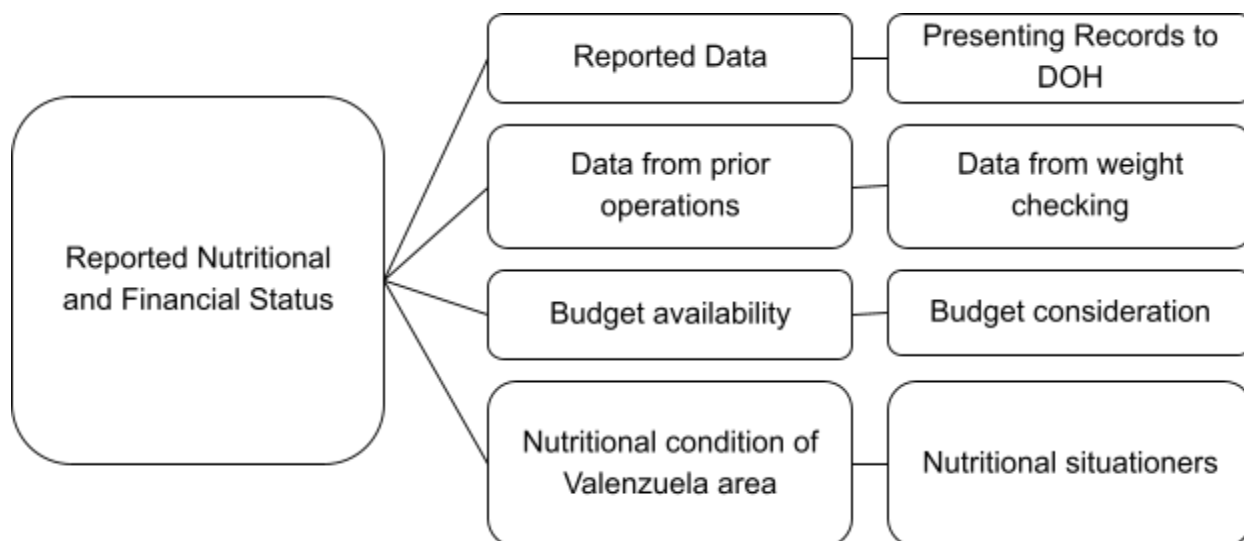
The figure above shows the data or the participant’s answer to what indicators are observed in order to consider the nutritional programs’ effectiveness. Based on the data, it is said that achieving the specified goals of a program is an indicator that the program is right. It is stated by participant 2 that “*yung target na yun kailangan magawa mo*”, means that a nutritional

program is effective if the specified goals are achieved. Because when you achieve the goals of a nutritional program, the positive results or effects of the program will be seen.

Data intended for nutritional objectives

Figure 5

Basis and gathered data in determining objectives of nutritional health programs



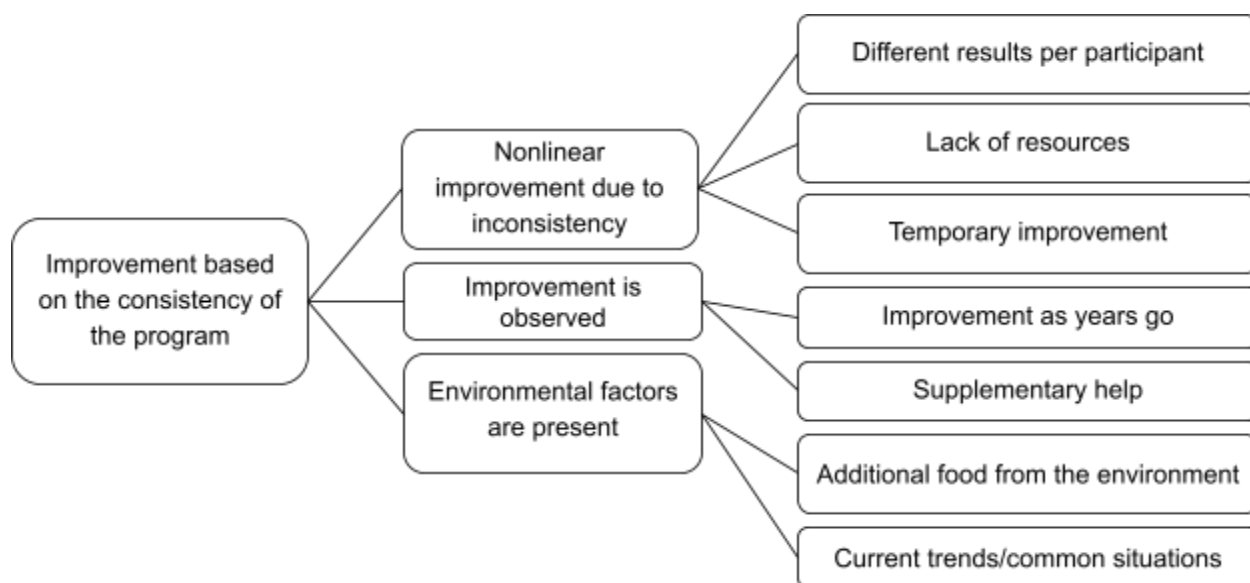
The figure above shows the participant's response on what is the basis and data gathered in order to determine the needed objective of a nutritional health program. Based on the gathered data, there are several factors that determine the objectives of a program, including data from weight checking, budget availability, and the situation of the different areas for nutritional status. Participant 2 said *"operation timbang eh, lahat ng bata tinitimbang, tapos even sa school pag pumasok kayo diba tinitimbang kayo, yun yung mga initial data na kinukuha namin"* and participant 3 also stated *"Bago kami makagawa ng programa, nagtitimbang muna kami"*, this means that at the beginning of the year, weight checking is done to formulate a program based on the data and the budget. While participant 4 indicated that the nutritional status of the areas is also considered when developing a program, this implies that individuals

who are more vulnerable than others are prioritized in nutritional programs based on budget availability.

Components against improvement

Figure 6

Factors affecting Improvement



The figure above shows the data or response of the interviewee about the improvement of the BMI of the students and the factors that led to this result. Based on the data, improvement and no improvement are observed, and this is due to environmental factors. It is stated by participant 1 that “*yung iba nagi-improve, yung kanilang BMI*” and this is due to the environmental factors, just like what participant 2 stated, which is “*Factors, yun nga yung mga factors, yung mga naging trend natin ngayon dahil millennial tayo, puro computer diba yun yung mga factors, puro naka focus sa TV*”, so this is to say that the improvement and no improvement of BMI is somewhat seen, due to the environmental factors or so called “trends” which lead to this result.

The effectiveness of the existing nutritional health programs is observed based on their

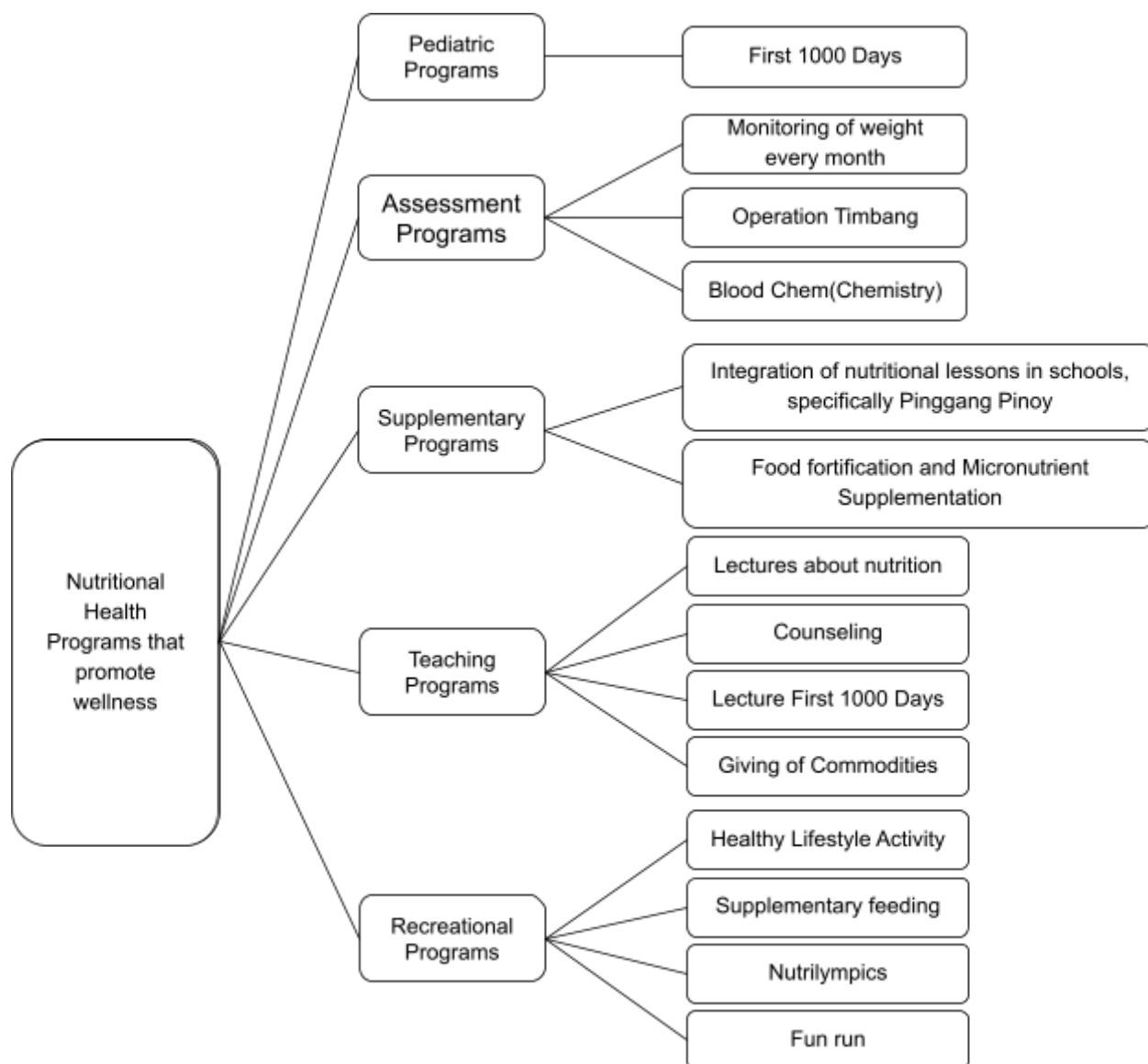
initiatives. Its efficiency can be recognized by determining whether its objectives are achieved or not. There are also different factors that contribute to the improvement of the said programs. These programs prioritize individuals who are more vulnerable based on the different types of data gathered. This is also because of the limited budget allocation. The programs are effective based on the gathered data, but they have an inconsistent record because of the different factors that affect the program itself and its participants.

There are advantages and disadvantages when it comes to nutritional health programs, one advantage of nutritional health programs is that they have specific goals to achieve, in order to show their effectiveness. One example is the goal of OPT in barangay Dalandanan, according to their barangay nutritionist, they have implemented a goal or OPT Target that 2,260 individuals must undergo the OPT program. Another advantage of nutritional health programs is that there is a basis in creating them. This means that before creating a specific nutritional health program, it must consider the nutritional status of the population. As for the disadvantage, nutritional health programs have a nonlinear improvement due to the environmental factors affecting the effectiveness of the program

Nutritional Health Programs

Figure 7

Nutritional Programs Implemented in Valenzuela City



The figure above shows the participant's response to what programs are currently existing and are being implemented to address low BMI. Based on the data gathered, the

programs that are currently in existence focus on weight monitoring, counseling and programs regarding a healthy lifestyle, and lectures about the first 1000 days of life. Participant 5 stated that *“meron kaming OPT massive weighing ng mga bata 0-59 months first quarter, so dun namin makikita yung Nutritional Status ng bata”*, which means that the implementation of massive weighing is necessary to check the nutritional status of individuals. While participants 2 said that *“yung healthy lifestyle meron doon kaming nag co-counseling”* which gives focus on programs that promote a healthy lifestyle, which include counseling, supplementary feeding, and activities that can also offer charitable commodities to people. Moreover, participants 1 and 3 indicate that the lecture regarding the first 1000 days of the children is also necessary to avoid further complications. This implies that knowledge, engagement, and the assistance of those who are cultivated in the field of nutrition are the concerns of the existing nutritional health programs.

One of the programs frequently mentioned by participants is the "First 1000 Days of Life" program. This comprehensive program aims to provide support to mothers and ensure the well-being of newborn babies during their crucial early developmental stage. The program recognizes the significance of this critical window of opportunity in a child's life, as it lays the foundation for their future health, growth, and development. The First 1000 Days of Life program aims to provide a comprehensive framework of support for mothers and infants, with a focus on nutrition, healthcare, vaccination, and developmental stimulation. By investing in the early years of a child's life, this program seeks to lay a strong foundation for their future health, well-being, and success.

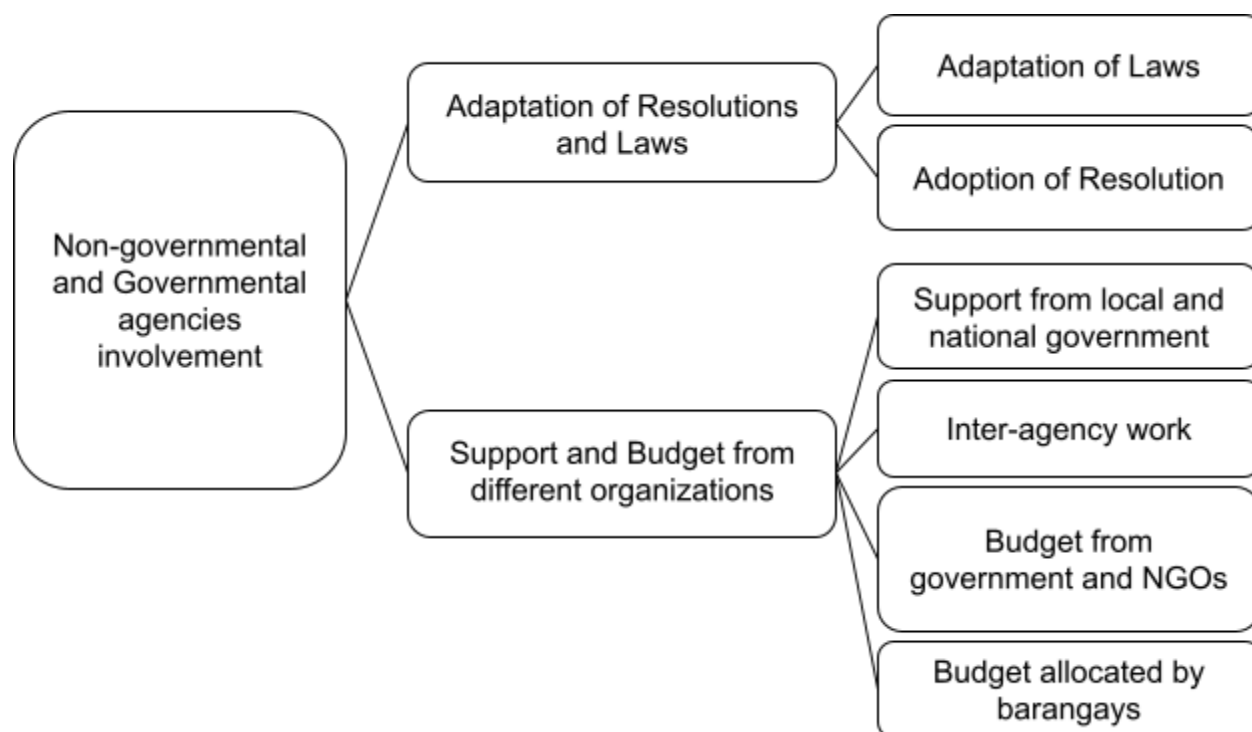
Another program frequently mentioned by participants is "Operation Timbang" or OPT. This program is primarily conducted in schools and daycare centers, aiming to assess the nutritional status of the student population. It is a straightforward initiative that involves gathering children and measuring their weight. The data collected from this program provides valuable

insights into the overall health and well-being of the students, particularly regarding their nutritional status. By systematically weighing the children, the program helps identify any potential issues related to malnutrition or undernutrition. This data serves as a foundation for formulating or adjusting targeted programs and interventions to address the specific nutritional challenges identified within the student population.

Involved Organizations

Figure 8

Government and involvement of other sectors



The figure above shows the participant's answers if the said programs are allocated/implemented by the government or other sectors. Based on the gathered data, the nutritional health programs are being supported by governmental agencies. Like participants 3 and 5 have stated that *“government nagbibigay ng budget. Minsan ang Valenzuela Government, minsan galing mismo sa national government tulad ng DepEd. Mayroon din*

involved na NGOs, nakikipag-usap kami para mapatupad yung mga programs.” and “may budget allocation kami through Barangay Nutrition Council”, the programs are allocated by either the government, NGOs, or the barangays. Participants also said that the barangays are involved in play. This only shows that in the implementation of nutritional health programs, other sectors, such as the government, or NGOs, give their full support.

Limitations

Figure 9

Scope of the Nutritional Programs



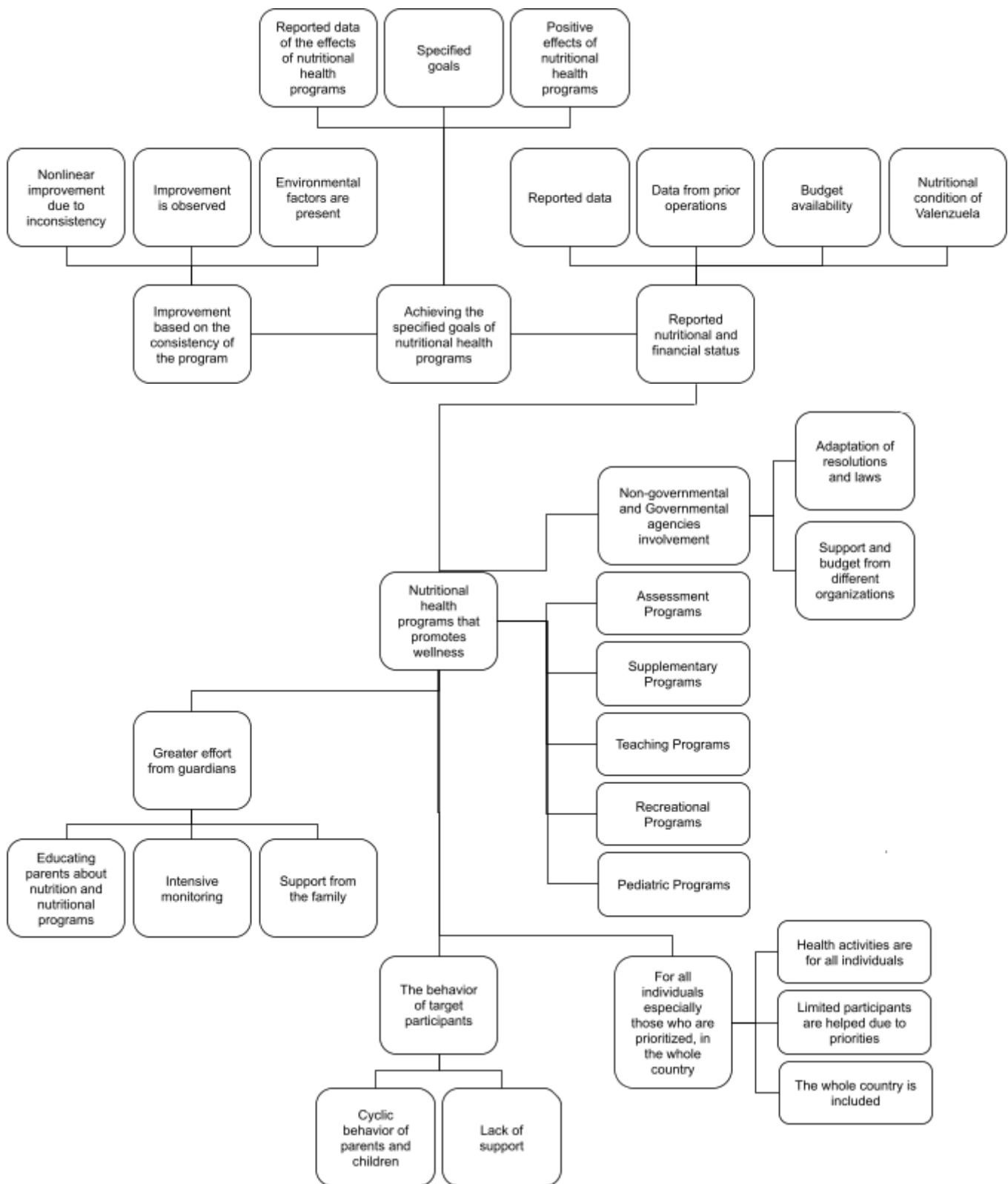
This figure shows the participant's response if the said programs are available in all areas of Valenzuela City and how the nutritional health programs become appropriate for the citizens of the area. Participant 1 said that *"Buong Valenzuela, Lahat yan, pinopromote namin."* and participant 5 stated that *"So hindi lang dito sa Valenzuela, whole Philippines yon."*, this means that the nutritional programs are implemented nationwide, including all areas of Valenzuela City. The said programs are selected depending on the needs of the individuals in a certain area, while the participants are prioritized based on their needs due to limited budget. This implies that the programs that are implemented in the whole country are appropriate for every individual and prioritize those who are in need.

The nutritional health programs that are currently in place focus on monitoring weight, counseling and programs regarding healthy lifestyles, and lectures about the first 1000 days of the children. There are also other activities that promote charitable commodities to people. These nutritional programs are not only available for the areas in Valenzuela City, but they are also implemented throughout the country. These programs are available to all individuals while also giving priority to those people who need them the most. In order for these programs to be implemented successfully, they must be given the support from the sectors. These programs are supported by government agencies, NGOs, and even barangays. These sectors give their support through the allocation of budgets.

In Barangay Dalandanan 3S, planners and calendars play a vital role in organizing and scheduling various programs aimed at addressing health problems within the community. These planners and calendars are displayed to ensure easy access and visibility for community members. They provide a clear overview of the different health services available on specific days of the week, enabling individuals to plan and avail themselves of the appropriate programs. For instance, on weekdays, the Dalandanan 3S offers charitable commodities to people through medical consultations and counseling services, which include family planning support. This comprehensive approach acknowledges the importance of addressing both physical and mental health aspects. By providing medical consultations and counseling, individuals can receive the necessary healthcare assistance while also receiving guidance and support for their overall well-being. Furthermore, the Dalandan 3S has dedicated Wednesdays and Fridays to implementing programs focused specifically on promoting a healthy lifestyle, particularly in the context of nutrition. This targeted approach recognizes the significance of proper nutrition in maintaining good health and preventing health problems.

Figure 10

Overall Semantic Diagram



CHAPTER V

Summary, Conclusion, And Recommendation

A. Summary

This chapter outlines the summary of the findings of this study in line with their set of research questions. The generalization of the conclusion based on the results is also presented. Additionally, recommendations are offered for future research in light of the findings.

1. The first research question attempts to identify how nutritional health programs address the issue regarding above or below normal BMI. From the data gathered and codes interpreted, nutritional programs focus on monitoring weights, counseling, and giving lectures about nutritional health programs. These programs are supported by government agencies and also NGOs, and these programs are available for all individuals while also giving priorities for those individuals who need it the most.
2. The second research questions the effectiveness of currently existing nutritional health programs. Based on the different codes interpreted, the nutritional health programs are made to prioritize those groups and individuals who are more vulnerable based on the data gathered. Due to limited budgets, not every group is included in nutritional programs. The effectiveness of nutritional health programs is observed through the goal of the program itself, whether it is achieved or not. Improvements are somewhat seen in the programs due to different factors. This implies that the nutritional programs are effective, but have an inconsistent record because of different factors affecting the program and its participants.
3. It is seen on the third research question that the existing programs currently address low BMI. Based on the data gathered, the currently existing programs focused on addressing low BMI are monitoring the weight, counseling and programs regarding lifestyle, and lectures about the first 1000 days of life. Implying that knowledge, engagement, and assistance are the primary focus and concerns of nutritional health programs.

B. Conclusion

After the analysis of the responses of each nutritionist, the researchers came up with the codes and formulated the emerging themes, which represent the perception of the nutritionists regarding the research questions. The research questions asks what are the existing nutritional health programs that address the issue of low BMI, how effective are these programs in addressing this issue, and what strategies can improve the existing nutritional health programs. The nutritionists give their responses or answers in a narrative way, and they also give some examples or experiences that they have to support their answers.

From the summary of the responses to the first question, it shows that the nutritional health programs mostly focus on pediatric programs, teaching programs, supplementary programs, and recreational programs. These nutritional health programs are implemented nationwide, including all areas of Valenzuela City, and are selected based on the needs of every individual in an area, which means that they are appropriate for every individual and prioritize those who need them the most. In the implementation of these nutritional programs, other sectors, such as the government, or NGOs, give their full support.

As from the summary of the responses for the second research question, nutritional health programs are developed based on the nutritional status of a certain area, which means that in order to develop a certain nutritional program, certain factors need to be considered. The nutritional health programs developed are appropriate for the citizens of the area because it is said that the BMI of the targeted participants has somewhat improved considering the factors that led to this result. This result or effect will be the basis for determining if the nutritional health programs are effective when it comes to addressing the issue of low BMI. Since the BMI of the targeted participants have improved, we can say that the nutritional health programs are effective

The most evident challenge that the nutritionists encountered in conducting the nutritional health programs was the behavior of the targeted participants towards the program. It is said that the lack of commitment of the parents to the nutritional programs has a direct influence on their children, therefore creating a cycle of unhealthy habits. And in order to address this issue, the nutritionists gave suggestions and recommended other initiatives that focus on educating parents about nutrition, intensive monitoring, and the support that comes from the family. This is to imply that in order to improve nutritional health programs and solve the challenges experienced, targeted participants should have proper knowledge about nutrition along with determination and support from caregivers or family members.

C. Recommendations

Relevant Actions based on Research Findings

1. The researchers recommend parents and their children to take nutritional programs more seriously by actively participating in lectures and implementing the acquired knowledge into their dietary plans. Furthermore, showing active participation and willingness to eliminate malnutrition in students.
2. The researchers propose an approach to enhance the educational landscape by advocating the implementation of specialized programs during student breaks. By strategically integrating these programs, an opportunity arises to produce a continuous improvement and linear progression in student learning and development for a more healthy life.
3. The researchers suggest developing programs that are more engaging to encourage the students and participants of the nutritional health program and maintain a positive behavior towards nutrition.

Implications for Future Researchers

1. The researchers propose prioritizing overweight or obese individuals instead of underweight ones, as these conditions are more common in today's society, according to the participants' feedback.
2. The researchers propose to extend to more barangay 3's or barangay health centers around a certain location to fully assess the success rate and effectiveness of the Nutritional Health Program conducted in each barangay. Furthermore to determine the factors which affect the success rate and effectiveness of the Nutritional Health Program.
3. The researchers propose to extend to more barangay 3's or barangay health centers around a certain location to fully assess the problems which emerge. Additionally citing solutions to apprehend the needs for a more effective Nutritional Health Program
4. The researchers propose to gather more data from the city nutritionist in the Research Locale. Such as programs, activities, actions and analysis about the current and past nutritional programs.
5. Furthermore, the researchers would like to recommend a comprehensive Case study of the currently being implemented nutritional health programs around Valenzuela City. This is to enhance the information to be gathered by the researchers.

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APPENDICES

APPENDIX A

Institutional Approval



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

INSTITUTIONAL APPROVAL

April 28, 2023

MR. JAIME S. DE VERA JR.
Principal III

THRU: **MR. ALBERT B. TOLENTINO**
Officer-in-Charge, Assistant Principal
Senior High School

Dear Mr. De Vera:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspectives of nutritionists. This study also aims to analyze existing nutritional health programs that address the issue of low BMI.

Our research design will involve nutritionists, who will participate voluntarily in semi-structured interviews as our method of data collection. There will be eleven (11) prepared interview questions. Even though the response to the question can be yes or no, further information can often be obtained by asking follow-up questions. An authority on the subject of research will certify the interview questions. With the participant's consent and knowledge, their answers will be recorded for the transcription. In view of this, we would like to seek your permission to allow us to interview participants from your school. Our data gathering will be conducted within the period of April 17–May 26 of the present year. Specifically, the dates of which will be conferred with the research participants.

For any questions and/or concerns, you may email us at pr.plato.grp6@gmail.com or contact us at the cell phone number: 09683104524.

We fervently hope that this request will merit your kind consideration and approval.

Respectfully,

WONG, MARTIN CALEB A.
Research Group Leader
11 - Plato

Noted:


MRS. EDNA C. LUCANAS-DE JESUS
Teacher, Practical Research I

Endorsed:



ALBERT B. TOLENTINO
Officer-in-Charge, Assistant Principal,
Senior High School

Approved:

JAIME S. DE VERA JR.
Principal III


 (02) 8291-5591
 vcsms.valenzuela@gmail.com
 www.valscience.webs.com

APPENDIX B
ENDORSEMENT LETTER

	<p>Republic of the Philippines CITY GOVERNMENT OF VALENZUELA Metropolitan Manila</p> <hr/> <p>VALENZUELA CITY HEALTH DEPARTMENT</p>	
<p><u>LETTER OF ENDORSEMENT TO CONDUCT RESEARCH STUDY</u></p>		
<p>May 29, 2023</p>		
<p>This is to formally endorse <u>Mr. Martin C. Wong</u> of <u>Valenzuela City Mathematics and Science High School</u> with research study entitled <u>A Need Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City</u> to conduct their research within the area of your jurisdiction.</p>		
<p>Any unauthorized disclosure or use of such Confidential Information and or physical and emotional harm would cause irreparable damage and significant injury, the degree of which may be difficult to ascertain. The Valenzuela City Health Office shall have the right to pursue any and all other rights and remedies available at law or in equity for such damages.</p>		
<p>Signed:</p>		
<p>MAY RONALEE MALLARI, MD Health Research Coordinator Valenzuela City</p>		
<p>Noted by:</p>		
<p>MARTHONY F. BASCO, MD, MPH, FPPS City Health Officer Valenzuela City Health Department</p>		

Rights and Remedies Against Unauthorized Disclosure

I hereby agree to safeguard and maintain as confidential, to the best of my ability, any confidential information, including health office matters that is understood at the time.

I further agree that I shall regard information pertaining to the research project confidential even if there is no explicit indication of such, and will obtain permission to the Valenzuela City Health Office before I disclose such information.

Any unauthorized disclosure or use of such Confidential Information would cause irreparable harm and significant injury, the degree of which may be difficult to ascertain. The Valenzuela City Health Office shall have the right to pursue any and all other rights and remedies available at law or in equity for such breach.

Signature of Researcher

Name of Researcher

Academic Institution

Date

Wong, Martin Caleb A.


Valenzuela City School of Mathematics and Science

May 30, 2023

APPENDIX C

Informed Consent Forms

Response to Request Form - Informant 1



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST TO PARTICIPATE IN RESEARCH

May 24, 2023

Dear Sir/Madam:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI.

In this view, we would like to ask for your participation in a structured interview in line with our data collection. Below are the pertinent terms and conditions which will be strongly observed should you agree to be one of our interview respondents.

- The interview questions will only focus on the research topic and will not compel you to provide classified information.
- You may express your answer to the interview questions in whichever language or dialect you are most comfortable with (i.e., Filipino, English, Taglish)
- Your anonymity as a respondent will be insured.
- All interview information will be recorded and transcribed in accordance with the data collection and analysis.
- All information and ideas that you will share will be kept strictly confidential, and will only be used to address the problem of the research study.
- Participation of the respondent will be entirely voluntary and will have the freedom to withdraw from the interview at any time.


Please fill out the response box below should you decide to participate in the interview. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher/Practical Research I



(02) 8291-5591
 vcsms.valenzuela@gmail.com
 www.valscience.webs.com

INFORMED CONSENT

I agree to be interviewed in line with the research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City"

I have been informed of the purpose of the research study as well as the terms and conditions for my participation


(Signature over printed name)
Name of the Research Participant

5/30/23
(Date)



(02) 8291-5591
vcms.valenzuela@gmail.com
www.valscience.webs.com

Response to Request Form - Informant 2



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST TO PARTICIPATE IN RESEARCH

May 24, 2023

Dear Sir/Madam:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI.

In this view, we would like to ask for your participation in a structured interview in line with our data collection. Below are the pertinent terms and conditions which will be strongly observed should you agree to be one of our interview respondents.

- The interview questions will only focus on the research topic and will not compel you to provide classified information.
- You may express your answer to the interview questions in whichever language or dialect you are most comfortable with (i.e., Filipino, English, Taglish)
- Your anonymity as a respondent will be insured.
- All interview information will be recorded and transcribed in accordance with the data collection and analysis.
- All information and ideas that you will share will be kept strictly confidential, and will only be used to address the problem of the research study.
- Participation of the respondent will be entirely voluntary and will have the freedom to withdraw from the interview at any time.


Please fill out the response box below should you decide to participate in the interview. Thank you.

Respectfully,

WONG, MARTÍN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher/Practical Research I



(02) 8291-5591
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INFORMED CONSENT

I agree to be interviewed in line with the research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City"

I have been informed of the purpose of the research study as well as the terms and conditions for my participation.


(Signature over printed name)
Name of the Research Participant

(Date)



(02) 8291-5591
vcsms.valenzuela@gmail.com
www.valscience.webs.com

Response to Request Form - Informant 3



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST TO PARTICIPATE IN RESEARCH

May 24, 2023

Dear Sir/Madam:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI.

In this view, we would like to ask for your participation in a structured interview in line with our data collection. Below are the pertinent terms and conditions which will be strongly observed should you agree to be one of our interview respondents.

- The interview questions will only focus on the research topic and will not compel you to provide classified information.
- You may express your answer to the interview questions in whichever language or dialect you are most comfortable with (i.e., Filipino, English, Taglish)
- Your anonymity as a respondent will be insured.
- All interview information will be recorded and transcribed in accordance with the data collection and analysis.
- All information and ideas that you will share will be kept strictly confidential, and will only be used to address the problem of the research study.
- Participation of the respondent will be entirely voluntary and will have the freedom to withdraw from the interview at any time.


Please fill out the response box below should you decide to participate in the interview. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato


Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher/Practical Research I



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Response to Request Form - Informant 4



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malibta, Valenzuela City

REQUEST TO PARTICIPATE IN RESEARCH

May 24, 2023

Dear Sir/Madam:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI.

In this view, we would like to ask for your participation in a structured interview in line with our data collection. Below are the pertinent terms and conditions which will be strongly observed should you agree to be one of our interview respondents.

- The interview questions will only focus on the research topic and will not compel you to provide classified information.
- You may express your answer to the interview questions in whichever language or dialect you are most comfortable with (i.e., Filipino, English, Taglish)
- Your anonymity as a respondent will be insured.
- All interview information will be recorded and transcribed in accordance with the data collection and analysis.
- All information and ideas that you will share will be kept strictly confidential, and will only be used to address the problem of the research study.
- Participation of the respondent will be entirely voluntary and will have the freedom to withdraw from the interview at any time.


Please fill out the response box below should you decide to participate in the interview. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher/Practical Research I



(02) 8291-5591

vcsms.valenzuela@gmail.com

www.valscience.webs.com

INFORMED CONSENT

I agree to be interviewed in line with the research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City"

I have been informed of the purpose of the research study as well as the terms and conditions for my participation.


(Signature over printed name)
Name of the Research Participant

5 - 30 - 23
(Date)



(02) 8291-5591
vcsms.valenzuela@gmail.com
www.valscience.webs.com

Response to Request Form - Informant 5



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST TO PARTICIPATE IN RESEARCH

May 24, 2023

Dear Sir/Madam:

Good day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI.

In this view, we would like to ask for your participation in a structured interview in line with our data collection. Below are the pertinent terms and conditions which will be strongly observed should you agree to be one of our interview respondents.

- The interview questions will only focus on the research topic and will not compel you to provide classified information.
- You may express your answer to the interview questions in whichever language or dialect you are most comfortable with (i.e., Filipino, English, Taglish)
- Your anonymity as a respondent will be insured.
- All interview information will be recorded and transcribed in accordance with the data collection and analysis.
- All information and ideas that you will share will be kept strictly confidential, and will only be used to address the problem of the research study.
- Participation of the respondent will be entirely voluntary and will have the freedom to withdraw from the interview at any time.


Please fill out the response box below should you decide to participate in the interview. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher/Practical Research I



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INFORMED CONSENT

I agree to be interviewed in line with the research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City"

I have been informed of the purpose of the research study as well as the terms and conditions for my participation.

(Signature over printed name)
Name of the Research Participant


5-28-23
(Date)



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APPENDIX D

REQUEST FOR VALIDATION OF RESEARCH INSTRUMENT



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST FOR VALIDATION OF RESEARCH INSTRUMENT

April 28, 2023

MRS. KHRISTINE SY, RN.
 Registered Nurse
 Valenzuela City School of Mathematics and Science-Senior High School
 A. Pablo St., Malinta, Valenzuela City, MM

Dear Ma'am:

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City."

In this view, we would like to seek your expertise in validating the proposed interview questions in line with our data collection task.

Attached is the accomplished research instrument validation form for your perusal and comment.

May this request merit your kind consideration and approval. Thank you.

Respectfully,


WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher, Practical Research I

Approved:

MRS. KHRISTINE SY, RN.
 Registered Nurse



(02) 8291-5591

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Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

RESEARCH INSTRUMENT
VALIDATION FORM
 (Practical Research I - Qualitative Research)

- I. **Research Title:** A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City
- II. **Research Proponents:** Delos Reyes, Althea Erjole M.; Martinez, Naomi Jinn S.; Salao, Jarrell P.; Santos, Vincent Emman D.; Saulo, Luke G.; Wong, Martin Caleb A.
- III. **Research Respondents:** Nutritionists in Valenzuela City
- IV. **Statement of the Problem:** This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspectives of nutritionists. This study also aims to analyze existing nutritional health programs that address the issue of low BMI.

Research Question	Proposed Interview Question	Revision (if any)
1. What programs are currently existing and are being implemented to address low BMI?	1.1. Can you cite nutritional programs and their goals that the Valenzuela government has implemented which have a positive relationship to the low BMI issue? 1.2. Are the said programs implemented/allocated by the government, or are other sectors involved? 1.3. Are the said programs available in all areas of Valenzuela City or in certain areas only?	






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	How did the said nutritional health programs become appropriate for the citizens of the area?	
2. How effective are the nutritional health programs in addressing these issues regarding low BMI?	<p>2.1. What indicators are observed in order to consider the effectiveness of the nutritional program?</p> <p>2.2. What are the basis and data gathered in order to determine the needed objectives of a nutritional program?</p> <p>2.3. Has the low BMI of the students improved as a result of the existing nutritional health programs? If so, what are the factors that lead to this result?</p>	
3. How can we improve the strategies in the implementation of existing nutritional programs to address low BMI?	<p>3.1. What other initiatives can you recommend in addition to feeding programs to help better handle low BMI students?</p> <p>3.2. What are the challenges faced while implementing the said nutritional programs, and how did you manage to deal with these difficulties?</p>	

Note: Please use different colored pen in writing revision for each proposed interview question.



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Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST FOR VALIDATION OF RESEARCH INSTRUMENT

May 3, 2023

MRS. VIRGIE GULBIQUE, CNA.
 Nursing Assistant
 Fatima Medical University Center
 120 MacArthur Highway, Marulas, Valenzuela City, MM

Dear Ma'am:

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City."

In this view, we would like to seek your expertise in validating the proposed interview questions in line with our data collection task.

Attached is the accomplished research instrument validation form for your perusal and comment.

May this request merit your kind consideration and approval. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader

11 - Plato
 Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher, Practical Research I

Approved:

MRS. VIRGIE GULBIQUE, CNA.
 Nursing Assistant



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Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

RESEARCH INSTRUMENT
VALIDATION FORM
 (Practical Research I - Qualitative Research)

- I. **Research Title:** A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City
- II. **Research Proponents:** Delos Reyes, Althea Erjole M.; Martinez, Naomi Jinn S.; Salao, Jarrell P.; Santos, Vincent Emman D.; Saulo, Luke G.; Wong, Martin Caleb A.
- III. **Research Respondents:** Nutritionists in Valenzuela City
- IV. **Statement of the Problem:** This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspectives of nutritionists. This study also aims to analyze existing nutritional health programs that address the issue of low BMI.

Research Question	Proposed Interview Question	Revision (if any)
1. What programs are currently existing and are being implemented to address low BMI?	1.1. Can you cite nutritional programs and their goals that the Valenzuela government has implemented which have a positive relationship to the low BMI issue? 1.2. Are the said programs implemented/allocated by the government, or are other sectors involved? 1.3. Are the said programs available in all areas of Valenzuela City or in certain areas only?	






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	How did the said nutritional health programs become appropriate for the citizens of the area?	
2. How effective are the nutritional health programs in addressing these issues regarding low BMI?	<p>2.1. What indicators are observed in order to consider the effectiveness of the nutritional program?</p> <p>2.2. What are the basis and data gathered in order to determine the needed objectives of a nutritional program?</p> <p>2.3. Has the low BMI of the students improved as a result of the existing nutritional health programs? If so, what are the factors that lead to this result?</p>	
3. How can we improve the strategies in the implementation of existing nutritional programs to address low BMI?	<p>3.1. What other initiatives can you recommend in addition to feeding programs to help better handle low BMI students?</p> <p>3.2. What are the challenges faced while implementing the said nutritional programs, and how did you manage to deal with these difficulties?</p>	


Note: Please use different colored pen in writing revision for each proposed interview question.



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General Comments and Recommendation of Validator

VALIDATED:


MRS. VRGE GULBIQUE, CNA.
(Signature over printed name)

DATE OF VALIDATION:

5/17/23



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Department of Education
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 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

REQUEST FOR VALIDATION OF RESEARCH INSTRUMENT

April 28, 2023

MS. NIKKI ANN CHESKA ESPELETA
 Master Teacher III
 Valenzuela City School of Mathematics and Science-Senior High School
 A. Pablo St., Malinta, Valenzuela City, MM

Dear Ma'am:

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City."

In this view, we would like to seek your expertise in validating the proposed interview questions in line with our data collection task.

Attached is the accomplished research instrument validation form for your perusal and comment.

May this request merit your kind consideration and approval. Thank you.

Respectfully,

WONG, MARTIN CALEB A.
 Research Group Leader
 11 - Plato

Noted:

MRS. EDNA C. LUCANAS-DE JESUS
 Teacher, Practical Research I

Approved:

05-17-23

MS. NIKKI ANN CHESKA ESPELETA
 Master Teacher III



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RESEARCH INSTRUMENT
VALIDATION FORM
 (Practical Research I - Qualitative Research)

- I. **Research Title:** A Needs Analysis for a Nutritional Health Program for Students with Below Normal BMI in Valenzuela City
- II. **Research Proponents:** Delos Reyes, Althea Erjole M.; Martinez, Naomi Jinn S.; Salao, Jarrell P.; Santos, Vincent Emman D.; Saulo, Luke G.; Wong, Martin Caleb A.
- III. **Research Respondents:** Nutritionists in Valenzuela City
- IV. **Statement of the Problem:** This study aims to analyze and assess the need for a nutritional health program based on the experiences and perspectives of nutritionists. This study also aims to analyze existing nutritional health programs that address the issue of low BMI.

Research Question	Proposed Interview Question	Revision (if any)
1. What programs are currently existing and are being implemented to address low BMI?	1.1. Can you cite nutritional programs and their goals that the Valenzuela government has implemented which have a positive relationship to the low BMI issue? 1.2. Are the said programs implemented/allocated by the government, or are other sectors involved? 1.3. Are the said programs available in all areas of Valenzuela City or in certain areas only?	



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	How did the said nutritional health programs become appropriate for the citizens of the area?	
2. How effective are the nutritional health programs in addressing these issues regarding low BMI?	<p>2.1. What indicators are observed in order to consider the effectiveness of the nutritional program?</p> <p>2.2. What are the basis and data gathered in order to determine the needed objectives of a nutritional program?</p> <p>2.3. Has the low BMI of the students improved as a result of the existing nutritional health programs? If so, what are the factors that lead to this result?</p>	
3. How can we improve the strategies in the implementation of existing nutritional programs to address low BMI?	<p>3.1. What other initiatives can you recommend in addition to feeding programs to help better handle low BMI students?</p> <p>3.2. What are the challenges faced while implementing the said nutritional programs, and how did you manage to deal with these difficulties?</p>	

Note: Please use different colored pen in writing revision for each proposed interview question.



General Comments and Recommendation of Validator

VALIDATED:

MS. NIKKI ANN CHESKA ESPELETA
(Signature over printed name)

DATE OF VALIDATION:

05-17-23



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APPENDIX E

INTERVIEW PROTOCOL



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Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

INTERVIEW PROTOCOL

Script prior to Interview:

Good day, we would like to thank you once again for participating in our research entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City" that seeks to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists. This study also aims to analyze existing nutritional health programs that address the issue regarding low BMI. This interview will be conducted by me, (Interviewer name), along with my other group members, Delos Reyes, Martinez, Salao, Santos, Saulo, and Wong, and this interview will last for 30-60 minutes.

You were given an informed consent before this interview that indicates your agreement to participate and be recorded in this interview. Are you still okay with me recording our conversation today?

If yes: Thank you, if you ever change your mind at any point, please let me know if you want to turn off the recorder for this conversation.

If no: Thank you for letting us know, I will only take notes and excerpts from our conversation.

Before starting this interview, do you have any questions?

You can feel free to ask us a question at any point of our conversation and we would be happy to answer them. For now, if there are no questions, then we can start the interview.

RESEARCH QUESTIONS	1. What programs are currently existing and are being implemented to address low BMI?	2. How effective are the nutritional health programs in addressing these issues regarding low BMI?	3. How can we improve the strategies in the implementation of existing nutritional programs to address low BMI?
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Existing Nutritional Programs			
To begin this interview, I would like to ask you about the existing nutritional programs in Valenzuela.			
1. Can you cite nutritional programs and their goals that the Valenzuela government has implemented which have a positive impact on low BMI issues?	X		
2. Are the said programs implemented/allocated by the government, or are other sectors involved?	X		
3. Are the said programs available in all areas of Valenzuela City or in certain areas only? How did the said nutritional health programs become appropriate for the citizens of the area?	X		
Effectiveness of Nutritional Programs			
To continue, I will now ask about the effectiveness of said existing programs.			
1. What indicators are observed in order to consider the effectiveness of the nutritional program?		X	

2. What are the basis and data gathered in order to determine the needed objectives of a nutritional program?		X	
3. Has the low BMI of the students improved as a result of the existing nutritional health programs? If so, what are the factors that lead to this result?		X	
Improvement of Nutritional Health Programs Thank you for answering, this final set of questions will focus on how to improve these nutritional health programs.			
1. What other initiatives can you recommend in addition to feeding programs to help better handle low BMI students?			X
2. What are the challenges faced while implementing the said nutritional programs, and how did you manage to deal with these difficulties?			X

Script to Conclude the Interview:

Thank you for participating in this interview. It has been insightful discussing your knowledge about the existing nutritional health programs in our city. Before we conclude, we would like to provide you with an opportunity to ask any final questions or share any additional information you feel is important.

If there are no further discussions to be made, do you have any concerns regarding the protocol of our study?

We appreciate your time and effort throughout this interview process. Your experiences and profession align well with our research study's objectives. Upon reviewing and interpreting your responses, we will be in touch soon to verify and validate the accuracy of our interpretations. In part of our ethical standards, we will assure you that your responses will be confidential and will only be utilized to answer our research questions. In addition, anonymity will be used to protect your personal information. Thank you once more for participating in this interview.

APPENDIX F

CERTIFICATION OF PILOT TESTING OF INTERVIEW QUESTIONS



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

 CERTIFICATION OF PILOT TESTING OF INTERVIEW QUESTIONS

May 23, 2023

Dear Ms. Maureen Mae Villanueva,

Good Day!

As part of the requirements in the subject Practical Research I - Qualitative Research, we are conducting a research study entitled "A Needs Analysis for Nutritional Health Program of Students with Below Normal BMI in Valenzuela City". The study aims to analyze and assess the need for a nutritional health program based on the experiences and perspective of Nutritionists and to analyze existing nutritional health programs that address the issue regarding low BMI.

The research design will involve five participants who are registered nutritionists with at least five years of experience and who are currently employed in Valenzuela City who will participate voluntarily in an interview as the method of data collection.

In this view, we would like to ask you for your participation in our pilot testing of our research questions. We understand that you are a busy professional, and we truly appreciate any time you can spare for this interview. Your participation would significantly contribute to the research study. This will establish the comprehensibility of the questions which is an integral part of ensuring the validity and accuracy of our data collection.

Thank you for considering our request, and we look forward to the opportunity to speak with you.

Respectfully,

WONG, MARTIN CALEB A.

Research Group Leader

11 - Plato

MS. MAUREEN MAE VILLANUEVA, RN

(Signature over printed name)



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APPENDIX G

CODES FOR INTERVIEW RESPONSES

Interview Question # 1: What programs are currently existing and are being implemented to address low BMI?

Table 1.1. Open Codes Generated for Interview Question # 1

Open Codes	Response Summary
<ul style="list-style-type: none"> ● Prevention 	<ul style="list-style-type: none"> ● isa sa mga pinopromote natin namin sa– dito sa valenzuela yung tinatawag na “First 1000 days ● pag-lelecture regarding sa uh “First 1000 Days
<ul style="list-style-type: none"> ● Supplemental Activities ● Cure and Prevention ● Monitoring 	<ul style="list-style-type: none"> ● healthy lifestyle activity yung talagang program namin sa nutrition. ● yung healthy lifestyle meron doon kaming nag co-counseling, uh sa mga overweight, tsaka obese na mga ba– mga employees ● pag after non meron silang uhh uh counseling and monitoring ng weight every month.
<ul style="list-style-type: none"> ● Monitoring ● Prevention 	<ul style="list-style-type: none"> ● nagkakaroon kami ng operation timbang from January to March ● So ang mga programa na nacicite namin ay tinatawag na “First 1000 days of Life” diba? From there, buntis pa lang si nanay inaalagaan na namin,
<ul style="list-style-type: none"> ● Cure ● Monitoring ● Supplemental Activities 	<ul style="list-style-type: none"> ● nutrition committee kung saan lahat ng agencies na mai-stay sa nutrition program ay kasama, ● pag school aged na sila ang nangangalaga naman sa kanila ay ang mga taga DepEd pero yon mga- ay monitored din namin bilang sila ay member din ng city nutrition committee ● talagang importante kasi iyon yung first 1000 days of life ng isang bata ● may feeding programs. Pero iyon selective yon when it comes to school ● iniintegrate sa mga subjects nila yung tungkol sa nutrition diba? Kayo

	<ul style="list-style-type: none"> • napagaralan- iniintegrate yon. • food fortification, may mga feeding programs. Micronutrient supplementation, nagbibigay ng iron, ng vitamin A ganon
<ul style="list-style-type: none"> • Cure • Monitoring 	<ul style="list-style-type: none"> • OPT massive weighing ng mga bata 0-59 months • Usually ang binibigay doon ay supplementary feeding

Table 1.2. Emerging Themes From Interview Question # 1

In vivo Codes	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • "First 1000 Days" 	<ul style="list-style-type: none"> • Pediatric Programs 	Nutritional Health Programs that promote wellness
<ul style="list-style-type: none"> • "Monitoring of weight every month" • "Operation Timbang" • "Blood Chem"(Chemistry) 	<ul style="list-style-type: none"> • Assessment Programs 	
<ul style="list-style-type: none"> • "Giving of Commodities" • "Food fortification and Micronutrient Supplementation" 	<ul style="list-style-type: none"> • Supplementary Programs 	
<ul style="list-style-type: none"> • "Lectures about nutrition" • "Counseling" • "Integration of nutritional lessons in schools, specifically Pinggang Pinoy" • Lecture "First 1000 Days" 	<ul style="list-style-type: none"> • Teaching Programs 	
<ul style="list-style-type: none"> • "Supplementary feeding" • "Nutralympics" • "Fun run" • "Healthy Lifestyle Activity" 	<ul style="list-style-type: none"> • Recreational Programs 	

Interview Question # 2: Are the said programs implemented/allocated by the government, or are other sectors involved?

Table 2.1. Open Codes Generated for Interview Question # 2

Open Codes	Response Summary
<ul style="list-style-type: none"> • Adaptation of laws 	<ul style="list-style-type: none"> • basta from yung laws galing sa

<ul style="list-style-type: none"> • Inter-agency work 	<ul style="list-style-type: none"> • national inadapt ng Valenzuela City • resolution adopt naman ng barangay yung uhh pag iimplement or yung pagpopromote ng “First 1000 Days” • iba-ibang inter-agency ang nagtutulungan
<ul style="list-style-type: none"> • Adaptation of resolutions • Support from local and national government 	<ul style="list-style-type: none"> • sa city hall merong mga resolution don na inaadapt na mga tungkol sa healthy lifestyle • pag merong special project yon binibigyan ng additional budget • yung mga laboratories budget din yun, kailangan din ng uh support ng ano natin ng city. • Pag nagkakaroon kami ng feeding para sa mga batang mababa ang timbang, ayon support din natin ang government.
<ul style="list-style-type: none"> • Budget from government and NGOs 	<ul style="list-style-type: none"> • government nagbibigay ng budget. Minsan ang Valenzuela Government, minsan galing mismo sa national government tulad ng DepEd. • Mayroon din involved na NGOs
<ul style="list-style-type: none"> • Government and NGOs involved 	<ul style="list-style-type: none"> • funded ng city government, ng national government • meron kami iniinvolve na mga NGOs, mga private sectors
<ul style="list-style-type: none"> • Budget allocated by barangays 	<ul style="list-style-type: none"> • may budget allocation kami through Barangay Nutrition Council

Table 2.2. Emerging Themes From Interview Question # 2

In vivo Codes	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “May mga laws na inadapt sa pag-iimplement ng mga programs.” • “Resolution ng mga barangay na sundin ang programa” 	<ul style="list-style-type: none"> • Adaptation of Resolutions and Laws 	<ul style="list-style-type: none"> • Non-governmental and Governmental agencies involvement
<ul style="list-style-type: none"> • “Yung mga commodities, supported ng city yan” 	<ul style="list-style-type: none"> • Support and Budget from different organizations 	

- “Support ng city ang feeding”
- “Iba-ibang inter-agency ang nagtutulungan”
- “Minsan government ang nagbibigay, minsan mismong national government na, minsan NGOs”
- “Budget allocation through barangay nutrition council.”

Interview Question # 3: Are the said programs available in all areas of Valenzuela City or in certain areas only? How did the said nutritional health programs become appropriate for the citizens of the area?

Table 3.1. Open Codes Generated for Interview Question # 3

Open Codes	Response Summary
<ul style="list-style-type: none"> • All areas of Valenzuela • For almost all population of Valenzuela 	<ul style="list-style-type: none"> • Buong Valenzuela • para sa lahat naman halos • lahat naman tayo dapat maging healthy bata man or may edad, may trabaho o wala
<ul style="list-style-type: none"> • All areas of Valenzuela 	<ul style="list-style-type: none"> • kaya I think lahat yon nasusuportahan ang program natin sa nutrition.
<ul style="list-style-type: none"> • All areas of Valenzuela 	<ul style="list-style-type: none"> • So lahat ng area naman sa Valenzuela nagagawa ito
<ul style="list-style-type: none"> • Depends on the needs • Depends on the resources 	<ul style="list-style-type: none"> • depende talaga dun sa resources na available • kailangan naming magprioritize kasi kulang ang resources
<ul style="list-style-type: none"> • Programs for Everyone 	<ul style="list-style-type: none"> • So hindi lang dito sa Valenzuela, whole Philippines yon.

Table 3.2. Emerging Themes From Interview Question # 3

In vivo Codes	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Buong Valenzuela” 	<ul style="list-style-type: none"> • Health Activities are 	<ul style="list-style-type: none"> • For all individuals especially

<ul style="list-style-type: none"> • “Para sa lahat ang mga activities, dahil kailangan lahat ay healthy” 	for all individuals	those who are prioritized, in the whole country
<ul style="list-style-type: none"> • “Prioritize ang mga nangangailangan talaga dahil limited lang ang budget. “ 	<ul style="list-style-type: none"> • Limited participants are helped due to priorities 	
<ul style="list-style-type: none"> • “Hindi lang pang-Valenzuela, buong pang- Pilipinas ang mga programa” 	<ul style="list-style-type: none"> • The whole country is included 	

Interview Question # 4: What indicators are observed in order to consider the effectiveness of the nutritional program?

Table 4.1. Open Codes Generated for Interview Question # 4

Open Codes	Response Summary
<ul style="list-style-type: none"> • Reports • Percentage of effectiveness of the health activities • Situations 	<ul style="list-style-type: none"> • may reporting, indicator kami na uhh–kahit anong activity namin kailangan may report tapos yung report na yon sinesend din namin sa DOH • syempre pag mataas ang percentage effective, pag mababa di masyadong inadapt or di masyadong uhh cinoconsider ng mga taong aming binibigyan ng serbisyo. • marami na rin ang nagpapa breastfeed na mga kababaihan kahit san tayo magpunta
<ul style="list-style-type: none"> • Target to improve the nutritional status every year 	<ul style="list-style-type: none"> • may target tayo every year may target, yung target na yun kailangan magawa mo after ng december sa december. Kaya lahat yon pagka na-identify namin na-seserve namin, eh syempre atleast pag na-serve mo nai-improve mo nutritional status,
<ul style="list-style-type: none"> • Improvement of weight • Activeness of nutritional program participants 	<ul style="list-style-type: none"> • kadalasan yung weight gain ng mga bata. Sa mga pre-school yung timbang nila tinitignan kung nag-improve • Yung dami rin ng nagparticipate yung activeness ganoon tinitignan rin.

<ul style="list-style-type: none"> • Weight-gain 	<ul style="list-style-type: none"> • Weight gain ng mga bata unang una kasi weight gain. Successful din ang program kung active ang participation ng mga target groups,
<ul style="list-style-type: none"> • Weight-gain 	<ul style="list-style-type: none"> • kailangan mag gain siya ng weight.

Table 4.2. Emerging Themes From Interview Question # 4

In vivo Codes	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Reporting ng mga activities na ginawa tapos send sa DOH” • “Tinitingnan ang percentage effective” • “Marami na ang nagpapabreastfeed” 	<ul style="list-style-type: none"> • Reported data of the effects of nutritional health programs 	Achieving the specified goals of nutritional health programs
<ul style="list-style-type: none"> • “May target na kailangan gawin, pag nagawa yun, improve ang nutritional status” 	<ul style="list-style-type: none"> • Specified goals 	
<ul style="list-style-type: none"> • “Weight gain, kung nag-improve ba yung timbang” • “Kapag active ang participation sa mga programa” 	<ul style="list-style-type: none"> • Positive effects of nutritional programs 	

Interview Question # 5: What are the basis and data gathered in order to determine the needed objectives of a nutritional program?

Table 5.1. Open Codes Generated for Interview Question # 5

Open Codes	Response Summary
<ul style="list-style-type: none"> • Reported data 	<ul style="list-style-type: none"> • yung mga data nirereport namin lahat.
<ul style="list-style-type: none"> • Data from prior operations 	<ul style="list-style-type: none"> • operation timbang eh, lahat ng bata tinitimbang, tapos even sa school pag pumasok kayo diba tinitimbang kayo, yun yung mga initial data na kinukuha namin,
<ul style="list-style-type: none"> • Budget availability • Weight checking 	<ul style="list-style-type: none"> • Bago kami makagawa ng programa, nagtitimbang muna kami.

	<ul style="list-style-type: none"> • So from there, makakagawa na kami ng programa, base sa budget. Oo laging budget.
<ul style="list-style-type: none"> • Nutrition situationers 	<ul style="list-style-type: none"> • Ang basis po- ang basis natin, ay may nutrition situationer ang city. • Syempre yung- kung sa nutrition, yung situationer, ano ba lagay ng- ano ba situation ng Valenzuela when it comes to nutrition.
<ul style="list-style-type: none"> • Data from prior operations 	<ul style="list-style-type: none"> • Yun nga yung mga timbang ng ano yung mga OPT, yun ang kailangan para ma ah determine ang para kung anong objective mo, sino yung target mo, OPT talaga ang pinaka basis ng programa ng nutrition-data gathering through OPT.

Table 5.2. Emerging Themes From Interview Question # 5

In vivo Codes	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Reporting ng data sa DOH” 	<ul style="list-style-type: none"> • Reported Data 	Reported Nutritional and Financial Status
<ul style="list-style-type: none"> • “Timbang or OPT ang pinaka data or basis sa pag gawa ng programa” 	<ul style="list-style-type: none"> • Data from weight checking 	
<ul style="list-style-type: none"> • “Basis ang budget” 	<ul style="list-style-type: none"> • Budget availability 	
<ul style="list-style-type: none"> • “Nutrition situationer, nutritional status/situation ng valenzuela. Dapat makita kung anong grupo sa valenzuela ang vulnerable sa malnutrition” 	<ul style="list-style-type: none"> • Nutritional condition of Valenzuela area 	

Interview Question # 6: Has the low BMI of the students improved as a result of the existing nutritional health programs? If so, what are the factors that lead to this result?

Table 6.1. Open Codes Generated for Interview Question # 6

Open Codes	Response Summary
-------------------	-------------------------

<ul style="list-style-type: none"> • Different results per participant • Current trends/common situations 	<ul style="list-style-type: none"> • yung iba nag-i-improve, yung kanilang BMI, uhh yung iba naman ganon pa rin. More on naka-upo. Kasi ano dati, bago ka magkaroon ng friend mag mimeet, maglalabas kayo or makipag kwentuhan ngayon facebook lang friend na kayo, kumbaga nagkakausap yung gadget kaya wala masyadong labas wala masyadong activity.
<ul style="list-style-type: none"> • Current trend 	<ul style="list-style-type: none"> • Factors, yun nga yung mga factors, yung mga naging trend natin ngayon dahil millennial tayo, puro computer diba yun yung mga factors, puro naka focus sa tv
<ul style="list-style-type: none"> • Supplementary help • Temporary improvement 	<ul style="list-style-type: none"> • merong supplemental feeding, ayan tumataas ang timbang nila, pagnagbabakasyon, parang bumababa, kaya pagdating na ng initial weighing, madami nanamang mababa ang BMI
<ul style="list-style-type: none"> • Improvement as years go • Non-linear improvement 	<ul style="list-style-type: none"> • Ahh kung talking dun sa amin. Sa ano, sa atin mataas naman yung sa-sa amin yung mga preschoolers • Ang ano naman, ang ano naming, improve, ah nag-i-improve, kasi based on trending eh. Past 3 years trending namin ano. Decreasing ang prevalence. • Ahh sa simula, mataas tapos biglang bababa, pagdating nanaman ng bagong school year, parang tumataas naman sila
<ul style="list-style-type: none"> • Improvement can be observed 	<ul style="list-style-type: none"> • nag-i-improve naman kase sa mga yun nga, through feeding sa school diba meron silang canteen. Yung mga malnourished na bata sa school meron silang feeding sa school din, • nakakatulong yung mga garden nila sa school, may mga garden sila don, yung pagkain don na gulay sinasama sa mga finifeed nila sa bata.

Table 6.2. Emerging Themes From Interview Question # 6

In Vivo	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Yung iba nag-improve. Yung iba ganon pa rin.” • “Ang problema ay hindi alam kung sufficient ba ang pagkain sa family. “ • “Kapag may supplemental feeding, nadadagdagan ang weight, pero pag nahinto, bumabalik nanaman sa dati, so hindi kakakitaan ng improvement.” 	<ul style="list-style-type: none"> • Nonlinear improvement due to inconsistency 	<p>Improvement based on the consistency of the program</p>
<ul style="list-style-type: none"> • “Nag-improve, decreasing ang prevalence” • “decreasing ang prevalence from mataas pababa” • “Nag-iimprove yung BMI” • “Kasi may pa feeding para sa mga malnourished” 	<ul style="list-style-type: none"> • Improvement is Observed 	
<ul style="list-style-type: none"> • “Factor din yung garden na nakakapag provide ng gulay para sa pagpapakain.” • “Factor ang trend ngayon ng mga millennial na puro gadgets at wala masyadong activities.” 	<ul style="list-style-type: none"> • Environmental factors are present 	

Interview Question # 7: What other initiatives can you recommend in addition to feeding programs to help better handle low BMI students?

Table 7.1. Open Codes Generated for Interview Question # 7

Open Codes	Response Summary
<ul style="list-style-type: none"> • Parent’s Initiative 	<ul style="list-style-type: none"> • kung ang pamilya wala masyadong

<ul style="list-style-type: none"> • Knowledge about healthy foods 	<p>knowledge sa tamang pagkain, tamang pagpapakain, uhh pag after ng feeding balik ulit yan, babagsak ulit. Kaya importante ano, kaalaman, or dapat ano – tsaka naguumpisa talaga sa parents kasi kahit anong turo mo</p>
<ul style="list-style-type: none"> • Health information should be applied not just learned • Physical Activities 	<ul style="list-style-type: none"> • additional knowledge, pag maglecture kami sa inyo sana sinusunod diba • yun nga sa mga overweight and obese kailangan talagang magkaroon kayo ng physical activity din magka physical activity tayo sa bahay at sa school dapat magkaroon non
<ul style="list-style-type: none"> • Pre-marriage Counseling • Prevention of complications during pregnancy 	<ul style="list-style-type: none"> • pre-marriage counselling, tinuturo na naming yung first 1000 days. Na dapat bago magbuntis si nanay, magpacheck up na siya kung anong karamdaman niya, para pagnagbuntis siya, okay wala na magiging problema.
<ul style="list-style-type: none"> • Involvement and activeness of caregivers and parents • Financial Stability of the family 	<ul style="list-style-type: none"> • So sana namomonitor talaga yung mga weights ng mga bata • Tsaka dapat si caregiver, parents nila, may involve sa pangangalaga sa pag-aalaga, oo. • Yung resources ng family sana lumaki, para masuportahan yung pagkain nila
<ul style="list-style-type: none"> • Interactive Programs 	<ul style="list-style-type: none"> • Ako maglecture, makinig ka?, hindi. Involve ang mga nanay, may binibigay na fly- Ahhhm booklet, magbabasa sila don iintindihan nila, iintindihin nila. Meron isang maglilider, babasahin nila yung libro, and then kung may questions sila, dun lang papasok yung pinaka team leader kung hindi nila maintindihan

Table 7.2. Emerging Themes From Interview Question # 7

In Vivo	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Knowledge, 	<ul style="list-style-type: none"> • Educating parents 	Greater effort from guardians

<p>kailangan maituro muna sa parents ang about sa nutritional feeding.”</p> <ul style="list-style-type: none"> • “Recommend ang about sa pre-marriage counselling, more on pagtuturo din ito kung paano maging healthy si nanay para kapag nagbuntis na ay walang problema” 	<p>about nutrition and nutritional programs</p>
<ul style="list-style-type: none"> • “Recommend na sana ay mamonitor talaga yung weights ng mga bata.” 	<ul style="list-style-type: none"> • Intensive monitoring
<ul style="list-style-type: none"> • “Dapat tumutulong din yung mga caregivers or parents sa pagbibigay ng healthy nutrition” • “Improvement sa resources ng family.” 	<ul style="list-style-type: none"> • Support from the family

Interview Question # 8: What are the challenges faced while implementing the said nutritional programs, and how did you manage to deal with these difficulties?

Table 8.1. Open Codes Generated for Interview Question # 8

Open Codes	Response Summary
<ul style="list-style-type: none"> • Behavior and Attitude of target population 	<ul style="list-style-type: none"> • Ang problema first day, sampu sila, kasi one week yan eh, second day anim na lang, hanggang sa darating ang time tatlo na lang kami. Tapos hinahabol pa namin para lang sila umattend, yon yung behavior talaga nila parang wala silang pake. Ang hirap.
<ul style="list-style-type: none"> • Attitude of kids and parents towards health information 	<ul style="list-style-type: none"> • ang behavior, behavior ng lalo sa area sa community, and then sa school, nako behavior ng mga bata hahahaa tapos katulong pa yung mga magulang, yun lang. Ang challenges namin siguro yung behavior nung– at tsaka yung paano nila tanggapin yung

	<p>mga tinuturo namin, yun yung parang nakita namin– tsaka iba na talaga yung trend, iba na yung trend talaga,</p> <ul style="list-style-type: none"> • Ang sakin kasi yung behavior ng bata. Aside sa behavior ng mga magulang , kasi sa mga magulang nag-uumpisa yon, kumbaga parang cycle, kaya yun siguro ang dapat natin mabago
<ul style="list-style-type: none"> • Attitude towards health information • Unhealthy Trends 	<ul style="list-style-type: none"> • Ang mga estudyante pasaway. Kahit sabihan mo nang sabihan, lecturan mo nang lecturan, wala rin nganga. • Kung ano yung uso go sila doon. Oh, hindi na nila iniisip kung ano ba ito, masustansya ba ito? Basta nahahatak sila ng barkada or nahahatak sila kung ano yung uso.
<ul style="list-style-type: none"> • Budget Issue • Not supportive care givers 	<ul style="list-style-type: none"> • Kulang sa budget, hindi supportive yung mga- yung caregivers.
<ul style="list-style-type: none"> • Behavior and Attitude of parents towards health programs 	<ul style="list-style-type: none"> • Kunwari nagfefeeding tas tatawag ka ng lecture uhhh, kung minsan hindi sila pumupunta. Tinatamad, inuuna yung mga bisyo, minsan nag bibingo, nagtotong-its

Table 8.2. Emerging Themes From Interview Question # 8

In Vivo	Axial Coding	Selective Coding
<ul style="list-style-type: none"> • “Ang problema ay sa behaviour ng bata pati ng magulang, kung paano nila tanggapin ang mga tinuturo sa kanila patungkol sa nutrition.” • “Ang sakin kasi yung behavior ng bata. Aside sa behavior ng mga magulang , kasi sa mga magulang nag-uumpisa yon, kumbaga parang cycle, kaya yun siguro ang dapat natin mabago” 	<ul style="list-style-type: none"> • Cyclic behavior of parents and children 	<p>The behavior of the target participants</p>

-
- “Kulang sa budget”
 - “Hindi supportive yung mga caregivers”
 - Lack of support
-

APPENDIX H

MEMBER CHECKING FORM



Republic of the Philippines
Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

MEMBER CHECKING FORM

Dear Madam (Respondent 1):

The following table summarizes your responses to the interview session conducted on May 30, 2023. Moreover, the table also includes codes which interpret your responses. If you agree with the table content, please sign the *conforme* portion of the form.

Interview Question	Response Summary	Code(s)	Interpretation of Code(s)
1. uhhh isa sa mga pinopromote natin namin sa— dito sa valenzuela yung tinatawag na "First 1000 days" ng bata uhh from pagbubuntis— pinagbubuntis ang baby hanggang mag 2 years old, yun yung pinopromote na uhh sa health hindi lang Valenzuela buong Pilipinas kasi doon magsisimula yung tamang nutrition ng bata, yon, kaya sa mga health center uhh puspusan yung pag-lecture regarding sa uh "First 1000 Days" ano yon eh divided sa three- three categories bago yung pagbubuntis, yung unang anim na buwan dapat exclusive breast feeding, uhh tapos yung six months to two years old continuous breastfeeding with appropriate uhh pagkain— tamang pagkain sa mga batang six months hanggang two years kasi doon magsisimula yung tamang nutrition nila kung papaano sila lalaki— usually kasi yung mga— yung mababa ang BMI yun yung mga batang low birth weight, bat low birth weight? kasi nung maaaring pinagbubuntis ang nanay ay hindi tama ang nutrition niya, di	<ul style="list-style-type: none"> Promotion of "First 1000 Days" Program "First 1000 Days" program is divided into three categories namely: before pregnancy, first six months of the baby, and six months to 2 years of the baby. The first six months up to 2 years of the baby is very important to monitor as it is where the nutrition of the baby is the most crucial. 	<ul style="list-style-type: none"> Pediatric Program Teaching Program 	Various programs are implemented such as pediatric and teaching programs.



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<p>siya nag-tetake ng mga ferrous o kumakain ng masusustansiyang pagkain, naapektuhan yung paglaki ng baby sa tiyan. In case naman na okay yung kaniyang maternal nutrition, pag pinanganak hindi naman siya inexclusive breastfeed diyan nagsisimula ang mababang BMI ng bata or overweight na bata. Kasi pag milk formula yun yung problema naman overweight ang bata. Pag hindi naman pinasuso ng- breast- yung exclusive breastfeeding yun yung mga bata, payat, sakitin, pag sakitin ang bata lagi siyang- kahit kumain ng masustansiya, ano pa rin, payat pa rin siya kasi sakitin siya, yun promotion ng "First 1000 Days", yun.</p>			
<p>2. uhh, iniimplement na siya nga. Uh matagal nga parang 2017 pa yun eh yung "First 1000 Days" na promotion pero parang last- kasi nga nagpandemic parang last year lang siya naging mas puspos tapos may mga laws, inadopt yung- from national meron sila anong tawag dun? Mero-merong uhh basta from yung laws galing sa national inadapt ng Valenzuela City tapos yon resolution adopt naman ng barangay yung uhh pag implement or yung pagpopromote ng "First 1000 Days" yun ang isang maganda, buong uhh lahat ng barangay sa valenzuela may resolution sa pag-support sa "First 1000 Days" ng bata, yan, uhh iba-ibang inter-agency ang nagtutulongan kamukha dun sa agriculture, yung sa pag gagardening naman kasi bakit, ano effect nito sa mga bata, kasi diba kung minsan walang trabaho or walang pambili ng pagkain, kung may talong ka, dagdag na siya sa- pandagdag na siya sa sustansiya kaya isa sa pinopromote, sana lahat ng mga malnourished family may</p>	<ul style="list-style-type: none"> • Promotion of the first 1000 days, with the help of inter-agencies. 	<ul style="list-style-type: none"> • Adaptation of Laws and Resolution • Collaboration of two or more organizations 	<p>The national laws and resolutions are adapted by various cities that are implemented with the help of different organizations.</p>



<p>backyard or homegarden, pero hindi naman lahat, pero yun yung pinupush namin. Tsaka yung mga ayan, kamukha- oo meron silang home garden school garden... Community garden yan ang pinopromote kaya bukod don sa mga sinasabi, meron din mga uhh yearly pag nutrition month, isa yan sa mga contest na sinasali, garden sa home, sa school, sa community, promotion siya.</p>			
<p>3. Buong Valenzuela, Lahat yan, pinopromote namin. Pano nagging appropriate, kasi lahat naman- lahat ng kumbaga yung activity na ginagawa namin para sa lahat naman halos nag-aasawa, magkakapamilya, kumbaga yung nabanggit kong "First 1000 Days" applicable sa kanila. Yung sa kaniya naman, yung healthy lifestyle syempre lahat naman tayo dapat maging healthy bata man or may edad, may trabaho o wala para mas magkaroon ng healthy lifestyle para maging healthy.</p>	<ul style="list-style-type: none"> Promoting inclusive activities of healthy lifestyle Everybody can be healthy regardless the age 	<ul style="list-style-type: none"> Teaching Program Assessment Program 	<p>Various programs are implemented such as teaching and assessment programs.</p>
<p>4. Kumbaga may reporting, indicator kami na uhh- kahit anong activity namin kailangan may report tapos yung report na yon sinesend din namin sa DOH, kaya nakikita ko effective, syempre pag mataas ang percentage effective, pag mababa di masyadong inaadapt or di masyadong uhh cinoconsider ng mga taong aming binibigyan ng serbisyo. Pero sa ngayon kasi marami nang- sakin kasi ang program ko breast feeding yung "First 1000 Days" kaya dun- yun ang lagi kong nababanggit. Ano, marami na rin ang nagpapa breastfeed na mga kababaihan kahit san tayo magpunta uhh kahit sa mga empleyado ng mga city hall marami na ang nagcocollect ng gatas para pag-uwi nila yun ang ibibigay sa baby.</p>	<ul style="list-style-type: none"> The nutritional health programs are effective based on reports 	<ul style="list-style-type: none"> Reported health activities by the city Efficiency of the activities Increase in the number of breastfeeding mothers 	<p>The health activities done in the city, for example breastfeeding, is reported to the city.</p>



5. Parang nasagot na namin kanina, yun yung mga data nirereport namin lahat.	<ul style="list-style-type: none"> Data that is reported are the basis for doing nutritional health programs 	<ul style="list-style-type: none"> Adaptation of Resolution 	All important data is reported
6. uhh base sa last year, kasi ngayon diba hindi pa naman. Yung nabanggit niya operation timbang sa first quarter of the year, at the end of december yung iba nag-i-improve, yung kanilang BMI, uhh yung iba naman ganon pa rin. More on naka-upo. Kasi ano dati, bago ka magkaroon ng friend mag mimeet, maglalabas kayo or makipag kwentuhan ngayon facebook lang friend na kayo, kumbaga nagkakausap yung gadget kaya wala masyadong labas wala masyadong activity.	<ul style="list-style-type: none"> Some BMI have improved and some haven't, this is due to the practice of some individuals who do not engage in any physical activities. 	<ul style="list-style-type: none"> Results vary and depends on factors 	Programs do improve the BMI but improvement depends on factors such as engagement to physical activity.
7. Ang problema– ang solusyon kapag payat ang bata feeding, feeding feeding, sa ngayon kasi more on lectures uhh knowledge, kasi kahit pakainin natin yung bata, uhh ihahain mo galing sa isang sektor, papakainin mo nang tatlong buwan, kung ang pamilya wala masyadong knowledge sa tamang pagkain, tamang pagpapakain, uhh pag after ng feeding balik ulit yan, babagsak ulit. Kaya importante ano, kaalaman, or dapat ano – tsaka naguumpisa talaga sa parents kasi kahit anong turo mo, pakainin mo si baby ng masustansiya , kung yung magulang mismo hindi kumakain ng mga ganong pagkain, syempre in a long run or after ng feeding, kung may feeding na iaalok, balik ulit sa dating pagkain. Kaya more on lectures tsaka information.	<ul style="list-style-type: none"> Family knowledge is lacking, progress will revert. Awareness and Knowledge of parents is a must to progression 	<ul style="list-style-type: none"> Teaching of lessons regarding nutritions and nutritional programs 	The knowledge, awareness, and supportiveness of the family affects the nutrition of the participant
8. Kasi ganto eh, isa sa program na ginagawa namin yung tinatawag na yung pabasa sa nutrition, yan nagtuturo kami ng mga nanay, pero yung pagtuturo, uhh hindi lang kami ang nagsasalita, pati yung participants kasama sa	<ul style="list-style-type: none"> Activeness of participants are lacking 	<ul style="list-style-type: none"> Behaviour and attitude of target population 	The attention and activeness of the participants towards programs diminishes overtime.



pagbabasa. Ang problema first day, sampu sila, kasi one week yan eh, second day anim na lang, hanggang sa darating ang time tatlo na lang kami. Tapos hinahabol pa namin para lang sila umattend, yon yung behavior talaga nila parang wala silang pake. Ang hirap.			
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Conforme:

(Signature Over Printed Name)

6/13/2023

(Date)



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 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

MEMBER CHECKING FORM

Dear Madam (Respondent 2):

The following table summarizes your responses to the interview session conducted on May 30, 2023. Moreover, the table also includes codes which interpret your responses. If you agree with the table content, please sign the *conforme* portion of the form.

Interview Question	Response Summary	Code(s)	Interpretation of Code(s)
<p>1. Okay, nutritional health programs... Oo sa valenzuela kasi merong healthy lifestyle activity bali yun yung talagang program namin sa nutrition. Uhh yung healthy lifestyle meron doon kaming nag co-counseling, uh sa mga overweight, tsaka obese na mga ba- mga employees. Ang target namin ngayon yung nandun sa action center, mga TMO, yung traffic enforcer at tsaka yung mga skog. Yung mga- ano ba to? Yung skog yung nag-aano sa palengke, yan yung mga nagbabantay yung naka green. Sila yon. Sila yung mga target na kina-counseling. Tapos binibigyan namin sila ng- chinecheck yung weight tapos tama nga yung BMI tapos pag uhh, pag after non meron silang uhh uh counseling and monitoring ng weight every month. Kaya every 15th of the month, dun kami nagpupunta sa acacia tapos pumupunta sila kasama ng checking ng blood. Uhh nagchecheck din sila ng ano eh, ng ng blood laboratory naglalab din ang tungkol sa blood nag boblood chem, nag</p>	<ul style="list-style-type: none"> • Healthy lifestyle activity as a nutritional health program that offers co-counseling for individuals, especially employees, who are overweight. • Monthly counseling and monitoring of weight. • Laboratory and blood chem are also checked. • Additional vitamins like ferrous syrup or drops are given to the children. • Nutrilympics and fun run are special activities done within the target time which is the children's month. 	<ul style="list-style-type: none"> • Supplemental Program • Teaching Program • Assessment Program • Recreational Programs 	<p>There are various kinds of nutritional programs implemented such as supplemental, teaching, assessment and recreational programs.</p>



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<p>boblood chem din sila. Pero yun yung first na blo- nag first, nag start kasi kami bandang April, yun yung blood chem namin. Yun ang activity ng 2022. Aside don meron kaming mga activity na counseling din at tsaka weight monitoring din sa health center. And then, tinatarget namin don na minomonitor yung mga na-identified sa operation timbang na mga bata, na mga overweight, tsaka yung underweight na mga bata. Minomonitor yung weight non monthly. Tapos kung meron kaming ibibigay na mga commodities para sa bata tas nagbibigay rin kami ng ferrous uhh syrup at tsaka drops para uhh additional na vitamins nung mga bata. Tapos nagdedeworm, nagbibigay ng vitamin A, yung deworming namin twice a year, yung Vitamin A twice a year din. Kaya yun ang ginagawa na uhh activity para sa mga bata sa area. Tapos dito naman sa atin uh meron din kaming ibang ginagawa pa yung nagkakaroon kami ng nutrilympics para sa mga overweight and obese, uhh ginagawa namin yun once a year, and target date namin lagi kapag uhh children's month yon don kami nag- by October, October ang activity namin. Uhh ano pa ba ang ginagawa, minsan merong special activity dito yung fun run, fun run tsaka ang mga activity nila, fun run eh, yan yung mga activity namin pag lalo na pag birthday ni mayor mga ganon, last- dati ah, ewan ko ngayon kung ano magiging activity ni mayor, pero yung last ano namin- lalo na kay senator win mahilig siya sa fun run.</p>			
<p>2. Satin naman sa ano- sa tungkol sa healthy lifestyle naman may mga resolution din inaadapt sa barangay dito sa atin diyan sa office sa cen- dito</p>	<ul style="list-style-type: none"> • School foods are strictly monitored • Budgets are from the 	<ul style="list-style-type: none"> • Adaptation of Resolution • Support of the Local/City government in 	<p>Support from the government and other agencies is present</p>



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<p>satin sa city hall merong mga resolution don na inaadapt na mga tungkol sa healthy lifestyle specially sa schools maraming resolutions na inadopt dun para sa schools uh di ko na lang maano pero pag nag-check kayo marami kayong makikita na tungkol sa mga healthy-healthy foods na ititinda sa school bawal ang mga softdrinks ganon pa ba sa school niyo, ganon, ganon ganon dapat kasi yan yung mga minomonitor namin. Ah isa pang activity namin minomonitor din namin yung mga ginagamit don sa schools, yung mga iodized salt kung yun yung ginagamit, kung wala yung mga sirsirya, yon meron kaming quarterly monitoring dapat don, ang problema diba nag pandemic, naistop. Minomonitor yung mga tinitindang pagkain don tapos ano pa yung tinutulong, sa budget naman merong nagsponsor, sa amin kasi ang mga- pag merong special project yon binibigyan ng additional budget lalo na kung may birthday ni ganito ganyan gany- may budget yon. Tapos, kasi sa amin, uhh yun nga yung mga laboratories budget din yun, kailangan din ng uh support ng ano natin ng city. Tapos ano pa, yung mga binibigay na multivitamins diba yung mga ferrous yun din support din ng city natin yon. Pag nagkakaroon kami ng feeding para sa mga batang mababa ang timbang, ayon support din natin ang government. Kasi, ang karamihan kasi sa feeding namin nasa DSWD, kasi sila ang nagbibigay ng mga pagkain, kaya dun sa mga daycare may supply ng pagkain don galing sa city, pero parang inter-agency nagtutulong nag-aano rin naman kami nagtutulong-tulungan din kami, kami yung uh nag-identify ng</p>	<p>government or other agencies</p>	<p>different projects</p>	
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malnourished ano pa nag-rereway ng malnourished yan. Minsan sa counseling, minsan sa lectures yan, pero yung mga budget tumutulong satin, merong sinusupport yung city.			
3. Bali ano yan, talagang lahat tayo ultimo baby mag-sstart kasi talaga ang health- ang ating pag- sa nutrition mula sa pagbubuntis hanggang sa maging baby hanggang sa maging uh ano adult, hanggang sa maging pre-schools mga ganyan lahat yon may suporta kaming binibigay, government natin sumosoporta sa kanila, kaya I think lahat yon nasusuportahan ang program natin sa nutrition.	<ul style="list-style-type: none"> There are appropriate nutritional health programs for all the individuals with different ages. 	<ul style="list-style-type: none"> Health Activities are for all individuals 	Everyone deserves to be healthy. Every age is a part of consideration for nutritional programs.
4. Effectiveness? Uh every year meron kaming uh kasi diba may target tayo every year may target, yung target na yun kailangan magawa mo after ng december sa december. Kaya lahat yon pagka na-identify namin na-seserve namin, eh syempre at least pag na-serve mo nai-improve mo nutritional status, uh kaya lahat yon mga na-seeserve natin no, lahat yon	<ul style="list-style-type: none"> Effectiveness is determined by yearly targets 	<ul style="list-style-type: none"> Target every year Reached the specified target goal of nutritional programs 	Targets should be reached to ensure a beneficial nutritional program
5. Bali sa beginning of the year operation timbang eh, lahat ng bata tinitimbang, tapos even sa school pag pumasok kayo diba tinitimbang kayo, yun yung mga initial data na kinukuha namin, and then by the end of the year malalaman na and or end of school year malalaman natin kung nag-improve kayo or anong nangyari sa inyo pero sa amin end of december dun namin malalaman kung may improvement doon sa mga nakuha namin mga malnourished, overweight, doon sa first quarter of the year. Kaya ngayon, uh ngayon wala pa hindi pa natin nakikita end of the year makikita natin kung nag-improve yung mga yon, May data tayo.	<ul style="list-style-type: none"> Initial and final assessment are done to determine the nutritional change of students 	<ul style="list-style-type: none"> Data from prior operations Weight checking 	Data from prior operations are used to make nutritional programs



<p>6. Bali sa beginning of the year operation timbang eh, lahat ng bata tinitimbang, tapos even sa school pag pumasok kayo diba tinitimbang kayo, yun yung mga initial data na kinukuha namin, and then by the end of the year malalaman na and or end of school year malalaman natin kung nag-improve kayo or anong nangyari sa inyo pero sa amin end of december dun namin malalaman kung may improvement doon sa mga nakuha namin mga malnourished, overweight, doon sa first quarter of the year. Kaya ngayon, uh ngayon wala pa hindi pa natin nakikita end of the year makikita natin kung nag-improve yung mga yon. May data tayo. Factors, yun nga yung mga factors, yung mga naging trend natin ngayon dahil millennial tayo, puro computer diba yun yung mga factors, puro naka focus sa tv. Ngayon kasi usually ang nagiging problema natin sa school children, sa pre-school, dati kasi under nutrition, ngayon over nutrition na tayo overweight, obese ang nagiging problema, uhh dahil ang naging gawa ng mga tao ngayon puro ganyan, puro cellphone, puro computer, naka upo na lang tayo hindi ko lang alam kung meron pa tayong mga activities sa school pero nung pandemic kasi nakadagdag yon kaya nagkaroon tayo ng maraming mga overweight obese na bata, yun yung naging double burden na problema natin, under nutrition and then over nutrition. Pero more on, yun nga, over nutrition. Sa data na nakuha namin, mas marami ang overweight o kaya obese.</p>	<ul style="list-style-type: none"> The factor that lead to the undesired result is the practice of the individuals like use of computer and use of cellphone all day 	<ul style="list-style-type: none"> Current trend Double burden Improve some participants Some Improvements observed There are factors (such as the trend of millennials) that affects the result of the program or te BMI of the participants Improvement is dependent on feeding 	<p>Physical activities are less prevalent nowadays because of gadgets and this is a factor for the improvement of BMI in students and the success of health programs.</p>
<p>7. Feeding, aside sa feeding programs, syempre yung ano, additional knowledge, pag maglecture kami sa inyo sana sinusunod diba, lalo sa school tapos sa daycare kasi mga nanay ang tinuturuan namin</p>	<ul style="list-style-type: none"> Acquires knowledge form lectures and seminars 	<ul style="list-style-type: none"> Teaching of lessons regarding nutritions and nutritional programs 	<p>Teaching additional lectures and generally have more physical activities at home and at school.</p>



<p>kailangan kasi basic maturo mo agad sa nanay eh, para maituro sa anak. Yun ang alam kong dapat gawin and then, yun nga sa mga overweight and obese kailangan talagang magkaroon kayo ng physical activity din magka physical activity tayo sa bahay at sa school dapat magkaroon non para ano yun eh handle-handle magtulungan, di lang isang sektor dapat- tsaka dapat mai- ano tawag dito, mai ano natin yung awareness sa public siguro kayo yung mga group niyo i ano niyo yung awareness tungkol sa BMI- sa BMI ang target niyo ano, yung normal BMI. Pwede naman kayo makipag- ano sa amin ano, para makatulong tayo, magtulungan tayo.</p>			
<p>8. Challenges, ang behavior, behavior ng lalo sa area sa community, and then sa school, nako behavior ng mga bataaaa hahahhaa tapos katulong pa yung mga magulang, yun lang. Ang challenges namin siguro yung behavior nung- at tsaka yung paano nila tanggapin yung mga tinuturo namin, yun yung parang nakita namin- tsaka iba na talaga yung trend, iba na yung trend talaga, syempre ang gagawin natin ay ano bang gagawin natin, pasensya. Ang sakin kasi yung behavior ng bata. Aside sa behavior ng mga magulang, kasi sa mga magulang nag-uumpisa yon, kumbaga parang cycle, kaya yun siguro ang dapat natin mabago. Pero siguro ngayon nai-start sa... communication sa ano, siguro sa mga commercial kasi dun kayo nan- dun tayo nag-aano eh parang nagbabago, kung ano nakikita natin at tsaka yung ginagawa ng karamihan parang yun yung okay satin diba, yung onti lang gumagawa pero tama parang mali na, yan ang naging trend ngayon, kaya yun ang parang- ewan ko kung maiiba</p>	<ul style="list-style-type: none"> • The behavior of the targeted audiences is one of the challenges conducting nutritional health programs 	<ul style="list-style-type: none"> • Behavior and attitude of target population 	<p>The cyclic behavior of parents and students towards health programs.</p>



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MEMBER CHECKING FORM

Dear Madam (Respondent 3):

The following table summarizes your responses to the interview session conducted on May 30, 2023. Moreover, the table also includes codes which interpret your responses. If you agree with the table content, please sign the *conforme* portion of the form.

Interview Question	Response Summary	Code(s)	Interpretation of Code(s)
<p>1. So ano yung mga programa? So first of all, paano naming malalaman na sila ay malnourish, nagkakaroon kami ng operation timbang from January to March. From there, malalaman na naming sino na yung malnourished, noh. Pag nalaman na naming 'yun kung sino, at nasaan sila at ilan sila, doon pa lang kami gagawa ng programa noh?. So ang mga programa na nacicite namin ay tinatawag na "First 1000 days of Life" diba? From there, buntis pa lang si nanay inaalagaan na namin, ano ang pangagalaga? Dapat nagpapacheck up sila sa center, dapat mayroon silang bakuna, dapat upon check-up sa center, malalaman doon yung mga laboratories nila - normal ba mayroon ba silang diseases o wala, at nalelecturan din sila tungkol sa nutrition, dapat ang kinakain nila ay masustansya. So iyon yung first step sa first 1000 days, pag nanganak na si nanay, andito na, 0 to 6, iba rin yung pangagalaga noh? Meron kasing mga stages yung first 1000 days eh noh? Na</p>	<ul style="list-style-type: none"> • Operation timbang from January to March • First 1000 days: Vaccines 	<ul style="list-style-type: none"> • Pediatric Program • Teaching Program • Assessment Program 	<p>A variety of nutritional programs are implemented such as pediatric, teaching, and assessment programs.</p>



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<p>sinasabi, mula pregnancy hanggang 2 years. 2 years-old na yung baby. Sa una pregnancy, pangalawa pagnanganak na si nanay, ang edad naman nung bata ay 0 to 6 months. From 0 to 6 months kailangan breast-fed yung bata. Wala siyang kakainin diba? kung hindi gatas lang ni nanay from 0 to 6, and then andiyan din yung mga bakuna, check-up, monthly weighing para ma ensure na si baby ay lumalaking malusog. After 6 months of exclusive breastfeeding, ito na, sisimulan na yung pagpapakain pero continuous ang breastfeeding. Magpapakain si nanay ng masustansyang pagkain na kumpleto sa sustansiyang kailangan ni baby and then, andiyan pa rin yung bakuna, monthly weighing, check-up noh? Na kailangan ni baby until 2 years-old. So nandoon din yung monthly weighing niya para maensure na tumataas ang kaniyang timbang okay?</p>			
<p>2. Yung mga programs, madalas ang government nagbibigay ng budget. Minsan ang Valenzuela Government, minsan galing mismo sa national government tulad ng DepEd. Mayroon din involved na NGOs, nakikipag-usap kami para mapatupad yung mga programs.</p>	<ul style="list-style-type: none"> The government and some NGOs are involved in nutritional health programs through budget allocation 	<ul style="list-style-type: none"> Adaptation of Resolution Support of the Local/City government in different projects 	<p>Nutritional programs are supported by the government</p>
<p>3. Ah, hindi, ah selected lang noh? Dun sa mga mababa, undernourished or low in BMI. So yun lang yung bibigyan ng isasali sa programa, kunwari na sa feeding program syempre di mo na isa-sali doon yung mga overweight or normal, at isasali mo lang doon is mga underweight. So lahat ng area naman sa Valenzuela nagagawa ito oo, so wala kaming naiwan. Basta malnourished sila, pasok sila sa programa.</p>	<ul style="list-style-type: none"> The nutritional health programs are done in all areas of Valenzuela, but they prioritize those individuals who need it the most. 	<ul style="list-style-type: none"> All areas of Valenzuela City Participants of the program are selected depending on their needs 	<p>Everybody is included in a nutritional program.</p>



<p>4. Ahh, kadalasan yung weight gain ng mga bata. Sa mga pre-school yung timbang nila tinitignan kung nag-improve tapos ah ganoon din madalas sa mga students. Yung dami rin ng nagparticipate yung activeness ganoon tinitignan rin. Pagnakikita yung mga ano yung mga indicators na yan, macoconsider na yung effectiveness ng mga programa.</p>	<ul style="list-style-type: none"> The programs are said to be effective if there is a weight gain among the children and there are more individuals who participate in the programs. 	<ul style="list-style-type: none"> Increase in weight (for individuals with low weight) and participation in health programs 	
<p>5. "What are the basis and data gathered in order to determine the needed objectives of a nutritional program?" Oo, yung mga data lang naman. Oo, yan nga yung nasabi ko nung umpisa no? Bago kami makagawa ng programa, nagtimbang muna kami. Ito yung operation timbang, talagang lahat dapat ng bata sa Valenzuela, from 0-59 months, matimbang. So from there, makakagawa na kami ng programa, base sa budget. Oo laging budget.</p>	<ul style="list-style-type: none"> The basis of making programs are the data from the operation timbang and the budget for it. 	<ul style="list-style-type: none"> Data from weight checking Budget availability 	<p>Programs are built or implemented based on the result of the weighing and the amount of budget allotted.</p>
<p>6. Yun talagang objective eh. Parang ano eh, pagka merong, kunwari nasa school, pagka merong supplemental feeding, ayon tumataas ang timbang nila, pagnagbabakasyon, parang bumababa, kaya pagdating na ng initial weighing, madami nanamang mababa ang BMI. Talagang, parang kulang talaga sa intake eh, kung titignan natin. Pero, natutulungan naman ng DepEd.</p>	<ul style="list-style-type: none"> Progress reverts back after programs have ended 	<ul style="list-style-type: none"> Improvement is observed 	<p>Improvement can be observed during the duration of the program only.</p>
<p>7. Kanina nasabi ko na noh? Before kasi, focus kami sa 0 to 59, ngayon gusto namin because of the first 1000 days, gusto na namin magfocus on pregnancy. Pinagbubuntis pa lang o wala pang ano si baby o hindi pa nagbubuntis yung mommy-to-be maalagaan na para pag nagbuntis siya, okay na yung ipagbubuntis niya. So isang programa doon is yung pre-marriage counselling.</p>	<ul style="list-style-type: none"> Pre-marriage counseling for the first 1000 days 	<ul style="list-style-type: none"> Teaching of lessons about nutrition 	<p>Making sure that that the baby will be born with a healthy body and will live in a healthy environment by doing pre-marriage counseling.</p>



<p>tinuturo na naming yung first 1000 days. Na dapat bago magbuntis si nanay, magpacheck up na siya kung anong karamdaman niya, para pagnagbuntis siya, okay wala na magiging problema. So tinuturo doon yung first 1000 days na sana lahat ng ikakasal, malaman to para makapaghanda noh? In times of pregnancy alam na nila yung gagawin nila, pag nanganak sila, ano yung ipapakain kay baby from 0 to 6 and then ano yung gagawin nila hanggang 2 years old na si baby. Kasi yung magiging ano nito- effect nito sa bata is irreversible. Ibig-sabihin, from 0 to 2 naging malnourished siya, hindi nagimprove yung brain niya, wala na tayong magagawa doon. Kahit pakainin pa natin siya nang pakainin, yung mental ability ng bata, affected na, mababa na yung IQ level niya. Ngayon, kung siya ay maalagaan, buntis pa lang, nasa loob pa lang ng tiyan ni mommy, hanggang sa lumabas, hanggang 2 years, maalagaan siya, ah siguro masmaganda na yung kalalabasan ng kaniyang future noh? Kasi nga ang first 1000 days ay tinatawag na foundation ng nutrition and health ng isang tao yon. Kailangan din magtulongan, parang ano, dugtong-dugtong na tulong, uumpisahan sa DepEd, baka pwedeng irefer sa CSWD (City Social Welfare and Development Office) ang mga magulang walang trabaho, irefer sa ganito, irefer sa ganoon. Para masustain ang kanilang pangangailangan.</p>			
<p>8. Ang mga estudyante pasaway. Kahit sabihan mo nang sabihan, lecturan mo nang lecturan, wala rin ngang. Hindi rin sumusunod- or siguro yun na yung mga ano ng kabataan ngayon diba? Kung ano yung uso go sila doon. Oh, hindi na</p>	<ul style="list-style-type: none"> The behavior of the targeted participants is the challenge in conducting nutritional health programs 	<ul style="list-style-type: none"> Behavior and attitude of target population 	<p>Students are not taking the lessons for granted and this hinders the effectivity of the programs. Current trends and peer pressure affect the health decisions of</p>



nila iniisip kung ano ba ito, masustansya ba ito? Basta nahahatak sila ng barkada or nahahatak sila kung ano yung uso.			students.
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MEMBER CHECKING FORM

Dear Madam (Respondent 4):

The following table summarizes your responses to the interview session conducted on May 30, 2023. Moreover, the table also includes codes which interpret your responses. If you agree with the table content, please sign the *conforme* portion of the form.

Interview Question	Response Summary	Code(s)	Interpretation of Code(s)
<p>1. Okay, uhh marami kasi kaming programs diba, tutok iyon sa nutrition unit lang uhh meron kasi kaming tinatawag na nutrition committee kung saan lahat ng agencies na mai-stay sa nutrition program ay kasama, mandated yon noh? Mandated yon na kailangan maging part sila ng city nutrition committee so kung kami ang hawak namin ay mga bata uhh yung mga 0 to 59 months bagong panganak hanggang 4 years and 11 months tutok namin yon ha, when it comes to moter- monitoring the nutrition health status. Ah pagdating naman ng school pag school aged na sila ang nangangalaga naman sa kanila ay ang mga taga DepEd pero yon mga- ay monitored din namin bilang sila ay member din ng city nutrition committee. Updated din kami kung ano yung nutritional status ng school children yung ganon. So alam- nagrereport sila sa amin kung sino yung may mababang BMI, yearly kasi mayroon silang initial weighing tapos may final weighing ganon binibigyan nila kami ng kopya. So ano, maraming nutrition</p>	<ul style="list-style-type: none"> • Nutrition committee • Importance of the first 1000 days of life of a child • Selective feeding programs • Integration of nutrition subjects in school "Pinggang pinoy" • Food fortification and Micronutrient supplementation 	<ul style="list-style-type: none"> • Assessment Program • Supplemental Program • Recreational Program • Pediatric Program 	<p>The nutritional programs that are being implemented are supplemental, pediatric, assessment, and recreational which provides every individuals the right nutrition and enough attention regarding health</p>



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<p>program, talagang importante kasi iyon yung first 1000 days of life ng isang bata. So kung natutukan yon sa panahon na iyon, most probably walang batang may low BMI at walang mga batang uhh mentally ano, yung ano hindi nagimprove, diba? Iyon. Pagmalaki na sila nasa schools na sila, may feeding programs diba, may feeding programs. Pero iyon selective yon when it comes to school kasi ang pinipili lang talaga ay yung mga may mababang BMI. Tapos kasama lagi doon minimeet yung mga mothers para kung paano alagaan yung kanilang mga bata tapos syempre malaki na yan, medyo malaki na yan iniintegrate sa mga subjects nila yung tungkol sa nutrition diba? Kayo napagaralan- iniintegrate yon. Kung ano ba yung mga basic food groups, diba? yung mga ganon para yung mga bata mismo. Kami tinatry namin na sa school, maintegrate din yung "Pinggang Pinoy" na maturuan yung mga bata kung ano ba yung "Pinggang Pinoy", ano lang iyon, three food groups na parang may model na sa plate nila makikita nila kung gaano karami ang dapat nilang kainin. So iyon yung mga ginagawa namin, marami kaming activities, ah pero kung lahat yon mage-end up sa pagkakaroon ng magandang nutritional status, walang low BMI, mahaba, bigyan namin kayo ng kopya. May mga nutrition education, may mga food fortification, may mga feeding programs. Micronutrient supplementation, nagbibigay ng iron, ng vitamin A ganon, na nagiistart talaga from infancy na pagdating nila hopefully, hindi mababa ang BMI nila, Body Mass Index nila.</p>			
<p>2. Lahat yon ginagawa namin, ah we are hoping na maging successful iyon. May activities</p>	<ul style="list-style-type: none"> The activities are funded by the government 	<ul style="list-style-type: none"> Involvement of the Government 	<p>Budget for Nutritional health programs have</p>



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<p>na funded ng city government, ng national government, katulad sa DepEd at meron kami iniinvolve na mga NGOs, mga private sectors.</p>	<p>and some other sectors.</p>	<p>and NGOs</p> <ul style="list-style-type: none"> Budget allocation by the government 	<p>definite budget from Government agencies and NGOs</p>
<p>3. Ano yan ahh kung depende talaga dun sa resources na available, kung maraming binibigay ang city hall, kung maraming binibigay ang national government, pasok na pasok yan diba? kung wala, nageeffort kami na makipagcoordinate sa mga non-goverma- non-governmental organization. In all barangays, In all- lahat ng barangay, tinatarget namin ginagawa naming ang mga programa kaya lang kung kailangan naming magprioritize kasi kulang ang resources, si mainourished lang talaga or yung mga families na mainourished yung ginagawan namin. Pero sa feeding program talagang madalas talagang mainourished lang. There was a time na sa daycare, lahat nakasama, ngayon nga kahit ngayon eh. Pero kasi nakita namin, nakikita kasi na importante na fini-feed din, lahat din naman.</p>	<ul style="list-style-type: none"> The resources and the budget is what needs to be considered in conducting nutritional health programs 	<ul style="list-style-type: none"> Support budget of National Government and NGO 	<p>Budget from the government and NGOs are limited and should be allocated carefully</p>
<p>4. Ano, yung weight gain. Weight gain ng mga bata unang una kasi weight gain. Successful din ang program kung active ang participation ng mga target groups, like yung mga batang mainourished kasama sila lahat. Yung mga magulang nila kasali din, sumasali- yung involvement ng mga target groups at mga parents nila ayon.</p>	<ul style="list-style-type: none"> Weight gain and active participation of targeted groups in programs 	<ul style="list-style-type: none"> Increase in weight and participation in health programs 	<p>The sign that the nutritional programs are successful is the increase in weight of the targeted participants and increase in number who participates in programs.</p>
<p>5. Ang basis po- ang basis natin, ay may location situationer ang city. So makikita natin nutritional status ng bata in the past 3 years yung bang ganon? Tapos kung "what are the basis and data gathered in order to determine the needed objectives of a nutritional</p>	<ul style="list-style-type: none"> Nutritional situation of the area is the basis to determine the needed objectives of the health programs 	<ul style="list-style-type: none"> Data from weight check 	<p>Weight Database</p>



<p>program?". Syempre yung-kung sa nutrition, yung situationer, ano ba lagay ng-ano ba situation ng Valenzuela when it comes to nutrition. Yun nga yung available, pero kasi yung objectives lang 'to eh, ahh iyon, parang nutrition ano lang, kailangan may nutrition situation- makita- para makit-yung gusto niyo- yung ano bang grupo ang talagang tutulungan niyo. Bata, matanda, buntis, diba? pamilya nila. Yung mga ganon, so ayon, mga malnourished, mga families nila, buntis- yung mga vulnerable. Gusto natin makita kung sino yung grupo sa Valenzuela na vulnerable sa malnutrition. Kung sino yung nasa nutrition situation na iyon. Kung maganda ipagagawa.</p>			
<p>6. actors? Ahh kung talking dun sa amin. Sa ano, sa atin mataas naman yung sa- sa amin yung mga preschoolers, di kasi BMI na gamit namin doon eh. Yung weight standard ng World Health. Ang ano naman, ang ano naming, improve, ah nagi-improve, kasi based on trending eh. Past 3 years trending namin ano. Decreasing ang prevalence. Decreasing ang prevalence from mataas pababa. Talagang mababa lang dito sa Valenzuela dun sa preschoolers. Yung sa school na BMI talaga ang gamit. Ahh sa simula, mataas tapos biglang bababa, pagdating nanaman ng bagong school year, parang tumataas naman sila, oo ganon. Eh iniisip nga rin namin eh, galing din yon sa amin eh. Galing din sa pre-schoolers eh, ganon. Natutulungan pero ang problema syempre, yung mga malnourished, pagbalik sa family, hindi natin alam kung talagang sufficient na yung pagkain nila doon. Kasi ito pandagdag lang ito eh, kung ano yung binibigay ng feeding,</p>	<ul style="list-style-type: none"> The BMI has not really improved, first, it will go from high to low, and then when the new school year comes, the BMI will be high again. Another factor is when malnourished individuals are not given enough nutrition due to lack of the family's budget. 	<ul style="list-style-type: none"> Results vary and depends on factors Budget availability 	<p>Results are also affected by the availability of supplies</p>



<p>pandagdag lang lahat yon kung ano lang yung mayroon talaga sa kanila. So yun lang ah, sinasali sila sa feeding, dapat macheck kung sufficient talaga, yung food sufficiency sa family level. Ganon.</p>			
<p>7. "What other initiatives can you recommend" ako ah personally, nirerecommend ko na si teachers, kasi kumukuha lang kami ng report year end tsaka start of the year. So sana namonitor talaga yung mga weights ng mga batang-nag-aano naman kayo sa high school diba? Dapat mino- hindi ko alam kung monthly kung gaano kayo minonitor yung weights ng mga batang mababa ang timbang. Tsaka dapat si caregiver, parents nila, may involve sa pangangalaga sa pag-aalaga, oo. Hindi pwedeng kakain sila sa school, pagdating din naman sa bahay wala din. Talagang ang approach ay family, yung family talaga. Ano ba yung resources ng family? Siguro kung ganoon yung approach marami pang dapat itulong kung talagang ano- kung wala naman kabuhayan, yung parang ganoon, pero ano wishful thinking yun kasi parang hindi naman nangyayari yon. Yung resources ng family sana lumaki, para masuportahan yung pagkain nila at tsaka sana matignan kung ano ba yung sitwasyon ng family nila, baka andami dami nila magkakapatid, diba yung mga ganoon? Ahh na yung pagtulong hindi lang sa level ng bata at sa school, sana sa family, tapos makakahingi ng tulong sa ibang agencies. Sa totoong buhay, anlaki ng malnutrition sa school. Parang hindi ko nakikita yung- kung ano- batay sa evaluation natin noong nakaraan parang bumaba din naman sila bumababa pero kung numbers yung titignan marami. Marami,</p>	<ul style="list-style-type: none"> • A more thorough monitoring of the weights and giving more attention to the parents' involvement and their resources. 	<ul style="list-style-type: none"> • A thoroughly monitoring of weights • Involvement of family members and their resources. 	<p>Nutritional programs should be given more attention and the participation/help of family members while also considering their resources is a must.</p>



siguro sa percentage lang kasi bumababa. Dahil dumadami rin ang enrollees ganoon yon eh.			
<p>8. Challenges, una, hindi ano. Passive? Passive yung mga caregivers. Yung mga nanay, tatay parang hindi- wala lang ganon lang sila diba? Diba yun kasi ang dapat diba? Sa una. Sa amin, hindi naman lahat may ano may budget. DepEd, mayroon yan budget. Downloaded yon kaya nga lang selective lang yung program yung malnourished lang talaga. Sana, sana din may ibang program intended dun naman sa mga healthy din kasi baka sumablay, eh mapunta naman doon sa pagiging malnourished. Yun lang naman nakikita ko. Kulang sa budget, hindi supportive yung mga-yung caregivers. Pero sa palagay ko yung mga implementors dedicated naman. Kasi minsan baka hindi rin naman dedicated naman yung implementors- pero kung talking of BMI sa school. Kita ko naman yung mga teachers.</p>	<ul style="list-style-type: none"> • The attitude of the targeted participants • Lack of budget 	<ul style="list-style-type: none"> • Behavior and attitude of target population • Budget Issue 	No sufficient help and low morale

Conforme:

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MEMBER CHECKING FORM

Dear Madam (Respondent 5):

The following table summarizes your responses to the interview session conducted on May 30, 2023. Moreover, the table also includes codes which interpret your responses. If you agree with the table content, please sign the *conforme* portion of the form.

Interview Question	Response Summary	Code(s)	Interpretation of Code(s)
1. So pag low BMI mga Malnourished yon, ano age group ang target niyo, ang kine-cater niyo? Kase saamin dito sa City ang target namin is Pre-schoolers 0 to 59 months. Ang 5 years to and above pag malnourished sila DayCare na ang nagcater and then sa school, pag malnourished sa school, sila ang magcater ng malnourished. So parang naka delegate sa bawat agency ang target na age groupings. So saamin sa preschoolers, usually yung underweight uhh kase during ano meron kaming OPT massive weighing ng mga bata 0-59 months first quarter, so dun namin makikita yung Nutritional Status ng bata. Sila ba'y normal weight, underweight, or stunted, wasted, or overweight. So ang inaano niyo is low BMI, hindi naman kasi, ang BMI kasi hindi ginagamit sa preschooler diba, kasi pang adult, pang medyo may edad na yon. So yung eto ung siguro inaayo niyong mga BMI sa mga batang uhh medyo may edad na, malnourished sila. So kung sa sa amin, yung malnourished na bata na	<ul style="list-style-type: none"> The nutritional status of the children are checked by operation massive weighing during their 0-59 months first quarter. Supplementary feeding is provided for individuals who are underweight. 	<ul style="list-style-type: none"> Assessment Program Supplemental Program 	The nutritional programs that are being implemented focuses on giving supplements like food and vitamins, and also focuses on monitoring the nutritional status.



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<p>nakikita namin dito namin after Opt makikita namin ung malnourished. Dito na papasok ung program namin na ipinapasok sa bawat barangay na hawak namin. Kunwari may malnourished don, pwede namin i-propose sa barangay: Kap, eto po may mga batang kulang sa timbang, so eto po yung mga projects na pwede natin uhhh ibigay sa kanila para maiangat yung Nutritional Status. Usually ang binibigay doon ay supplementary feeding. So at least 120 days ang required para makakita ka ng improvement sa Nutritional Status ng bata kailangan at least 90-120 days ang kailangan. Hindi pwede yung pakakainin mo lang sila ng 1 week o 1 month, hindi pwede yon. Walang magiging impact ang programa mo.</p>			
<p>2. Oo, meron. Sa ano yung mga, yun nga sa mga barangay nakakahingi kami ng budget. Uhhh may budget allocation kami through Barangay Nutrition Council. Mandated ang barangay na mag pro.. mag pondo sa nutrition, may ano ang DILG batas na kailangan sa barangay pondohan mo ang ganitong programa sa nutrition, mandated yon. So lahat ng barangay may pondo. Ahh kunwari this last quarter magbibigay kami ng project proposal na iinclude nila, kasi usually ang budget deliberation ng barangay for the next year ay third.. last quarter. So para maipasok ang nutrition program na pwedeng pondohan, ipapasok mo yon by last quarter para for the next year meron kang budget. May mga NGOs din kami, ahh si DO, Rotary, Lions na tumutulong din sa programang pang nutrition.</p>	<ul style="list-style-type: none"> • The allocation of the budget is through the Barangay Nutrition Council. • The Department of the Interior and Local Government (DILG) mandated a law that the nutritional programs within a barangay should be funded. 	<ul style="list-style-type: none"> • Involvement of barangay through budget allocation • Involvement of NGOs 	<p>The nutritional health programs which are being adopted by the whole country involves other sectors such as barangays and NGOs. These sectors provide the budget needed for such health programs</p>
<p>3. Hindi naman pang Valenzuel-bawat mga programa natin kasi uhhh ang programa sa nutrition</p>	<ul style="list-style-type: none"> • The existing nutritional programs are 	<ul style="list-style-type: none"> • The whole country is included 	<p>The nutritional health programs are not only for</p>



<p>headed by National Nutrition Council iniimplement yan uhh by City and then yung dinadown sa barangay yon. So hindi lang dito sa Valenzuela, whole Philippines yon.</p>	<p>adapted by the whole country.</p>		<p>Valenzuela</p>
<p>4. So effectiveness, kunwari feeding program, ifefeeding mo yung batang malnourished para masabi mong effective siya, kailangan mag gain siya ng weight. Uhhh lalong lalo na from malnourished naging normal siya pero imposible yon na severely malnourished ang bata within a one set of feeding nag-normal na siya. Pwedeng from severe nag Underweight siya and then uhhm nag normal siya. Hindi lang naman feeding ang kailangan, kailangan din niya ng medical attention at iba pang programa, Micronutrient supplementation, doon papasok yung pagbibigay ng Ferrous Sulfate, ahhm Vitamin A supplementation, kailangan idedeworm sila, at iba pang minerals na pwedeng ibigay sa kanila.</p>	<ul style="list-style-type: none"> To ensure the effectiveness of the nutritional programs, specifically feeding programs, the participants involved should gain weight. 	<ul style="list-style-type: none"> Increase in weight and participation in health programs 	<p>Weight gain is the indication of success for nutritional programs.</p>
<p>5. Data gathered? Yun nga yung mga timbang ng ano yung mga OPT, yun ang kailangan para ma ah determine ang para kung anong objective mo, sino yung target mo, OPT talaga ang pinaka basis ng programa ng nutrition-data gathering through OPT. Massive weighing ng 0-59 months or below 5 years old na children. Sa school din ganon ang mga school alam ko sa elementary, meron silang upon enrollment tinitimbang sila may mga clinic teacher don, tinitimbang after meron din silang margin... July and January sila dati. Diko alam kasi nagbago na yung ano yung ano uhhm yung month ng pasok diko na alam kung ano yung ano nila. Basta in a year, twice a year silang tinitimbang.</p>	<ul style="list-style-type: none"> The weight collected through OPT is the basis for determining the objectives of the program 	<ul style="list-style-type: none"> Data from weight checking 	<p>The data gathered from weighing is the basis for the implementation of nutritional programs.</p>
<p>6. Oo, nag uhh, usually</p>	<ul style="list-style-type: none"> The nutritional 	<ul style="list-style-type: none"> Improvement is 	<p>Improvement is</p>



<p>nag-iimprove naman kase sa mga yun nga, through feeding sa school diba meron silang canteen. Yung mga malnourished na bata sa school meron silang feeding sa school din, yung mga priority nila yung mga malnourished, parang meron silang kunwari pang-umaga may pagkain sila don. Uhh dito nakakatulong yung mga garden nila sa school, may mga garden sila don, yung pagkain don na gulay sinasama sa mga finifeed nila sa bata. So, ok naman so far nakakatulong naman yung mga programang to.</p>	<p>status of the malnourished children improves in line with the feeding programs in school.</p> <ul style="list-style-type: none"> The planted vegetables can be fed to the students, which is the benefit of the school gardens. 	<p>dependent on feeding</p>	<p>observed but is dependent on feeding. The usage of a garden help maintain this improvement for the students.</p>
<p>7. Uhh so, sa sinabi ko na hindi lang kailangan feeding, kailangan is. S-sa center kasi namn yung mga malnourished finifeeding at the same time yung mga nanay meron kaming nutrition education sa mga nanay. Meron kaming pabasa sa nutrition, ang pabasa sa nutrition ay isang method ng teaching sa mga nanay, hindi lang lecture. Ako maglecture, makikinig ka?, hindi. Involve ang mga nanay, may binibigay na fiy- Ahhhm booklet, magbabasa sila don iintindihan nila, iintindihin nila. Meron isang maglilider, babasahin nila yung libro, and then kung may questions sila, dun lang papasok yung pinaka team leader kung hindi nila maintindihan. Andon meron din silang, sa pag-aaral na yon meron din silang parang naglalaro sila in-relation to the topic and then at later part turu-turuan mag gardening and then yung magluluto sila ng mga nutritious foods.</p>	<ul style="list-style-type: none"> Proposal of more engaging way to conduct lectures regarding nutritional health programs 	<ul style="list-style-type: none"> Interactive teaching of lessons about nutrition 	<p>One way to improve nutritional programs, for example teaching about nutrition is to make it more engaging in order to grab the attention of the targeted participants</p>
<p>8. Yun nga sa sa mga nanay, Kunwan nagfeefeeding tas tatawag ka ng lecture uhhh, kung minsan hindi sila pumupunta. Tinatamad, inuuna yung mga bisyo, minsan nag bibingo, nagtotong its, may mga ano na kung minsan ang</p>	<ul style="list-style-type: none"> The attitude and low participation of participants towards the program. 	<ul style="list-style-type: none"> Behavior and attitude of target population 	<p>Neglecting Health programs, over laziness and lack of interest</p>



<p>lecture may mga- Yun nga nakakahingi kami ng budget sa barangay, meron silang libreng merienda tapos may mga question may mga question and answer pag nasagot nila. Nakakahingi kami ng mga ibang pang giveaway sa mga sponsors para ma-engganyo silang umattend sa ano. And then isa pa sa nilecture, kasi meron tayong pinggang pinoy. May age grouping yon, so meron para sa preschool children, school children, meron sa mga adult, pregnant and lactating mothers, sa mga seniors so depende sa magiging uhh participants ng uhhh lecture yung pinggang pinoy ano na yon pwede yon na ang piliin mo na i-lecture sa kanila.</p>			
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APPENDIX I

PEER EVALUATION FORM



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 National Capital Region
 Division of City Schools - Valenzuela
Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

CERTIFICATION OF PEER REVIEW OF DATA ANALYSIS

The undersigned have reviewed the interview transcripts, codes, and emerging themes for the research study entitled *A Case Study and Analysis for a More Effective Nutritional Health Program for Students in Valenzuela City*.

 (Signature over printed name)

Name of Peer Reviewer

 (Signature over printed name)

Name of Peer Reviewer

 (Signature over printed name)

Name of Peer Reviewer



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APPENDIX J

GRAMMARIAN CERTIFICATION



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Department of Education
 National Capital Region
 Division of City Schools - Valenzuela
 Valenzuela City School of Mathematics and Science
 A. Pablo St., Malinta, Valenzuela City

GRAMMARIAN CERTIFICATION

This is to certify that the undersigned has reviewed and went through all the pages of the research study entitled "***A Case Study and Analysis for a More Effective Nutritional Health Program for Students in Valenzuela City***" by Althea Erjoie M. Delos Reyes, Naomi Jinn S. Martinez, Jarrell P. Salao, Vincent Emman D. Santos, Luke G. Saulo, and Martin Caleb A. Wong, aligned with the set of structural rules that govern the composition of sentences, phrases, and words in the English language.

 (Signature over printed name)

Name of Grammarian

7/5/2023

 (Date)



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APPENDIX K

PLAGIARISM TEST

CHAPTER I

CHAPTER I

The Problem and Its Background

Introduction

A needs analysis defines deficiencies or problems and identifies causes and solutions. It can be thought of as the process of identifying gaps between what should be happening and what is happening, and accounting for the causes of these gaps. It is a systematic process that involves identifying gaps between what an individual or organization currently possesses in terms of skills, knowledge, resources, and

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Conciseness ✓	Readability ✓
Word choice ✓	Additional writing issues 20

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CHAPTER II

CHAPTER II

Review of Related Literature

The purpose of this chapter is to explain and support the researchers' objectives while providing knowledge and a clearer grasp of the study's main points through the inclusion of noteworthy studies and relevant literature.

Need Analysis

The significance of an appropriate diet in improving health and preventing illness is widely known. Nutritional programs are widely adopted in a variety of settings, including schools

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CHAPTER III

Chapter 3
Methodology

This chapter discusses the research methodology that was used in this study to analyze the need for a nutritional health program for students in Valenzuela City with a below normal BMI in Valenzuela City. Moreover, this chapter also provides information about the progression of the research, starting with the formulation of interview questions, data collection, and data analysis. It also gives definition to the techniques and strategies used

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CHAPTER IV

CHAPTER IV
Results and Discussions

Gathered results and data are presented and discussed in this chapter, in line with a more effective Nutritional Health Program for underweight students in Valenzuela City. The following discussions were problems encountered by nutritionists and the insights of Valenzuela City nutritionists on creating more effective nutritional programs.

Research Question # 1: What programs are

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CHAPTER V

Chapter 5
Summary

This chapter outlines the summary of the findings of this study in line with their set of research questions. The generalization of the conclusion based on the results is also presented. Additionally, recommendations are offered for future research in light of the findings

It is seen on the first research question that the existing programs currently address low BMI. Based on the data gathered, the currently existing programs focused on addressing low

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Word choice	✓	Additional writing issues	36

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APPENDIX L

GOOD CLINICAL PRACTICE (GCP) CERTIFICATES

	
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<p><i>Eve Jelstrom</i></p> <p>Eve Jelstrom, Principal Investigator NDAT CTN Clinical Coordinating Center</p> <p><small>Good Clinical Practice, Version 5, effective 03-Mar-2017</small></p> <p><small>This training has been funded in whole or in part with Federal funds from the National Institute on Drug Abuse, National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN2720120100024C.</small></p>	



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Research Misconduct	Passed
Roles & Responsibilities	Passed
Recruitment & Retention	Passed
Investigational New Drugs	Passed

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Participant Safety & Adverse Events	Passed
Quality Assurance	Passed
The Research Protocol	Passed
Documentation & Record-Keeping	Passed
Research Misconduct	Passed
Roles & Responsibilities	Passed
Recruitment & Retention	Passed
Investigational New Drugs	Passed

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