

SIXTEENTH CONGRESS OF THE REPUBLIC)
OF THE PHILIPPINES)
First Regular Session)



Senate
Office of the Secretary

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SENATE
P.S.R No. 606

RECEIVED BY: JW

Introduced by Senator Miriam Defensor Santiago

RESOLUTION
DIRECTING THE PROPER SENATE COMMITTEE TO CONDUCT AN INQUIRY, IN AID
OF LEGISLATION ON THE REPORT THAT MOST FILIPINOS HAVE VITAMIN D
DEFICIENCY

WHEREAS, the Constitution, Article 2, Section 15, provides: "The State shall protect the right to health of the people and instill health consciousness among them";

WHEREAS, the *Philippine Star*, in an article dated 23 March 2014 reported that most Filipinos have vitamin D deficiency;

WHEREAS, the article claimed that according to a study by the Philippine College of Occupational Medicine (PCOM) and the Philippine Neurological Association (PNA), vitamin D deficiency has become a silent epidemic now affecting many Filipinos;

WHEREAS, PCOM director Marilou Renales reportedly said that three out of five Filipinos are now vitamin D deficient, citing a study they conducted among office workers in Metro Manila in 2013;

WHEREAS, Renales claimed that the results of a voluntary blood testing performed among 369 randomly selected Metro Manila office workers revealed that 58 percent were Vitamin D-deficient while 30 percent have insufficient levels of Vitamin D;

WHEREAS, Renales also allegedly said that vitamin D is produced naturally through adequate sun exposure, and most office workers are not exposed to adequate sunlight;

WHEREAS, the PCOM director also reportedly explained that apart from staying indoors for most parts of the day, habitually wearing long-sleeved clothing and slacks or pants, using too much sunscreen and eating barely enough of Vitamin D-rich foods, environmental factors are also at play;

WHEREAS, Renales also allegedly said that shade, along with pollution and smog, could reduce by 60 percent ultraviolet energy absorbed by people;

WHEREAS, PNA fellow Alejandro Diaz reportedly said that typical Filipinos' naturally tan complexion, given the moderate to high levels of melanin in their skin, is also a factor in vitamin D deficiency;

WHEREAS, Diaz reportedly explained that melamine, while serving as a protective barrier for the skin against ultraviolet light, also works to block the sun's rays, which is needed to activate Vitamin D in the body;

WHEREAS, given this study, the State should therefore create measures to increase the awareness of Filipinos on the importance of vitamin D; it should also create measures to prevent the rising number of office workers with vitamin D deficiency;

WHEREFORE, BE IT RESOLVED BY THE PHILIPPINE SENATE, to conduct an inquiry in aid of legislation on the report that most Filipinos have vitamin D deficiency.

Adopted,

Miriam Defensor Santiago
MIRIAM DEFENSOR SANTIAGO
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