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SENATE P.S. RES. NO. <u>71</u>6

Introduced by Senator Manny B. Villar

RESOLUTION

URGING THE COMMITTEE ON HEALTH AND DEMOGRAPHY TO CONDUCT AN INQUIRY, IN AID OF LEGISLATION, ON THE POLICY OF THE GOVERNMENT WITH REGARD TO THE INCREASING TREND OF "LIFESTYLE DISEASES" AMONG FILIPINOS WITH THE END IN VIEW OF CRAFTING A PROGRAM THAT WILL ADDRESS THIS ALARMING SITUATION.

Article II Section 15 of the 1987 Constitution provides: '[t]he State shall protect and promote the right to health of the people and instill health consciousness among them";

Article XIII Section 12 provides: "[t]he State shall establish and maintain an effective food and drug regulatory system and undertake appropriate health, manpower development, and research, responsive to the country's health needs and problems";

Whereas, according to the Department of Health (DOH), the top 10 leading causes of mortality, 2000 to 2005 are: 1. Diseases of the heart, 2. Diseases of the vascular system, 3. Malignant neoplasm, 4. Pneumonia, 5. Accidents, 6. Tubercolosis, all forms, 7. Chronic lower respiratory diseases, 8. Diabetis militus, 9. Conditions from perinatal period, 10. Nephritis, nephritic syndrome;

Whereas, also according to the DOH, the top 10 leading causes of morbidity, 2000-2005, are: 1. Acute lower respiratory tract infection and Pneumonia, 2. Bronchitis, 3. Acute watery diarrhea, 4. Influenza, 5. Hypertension, 6. TB respiratory, 7. Diseases of the heart, 8. Malaria, 9. Chicken pox, and 10. Dengue fever;

Whereas, Philippine College of Physicians (PCP) said that 60% of the total deaths in the country were caused by non-communicable diseases such as heart attack, stroke, cancer, and chronic obstructive pulmonary diseases;

Whereas, in fact, the National Nutrition and Health Survey (NNHeS) reports that more than 44 million Filipinos are either - obese, hypertensive, dyslipidemic, diabetic, or a smoker (6th NNHES 2003-2004) and confirms that Filipinos are becoming susceptible to lifestyle diseases such as hypertension, high fasting blood sugar (FBS), and high cholesterol that could lead to a variety of complications from cardiovascular diseases and diabetes;

Whereas, the Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST) also warns that hypertension, high FBS, and dyslipidemia (cholesterol) are major risk factors to lifestyle diseases, which top the list of leading causes of deaths in the country;

Whereas, a study by the FNRI-DOST, shows that that one in every four (or 25.3%) adult Filipinos has hypertension or high blood pressure (BP)of equal or higher than 140/90 millimeter mercury (mmHg), thereby increasing their risk for a cardiovascular disease;

Whereas, likewise, another 11 in every 100 (or 10.8%) Filipino adults have pre-hypertension or a BP reading of about 130-139/85-89 mmHg while the accepted normal blood pressure is about 120/80 mmHg;

Whereas, the report also shows that the number of people with hypertension increased from 22.5 percent in 2003 to 25.3 percent in 2008;

Whereas, further it also reports that five out of 100 Filipinos (or 4.8%) have high fasting blood sugar (FBS), an indication of the presence of diabetes mellitus, which is a significant increase from a mere 3.4 percent of the population in 2003;

Whereas, in addition, three in every 100 Filipinos have impaired fasting glucose (IFG), another indicator of a possible progression to diabetes mellitus, if not prevented;

Whereas, the study also reports that one in every 10 (10.2%) Filipino adults also has high cholesterol levels while twenty-one out of 100 (21.2%) are borderline high;

Whereas, in another study which was conducted by the Philippine Society of Hypertension (PSH), it indicates that more than half of Filipino adults are smoking and are going towards suffering from heart diseases;

Whereas, in another study, alcohol drinking is said to be linked to anemia, cancer, cirrhosis, dementia, depression, gout, nerve damage, pancreatitis, among others;

Whereas, many of these diseases are preventable if there is clean surroundings and proper and healthy lifestyle is observed i.e. clean house, sufficient physical activity, healthy diet, and alcohol and smoking moderation, if not lack of it;

Whereas, considering the above studies which suggests that there is an increasing number of Filipinos which are becoming susceptible to lifestyle diseases due to their way of living, it is imperative for the government to arrest such alarming trend;

NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, to urge the Committee on Health and Demography to conduct an inquiry, in aid of legislation, on the policy of the government with regard to the increasing trend of "lifestyle diseases" among Filipinos with the end in view of crafting a program that will address this alarming situation.

Adopted,

Manny Villar