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SENATE
S. No. 1108

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Introduced by Senator Miriam Defensor Santiago

EXPLANATORY NOTE

Research shows that an estimated 5,000,000 to 10,000,000 women and girls and 1,000,000 men and boys suffer from eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder, as well as eating disorders that are not otherwise defined.

Eating disorders usually appear in adolescence and are associated with substantial psychological problems, including depression, substance abuse, and suicide. Eating disorders can even lead to death.

Anorexia nervosa is an eating disorder characterized by self-starvation and excessive weight loss. It is usually associated with serious health consequences including heart failure, kidney failure, osteoporosis, and death. This eating disorder has the highest mortality rate of all psychiatric disorders. A young woman is 12 times more likely to die than other women her age without anorexia.

On the other hand, bulimia nervosa is an eating disorder characterized by excessive food consumption followed by inappropriate compensatory behaviors, such as self-induced vomiting, misuse of laxatives, fasting, or excessive exercise. It is associated with cardiac, gastrointestinal, and dental problems including irregular heartbeats, gastric rupture, peptic ulcer, and tooth decay.

Moreover, binge eating disorder is characterized by frequent episodes of uncontrolled overeating. This eating disorder is associated with obesity, heart disease, gall bladder disease, and diabetes.

Eating disorders can have a negative impact on the educational advancement of a student, a situation often overlooked and rarely addressed in the nation's schools. Educational efforts to prevent eating disorders are of primary importance to the health, well being, and academic success of the nation's students. Females are much more likely than males to develop an eating disorder. An estimated 5 to 15 percent of people with anorexia or bulimia and an estimated 35 percent of people with binge eating disorder are male.

This Act purports to provide local school districts and parents with the means and flexibility to improve awareness of, identify, and help students with eating disorders. All these endeavors are geared towards ensuring that such individuals receive a high-quality education and secure their chance for a bright future. *

Miriam Defensor Santiago
MIRIAM DEFENSOR SANTIAGO

* This bill was originally filed in the Fourteenth Congress, Second Regular Session.

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P.D.

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1 AN ACT
2 MANDATING THE DEPARTMENT OF EDUCATION TO CREATE EDUCATIONAL
3 PROGRAMS TO RAISE AWARENESS OF EATING DISORDERS
4 AMONG FILIPINO CHILDREN

Be it enacted by the Senate and the House of Representatives of the Philippines in Congress assembled:

5 SECTION 1. *Short Title.* – This Act shall be known as the “Eating Disorders Awareness,
6 Prevention, and Education Act.”

7 SECTION 2. *Innovative Assistance for the Identification, Training, and Educational*
8 *Awareness of Eating Disorders.* – The Secretary of Education is mandated to establish programs
9 to improve the identification of students with eating disorders, increase awareness of such
10 disorders among parents and students, and train educators (such as teachers, school nurses,
11 school social workers, coaches, school counselors, and administrators) on effective eating
12 disorder prevention and assistance methods.

13 SECTION 3. *Public Service Announcement.* – The Secretary of Education, in
14 consultation with the Secretary of Health, shall likewise carry out a program to develop,
15 distribute, and promote the broadcasting of public service announcements to improve public
16 awareness, and to promote the identification and prevention of eating disorders.

17 SECTION 4. *Eating Disorder Research and Report.* – Not later than 18 months after the
18 enactment of this Act, the School Health and Nutrition Center shall conduct a study on the
19 impact eating disorders have on educational advancement and achievement. The study shall:

- 1 A. determine the prevalence of eating disorders among students and the morbidity and
2 mortality rates associated with eating disorders;
- 3 B. evaluate the extent to which students with eating disorders are more likely to miss
4 school, have delayed rates of development, or have reduced cognitive skills;
- 5 C. report on current local programs to educate youth about the dangers of eating
6 disorders, as well as evaluate the value of such programs; and
- 7 D. make recommendations on measures that could be undertaken by the Congress, the
8 Department of Education, and local educational agencies to strengthen eating
9 disorder prevention and awareness programs.

10 SECTION 5. *Separability Clause.* – If any provision or part thereof is held invalid or
11 unconstitutional, the remainder of the law or the provision not otherwise affected shall remain
12 valid and subsisting.

13 SECTION 6. *Repealing Clause.* – All laws, presidential decree or issuance, executive
14 orders, letter of instruction, administrative order, rule, and regulation contrary to or inconsistent
15 with the provisions of this Act are hereby repealed, modified, or amended accordingly.

16 SECTION 7. *Effectivity Clause.* – This Act shall take effect fifteen (15) days following
17 its publication in at least two (2) newspapers of general circulation.

Approved,