



Bicol University Extension News

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BU, NNC V join nutrition month celebration

In creating awareness of the nutrition month theme," First 1000 days ni baby, pahalagahan para sa kinabukasan", the Bicol University collaborated with National Nutrition Council (NNC) V in the conduct of the university-based Seminar on the 1000 Days of Infants cum BIDW Meeting on July 28, 2016. This was held at Higher Education Regional Center Amphitheatre, Bicol University East Campus, EM's Barrio, Legazpi City.

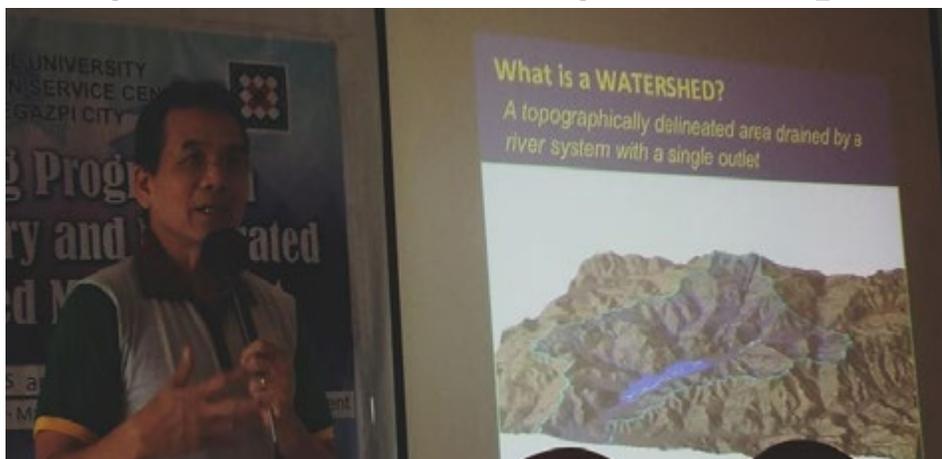
Dr. Ruby Mediona, officer-in-charge dean of BU College of Nursing, acknowledged the partnership by BU units /colleges and NNC for the said activity. She said, "we must give importance to the first 1000 days to have a healthy baby". Ms. Arlene Reario, Nutrition Program Coordinator (RNPC) of NNC V, on the other hand, discussed the importance of the first 1000 days, giving emphasis on the advantages of good nutrition during pregnancy, lactation and first two years of life,

health benefits of breastmilk and consequences of non-exclusive breastfeeding from birth to 6 months, the appropriateness, consequences if complementary feeding is not practiced from 6 months to 2 years, intergenerational cycle of malnutrition, profile of the current nutritional status of Filipino children, 0-2 years old, pregnant and lactating mothers, and the nutritional needs of pregnant and lactating mothers. Likewise, ways to protect, support and promote nutrition in the 1st 1000 days have to be operationalized. She mentioned "that the Pinggang Pinoy for pregnant and lactating mothers' would depict the concrete representation of the measurement of the three food groups for adequate and balanced diet".

Faculty members of BUCN were visibly in action of the topics assigned to them. Prof. Henelita Arlene M. Moros in her talk on Maternal Nutrition in Birth Outcome and Lifelong Health,

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Training Program on Participatory & Integrated Watershed Mgt on first phase



UPLB Professor Dr. Rex Cruz explains the basic concepts of watershed management.

An initial phase utilizing the first modular topic on Concepts and Framework of Community-Managed Integrated Watershed Development to the Training Program on Participatory and Integrated Watershed Management took off on August 10-12, 2016, at BUCN Function Hall, BU Main Campus, Legazpi City. The BU College of Agriculture and Forestry co-sponsored this activity with BU Extension Service Center.

BUESC director, Dr. Antonio P. Payonga, said that "the main objective of the Bicol University Integrated Program for Sustainable Development and Management of Local Watershed Communities is the establishment of an integrated watershed management activities and contribute to the development of lowland, upland and

coastal communities through appropriate science-based technologies and assist them in facilitating appropriate and relevant livelihood opportunities of local watershed communities in some areas in Bicol Region". As a rejoinder of the activity overview, BUESC Continuing Education Unit head Mr. Kalayaan Triunfante said that "the focus of the first module is for participants to articulate the basic concepts and framework of community-managed integrated watershed and discuss important considerations affecting planning and implementation of watershed management projects".

After the levelling of expectations facilitated by the Center's administrative assistant Ms. Analyn D. Barredo, issues and

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BUCN conducts extension seminar update

In view of updating and upgrading of the faculty's capabilities, and an orientation on research and extension continuum, the BU College of Nursing (BUCN) held an Extension Seminar Update on July 7, 2016 at the BUCN Function Hall.

In line with the banner program, BUCN CARE or Community Assistance towards Resiliency & Empowerment, this activity was also a retooling of the staff in the operation and redirecting the roadmap in extension or in extension-research continuum. Specifically, with the message of Officer-in-Charge Dean, Dr. Ruby Mediona, she acknowledged the need to a readjustment in the operation of the extension or its continuum with research considering new dimensions in achieving the vision and mission of the University. In behalf of BU Extension Service Center's (BUESC) director Dr.

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said that “well-nourished mother is important to ensure the optimum development of infant’s physical and mental capacities with consideration of nutritional support during labor, nutritional regimen of complications during pregnancy in addition to toxemia, anemia and constipation. With adequate maternal nutrition a normal weight infant would be delivered and the baby would be able to adjust well with the environment. Likewise poor intra-uterine development of fetus would result to complications of non-communicable diseases later in the adult life. Prof. Jane M. Pecson presented the Issues on Teen-age Pregnancies, highlighting the rate of teen-age pregnancy - 9.5% of girls, aged 15-19 begun childbearing, 7.4 % are already mothers, more are coming from rural areas, the circumstances leading to, consequences and prevention of early pregnancy. Prof. Cauline Ruth A. Pangan talked about the Newborne Care and Addressing Barriers of Exclusive Breastfeeding, giving importance to the Department of Health (DOH) Administrative Order 2009-0025 or Essential Newborn Care and the wider implementation of Republic Act 10028 or the Expanded Breastfeeding Promotion Act of 2009.

Nutri-quiz was administered to 37 representatives of BIDANI- assisted barangays in Albay. A mean score of 10 out of 15 multiple choice questions were derived from the Nutrition month theme. Twelve participants shared low-cost, available and nutritious recipes prepared as viands and cooked as sauteed, fried or with coconut, which may be original or sourced from local reference to be served to pregnant, lactating and babies, 6-24 month old ready for complementary feeding. Tokens were awarded to winners of the nutri-quiz contest and those who submitted the recipes Raffle draws gave excitements to participants -who came home with gifts. Relevant pamphlets on Nutrition Month Theme, and IECs for pregnant and lactating mothers/teen-agers such as nutritional tips, Pinggang Pinoy, meal planning were distributed to the participants.

Wrap up discussion on action points included the formation of support group for breastfeeding, establishment of breastfeeding area, promotion of pre-natal consultation, parent’s education and the conduct of the 3rd quarterly meeting at Masarawag, Guinobatan, Albay. Dr. Antonio Payonga, BUESC director, in his closing message said “continue for the advocacy of achieving healthy mind and body through proper nutrition and on integrating nutrition in development strategy to contribute to improvement in community welfare” as a gesture of encouragement to the BIDANI advocates.

The Food Service Management students of Industrial Education Department under Prof. Maurina Bantog, BUCIT extension coordinator developed nutritious food products in the form of snacks for sale. Seven members of the Philippine Association of Food Technologists (PAFT) XI Chapter led by Ms. Oraa, PAFT External Vice-President facilitated the conduct of the session. *(MaCRNaz)*

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concerns regarding the watershed program as regards to the profile assessment, framework, site selection, identification of area for convergence were discussed and brainstormed. Equally important was the presentation of a UP Los Banos Professor, Dr. Rex Cruz on “Concepts and Framework for Community-Managed Watershed Development”. He said that “it is important to visualize what is watershed, its conditions, the interconnected ecosystems in a watershed, the drivers of water availability, the landscape approach, the involvement of community in visioning for the watershed, as well as the essential elements of watershed”. Furthermore, he shared experiences on the “Development Approaches to Community-Managed Watershed Development”. BUCAF extension coordinator Prof. Ma. Julieta C. Gonzales, in her paper “Rural Development and Watershed Natural Resources Management Issues/Challenges at Community Level” said that “community-managed watershed has more advantageous features than community-based watershed” in addition to getting acquainted with watershed management core components, the Watershed Plus, the concerns on the linkage between rural

poverty and watershed, the dependence of poverty to natural resources, causes and drivers of poverty, some issues and concerns. On one hand, Prof. Alberto B. Gonzales, BUCAF forestry department chairperson in his paper “Sustainability Consideration, Social and Institutional Issues in Watershed Management”, explained on the positive aspects of improving sustainable management of natural resources, the payment for environment services, purpose of watershed development, as well as issues that will include integrated and institutionalization approaches, creation and utilization of assets, localized cost-sharing and capability mechanisms.

About 42 extension coordinators, other faculty involved in extension programs/projects, BUESC staff, head of BU office and LGU representatives participated. Areas for action points were the need for active and integrated participation of partners in planning, implementation, monitoring and evaluation, sharing or identification of data set requirements by college/unit, and the identification of specific site where watershed program can be feasible. *(MaCRNaz)*

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Antonio P. Payonga, Prof. Ma. Corazon R. Naz, Development and Action Research Unit Head talked about the updates on policies and procedures of BU extension program on the proposed extension flow, work equivalent credit and other engagements that can be credited as extension undertakings. She further elucidated the format of the hybrid of the extension-research continuum proposal for possible engagement in which the college planned to get involved in. Mr. Kalayaan Triunfante, BUESC Continuing Education Unit Head presented the Bicol University Integrated Program for Sustainable Development and Management of Local Watershed Communities in Selected Areas of Bicol -including the rationale, objectives, components, framework, operational scheme and thematic areas, and an avenue for extension-research continuum. Manito, Albay is identified as the pilot area for the first phase operation in which BUCN will be involved.

A brainstorming session in the afternoon, identified areas for integration of the watershed program and the BUCN CARE, which shall later be concretized for a concept paper or proposal. In attendance were 34 faculty members, who stayed throughout the session. *(MaCRNaz)*



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