

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