



Republic of the Philippines

Department of Education

Region IV-A (CALABARZON)

Division of Cavite

Trece Martires City, Cavite



Certificate Number: AJA17-0083

September 25, 2019



C - 10/19

## DIVISION MEMORANDUM

No. 367, s. 2019

### BASELINE DATA GATHERING FOR THE IMPLEMENTATION OF DIVISION MINIMALIST FITNESS AND HEALTH AWARENESS PROGRAM (MFHAP)

TO: Assistant Schools Division Superintendent  
OIC, Assistant Schools Division Superintendent  
Chief, Curriculum Implementation Division  
OIC Chief, School Governance and Operations Division  
Education Program Supervisors  
Public Schools Division Supervisors  
Public and Private Elementary and Secondary School Heads  
All concerned

1. A study conducted on June 2019 entitled *Analysis of DepEd Cavite- Division Personnel Health Data: Exploring Family History, Medical History, Dietary Intake and Lifestyle* revealed that the SDO personnel are prone to the formation of central adiposities or fat deposits in their abdominal region where vital organs are positioned. Thus, putting them at risk to have lifestyle-related diseases.
2. To be very particular, **MARRIED FEMALE PARTICIPANTS** in the study showed significant predisposition to developing central adiposities.
3. Above-mentioned research-based facts and data support the conduct the **Minimalist Fitness and Health Awareness Program (MFHAP)** in the Division to address the identified needs upon thorough health assessment.
4. **MFHAP** is an approach to address three dimensions of wellness: Physical, Mental and Social dimensions. Since health is a complete state of wellness, it is vital that a unified approach will be used to ensure that the identified health needs are dealt with accordingly.
5. In relation to this, all **MARRIED FEMALE** DepEd Cavite SDO personnel are enjoined to proceed to the SDO Medical Office on September 27, 2019 (Friday) during office hours, for the gathering of **Baseline Data: Measurement of Central Adiposities, Vital Signs and Body Mass Index** in preparation for the upcoming launch of **MFHAP**. This shall be used for an intervention on the Physical Dimension of Health Awareness.
6. For more information on the implementation of the Program, kindly reach the Office of the Assistant Schools Division Superintendent thru 046.419.17.39 or email at [depedcavite.asds@deped.gov.ph](mailto:depedcavite.asds@deped.gov.ph).
7. Immediate dissemination of this Memorandum is earnestly desired.

CHERRYLOU D. REPIA  
Schools Division Superintendent