



January 7, 2020

DIVISION MEMORANDUM
No. 010 s. 2020

**4TH QUARTER DATA GATHERING FOR MINIMALIST FITNESS AND
HEALTH AWARENESS PROGRAM FOR DIVISION OFFICE
PERSONNEL**

To: Asst. Schools Division Superintendent
OIC, Asst. Schools Division Superintendent
Chief, Curriculum Implementation Division
Chief, School Governance and Operations Division
Education Program Supervisors
Public Schools District Supervisors
Division Personnel
All Concerned

1. In reference to the implementation of Division Minimalist Fitness and Health Awareness Program (MFHAP), all Division Office personnel underwent orientation and gathered their BMI, waist conference and BP last September 27, 2019.
2. According to the research study findings, majority of female and married personnel are at risk of developing lifestyle related diseases because of high central adiposity which needs regular checkup and monitoring.
3. In line with this, ALL DepEd SDO personnel are enjoined to proceed to the SDO Medical Office on January 9, 2019 (Thursday) from 8:00AM to 5:00PM for weighing as part of 4th quarter data gathering.
4. Immediate and widest dissemination of this Memorandum is highly desired.

ELIAS A. ALICAYA, JR. Ed.D.
Assistant Schools Division Superintendent

ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent