

Radio program providing nutrition education, airs in Batangas

In an effort to provide crucial nutritional insights to the community, Batangas State University's "Nutri-Interaksyon sa Radyo" has become a source of nutrition education for listeners. This monthly radio program, which ran from April to December 2022, aims to promote well-being through in-depth discussions on nutrition. Spearheaded by prominent experts, it delves into various aspects of healthy living, broadcasting not only on the airwaves but also through Facebook Live.

The show, which follows the popular "Ugnayan: Pamantasan at Pamayanan" segment by ESO-Central, offers a platform for educators and nutritionists to share their expertise. The first episode, which aired in May 2022, explored the theme "Summer Body Glow-Up," with Mr. Jon Celestino and Mr. Gerard Maranan as resource persons. Mr. Celestino, a clinical dietitian based in Saudi Arabia and an esteemed member of NDAP Batangas Chapter, provided valuable insights on achieving a healthy nutritional status.

Subsequent episodes featured topics like "Nutrisyon para sa Pamilya" and "Nutrition and Agriculture," explained by experts Ms. Edna Pintucan, Ms. Keith Darryl Bravo, and Dr. Kim Leonard Dela Luna. The program's hosts, Ms. Kristia Lei A. Reyes and Assoc. Prof. Maria Theresa A. Hernandez, both Assistant Directors of Extension Services Office-Central.

A significant portion of the program was dedicated to addressing listeners' queries. In one instance, the speaker emphasized the importance of providing milk to children between 3 and 4 years old, as it is rich in calcium, crucial for bone and teeth development. She also highlighted the role of sunlight in calcium absorption.

As the episodes progressed, the program expanded to cover various topics such as "Basics of Food Safety" and "Personal Hygiene and Food Sanitation of Food Sellers" as well as "Hypertension".

The impact of this educational radio program has been profound. It has not only empowered listeners to make informed dietary choices but also fostered a sense of community in its engagement with local experts. Each episode has enriched the lives of many, ensuring that Batangas State University's commitment to the well-being of its community remains unwavering.

The program and the episodes have become a vital resource in Batangas, enabling individuals to make healthier choices and lead more fulfilling lives.



First episode with Mr. Jon Celestino and Mr. Gerard Maranan



Second Episode with Ms. Edna Pintucan and Ms. Keith Darryl Bravo



Third episode with Dr. Kim Leonard Dela Luna, NDAP's regional vice president for South Luzon



Forth episode with Ms. Remy De Torres, NDAP-Batangas Chapter President and dietitian at the Batangas Medical Center,



Fifth episode with Ms. Hannah Maguiat, Member of NDAP-Batangas Chapter and Dietician at Batangas Medical Center and Mr. Hans Emil Ople, a Nutritionist-Dietician I and Nutrition Program Coordinator , MHO-Balayan.



Sixth episode with the Former NDAP Batangas President, Asst. Dir. Disaster Risk Management and Health Research and OJT-PB Head, Ms. Rysheer P. Quiatchon.



Seventh Episode with Dr. Kim Leonard Dela Luna, NDAP Regional Vice President for South Luzon.