



Republic of the Philippines  
**Department of Education**  
CARAGA REGION  
**SCHOOLS DIVISION OF BISLIG CITY**



September 22, 2023

DIVISION MEMORANDUM

No. 517, s. 2023

**IMPLEMENTATION AND LAUNCHING OF THE BIGGEST LOSER  
WEIGHT LOSS CHALLENGE UNDER PROJECT WELL**

To: Assistant Schools Division Superintendent  
Chiefs, CID and SGOD  
All Public Schools District Supervisors  
All Elementary and Secondary School Heads  
HNS Personnel  
All Others Concerned  
This Division

1. Wellness program is an approach to improve individual's health through lifestyle changes, exercise, and diet modification and to adopt and maintain healthy behaviors which lead to lower health risks, less chronic diseases, and fewer health care costs among the teaching and non-teaching personnel of Bislig City Division.
2. The result of the recent online health profiling is alarming. Out of 1220 respondents, 436, 179 and 26 are overweight, obese, and extremely obese respectively. A total of 641 or 53% needs weight loss reduction.
3. In this premise, the Health and Nutrition Section through its Project WELL (Wellness in Education Leads to Longevity) will launch the "Biggest Loser" weight loss challenge on September 29, 2023.
4. Twenty-three (23) participants will vie for the competition. Two participants per district and one from the functional divisions of OSDS, CID and SGOD.
5. Submission of names of identified participants will be due on or before September 25, 2023, by the district nurses.
6. The list of the overweight, obese, and extremely obese personnel per district and functional divisions is with the respective district nurses.
7. Attached are the consolidated nutritional status report and the mechanics of the "Biggest Loser" weight loss challenge.



**Address:** Herculiano Basañez Blvd., Villa Josefa Subdivision, Government Complex, Poblacion, Bislig City  
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**Website:** deped.bislig.org

8. For more information, contact Doreen Claire L. Bolivar, cp no. 09277318270.

9. For immediate dissemination and strict compliance.



**GEMMA A. DE PAZ**

OIC - Schools Division Superintendent 

Encl/s.: As stated

Reference/s: None

To be indicated in the Perpetual Index

under the following subjects:

Biggest Loser          Wellness Program

SGOD/DCLB

09/22/2023



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Enclosure to Division Memo No. \_\_\_\_\_, s. 2023

**ONLINE CONSOLIDATED NUTRITIONAL STATUS OF BCD TEACHING AND NON-TEACHING PERSONNEL  
JULY 2023**

DISTRICT/ DIVISION	NO. OF PERSONNEL	UW	%	NORMAL	%	OW	%	OBESE	%	EXTREMELY OBESE	%	TOTAL
OSDS	51	5	10%	26	51%	13	25%	5	10%	2	4%	51
CID	28			9	32%	9	32%	9	32%	1	4%	28
SGOD	27			12	45%	12	45%	2	7%	1	3%	27
TOTAL	106	5	5%	47	44%	34	32%	16	15%	4	4%	106
BISLIG I	130	3	2%	52	40%	49	38%	24	18%	2	2%	131
BISLIG II	122	3	2%	56	46%	42	34%	19	16%	2	2%	123
BISLIG III	114	5	4%	55	49%	39	34%	10	9%	5	4%	115
BISLIG IV	86	5	6%	33	38%	30	35%	16	19%	2	2%	87
BISLIG V	111	4	3%	47	42%	43	39%	14	13%	3	3%	112
BISLIG VI	123	14	11%	38	31%	48	39%	21	17%	2	2%	124
BISLIG VII	88	5	6%	40	45%	29	33%	12	14%	2	2%	89
BISLIG VIII	114	8	7%	58	51%	35	31%	13	11%			115
BISLIG IX	138	3	2%	50	36%	59	43%	26	19%			139
BISLIG X	88	8	9%	40	45%	28	32%	8	9%	4	5%	89
TOTAL	1114	58	5%	469	42%	402	36%	163	15%	22	2%	100%

**MECHANICS OF THE BIGGEST LOSER WEIGHT LOSS CHALLENGE**

- All contestants should submit for the weigh-in as baseline data on September 29, 2023, from 4:00PM-5:00PM at Plaza Central clinic hub.
- Zumba exercises should be done daily and documented through video/photo and sent through the Biggest Loser Group Chat.
- Provision of a one-month meal plan should be followed and documented through video/photo and sent through the Biggest Loser Group Chat.
- All participants shall submit for weigh-ins on the scheduled dates at Plaza Central hub from 4:00PM-5:00PM:  
 September 29, 2023 - Baseline  
 October 30, 2023 - Midline  
 November 30, 2023 - Endline
- Whoever loses the highest percentage (%) of their initial starting weight is the winner.



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