

Republic of the Philippines
PROVINCE OF ZAMBOANGA DEL SUR
Municipality of Dumingag



OFFICE OF THE SANGGUNIANG BAYAN

EXCERPT FROM THE MINUTES OF THE 47th REGULAR SESSION OF THE 11th SANGGUNIANG BAYAN OF DUMINGAG, ZAMBOANGA DEL SUR HELD AT THE MUNICIPAL SESSION HALL ON AUGUST 7, 2023.

OFFICERS/MEMBERS:	POSITION	PRESENT	ABSENT	OB	OL
Hon. Edgardo G. Jamero	Municipal Vice Mayor	—/—	—	—	—
Hon. Julius G. Jamero	SB Member	—/—	—	—	—
Hon. Jo Vincent J. Morpos	SB Member	—/—	—	—	—
Hon. Dean Kaiser C. Tangalin	SB Member	—/—	—	—	—
Hon. Francis Joeray T. Gumban	SB Member	—/—	—	—	—
Hon. Jerson L. Cabahug	SB Member	—/—	—	—	—
Hon. Julito C. Mandac	SB Member	—/—	—	—	—
Hon. Percalixia Y. Bazar	SB Member	—/—	—	—	—
Hon. Efren A. Costanilla	SB Member	—/—	—	—	—
Hon. Ronie C. Gimeno	Ex - Officio Member	—/—	—	—	—
Hon. Leonel C. Dinawanao	Ex - Officio Member	—/—	—	—	—

MUNICIPAL ORDINANCE NO. 11th-2-2023

AN ORDINANCE ENACTING BREASTFEEDING POLICIES IN ALL MUNICIPAL HEALTH FACILITIES, GOVERNMENT OFFICES, PRIVATE WORKPLACES AND PUBLIC SPACES IN THE MUNICIPALITY OF DUMINGAG, ZAMBOANGA DEL SUR, PROVIDING FOR IMPLEMENTING GUIDELINES THEREOF AND FOR OTHER PURPOSES.

SECTION 1. TITLE

This ordinance shall be known as, "**Breastfeeding Policies Ordinance of 2023**" in the municipality of Dumingag, Zamboanga del Sur.

SECTION 2. LEGAL BASES

Section 15, Article II of the 1987 Philippine Constitution states that the State shall protect and promote the right to health of the people and instill health consciousness among them.

Republic Act No. 7160 otherwise known as the Local Government Code of 1991 expressly empowers local government units to enact ordinances promoting the general welfare, health and safety of its constituents, enhance the right of the people to a balanced ecology and preserve the comfort and convenience of their inhabitants.

Republic Act No. 10028, also known as the Expanded Breastfeeding Promotion Act of 2009 and its Implementing Rules and Regulations (IRR).

Republic Act No. 7600 otherwise known as the Rooming-in and Breastfeeding Act of 1992.

Executive Order No. 51 dated October 20, 1986 otherwise known as "The Milk Code".

SECTION 3. RATIONALE

Breastfeeding is a critical aspect of infant and young child feeding, providing important health benefits for both the baby and mother. The World Health Organization recommends exclusive breastfeeding for the first six months of life, followed by continued breastfeeding

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Municipal Vice Mayor

along with appropriate complementary foods up to two years of age or beyond. It is also nature's first immunization, enabling the infant to fight potential serious infection. It contains growth factors that enhance the maturation of an infant's organ systems. Despite the numerous benefits of breastfeeding, many women face barriers to breastfeeding, including lack of support and encouragement, and societal stigma. Breastfeeding policies can play a crucial role in addressing these barriers and supporting breastfeeding mothers.

To rationalize this campaign, the Local Government Unit of Dumingag, in its sincere response to the marching order of the national government and the Department of Health (DOH) respectively, is mandated to formulate breastfeeding policies to be implemented and imposed upon all birthing clinics and hospitals. To intensify information dissemination, letting pregnant and lactating women know of the importance of breastfeeding.

Overall, an ordinance that includes supportive breastfeeding policies can help create a more supportive environment for breastfeeding mothers and promote the numerous health and social benefits of breastfeeding.

HON. FRANCIS JOHAY T. GUMBAN
SB Member

JESSYLA PALON
Secretary to the Sanggunian

HON. DEAN KAISER C. TANGALIN
SB Member

HON. LEONEL C. DINAWAYMAO
Ex-Officio Member

HON. JO VINCEN T. MORPOS
SB Member

HON. EFREN A. COSTANILLA
SB Member

HON. JULIUS G. JAMERO
SB Member

HON. PERCIVAL XAY. BAZAR
SB Member

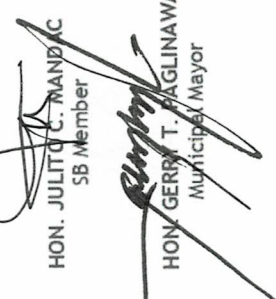
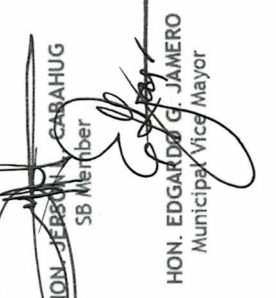
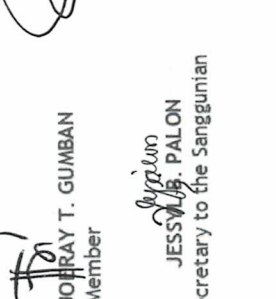
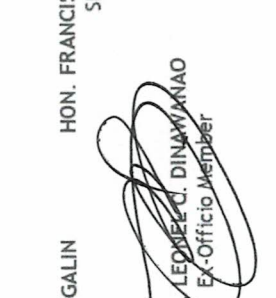
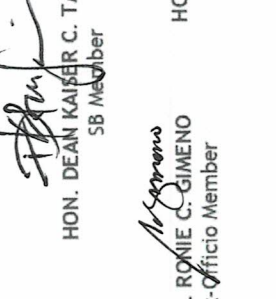
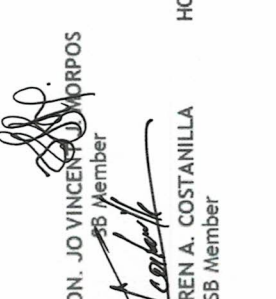
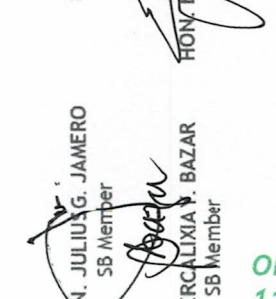
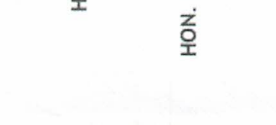
SECTION 4. DECLARATION OF POLICY

Local governments units play a vital role in ensuring that mothers and infants have access to appropriate and effective support for breastfeeding, therefore, the municipal government of Dumingag hereby declares its policies on breastfeeding as follows:

- The LGU recognizes the importance of breastfeeding as a fundamental human right of every infant and mother.
- The LGU shall promote, protect, and support breastfeeding as the preferred and optimal method of infant and young child feeding, in accordance with the guidelines of the WHO and the Department of Health (DOH).
- The LGU shall ensure that all mothers and families have access to accurate and reliable information, counseling, and support for breastfeeding, including the establishment of breastfeeding support groups, lactation stations, and peer counseling programs.
- The LGU shall prohibit any form of promotion, advertising, or marketing of breast milk substitutes, feeding bottles, and teats in all its health facilities that may undermine breastfeeding.
- The LGU shall ensure that all health facilities and service providers in the LGU adhere to the provisions of this Ordinance, the Milk Code and other relevant laws and policies on breastfeeding.
- The LGU shall monitor and evaluate the implementation of its breastfeeding policies and programs and report on its progress to the concerned authorities.
- The LGU shall work in partnership with relevant stakeholders, including civil society organizations, health professionals, and the private sector, to promote, protect, and support breastfeeding.

SECTION 5. DEFINITION OF TERMS

- Advocacy - a process to bring about change in the policies, laws and practices of influential individuals, groups and institutions. It involves many people and/or organizations working together toward a shared vision of change
- Age of gestation - the length of time the fetus is inside the mother's womb
- Bottle feeding - the method of feeding an infant using a bottle with artificial nipples, the contents of which can be any type of fluid
- Breastfeeding - the method of feeding an infant directly from the human breast

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Secretary to the Sanggunian
 HON. LEODECIO DINAYMANAO
Ex-Officio Member

- e. *Breastmilk* - the human milk from a mother.
- f. *Breastmilk substitute* - any food being marketed or otherwise represented as partial or total replacement of breastmilk whether or not suitable for that purpose
- g. *DOH* - refers to the Department of Health
- h. *DOLE* - refers to the Department of Labor and Employment
- i. *Donor breastmilk* - the human milk other than a biological mother
- j. *Expressed breastmilk* - the human milk which has been extracted from the breast by hand or by breast pump. It can be fed to an infant using a dropper, a nasogastric tube, a cup and spoon or a bottle
- k. *Expressing milk* - the act of extracting human milk from the breast by hand or by pump into a container
- l. *Formula feeding* - the feeding of a newborn with infant formula usually through bottle feeding. It is also called artificial feeding
- m. *Health institutions* - are hospitals, health infirmaries, health centers, lying-in centers, or puericulture centers with obstetrical and pediatric services
- n. *Health personnel* - are professionals and workers who manage and/or administer the entire operations of health institutions and/or who are involved in providing maternal and child health services
- o. *Health Promotion* - a process of enabling people to take action to improve health. It is anchored on five action areas; building healthy public policy, creating a supportive environment, developing personal skills, strengthening community action, and reorienting health services
- p. *Health Workers* - all persons who are engaged in health and health centers, rural health units, barangay health stations, clinics and other health-related establishments, whether government or private, and shall include medical, allied health professional, administrative and support personnel employed regardless of their employment status. It includes clinic personnel at the workplace.
- q. *Healthy Workplace* - a place where everyone works together to achieve an agreed vision for health, safety and well-being of workers, their families and the surrounding community
- r. *Infant* - a child within zero (0) to twelve (12) months of age.
- s. *Infant formula* - the breastmilk substitute formulated industrially in accordance with applicable Codex Alimentarius standards, to satisfy the normal nutritional requirements of infants up to six (6) months of age, and adopted to their physiological characteristics.
- t. *Lactation stations* - Private, clean, sanitary, and well-ventilated rooms or areas in the workplace or public places where nursing mothers can wash up, breastfeed or express their milk comfortably and store this afterward. Also known as *Breastfeeding room/area/station*.
- u. *Low birth weight infant* - a newborn weighing less than two thousand fivehundred (2,500) grams at birth.
- v. *Mother's milk* - the breastmilk from the newborn's own mother.
- w. *Nursing employee* - any female worker, regardless of employment status, who is lactating or breastfeeding her infant and/or young child.
- x. *Public place* - enclosed or confined areas such as schools, public transportation terminals, shopping malls, and the like.

y. Regular Breastfeeding Education -

z. Rooming-in - the practice of placing the newborn in the same room as the mother right after delivery up to discharge to facilitate mother-infant bonding and to initiate breastfeeding. The infant may either share the mother's bed or be placed in a crib beside the mother.

aa. Workplace - work premises, whether private enterprises or government agencies, including their subdivisions, instrumentalities and government-owned and controlled corporations.

bb. Workplace Policy - a documented set of broad guidelines, formulated after an analysis of all internal and external factors that can affect a firm's objectives, operations, and plans.

cc. Young child - a child from the age of twelve (12) months and one (1) day up to thirty-six (36) months.

SECTION 6. COVERAGE

This Ordinance shall apply to all public and private health facilities including birthing clinics, lying-in clinics and hospitals. It is also applicable to all municipal, national government agency offices and private workplaces within the territorial jurisdiction of this municipality.

SECTION 7. BREASTFEEDING IN THE WORKPLACE AND PUBLIC PLACES

a. Workplace Policy - Every workplace shall develop a clear set of guidelines that protects, promotes and supports breastfeeding program. The written policy should be developed in consultation with the workers, approved and properly disseminated to all concerned. The Nursing/Lactating employees should be oriented on the proper handling, labeling, and storage of their own expressed breastmilk. The policy should be part of the company's general policy or manual of operation.

b. Minimum Requirements in the Establishment of Lactation Stations - It is hereby mandated that health and non-health facilities, establishments or institutions, including public places, shall establish lactation stations as appropriate. Lactation stations shall be accessible to the breastfeeding women. It shall be adequately provided with the necessary equipment and facilities and other items, the standards of which shall be defined by the Department of Health. The lactation station shall be clean, well ventilated, comfortable and free from contaminants and hazardous substances, and shall ensure privacy for the women to express their milk and/or in appropriate cases, breastfeed their child. In no case, however, shall the lactation station be located in the toilet.

c. Workplace compliance with the Milk Code - In addition, the establishments shall take strict measures to prevent any direct or indirect promotion, marketing, and/or sales of infant formula and/or breastmilk substitutes within the lactation stations and public and private health facilities or in any event or circumstances which may be conducive to the same, to effect exclusive breastfeeding up to six months and the introduction of appropriate complementary food from six months while continuing to breastfeed for two years and beyond.

d. Lactation Periods - Nursing employees are entitled to break intervals in addition to the regular time-off for meals to breastfeed or express milk. The employee shall notify their immediate supervisor before leaving their station. These intervals which include the time it takes an employee to get to and from the workplace lactation station shall be counted as compensable hours worked. The DOLE may adjust the same but in no case shall such intervals be less than 40 minutes for every 8- hour working period. Duration and frequency of breaks may

be agreed upon by employees and employers with the minimum being 40 minutes. Usually, there could be 2-3 breastmilk expressions lasting to 15-30 minutes each within a workday.

SECTION 8. ROOMING-IN AND BREASTFEEDING OF INFANTS

The following provisions shall apply to all private and government health institutions in the municipality adopting rooming-in and breastfeeding.

- a. **Normal Spontaneous Deliveries.** – The following newborn infants shall be put to the breast of the mother immediately after birth and forthwith roomed-in within thirty (30) minutes:
 1. Well infants regardless of age of gestation; and
 2. Infants with low birth weights but who can suck.
- b. **Deliveries by Caesarian.** – Infants delivered by caesarian section shall be roomed-in and breastfed within three (3) to four (4) hours after birth.
- c. **Deliveries Outside Health Institutions.** – Newborns delivered outside health institutions whose mothers have been admitted to the obstetrics department/unit shall be roomed-in and breastfed immediately.
- d. **Exemptions** – Infants whose conditions do not permit rooming-in and breastfeeding as determined by the attending physician, and infants whose mothers are either:
 1. seriously ill;
 2. taking medications and contraindicated to breastfeeding;
 3. violent psychotics; or
 4. whose conditions do not permit breastfeeding and rooming-in as determined by the physician. Provided, that these infants shall be fed expressed breastmilk or wet-nursed as may be determined by the attending physician.
- e. **Right of the Mother to Breastfeed.** – It shall be the mother's right to breastfeed her child who equally has the right to her breastmilk. Bottle feeding shall be allowed only after the mother has been informed by the attending health personnel of the advantages of breastfeeding and the proper techniques of infant formula feeding and the mother has opted in writing to adopt infant formula feeding for her infant.

SECTION 9. PRENATAL ROOM DURING ANTE NATAL CARE

- a. All RHU staff should promote breastfeeding among women of reproductive age, more specifically the pregnant women.
- b. All women of reproductive age, most especially pregnant women, should be informed about the benefits and advantages of breastfeeding.
- c. During prenatal check-ups, the midwife should perform breast examination to all clients. Note for any mass, and refer immediately to the Doctor for further evaluation. Nipple and areola should be examined for any cracks, or skin infection, and or further presence of milk during the last trimester.
- d. All RHU staff must help prepare expectant mothers physically and psychologically for exclusive breastfeeding.
- e. All pregnant women including their families should be warned that feeding bottles, artificial teats, and milk substitute are not allowed in government

birthing facilities, including hospitals and lying -in clinics, otherwise these will be confiscated. It will be returned to them once they are discharged.

SECTION 10. LABOR ROOM DURING LABOR

- a. At the early labor period, all expectant mothers are advised to take a bath, change clothes to a clean malong, patadyong or duster with an opening in front, or patients' gown issued in the facility, if available.
- b. The pregnant women in labor may eat her meals as she desires, but she should be informed that light meals are preferable, like fruits, vegetables, lugaw/arroz caldo, in small frequent intake, and she should drink more fluids.
- c. The pregnant women in labor may have all the positions she desires in which she is comfortable to like standing, sitting, lying down, squatting, etc. as long as it would not harm her or her baby.
- d. The midwife on duty should not leave the pregnant woman in active labor with one watcher in the labor room. She should monitor the progress of labor and the fetal heart beats frequently, especially if the second stage of labor is almost to begin. She must be assured that she is safe with health professionals to lessen her anxiety.
- e. Pregnant women in labor should be advised to manipulate or massage their nipple gently from time to time for it helps in the contraction of the uterus, thus hasten cervical dilatation as well as the delivery of the baby.

SECTION 11. OB WARD DURING THE POST PERIOD

- a. Rooming-in and exclusive breastfeeding are policies of all Dumingag Birthing Facilities, hospitals and lying-in clinics unless the mother and/or the newly delivered infant is very ill and breastfeeding is impossible. The baby can still be fed with breast milk from her mother or from other mother, by NGT, cup feeding or by dropping feeding.
- b. Feeding bottles, artificial teats, and pacifiers are not allowed inside the facility. otherwise, they should be confiscated. It will be returned once they are discharged.
- c. The mother and the baby should take a bath every day. If possible, a daily defecation is advised to the mother before bathing.
- d. Washing the nipples with water only should be done before every breastfeeding, no need to use soap or alcohol.
- e. In the ward, the mother should wear a clean duster or blouse with opening in front for easy breastfeeding.
- f. Feeding per demand should be practiced. Each mother should learn the cues when her baby demand feeding. The baby is removed only from the breast when she removes her mouth from the nipple. A healthy neonate can feed as many as 6 to 10 times in 24 hours.
- g. The midwife on duty and the rest of the staff should teach all mothers in the ward on the proper way to express and store breast milk in the refrigerator.
- h. All babies should be BURPED every after feeding, by holding her upright with her abdomen gently pressed on the chest of the one burping her.
- i. Lactating mothers should EAT NUTRITIOUS FOODS, more fruits and vegetables, and drink a lot of fluids/or water to produce enough milk for her baby.

SECTION 12. UPON DISCHARGE WHEN MOTHER GOES HOME

- a. All mothers discharged from the birthing facility should be referred to the Community Breastfeeding Support Group in their respective Barangays.
- b. The Community Breastfeeding Support Group (CBFSG) is composed of, BHWs, BNS, Parents Leaders, Barangay Chairman, Hilots and RHM/Nurse in every Barangay.
- c. The functions of the Breastfeeding Support Group are the following:
 1. Monitor the post-partum mother if she practices exclusive breastfeeding at home.
 2. Coach the post-partum women on proper nutrition for both mother and infant.
 3. Monitor any post-partum complication during the first 42 days after giving birth and refer immediately to Municipal Health Officer.
 4. Help post-partum women in delaying pregnancy thru an informed choice or through family planning.
 5. Help post-partum women in all their problems regarding breastfeeding.

SECTION 13. ACCESS TO BREASTFEEDING INFORMATION

- a. Employers shall ensure that staff and employees shall be made aware of this Ordinance. All pregnant employees shall be provided with information on how they can combine breastfeeding and work once they return to work. As such, employers are encouraged to link with the Rural Health Unit (RHU), NGOs, and professional groups to avail of the breastfeeding/IYCF program for working mothers as part of their human resource development program.
- b. Regular breastfeeding education should be provided for pregnant women focusing on capacitating them with skills and knowledge necessary to continue breastfeeding/expressing breastmilk after returning to work. The information that will be provided to mothers should include manual breastmilk expression, cup feeding, handling, storage and transporting of expressed breastmilk.
- c. Employers should organize, initiate and conduct adequate orientation on lactation management, support program for nursing employees.
- d. Birthing facilities, lying-in clinics and hospitals are required to have visible postings and literature available to the general public promoting breastfeeding.

SECTION 14. SEPARABILITY CLAUSE

If any portion of this ordinance is declared invalid or unconstitutional, other portions hereof not affected by such declaration shall remain in full force and effect.

SECTION 15. REPEALING CLAUSE

Any portion of an ordinance, order or memorandum of local effect inconsistent with the provision/s of this ordinance is hereby repealed or modified accordingly.

SECTION 16. EFFECTIVITY CLAUSE

This ordinance shall take effect upon approval.

Enacted: August 7, 2023

SANGGUNIANG BAYAN MEMBERS:

Hon. Julius G. Jamero

Hon. Dean Kaiser C. Tangalin

Hon. Jerson L. Cabahug

Hon. Percalixia Y. Bazar

Hon. Ronie C. Gimeno

Hon. Jo Vincent J. Morpos

Hon. Francis Joeray T. Gumban

Hon. Julito C. Mandac

Hon. Efren A. Costanilla

Hon. Leonel C. Dinawanao

ATTESTED AND CERTIFIED
TO BE DULY ADOPTED

EDGARDO G. JAMERO
Presiding Officer/Municipal Vice Mayor

APPROVED: September 8, 2023

GERRY T. PAGLINAWAN
Municipal Mayor

I hereby certify that the foregoing Ordinance is true and correct.

JESSY D. PALON
Secretary to the Sanggunian