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# HEALTHY LIFESTYLE PROGRAM

## 1. Family Health Mapping and Health Screening/Health Empowerment

- a. Volunteers conducted house to house survey in a village setting (Barangay Dakit) and had completed the Non-Communicable Diseases (NCD) High Risk Assessment Form.
- b. After completing the health survey form, volunteers had carefully evaluated all the data being gathered or collected in order to identify those individuals who are at risk of suffering from Non-Communicable Diseases.
- c. Once they have sorted out those clients, volunteers performed health screenings which include taking vital signs especially monitoring Blood Pressure, calculating the Body Mass Index by measuring the height and weight, Random Blood Sugar testing, and Cholesterol check.



Volunteers helping the local community.

Prior to the implementation of the Healthy Lifestyle Program in Barangay Taytayan, Projects Abroad (Supervisor and Volunteers) had arranged a courtesy call with the Barangay Captain or the Local Chieftain of the Barangay (Hon. Teresita A. Ursal). This has been a pre-requisite so that Projects Abroad volunteers will gain knowledge or essential information which is definitely useful in implementing the program. Such information includes demographic data, number of households, means of living or livelihood and etc. Likewise, Projects Abroad has presented the project overviews, objectives, and accomplishment to the local partners. Moreover, the Barangay Health Workers were provided with a set of schedules for the implementation of the program and to ensure their availability during the entire course the activity.

Name of Barangay: Taytayan  
 Number of Sitios: 11

NAME OF SITIO	NO. OF INDIVIDUAL SCREENED	NO. OF INDIVIDUAL IDENTIFIED/AT RISK OF SUFFERING FROM NCD
1. Alinsuob, Taytayan	25	10
2. Baas, Taytayan	25	10
3. Ibabao, Taytayan	25	12

The table clearly illustrates the total number of individual being screened among the 3 Sitios of Barangay Taytayan and the number of individuals identified or at risk of suffering from Non-Communicable Diseases.

Projects Abroad Volunteers were able to assess and screened 75 individuals which will be taken into account as the small group representation per Barangay. Likewise, 32 individuals were identified as currently suffering from Non-Communicable Diseases who needs medical intervention through follow-up or referral in the City Health Office.

## ■ 2. Healthy food behaviour/healthy cooking recipe

- Volunteers had identified and introduced local natural food (e.g. whole grains, backyard gardening) to every families being visited in the village.
- Likewise, they have motivated every member of the families to refrain from eating processed foods (e.g. canned goods).
- They have studied the nutritional content or value of the local food available and created recipes or innovative cooking menus that can also be integrated to the Mother and Child nutrition.
- They have also prepared their own menus using the local product and natural food and introduced it to the locals during the cooking demonstration or nutrition class.

### Schedule for the nutrition class – cooking demonstration

LOCATION	NO. OF PARTICIPANTS	MENUS PRESENTED
1. Alinsuob, Taytayan	30	Veg. curry, Veg. salad
2. Baas, Taytayan	30	Veg. salad, Veg. porridge
3. Ibabao, Taytayan	30	Mongo soup, Veg. curry

The table reveals the different locations, number of participants, and the menus being presented or prepared among the 3 Sitios in Barangay Taytayan. Projects Abroad volunteers were able to cater 90 individuals as direct beneficiaries for this particular activity.

## ■ 3. Health Promotion and Awareness Campaign

In this particular category, Pupils and Students in different schools were provided with essential information on how to promote healthy lifestyle. The activity was very effective as the participants were very optimistic to learn with the presentations prepared by the volunteers. For the first two weeks of November, we managed to conduct First Aid and Cardio-Pulmonary Resuscitation courtesy from the group of volunteers coming from Australia. This learning session was indeed a success as the group was warmly welcomed by the participants from Jovencio Masong National High School and they were also satisfied with what they have shared to the students.



Volunteers working on the Public Health project.

### First Aid and CPR Training

DATE	NAME OF SCHOOL	NO. OF PARTICIPANTS
13 November 2015	Jovencio Masong National High School	60
20 November 2015	Jovencio Masong National High School	60

## ■ 4. Medical Mission – “Alagad Panglawas”



Volunteers on outreach.

Public Health Project in the Philippines in partnership with the City Health Office (CHO), is a decentralized health care approach that provides maternal and child care, general out-patient and dental care, family planning and nutrition advice, control of specific diseases, health education, and environmental sanitation throughout the 29 Barangays (Village) of Bogo City.

One of the core programs of the City Health Office that Projects Abroad has been collaborating is the Medical Mission which caters the 29 Barangays of Bogo City and likewise funded by the City Government of Bogo. In this particular program, the beneficiaries were able to avail different services such as Medical consultation, Optical

services, Dental services, Lite services, and Social Welfare services. For Projects Abroad, volunteers were able to give free Blood Pressure monitoring and health screenings that includes random blood sugar testing and cholesterol check.

### Schedule for the Medical Mission – “Alagad Panglawas”

DATE	LOCATION	RBS	CHOLESTEROL	TOTAL
Nov. 03	Cogon	30	10	40
05	Bungtod, Pandan	20	10	30
10	Sambag	40	20	60
12	Sudlonon	35	15	50
17	Carbon	40	20	60
19	San Vicente	35	15	50