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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.

Prior to the implementation of the Healthy Lifestyle Program in Barangay Dakit, Projects Abroad (Supervisor and Volunteers) had arranged a courtesy call with the Barangay Captain or the Local Chieftain of the Barangay (Hon. Efren Tolingin). 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.



Volunteers helping local people.

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: Dakit
 Number of Sitios: 7

NAME OF SITIO	NO. OF INDIVIDUAL SCREENED	NO. OF INDIVIDUAL IDENTIFIED/AT RISK OF SUFFERING FROM NCD
1. Baas	30	10
2. Cabancalan	30	15
3. Guimbiktan	30	15
4. Proper I	30	12
5. Proper II	30	17
6. Sambag	30	15
7. Tabayjo	30	15

The table reflects the total number of individual being screened per Sitio of Barangay Dakit and the number of individuals identified or at risk of suffering from Non-Communicable Diseases. During the month of October, the transition has gone steady and was able to reach the desired number or target considering that we had a maximum of 5 international volunteers signing in for the project.

Out of the total population in Brgy. Dakit, Projects Abroad Volunteers have assessed and screened 210 individuals which will be taken into account as the small group representation per Barangay. Likewise, 99 individuals were identified 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

- a. Volunteers had identified and introduced local natural food (e.g. whole grains, backyard gardening) to every families being visited in the village.
- b. Likewise, they have motivated every member of the families to refrain from eating processed foods (e.g. canned goods).
- c. 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.
- d. 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 of activities for the cooking demonstration

LOCATION	NO. OF PARTICIPANTS	MENUS PRESENTED
1. Guimbiktan, Dakit	30	Veg. curry, Veg. salad
2. Tabayjo, Dakit	30	Mongo soup, Veg. porridge
3. Cabancalan, Dakit	30	Veg. curry, Veg. salad
4. Proper I, Dakit	30	Veg. salad, Veg. porridge
5. Proper II, Dakit	30	Veg. curry, Veg. salad
6. Sambag, Dakit	50	Mongo soup, Veg. porridge
7. Baas, Dakit	30	Veg. salad, Veg. porridge

The table reveals the different locations, number of participants, and the menus being presented or prepared. In Barangay Dakit, Projects Abroad Volunteers were able to cater 210 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 month of October, volunteers failed to implement this program because of the number of national holidays. Aside from this, volunteers also requested for an early leave from their placement that usually falls on Friday either for visa extension or to enjoy a long weekend in which they are entitled. In addition, they would also prefer to be placed either in the City Health Office or at the Cebu Provincial Hospital – Bogo City for an alternative work or placement.



Volunteers on outreach.

■ 4. Medical mission – “Alagad Panglawas”

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.



Volunteers working in the local community.

Schedule of the medical mission:

DATE	LOCATION	RBS	CHOLESTEROL	TOTAL
October 01	Lapaz	31	10	41
06	Odlot	27	10	37
07	Tolibao	46	20	66
08	Malingin	21	10	31
13	Polambato	26	10	36
15	Cayang	25	10	35
20	Don Pedro	10	5	15
27	Taytayan	35	10	45
29	Gairan	40	15	55

The table denotes a total number of 361 individuals being screened randomly in different locations for the month of October. Out from the total number, 261 of which were being screened for random blood sugar testing and 100 of which were being screened for random cholesterol check. The transition was just proportionate considering that we had a maximum of 5 volunteers signing in for the project.