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HEALTHY LIFESTYLE PROGRAM

■ Family health mapping and health screening/health empowerment

- a. Volunteers conducted house to house surveys 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.

Schedule of Activities for Family Health Mapping and Health Screening/Health Empowerment:

DATE	LOCATION	NO. OF INDIVIDUALS SCREENED	NO. OF INDIVIDUALS IDENTIFIED/AT RISK OF SUFFERING FROM NCD'S
September 07	Bogo Central School III	35	18
September 11	Purok Bombil	20	10
September 14	Barangay Officials and Barangay Health Workers in Gairan	30	17
September 16	AM – Purok Orchids	15	8
	PM – Nailon Elementary School	17	9
September 22	PM – Anonang Norte	10	5
September 28	Bahi, Lapaz	20	10
September 30	Purok Gumamela, Gairan	30	18

The Table delineates the different locations, the number of individuals being screened and the number of individuals identified who are prone or at risk of suffering from any of the Non-Communicable Diseases. For the month of September, Projects Abroad volunteers were able to assess and screened 177 individuals and 95 of them were identified as high risk of suffering from Non-Communicable Diseases.

■ Healthy food behaviour and healthy cooking recipes

- 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. Purok Bombil	30	Mongo soup, Veg. salad
2. Purok Orchids	30	Veg. porridge, Veg. salad
3. Anonang Norte	30	Veg. salad, Mongo soup
4. Bahi, Lapaz	30	Veg. salad, Veg. porridge
5. Purok Gumamela	30	Veg. porridge, Veg. salad

The table reveals the different locations, number of participants, and the menus being presented or prepared in different Barangays and Puroks of Bogo City for the month of September. Projects Abroad Volunteers were able to cater 150 individuals as direct beneficiaries for this particular activity. Likewise, the participants were instructed to copy or jot down notes since we failed to provide a compilation of simple cooking menus at an affordable cost.

■ 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 September, 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.



Public Health volunteers.

■ 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.

DATE	LOCATION	RBS	CHOLESTEROL	TOTAL
Sept. 08	Anonang Sur	38	14	52
10	Siocon	35	15	50
15	Anonang Norte	36	14	50
17	Libertad	33	15	48
22	Banban	30	15	45
29	Dakit	30	15	45

For the month of September, Projects Abroad was able to participate in the Medical Mission which was implemented in six (6) different Barangays of Bogu City. Projects Abroad volunteers were giving out free screening such as Random Blood Sugar Test, Cholesterol Check, and Blood Pressure Monitoring. A total of 202 individuals benefited from Random Blood Sugar Test and 88 individuals received free Cholesterol Check.