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# HEALTHY LIFESTYLE PROGRAM

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

- a. Volunteers conducted house to house surveys in a village setting (Barangay Taytayan) and 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 specifically blood pressure monitoring blood, calculating the Body Mass Index by measuring the height and weight, random blood sugar testing, and cholesterol check.



Public Health volunteer with a local.

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. Ural). 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.

Tables for Family Health Mapping and Screening:

DATE OF ASSESSMENT	NAME OF LOCATION	TOTAL NO. SCREENED	HIGH RISK
06 January 2016	Proper II, Dakit	25	12
07 January 2016	Proper II, Dakit	06	03
14 January 2016	San Vicente, Taytayan	12	05
15 January 2016	Proper B, Taytayan	24	10
26 January 2016	San Jose, Taytayan	19	08

For the month of January Projects Abroad has reached out to four different areas. The transition was a little bit slow considering the fact that we had only one volunteer for the Public Health project and also the volunteer had alternate days of work at the City Health Office so that she would really understand and internalize how the healthcare services really work here in the Philippines.

## ■ 2. Healthy Food Behavior/Healthy Cooking

- a. Volunteers identified and introduced local natural food (e.g. whole grains, backyard gardening) to every family 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 nutrition of the mother and child.
- 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 for the Nutrition Class – Cooking Demonstration

DATE	NAME OF LOCATION	MENU/RECIPE	NO. OF ATTENDEES
07 January 2016	Proper II, Dakit	Veg. porridge, Veg. Salad	50
19 January 2016	San Vicente, Taytayan	Veg. porridge, Veg. Salad	20
21 January 2016	Proper B, Taytayan	Veg. porridge, Veg. Salad	40
27 January 2016	San Jose, Taytayan	Veg. porridge, Veg. Salad	30

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, we were not able to conduct a lecture on health promotion in different schools not because we failed to secure a permit, but the institution itself was very busy with their reviews and exams. Aside from that, the weather itself here in the country is not cooperating as well during this month. However, Projects Abroad managed to perform a Health Promotion and Awareness Campaign during the scheduled cooking demonstration. We discussed about the risk factors or probable causes that could lead to suffering from Non-Communicable Diseases and its prevention.

### Health Promotion and Awareness Campaign Schedule:

DATE	NAME OF LOCATION	TOPICS	NO. OF ATTENDEES
07 January 2016	Proper II, Dakit	Non-Communicable Dis.	50
19 January 2016	San Vicente, Taytayan	Non-Communicable Dis.	20
21 January 2016	Proper B, Taytayan	Non-Communicable Dis.	40
27 January 2016	San Jose, Taytayan	Non-Communicable Dis.	30

## ■ 4. Other Activities:

For the month of January, Projects Abroad volunteers were able to experience some activities that were part of the core program or services being initiated by the City Health Office. Such services included:

- a. Family Health Planning Clinic – Volunteers were able to observe and assist the nurse in monitoring Blood pressure, obtaining height and weight, checking and validating the patient's records, and observe the lecture or seminar for reproductive health.
- b. Laboratory – Volunteers were able to observe and assist the Medical Technologist in any laboratory procedures such as drawing out of blood for hematologic exams, urinalysis, and blood typing.
- c. Delivery Room – Volunteers were able to observe and assist the midwives during deliveries.
- d. Immunizations – Volunteers were designated to a local area where they were able to assist in facilitating the scheduled immunizations. Likewise, monitor the blood pressure of every pregnant and lactating mother.



Volunteers working with babies in the Philippines



volunteer in the laboratory