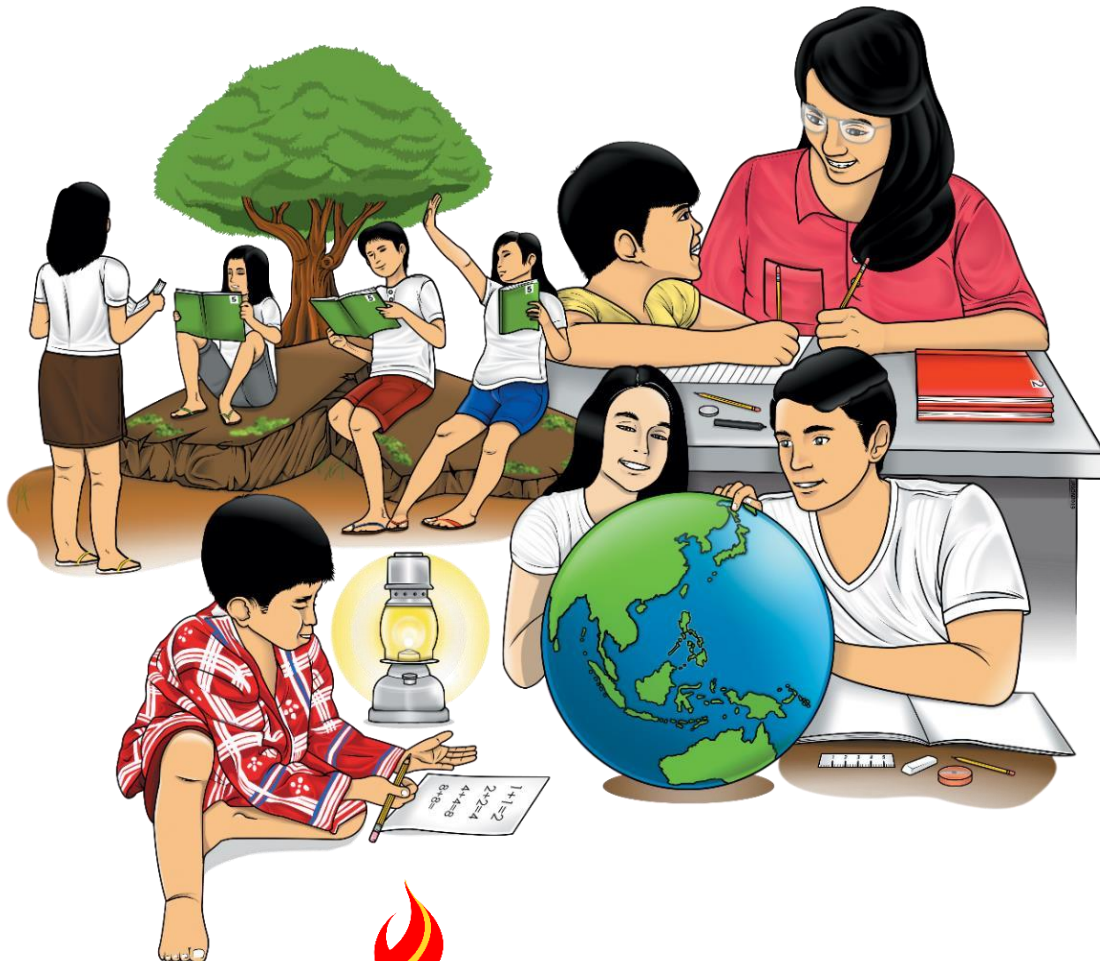


# Health

## Quarter 4 – Module 1: Lesson 1: Importance of Consumer Health



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 1: Importance of Consumer Health**  
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**Development Team of the Module**

<b>Author:</b>	Receli P. Imas
<b>Editor:</b>	Elsie P. Serafico
<b>Reviewers:</b>	Ma. Lennie F. Pamposa, Elsie P. Serafico, John Mark Q. Apellado
<b>Illustrator:</b>	Zoila Mae Panes
<b>Layout Artist:</b>	Catherine P. Padrones, Ronald A. Catedral
<b>Management Team:</b>	Ma. Gemma M. Ledesma Elena P. Gonzaga Donald T. Genine Ma. Nilma E. Casamayor Dexter P. Diergos Winifred S. Panes

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**Department of Education – Region VI**

Office Address: Duran Street, Iloilo City, 5000  
Telephone Nos.: (033) 509-7653; (033) 336-2816  
E-mail Address: [region6@deped.gov.ph](mailto:region6@deped.gov.ph)  
Website: [region6.deped.gov.ph](http://region6.deped.gov.ph)

# Health

**Quarter 4 – Module 1:  
Lesson 1: Importance of  
Consumer Health**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to discuss the importance of consumer health.

The module consists of only one lesson:

Lesson 1 – The Importance of Consumer Health:

- Wise and informed decision in purchasing products or availing services
- Protection from fraud and malpractice
- Valid Health Information from myths or misconceptions

After going through this module, you are expected to:

1. Explain the importance of consumer health (**MELC-H6CH-IVa-13**).
  - a. Understand the wise and informed decision in purchasing products or availing services, protection from fraud and malpractice, and valid health information from myths or misconceptions.
  - b. Share the knowledge to classmates about the wise and informed decision in purchasing products or availing services, protection from fraud and malpractice, and valid health information from myths or misconceptions.
  - c. Practice the importance of consumer health.



## ***What I Know***

**Direction:** Read and understand each situation below. Write **C** if it tells the importance of consumer health **W** if it is not. Write the letter in a separate sheet of paper.

1. Kyla determines the important things need to buy before going to the market.
2. Dr. Parreño looks for unreliable source on treating his acne problem.
3. Sigmund accompanies his grandpa for window shopping to protect him from fraud.
4. Kim reports the malpractice performed by her doctor.
5. Red flag information is also known as safe information.
6. Kyle makes sure to have accurate and evident information about the lot purchased by his parents.
7. Mila is a licensed physician who can perform and help maintain wellness.
8. Dr. Gomez offers her free dental check-up to the indigent people in their locality.
9. Mike was admitted to a health-care facility due to a car accident injury.
10. Ian consumes eight glasses of water every day.

# Lesson 1

## Importance of Consumer Health



### *What's In*

Consumer health focuses on the application of consumer knowledge, skills in choosing goods and services and proper use of health information and services that will have a direct effect on one's health. It helps the consumer to be educated and make the right decision about certain health item or services he or she buys. It assists people to take the right services on time. It also gives knowledge to protect the consumer rights and responsibilities and improve consumer's ability to use health information, products and services properly. A good consumer health is shown by a wise consumer.



### *What's New*

People use goods and services every day. Right, we need food, clothing and shelter. We travel on busses, trains and other means of transportation. We also visit the doctors, dentists and other health professionals when necessary. We also do our routine activities each day. All these involve goods and services. As much as possible, we maintain good health to work well. For health sake, we must be careful and wise in buying health products, because quality of goods and services are equally important. If we are not aware in selecting the right goods and services we become the victim of the wrong choices that we made. Therefore, it is important to know the significance of consumer health to protect ourselves, family and the society misconceptions and misleading.

**A. Directions:** Read the poem about the wise consumer. Take note of the information being stated and give what is being asked in “Something to Do” found below.

Be A Wise Consumer  
by: Receli P. Imas

Look for reliable sources of information for your guidance  
 Maintain a healthy lifestyle to avoid getting sick by chance  
 Take safety precautions to lower the cost of health care  
 Eat balanced- diet, regular exercise and enough rest for your welfare.

Feeling ill needs immediate visit to a skilled health practitioner  
 Select the best or with great expertise to keep you well or healthier  
 Present the problem right away to give you what is necessary  
 That’s how to avoid a health problem become so scary.

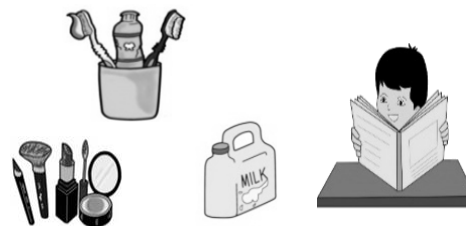
For health sake, products and services should be of quality  
 Cautiously choose or select the one that fit the needs not wants  
 You can settle for less provided the quality is not sacrificed  
 Having the best for both products and services make you wise.

As health consumer, observe carefulness and wise buying  
 Do not patronize fraud products and anything that misleads



Remember this DECIDE Model in the Selection and Purchase of Health Products

- D**-etermine the important needs to buy
- E**-xplore choices
- C**-onsider consequences of each choice
- I**-dentify what is essential
- D**-etermine what to purchase
- E**-valuate made decisions





### Activity 1: Something to Do

**Directions:** Give one (1) sentence about the message of the poem. Use all the words found inside the box as your guide. Write your answer on a sheet of paper.




<b>A wise consumer</b>	<b>considers</b>	<b>and all the services</b>
<b>The quality of</b>	<b>the products</b>	<b>sources</b>
<b>that can be</b>	<b>from the</b>	<b>awaited</b>
		<b>reliable</b>

### Activity 2: Something to Do

**A. Directions:** Write **A** if the statement is approved and **B** if the statement is not approved. This will lead you in realizing the importance of consumer health.

1. Be careful and wise in buying health products.
2. Good costumers select the one that fits and all that they want.
3. Quality of goods and services are not equally important.
4. Think of the right goods and services to protect ourselves.
5. Buy only things you need.

**B. Directions:** Look at the graphic organizer below. Read the information it is all about reliable information that could help consumer’s well-being.

<p><b>Health Information</b></p> <p>It refers to reliable information that consumers need to support their intelligent healthcare decision on wellness, services, facilities, health insurance agencies and providers.</p>	
<p>Reliable sources of health information are available from the following</p>	
<p>Health brochures from</p> <ul style="list-style-type: none"> <li>-local hospital</li> <li>-doctor’s office</li> <li>-community health center</li> </ul>	
<ul style="list-style-type: none"> <li>-health information websites</li> <li>*government sites</li> <li>*condition specific sites</li> <li>*support organization sites</li> <li>*medical journals</li> </ul>	
	<p>It is important to assess other sources of medical information below with an open mind to protect one’s health like</p> <ul style="list-style-type: none"> <li>-magazines</li> <li>-TV stories</li> <li>-advertisement</li> <li>-advice from family and friends</li> <li>-website that promote a product</li> </ul>

Clue to identify publisher in the web address

- .edu is associated in educational institutions
- .gov belongs to governmental organizations
- .com is to profit company
- .org belongs to a non-profit

When assessing the accuracy of these sources consider the following:

- Is the information based on scientific evidence?
- Is it supported by facts?
- Is original source listed?
- Is the information current?
- Is the information making realistic claims?



Be careful of the **red flags** information or “dangerous information”.

- Anonymous information
- One-sided or biased
- Conflict of interest
- Outdated
- Claim for secret cure
- No evidence is cited
- Misspelled words
- Poor grammar

It is very important to search for reliable sources of health information because it will help you identify between good



**Direction:** Answer the following questions on a sheet of paper.

1. Where can we get reliable health information? Give at least five (5)?
2. Is reliable health information important to consumer health? Why?



## What is It

**Direction. A.** Read the dialogue. It focuses on the importance of protecting yourself from fraud and malpractice.



Consumer fraud happens when a person suffers from

- financial and personal loss

It involves the use of

- Malpractice
- Misleading

Common fraud happens to older people, students and all consumers as well. Here are some tips for you to help protect yourself from these clever schemes.

- Spot imposters.
- Do online research
- Identify fake caller information
- Don't pay before for a promise
- Consider how you pay
- Talk to someone you trust
- Be doubtful about free trial offers
- Sign up for free scam alerts



Malpractice is defined as misconduct and negligence of duty of healthcare professional resulting to

- injury
- failure to meet a standard of care

There are steps to help you minimize or protect from malpractice.

- Note everything
- Follow the chain of command.
- Make the patient your partner
- Report wrongdoings
- Consider malpractice insurance



### Questions:

1. What have you learned from the dialogue? Explain.
2. Does the dialogue help you as a consumer? How?

**Directions. B.** Read the information about the importance of valid health information from myths and misconceptions.



Finding valid sources of valid health information, products, and services is a health skill that could save your life. Take time to identify specific information, products or services that you need.

Follow these steps to master this health skill.

1. Identify health information, products and services you need.
  - ❖ *Health-care provider* is a trained, licensed professional who performs services that help maintain health status. Examples are dentists, doctors, pharmacists and nurses.
  - ❖ *Health service* is the work performed by health-care provider. This includes giving a prescription, performing an operation or administering a vaccine. This is usually performed in a health-care facility a place where people receive health care. Hospitals, emergency-care facilities doctor's and dentist's offices and clinics are examples of these.
  - ❖ *Health product* is something that restores or maintains health. Some health products you need to keep your teeth an gum healthy are toothbrush, toothpaste and dental floss.



2. Find health information, products and services.
  - ❖ You can find information about health topics in doctor's and dentist's office, pharmacy and grocery stores.
  - ❖ You can get health products from a health-care provider, pharmacy and grocery store.

3. Evaluate health information, products and services.
  - ❖ When you read a brochure about the topic, analyze the information and check the reliability of it.

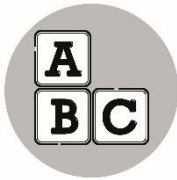


4. Take an action when health information is misleading.
  - ❖ When you read, see or hear information that is unsafe discuss your thoughts to parents or guardians.
  - ❖ You can write a letter to complaint or contact authorized agencies to protect you from false advertisement.

Here are the agencies that can help with a health complaint.

- ❖ Food and Drug Administration (FDA) enforce laws governing safety food, drugs, medical devices and cosmetics.
- ❖ Consumer Product Safety Commission (CPSC) recalls products and establishes and enforces safety standards.
- ❖ Federal Trade Commission (FTC) checks advertising practices.
- ❖ Postal Service protects public when products or services are sold through mail.





# What's More

## Activity 1:

**Directions:** Give the steps in finding the sources of valid health information, products and services. Write them on your answer sheet.

Let's take a look at some healthcare consumer's myths or misconceptions.



- High quality health care costs more.
- High technology tools lead to better health care.
- Consumers make informed decisions about healthcare.
- Health insurance will cover your entire hospital bill.
- Technology-driven healthcare only appeals to millennial.



- Clinics will remain an alternative- health care solution.
- All patients want every treatment that could help them.
- Physicians are not concerned with the cost of treatment.
- Consumers are paying more for their healthcare in premium price.



- Recommended Dietary Allowance (RDA) on the label of the food is what counts.
- The hour at the gym is enough exercise for the day.
- Supplements make you healthier.
- Carbohydrates make you fat.
- An apple a day keeps the doctor away.



- Eating in fast food makes you fat.
- Being in a cold place can give you colds.
- Salads are the healthiest menu.
- Exercising will make you lose weight no matter what you eat.



- Eating at night can affect weight gain.
- Organic food means automatically healthy.
- Flu vaccines are not necessary to healthy people.
- Clear urine is an indication that you are hydrated.
- Eight glasses of water is a must to consume every day.



**Direction:** Read the following statement. Write **Agree** if it tells the importance of consumer health **Disagree** if is not. Write your answer in a sheet of paper

1. Trained licensed professional like dentists, doctors, nurses and pharmacists help maintain our health status.
2. Health products restore or maintain well-being is known as health products.
3. Health-care provider gives prescription, performs an operation or administers a vaccine.
4. Health-care facilities like hospitals and clinics are place where people receive health care.
5. Consumers need unreliable information to support their healthcare decision on wellness.



## ***What I Have Learned***

**Direction:** Read the following sentences. Fill in the missing word to complete the idea. Choose your answer from the box. Write your answer in a separate paper.

<b>Consumer fraud</b>	<b>Food and Drug Administration</b>	
<b>Misconception</b>	<b>Red flags</b>	<b>Malpractice</b>

1. \_\_\_\_\_ enforce laws governing safety food, drugs, medical devices and cosmetics.
2. When a person suffers from financial and personal loss due to deceptive \_\_\_\_\_ takes place.
3. \_\_\_\_\_ is defined as misconduct and negligence of duty of healthcare professional.
4. A reliable source of health content will help you identify between good quality and \_\_\_\_\_ information.
5. A technology-driven healthcare only appeal to millennial is an example of \_\_\_\_\_ in consumer wellness.



## ***What I Can Do***

**Direction:** Match column A with the column B. Write the letter of the correct answer in a separate sheet of paper.

### Column A

1. An apple a day keeps the doctor away.
2. An information is accurate if is supported with facts.
3. An individual that knows the importance of the things need to buy or avail of service.
4. It is characterized as biased or no evidence information.
5. Clever schemes that victimize all consumers.

### Column B

- A. Fraud
- B. Red Flag
- C. Valid Health Information
- D. Wise Consumer
- E. Myths





## ***Assessment***

**Direction:** Write **True** if the statement tells the importance of consumer health **False** if it is not. Write your answer in a piece of paper

1. A wise consumer knows the importance of the things need to buy.
2. Consumer fraud involves good and honest practices.
3. Valid sources of health information can save your life.
4. As per consultation to a health worker, exercising will lose your weight no matter what you eat.
5. Federal Trade Commission (FTC) checks advertising practices.
6. Report wrongdoings to minimize or protect from malpractice.
7. Be careful of the common fake plan others do.
8. Take safety precautions to lower the cost of health care.
9. Health-care service is a place where people receive wellness.
10. Recommended Dietary Allowance (RDA) on the label of the food is important.

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

**Direction:** Read each health slogan. Choose the correct answer from the box that refers to the following sentences. Write your answer in a separate sheet of paper.

Reliable Health Information	Health Products
Consumer Fraud	Health-Care Providers
Health –Care Facility	

1. Be wise. Stay informed. \_\_\_\_\_
2. Eat healthy. Use goods well. Feel wealthy. \_\_\_\_\_
3. Our mission is to care. Feel at home. \_\_\_\_\_
4. Better health experts. Better wellness. \_\_\_\_\_
5. Think and Act Before It's Too Late. \_\_\_\_\_



# Answer Key

<p style="text-align: center;"><b>Assessment</b></p> <ol style="list-style-type: none"> <li>1. True</li> <li>2. False</li> <li>3. True</li> <li>4. False</li> <li>5. True</li> <li>6. True</li> <li>7. True</li> <li>8. True</li> <li>9. False</li> <li>10. True</li> </ol> <p style="text-align: center;"><b>Additional Activities</b></p> <ol style="list-style-type: none"> <li>1. Wise Consumer</li> <li>2. Health Products</li> <li>3. Health-Care Facility</li> <li>4. Health Care Providers</li> <li>5. Consumer Fraud</li> </ol>	<p style="text-align: center;"><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. Food and Drug Administration</li> <li>2. Consumer (FDA)</li> <li>3. Malpractice</li> <li>4. Red flag</li> <li>5. Misconception</li> </ol> <p style="text-align: center;"><b>What I Can Do</b></p> <ol style="list-style-type: none"> <li>1. Consumer Myths</li> <li>2. Valid Health Information</li> <li>3. Wise Consumer</li> <li>4. Red Flag</li> <li>5. Fraud</li> </ol>	<p style="text-align: center;"><b>What's New</b></p> <p>Activity 1 Answers may vary</p> <p>Activity 2 1. A 2. A 3. B 4. A 5. A</p> <p style="text-align: center;"><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. C</li> <li>2. W</li> <li>3. C</li> <li>4. C</li> <li>5. W</li> <li>6. C</li> <li>7. C</li> <li>8. C</li> <li>9. C</li> <li>10. W</li> </ol> <p style="text-align: center;"><b>What's More</b></p> <ol style="list-style-type: none"> <li>1. Agree</li> <li>2. Agree</li> <li>3. Agree</li> <li>4. Agree</li> <li>5. Disagree</li> </ol>
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**For inquiries or feedback, please write or call:**

Department of Education – Bureau of Learning Resources (DepEd- BLR)

Office Address: Ground Floor, Bonifacio Building, DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (02) 634-1072 or 634-1054; 631-4985

E-mail Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)