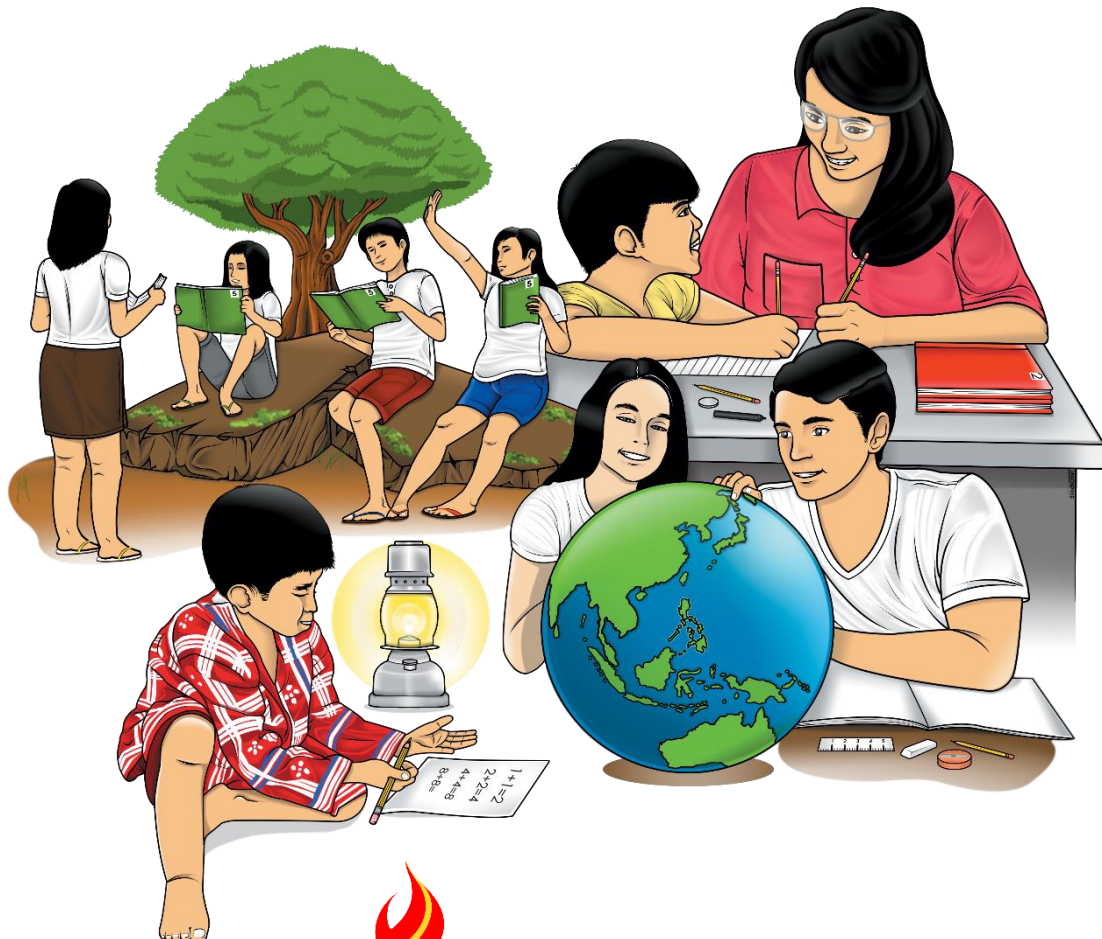


# Health

## Quarter 4 – Module 5: Agencies Responsible for Prevention and Control of Non-Communicable Diseases



**Health - Grade 7**

**Alternative Delivery Mode**

**Quarter 4 - Module 5: Agencies Responsible for Prevention and Control of Non-Communicable Diseases**

**First Edition, 2020**

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# Health

## **Quarter 4 – Module 5: Agencies Responsible for Prevention and Control of Non-Communicable Diseases**

## **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***

Issues surrounding NCDs and other health risk factors have been getting the much needed attention not just from the government, but from non-government organizations, international development partners, and the private sector as well.

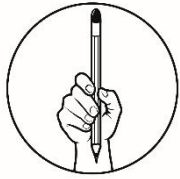
Different government agencies and institutions demonstrate their support to the cause by developing and implementing their own policies and programs in support of the national goal of preventing and controlling NCDs.

Likewise, NGOs and international development partners have thrown in their share, reaching more people at the national level down to the communities, while the private sector increasingly invests in wellness and healthy lifestyle programs for their employees and in reaching out to the communities through activities in support of their corporate social responsibility.

This module focuses on the agencies responsible for the prevention and control of non-communicable disease whether in school or in the community.

After going through this module, you are expected to identify agencies responsible for non-communicable disease (NCD) prevention and control.





## What I Know

### Activity 1: Can you identify?

Chronic NCDs are influenced by common bad lifestyle behaviors. Poor households have few choices about healthy living, healthy foods, and good exercise, especially if they live in unsafe, congested informal settlements.

As a young learner, it is important that you know the different agencies that provide health services in preventing and controlling NCDs. To know more about this, here is an activity prepared for you.

**Directions:** Identify which agency provides health services in preventing and controlling non-communicable diseases. Write your answers in your activity notebook.

<b>DILG</b>	<b>HealthJustice</b>	<b>DOLE</b>	<b>PCPCNCD</b>	<b>HealthPro</b>
<b>ECOP</b>	<b>Alliance for Healthy Cities</b>	<b>SEATCA</b>	<b>Healthy Universities</b>	<b>FCTC Alliance Philippines</b>
<b>HSLP</b>	<b>DepEd</b>	<b>PMA</b>	<b>DOH</b>	<b>Novartis</b>

- \_\_\_\_\_ 1. “Perfect 10”
- \_\_\_\_\_ 2. “Healthy Cities”
- \_\_\_\_\_ 3. “Health Promoting School”
- \_\_\_\_\_ 4. “Making Health a Lifestyle”
- \_\_\_\_\_ 5. Aims to promote the five components of healthy lifestyle
- \_\_\_\_\_ 6. Addresses lifestyle-associated diseases of Filipino workers
- \_\_\_\_\_ 7. Addresses the rising epidemic of chronic non-communicable disease
- \_\_\_\_\_ 8. Regularly conducts activities that promote school health and nutrition
- \_\_\_\_\_ 9. Responsible for the equitable, sustainable, and quality health for the Filipinos
- \_\_\_\_\_ 10. Composed of forty organizations working for the prevention and control of NCDs.
- \_\_\_\_\_ 11. Helps support health-related behavior change communication activities in the country
- \_\_\_\_\_ 12. A non-stock, non-profit, non-governmental organization advocating for a tobacco-free society.
- \_\_\_\_\_ 13. Develops and implements special projects on healthy lifestyle promotion programs among workers and their families
- \_\_\_\_\_ 14. Aims to bridge the gap between public health and law to enable Filipinos to make informed and empowered health choices
- \_\_\_\_\_ 15. A multi-sectoral alliance established to support ASEAN countries in developing and putting in place effective tobacco control policies

**Lesson****1****Agencies Responsible for Prevention and Control of Non-Communicable Diseases**

It has been established that the beginning and continuation of chronic NCDs were brought by many shared risk behaviors like using tobacco, drinking alcoholic beverages, and physical inactivity.

***What's In*****Activity 2: Name it!**

**Directions:** Which of the following government agencies inside the box demonstrates support in the implementation of the following programs for the prevention and control of NCDs? Write your answers in your activity notebook.

<b>DepEd</b>	<b>DOH</b>	<b>DILG</b>
--------------	------------	-------------

- \_\_\_\_\_ 1. "Perfect 10"
- \_\_\_\_\_ 2. Blood Testing
- \_\_\_\_\_ 3. Health Services
- \_\_\_\_\_ 4. "HL to the MAX"
- \_\_\_\_\_ 5. Hypertension Day
- \_\_\_\_\_ 6. Cancer Awareness Month
- \_\_\_\_\_ 7. Smoking Cessation Program
- \_\_\_\_\_ 8. Occupational Health Program
- \_\_\_\_\_ 9. Research and Laboratory Center
- \_\_\_\_\_ 10. Prevent Hypertension and Diabetes
- \_\_\_\_\_ 11. Ehersisyong Pangkalusugan para sa lahat
- \_\_\_\_\_ 12. Red Orchid Award (Anti-Tobacco Award)
- \_\_\_\_\_ 13. Dermatology Research and Training Service
- \_\_\_\_\_ 14. Burn Injury Awareness and Prevention Month
- \_\_\_\_\_ 15. Nutrition, Family Planning and Natal Care Services



## What's New

### Activity 3: Need a help!

The partnership of the agencies in preventing and controlling non-communicable diseases helps to increase person's awareness in developing healthy-lifestyle habits.

This time, you will be given activities to diagnose and activate your prior knowledge of the different agencies preventing and controlling NCDs.

**Directions:** The agencies cited below provide health services. Write **GA** in your activity notebook if it is from *Government Agency*, **NGO** if it is *Non-Government Organization*, and **PS** if it is from *Private Sector*.

- \_\_\_\_\_ 1. Novartis
- \_\_\_\_\_ 2. Healthy University
- \_\_\_\_\_ 3. Department of Health
- \_\_\_\_\_ 4. Healthy Cities Initiative
- \_\_\_\_\_ 5. Department of Education
- \_\_\_\_\_ 6. Department of Labor and Employment
- \_\_\_\_\_ 7. Episcopal Diocese of Northern Philippines
- \_\_\_\_\_ 8. Healthy Lifestyle Society of the Philippines
- \_\_\_\_\_ 9. Department of Interior and Local Government
- \_\_\_\_\_ 10. Philippine Coalition for the Prevention and Control of  
Non-Communicable Diseases



## What is It

Health is one of the most important concerns among Filipinos as we strongly value our well-being. However, many of us have paid no attention about the way we live because we are busy working on some important things in life that we easily forget the value of our health. In this case, it affects our bodies, minds, or even the cost of our lives. For these reasons, many people turn to the agencies seeking for help and support.



Read the information below to help you understand better the function of the different agencies that support and implement their own policies and programs in preventing and controlling NCDs.

## **Some Agencies that Provide Health Services**

### **I. Government Agencies**



#### **Department of Health (DOH)**

The Department of Health is the primary government agency responsible for the equitable, sustainable, and quality health for the Filipinos.



#### **Department of Education (DepEd)**

In partnership with donors and NGOs, DepEd regularly conducts activities that promote school health and nutrition, and the control and prevention of NCDs.



#### **Department of the Interior and Local Government (DILG)**

In support to Presidential Proclamation 958, DILG advocates "Perfect 10" lifestyle program to prevent NCDs, and urges all local chief executives to support the campaign.



#### **Department of Labor and Employment (DOLE)**

Aside from occupational health and safety issues, DOLE also addresses lifestyle-associated diseases of Filipino workers.



#### **Metropolitan Manila Development Authority (MMDA)**

MMDA's enforcement of smoking ban in partnership with 17 Metro Manila local government units has been supported by DOH and other agencies such as DILG.



#### **Congress of the Philippines**

Congress enacted Republic Act 8191 (The National Diabetes Act of 1996) which prescribes measures for the prevention and control of diabetes in the country and mandates the creation of the National Commission on Diabetes.



### **Armed Forces of the Philippines (AFP)**

Officers of the Armed Forces of the Philippines (AFP) need to pass the physical fitness test (PFT) in order to get promoted. The AFP compels its officers to be physically fit at all times, aside from strictly enforcing the PFT as a policy.

## **II. NGOs and international development partners**

Supported by resources that generally come from grants and from self-generated funds, civil society organizations, through their own initiative and in partnership with international development agencies, have made outstanding contributions to support programs and projects on NCDs and health promotion. Some of these programs and projects are described as follows:



### **Healthy Cities Initiative, Alliance for Healthy Cities**

The Alliance for Healthy Cities is an international network composed of cities and organizations that aims to protect and enhance the health of city dwellers through an approach called “Healthy Cities.”



### **HealthPro, USAID (United States Agency for International Development) Philippines**

It provides technical assistance to the DOH National Center for Health Promotion to develop Behavior Change Communication (BCC) strategies for priority programs, to design and implement interventions, to support health events and to build capacities of local health education and promotion officers.



### **Healthy Lifestyle Society of the Philippines (HLSP)**

It is an advocacy group with the aim of promoting the five components of healthy lifestyle, namely: regular exercise, smoking cessation, balanced diet, stress management and weight management.



### **Philippine Coalition for the Prevention and Control of Non - Communicable Diseases (PCPCND)**

It is a national coalition composed of 40 organizations working for the prevention and control of NCDs.



### **Philippine Medical Association**

The Philippine Medical Association (PMA) partnered with the DOH to address the rising epidemic of chronic non-communicable diseases through health promotion campaigns in all forms of media.



### **Employers' Confederation of the Philippines**

As a firm believer of corporate social responsibility, the Employers' Confederation of the Philippines (ECOP) continues to develop and implement special projects on healthy lifestyle promotion programs among workers and their families.



### **FCTC (Framework Convention on Tobacco Control) Alliance Philippines**

The FCTC Alliance Philippines (FCAP) is a non-stock, non-profit, non-governmental organization advocating for a tobacco-free society. It is the only organization in the Philippines that effectively addresses tobacco issues in a holistic manner by mobilizing its coalition of organizations.



### **Southeast Asia Tobacco Control Alliance (SEATCA)**

It is a multi-sectoral alliance established to support ASEAN countries in developing and putting in place effective tobacco control policies.



### **Health Justice**

Health Justice is a non-governmental organization founded in 2008 that aims to bridge the gap between public health and law to enable Filipinos to make informed and empowered health choices. The organization is committed to be the leading resource in research and capacity-building for priority public health policies.



### **Episcopal Diocese of Northern Philippines**

The Episcopal Diocese of Northern Philippines (EDNP) aims to prevent and control NCDs in the country. EDNP implemented healthy lifestyle programs such as Healthy Lifestyle Advocacy through Health Sunday Celebration, No Smoking Campaign, Liquor Ban, Junking Junk Foods, Health Assistant Plan, Organic Food Production (which includes herbal and vegetable gardening in mission schools, organic farming demonstration projects), and environment protection.

### **III. Programs and projects of the private sector**

Some of the private sector initiatives in the prevention and control of NCDs and the promotion of healthy lifestyle are as follows:



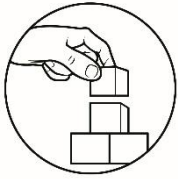
### **Healthy Ü (Healthy University)**

It aims to set up a healthy university model and to promote De La Salle University (DLSU-Dasmariñas) as the model for such. A “Health Promoting School” is a place where all members of the school work together to give its students, faculty and staff with programs and activities that promote health protection.

### **Novartis**



Novartis’ “Making Health a Lifestyle”. It is anchored on four pillars of healthy living: regular exercise, healthy diet, accurate up-to-date health information, and maintaining health at work.




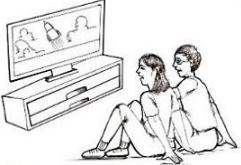



## What's More

### Activity 4: Know your value!

People nowadays spend more time on different vices that lead them to illnesses or health problems. As an individual, you have to be aware of these potential health risks by knowing the necessary information through health promotion activities.

**Directions:** The illustrations below show practices that cause non-communicable diseases. Identify the description of each illustration and its effects on one's health. Match each picture in Column A with its effect in one's health in Column B. Do this in your activity notebook.

Practices that cause non-communicable diseases	Effects of these practices in a person's health
1.  Eating unhealthy foods	A. It damages your liver to function well.
2.  Drinking alcoholic beverages	B. It weakens lung function and slows its growth and development.
3.  Smoking cigarettes	C. It leads to malnutrition.
4.  Watching television for long hours	D. It causes weak eyesight, behavioral problems, sleep disorders, and poor study habits that eventually leads to getting lower grades.
5.  Too much use of gadgets	E. It affects one's social development.

### Activity 5: Poster to NCDs

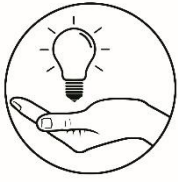
This activity will help you know more about the healthful ways in preventing and controlling non-communicable diseases.

**Directions:** Make a poster that shows ways to prevent non-communicable diseases. Give a brief explanation about your poster. The materials needed in making this activity are: cartolina, coloring materials, and marking pen.

Use this rubric for rating/evaluating your activity.

	<b>Excellent (5 points)</b>	<b>Good (4 points)</b>	<b>Fair (3 points)</b>	<b>Poor (2 points)</b>
<b>Presentation and Content</b>	<ul style="list-style-type: none"> <li>*Shows confidence</li> <li>*Very Informative/ Comprehensive</li> <li>*Engages all the audience</li> <li>*Speaks so loud and clear</li> <li>*Uses appropriate body language</li> </ul>	<ul style="list-style-type: none"> <li>*Shows some confidence</li> <li>*Lack some information</li> <li>*Engages some audience</li> <li>*Speaks moderately</li> <li>*Uses appropriate body language sometimes</li> </ul>	<ul style="list-style-type: none"> <li>*Lacks confidence</li> <li>*Misses a lot of information</li> <li>*Engages few audiences</li> <li>*Speaks not so clean</li> <li>*Uses appropriate body language very seldom</li> </ul>	<ul style="list-style-type: none"> <li>*Shows no confidence</li> <li>*Coveys no information/ facts</li> <li>*Engages none</li> <li>*Mumbles/ Hard to hear</li> <li>*Never uses appropriate body language</li> </ul>
<b>Creativity</b>	<ul style="list-style-type: none"> <li>*Performs an original presentation which hook audience interest</li> </ul>	<ul style="list-style-type: none"> <li>*Performs with some creativity which is noticeable to some audience</li> </ul>	<ul style="list-style-type: none"> <li>*Performs with few creativity almost unnoticed by audience</li> </ul>	<ul style="list-style-type: none"> <li>*Lacks creativity</li> </ul>

<b>Total Points</b>	<b>Descriptive Rating</b>
9-10	Advanced (A)
7-8	Proficient (P)
5-6	Approaching Proficiency (AP)
4	Developing

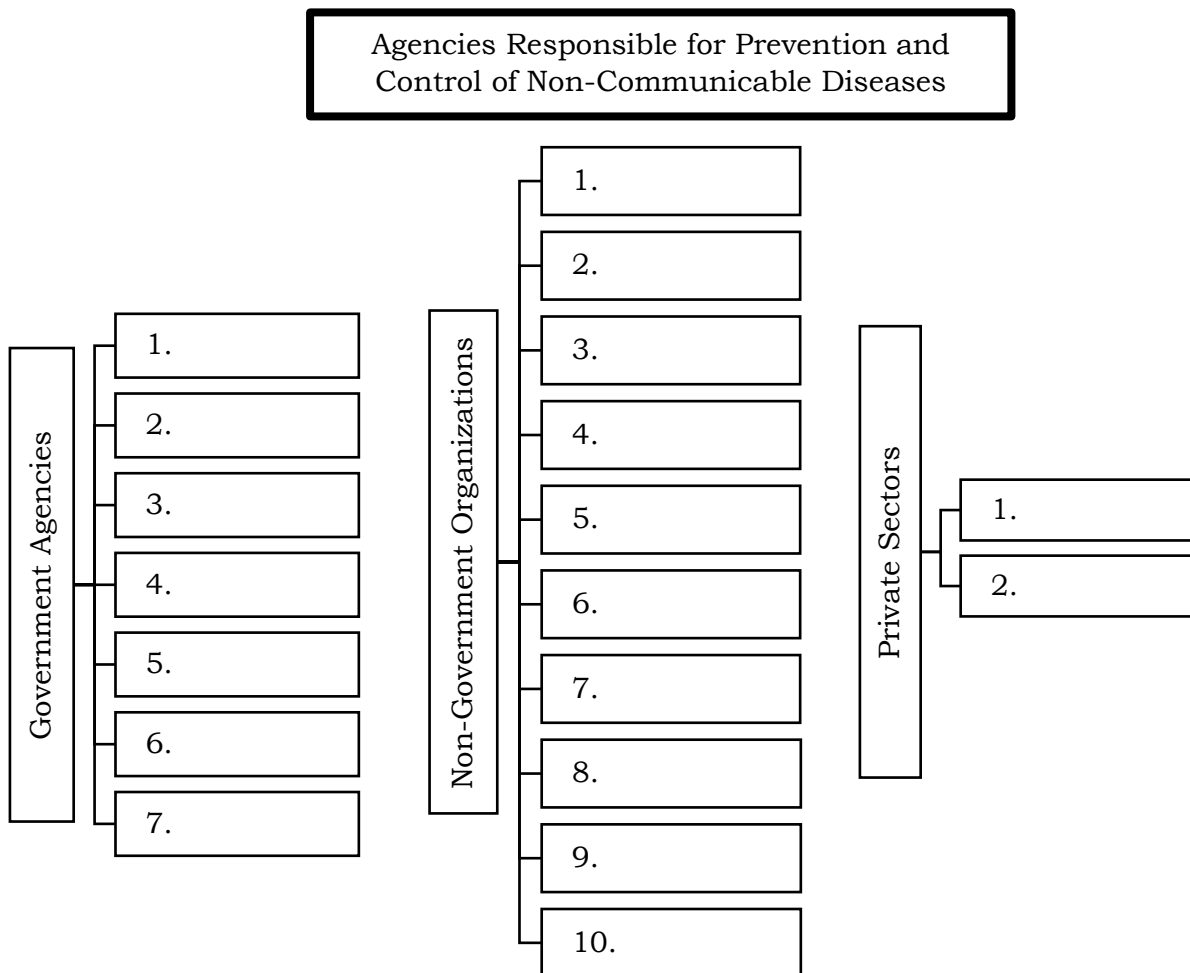


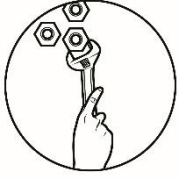
## *What I Have Learned*

### **Activity 6: Identify me!**

Different organizations to prevent and control non-communicable diseases were created locally and internationally. This is to raise the issue of promoting health and prevention of NCDs and their common risk factors.

Directions: Write down the different agencies responsible for prevention and control of non-communicable diseases that you have learned in the lesson. Follow the format below. Do this in your activity notebook.





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

### **Activity 7: It's Your Turn!**

This activity will help you use your analytical and critical thinking skills in answering questions related to non-communicable diseases. Respond to the given situations and identify the agency to help you.

**Directions:** Identify the agency that could help you in the given situations. Write your answer in your activity notebook.

#### **Situations:**

1. One of your family members is working abroad. You want to make sure that he gets a better life as he works there. You want him to have health security.

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2. Your friend dreams of becoming a policeman. One of the requirements is to have a healthy and physically fit body.

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3. Your friend is a known chain smoker. You know how bad it is to one's health. Many got sick and died because of this. You want it to be stopped.

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4. You grew up in the church. It teaches you the life and works of the Lord. Moreover, one of the things it wants to teach you is to have a healthy body, to avoid bad habits and activities, to eat right and good foods, and to take care of the environment.

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5. You dream of a healthy school where people work with rapport and with programs and activities that promote health protection among workers.

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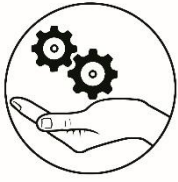


## **Assessment**

### **Activity 8: Can you identify?**

**Directions:** Identify which agency provides health services in preventing and controlling of non-communicable disease. Write your answer in your activity notebook.

- \_\_\_\_\_ 1. “Perfect 10”
- \_\_\_\_\_ 2. “Healthy Cities”
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## ***Additional Activities***

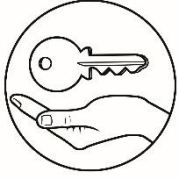
### **Activity 9: Poem to NCDs**

**Directions:** Write a 2-3 stanza poem about a particular agency, with 4 lines each composing of 12 words. Apply elements of poetry. Create your own title. Use special paper for your worksheet.

A large, stylized scroll graphic with horizontal lines for writing a poem. The scroll is unrolled at the top and bottom, with decorative curls at the corners. It contains 16 horizontal lines for writing.

Here is the rubric to evaluate your activity.

<b>Rubrics</b>	
Title of the Poem	5
Follow Poetry Directions	5
Creativity	5
Conventions	5
Total	20



# Answer Key

<p><b>Activity 7: It's Your Turn!</b></p> <p>1. DOLE 2. AFP 3. FCTC, SEATCA 4. EDNP 5. Healthy University, DepEd</p>		
<p>1. DOH 2. DepEd 3. DILG 4. DOLE 5. MMDA 6. Congress of the Philippines 7. AFP</p>	<p>1. Healthy Cities 2. HealthPro 3. HILSP 4. PCPCNCD 5. PMA 6. ECOP 7. FCTC Alliance Philippines 8. SEATCA 9. HealthJustice 10. EDNP</p>	<p>I. Government Agencies II. Non-Government Organization III. Private Sectors 1. Healthy University 2. Novartis</p>
<b>Activity 6: Identify me!</b>		
		<p><b>Activity 4: Know your value!</b></p> <p>1. C 2. A 3. B 4. E 5. D</p>
<p><b>Activity 3:</b> Need a help! 1. PA 2. PA 3. GA 4. NGO 5. GA 6. GA 7. NGO 8. NGO 9. GA 10. NGO</p>	<p><b>Activity 2: Name it!</b></p> <p>1. DILG 2. DepEd 3. DOH 4. DOH 5. DOH 6. DOH 7. DOH 8. DOH 9. DOH 10. DOH 11. DOH 12. DOH 13. DOH 14. DOH 15. DOH</p>	<p><b>Activity 1&amp;8: Can you identify?</b></p> <p>1. DILG 2. Alliance for Healthy Cities 3. Healthy University 4. Novartis 5. HILSP 6. DOLE 7. PMA 8. DepEd 9. DOH 10. PCPCNCD 11. HealthPro 12. FCTC Alliance Philippines 13. ECOP 14. HealthJustice 15. SEATCA</p>

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