



## Family Health Assessment in Ifugao, Philippines: A Baseline Study for Health Intervention Program

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### ABSTRACT

A study was conducted to assess the health status of families in selected communities in Ifugao, Philippines. Interviews were done using a guide questionnaire adopted from the Family Health Management Manual for Nursing Students by Lydia Capistrano-Viet. The findings showed that the majority of households are nuclear, consisting of 5–10 people, and have an average monthly family income of 5,000–10,000 Philippine peso. The majority of the families possessed their own lots and homes made of wood and concrete, with enough space for the entire family. The majority of them disposed of their trash by burning it or giving it to animals. Nearly majority of them feature closed drainage systems and flush toilets. The majority reported that their homes lacked bug and rodent breeding grounds and shared a water supply. Additionally, they felt that their families' health was good as they had only experienced colds and the common cold over the previous six months. As shown by the fact that all of the respondents visit doctors and the health center for their medical requirements, 80% of them have complete immunization records. More or less seventy percent of people said they also follow healthy habits. The findings also demonstrate the availability of transportation, communication, and health resources in the neighborhood. A health intervention program aimed at enhancing the health and well-being of family clients in the community will be developed based on the study's findings.

### RESUMO

Foi realizado um estudo para avaliar o estado de saúde das famílias em comunidades selecionadas em Ifugao, Filipinas. As entrevistas foram realizadas por meio de questionário-guia adotado do Manual de Gestão em Saúde da Família para Estudantes de Enfermagem de Lydia Capistrano-Viet. As conclusões mostraram que a maioria dos agregados familiares são nucleares, compostos por 5 a 10 pessoas, e têm um rendimento familiar médio mensal de 5 000 a 10 000 pesos filipinos. A maioria das famílias possuía lotes próprios e casas de madeira e concreto, com espaço para toda a família. A maioria deles descartava o lixo queimando-o ou entregando-o aos animais. Quase a maioria deles possui sistemas de drenagem fechados e vasos sanitários com descarga. A maioria relatou que as suas casas não tinham criadouros de insectos e roedores e partilhavam o abastecimento de água. Além disso, sentiram que a saúde das suas famílias era boa, uma vez que só tinham sentido constipações e constipações nos últimos seis meses. Como mostra o facto de todos os entrevistados visitarem os médicos e o centro de saúde para atender às suas necessidades médicas, 80% deles têm registos de vacinação completos. Mais ou menos setenta por cento das pessoas disseram que também seguem hábitos saudáveis. As descobertas também demonstram a disponibilidade de transporte, comunicação e recursos de saúde no bairro. Um programa de intervenção em saúde destinado a melhorar a saúde e o bem-estar dos clientes familiares na comunidade será desenvolvido com base nas conclusões do estudo.

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## Introduction

The primary social organization that will always exist is the family. It is the social group in which the links of love are weaved amongst its members. Its importance and significance has been expressed by various scholars, sociologists, and individuals. The family is one of the most important traditional micro-societies as stated by Horwitz (2015). Recognized as the oldest and paramount institution for humanity, safeguarding the family holds a crucial role, necessitating the concerted efforts of society and global health systems (Ortiz, et al., 2017). In community health, the family is deemed as the foundational unit of care, and as clients, it is imperative to engage with them within their inherent setting—the community (Viet, 2004).

It is commonly established that a family's values, beliefs, and capacity for managing change can all have an impact on how each member of the family feels about themselves (Sittner, et al., 2007). Historically, nurses have utilized ecomaps, genograms, and family assessment tools to gain insights into family systems, subsystems, and interpersonal relationships (Friedman, Bowden, & Jones, 2003).

The term "health needs assessment" is a recent expression used to characterize the evolution and enhancement of well-established methodologies for comprehending the requirements of the local population. It serves as an objective and reliable approach to customizing health services, representing an evidence-based strategy for commissioning and planning healthcare services (Wright, et al., 1998).

It is a difficult and complex undertaking to examine the family's health needs holistically (Maginnis, 2009). The process of gathering information regarding the family's health promotion and disease preventive efforts is known as family health assessment.

According to Watkins (2019), around 1.6 billion individuals experience healthcare that is both unpredictable and frequently insufficient to meet their needs, while 400 million people worldwide lack access to even the most basic healthcare. In the Philippines, the Philippine Statistics Authority (2021) reported an 18.1 percent poverty incidence, indicating the percentage of Filipinos who struggle to adequately satisfy essential food, non-food, and health-related requirements.

Nursing assessment of health needs has been widely researched; however, there are few published articles about family health assessment, and none of it was done in the communities of Ifugao, Philippines. This study assessed the family health status of eleven (11) selected communities of Ifugao. Specifically, it sought to: 1) describe the family characteristics of respondents; 2) describe their home and environment; 3) describe health and health practices of respondents; and 4) develop intervention program to improve family health in the community.

## Methodology

The study employed a descriptive survey design. According to Cresswell (2012), a descriptive survey design involves collecting data in order to test hypotheses or to answer questions about the opinions of people about some topic or issue.

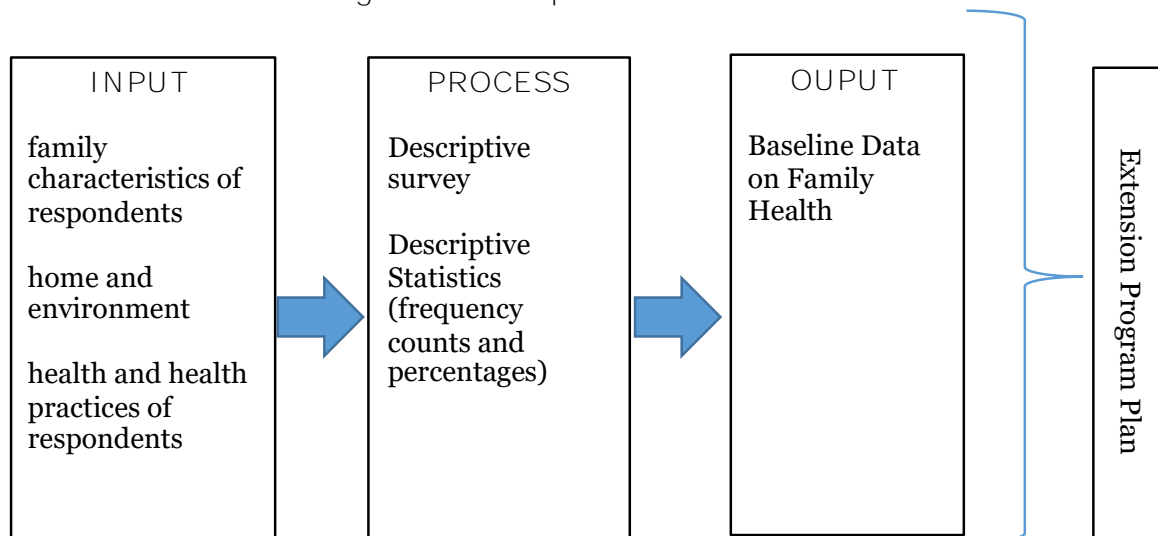
Respondents were 330 randomly selected families who are residents of at least one year of the selected communities in the eleven (11) municipalities of Ifugao, Philippines. The province of Ifugao is a rural area with agriculture as its major source of income, it is composed of 11 municipalities belonging to the 3<sup>rd</sup> and 4<sup>th</sup> class municipalities. The criteria in choosing the barangay were the following: partner community for Related Learning Experience (RLE) of Ifugao State University's (IFSU) nursing students; partner community for extension activities of the University; and proximity.

Researchers coordinated with the Barangay Local Government Units for the conduct of the survey. After obtaining approval, the researchers personally did the interviews to the family clients using the guide questionnaire adopted from the Family Health Management Manual for Nursing Students by Lydia Capistrano-Viet.

The questionnaire is structured into three (3) distinct parts, each comprising subsections designed to elicit detailed responses from participants. The initial segment focuses on respondent's family characteristics, delving into the family type, size, sources of household income, and overall annual income. The second section, pertaining to home and environment, encompasses inquiries about lot and house ownership, housing type, space adequacy, waste disposal practices, water supply sources, and the identification of potential breeding sites for insects and rodents. The third section, dedicated to health and health services, seeks information about prevalent illnesses over the past 6 months, the preferred consultative source for health concerns, immunization status, and engagement in health-related activities.

Data were analyzed using Descriptive Statistics such as frequency counts and percentages. The conceptual framework of the study is presented in Figure 1.

Figure 1: Conceptual Framework



## Results and Discussions

### Family Characteristics

Tables 1 and 2 present an overview of the family characteristics of the survey respondents, focusing on the type of family and family size. Notably, the data reveals that a significant majority (60%) of respondents live in nuclear families. In accordance with Tarroja's definition (2010), a nuclear family typically consists of a father and mother living with their unmarried children or a single parent residing with their children. This category also encompasses single-person households and unmarried siblings and families who cohabit.

It is worth noting that these findings align with the average household size reported by the Philippine Statistics Authority (PSA) for the year 2020, which stood at 4.1 individuals per household. Furthermore, this household size is consistent with the average in the Cordillera Administrative Region (CAR), indicating that the region mirrors the national average in this regard.

The type of family structure holds significance in terms of meeting the diverse needs of individual family members. Larger families, by nature, entail the responsibility of providing for more members, which includes meeting their nutritional and daily requirements.

Regarding family size, a substantial majority (56.67%) of respondents indicated that their households consist of 5 to 10 members. This insight into family size sheds light on the composition of households within the surveyed population.

These findings provide valuable insights into the prevalence of nuclear families and the distribution of family sizes among the surveyed respondents, with implications for understanding the dynamics of households and their ability to meet the needs of their members.

**Table 1.***Frequency and Percentage Distribution of Respondents according to Type of Family*

Type of Family	Frequency	Percentage
Extended	77	23.33
Matriarchal	33	10.00
Dominant Family Member	11	3.33
Nuclear	198	60.00
Patriarchal	11	3.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

**Table 2.***Frequency and Percentage Distribution of Respondents according to Family Size*

Family Size	Frequency	Percentage
Below 5	143	43.33
5 – 10	187	56.67
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 3 provides a snapshot of the average monthly family income of the respondents. Notably, a majority (53.33%) reported an average family income falling within the range of Php5,001 to Php10,000 per month. This data aligns with the 2021 Preliminary Results of the Family Income and Expenditure Survey conducted by the Philippine Statistics Authority (PSA), which revealed that approximately 19.99 million Filipinos were living below the poverty threshold, estimated at around Php12,030 per month for a family of five, as reported by Mapa in 2022. This threshold represents the minimum income required for a family of five to adequately cover both their essential food and non-food needs.

These findings underscore a concerning reality: a significant portion of the respondents in this study fall below the poverty line. This implication carries grave consequences for their overall well-being, particularly in terms of health, as it indicates that they may struggle to provide sufficient nourishment and meet the basic needs of each family member, which can have detrimental effects on their health and overall quality of life.

**Table 3.***Frequency and Percentage Distribution of Respondents according to Monthly Family Income*

Monthly Family Income	Frequency	Percentage
Below 5,000	121	36.67
5001-10,000	176	53.33
10,001-15,000	22	6.67
15,001-20,000	11	3.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

## Home and Environment

The respondents' lot and home ownership is shown in Tables 4 and 5. Most (83.33%) of the households owned both the house and the land on which the house was built. Fifty-five (55) families (16.67%) lived in houses and lots that they did not own; they either rented the houses and lots with the owners' approval, lived in rent-free houses and lots with the owners' consent, or lived in rent-free houses and lots without the owners' consent.

The information is consistent with the findings from the 2019 Annual Poverty Indicators Survey (APIS), which were published by the Philippine Statistics Office in 2020. According to the APIS results, the Cordillera Administrative Region (80.3%) is the third-highest region out of the eight in terms of the percentage of families who owned the houses and lands they lived on, surpassing the national average of 64.1 percent.

**Table 4.**

*Frequency and Percentage Distribution of Respondents according to Lot Ownership*

Lot Ownership	Frequency	Percentage
Owned	275	83.33
Not owned	55	16.67
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

**Table 5.**

*Frequency and Percentage Distribution of Respondents according to House Ownership*

House Ownership	Frequency	Percentage
Owned	275	83.33
Not owned	55	16.67
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 6 offers valuable insights into the housing arrangements of the families surveyed. Notably, a significant majority, comprising 70.0% of the respondents (231 individuals), reported living in semi-permanent housing primarily constructed from concrete and wood. In contrast, 23.33% of the respondents (77 individuals) indicated that they resided in temporary housing, which was predominantly made of wood and light materials. A smaller proportion, 6.67% (22 individuals), reported having permanent housing constructed from concrete.

It's crucial to recognize that the type of housing a family resides in plays a critical role in ensuring their overall protection and security. Housing conditions have a direct impact on

health promotion and the prevention of illnesses. Research has consistently shown that unfavorable housing conditions can act as significant risk factors for poor health outcomes. This connection between housing and health is well-established, and it presents an essential area for public health professionals to address, as highlighted in the work of James Krieger and Donna L. Higgins in their 2002 publication "Housing and Health: Time Again for Public Health Action."

In essence, these findings underscore the vital link between housing, health, and well-being, emphasizing the importance of addressing housing-related challenges. By doing so, we can work toward improving the overall health and quality of life for families and communities. Addressing housing concerns isn't just a matter of providing shelter; it's a fundamental step toward promoting better public health and enhancing the well-being of individuals and communities alike.

**Table 6.**

*Frequency and Percentage Distribution of Respondents according to Type of Housing*

Type of Housing	Frequency	Percentage
Wood	77	23.33
Concrete	22	6.67
Wood and Concrete	231	70.00
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 7 provides a clear picture of the living space adequacy among the surveyed respondents. A vast majority of them, comprising 308 individuals (93.33%), reported that their living arrangements were suitable for the number of people in their households. In contrast, only 22 people (6.67%) stated that their family's living arrangement was insufficient.

It's essential to acknowledge that families with appropriate living spaces tend to fare better and enjoy a higher level of protection against health hazards and pandemics compared to those without adequate housing. The connection between the right to environmental cleanliness, as well as the right to the best possible state of mental and physical health, is closely intertwined with the adequacy of housing and living conditions, as emphasized by Gupta in 2022.

These findings highlight the profound impact of suitable living spaces on the overall well-being and health of families. Adequate housing isn't merely a matter of comfort; it is a fundamental determinant of health and a key factor in safeguarding individuals' rights to a clean environment and optimal physical and mental health. Addressing housing adequacy is

a significant step toward enhancing the quality of life and health outcomes for families and communities.

**Table 7.**

*Frequency and Percentage Distribution of Respondents according to Adequacy of Space*

<b>Adequacy of Space</b>	<b>Frequency</b>	<b>Percentage</b>
Adequate	308	93.33
Not Adequate	22	6.67
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 8 provides an overview of the various garbage disposal methods adopted by the respondents. It's worth noting that a significant number of family households continue to rely on burning as a disposal method. When asked about the types of materials they burn, respondents mentioned items such as dried leaves, fallen twigs, tree branches, and plastic wrappers, among others.

However, it's essential to recognize that Republic Act 9003, also known as the Ecological Solid Garbage Management Act, explicitly prohibits the burning of waste and leaves (as indicated in Section 46, paragraph 3). This regulation exists for a valid reason – burning trash and organic materials like leaves releases a range of harmful chemicals into the environment, which can have detrimental effects on human health.

In essence, these findings underscore the importance of raising awareness about proper waste disposal methods in compliance with environmental laws. By adhering to responsible waste management practices, we can contribute to a cleaner environment and, in turn, protect public health. It is crucial for both individuals and communities to adopt sustainable and safe garbage disposal methods to mitigate the adverse health and environmental impacts associated with burning waste.

**Table 8.**

*Frequency and Percentage Distribution of Respondents according to Garbage Disposal*

<b>Garbage Disposal</b>	<b>Frequency</b>	<b>Percentage</b>
Collected	22	6.67
Waste Segregation	231	70
Burning	231	70
Feeding to Animals	242	73.33
Open Dumping	22	6.67

Note: Multiple responses, data from Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.



Table 9 offers valuable insights into the sanitary waste disposal practices within the surveyed households. Notably, the data reveals that a significant majority, constituting 93.33% or 308 families, make use of sanitary toilets equipped with flush systems. However, a smaller proportion, comprising only 6.67% or 22 families, continue to rely on pit latrines, which are generally perceived as unhygienic.

It is of utmost importance to underscore the critical role that proper sanitation facilities, such as toilets and latrines, play in advancing public health. These facilities enable the safe and proper disposal of waste. In the absence of adequate sanitation facilities, there is a risk of human waste from infected individuals contaminating the soil and water sources in the community, leading to potential health hazards. It is worth noting that open pit latrines, in particular, tend to serve as breeding grounds for flies, insects, and rodents, thereby heightening the risk of infection for other members of the community.

These findings underscore the paramount significance of ensuring access to sanitary waste disposal facilities. Proper sanitation not only safeguards the health and well-being of individuals and the community as a whole but also contributes to maintaining a cleaner and safer environment. Therefore, it is imperative for communities to make the transition to sanitary toilets and latrines, as this shift is instrumental in reducing the risks associated with inadequate waste disposal and, in turn, promoting improved public health and hygiene standards.

**Table 9.**

*Frequency and Percentage Distribution of Respondents according to Waste Disposal*

Waste Disposal	Frequency	Percentage
Flush	308	93.33
Pit Privy	22	6.67
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Among the family respondents, it was found that 201 families (63.33%) rely on shared water supplies, while 121 families (36.67%) reported using their own water sources. These statistics shed light on the significance of water accessibility within the community.

It's essential to recognize that according to Maslow's hierarchy of needs, the most fundamental physiological requirements for a person include access to food, clean water, and clean air. Clean, potable water, in particular, plays a vital role in preventing the transmission of water-borne diseases, underscoring its importance.

Moreover, as highlighted by WASH (2018), improved access to safe water, appropriate sanitation, and hygiene education can have wide-ranging positive effects, such as enhanced public health, reduced poverty, and socioeconomic development. This comprehensive approach not only helps in mitigating waterborne diseases but also contributes to a decrease in disease-related fatalities.

The findings emphasize the critical nature of securing access to safe and clean water sources. It's not just a matter of fulfilling basic human needs; it's also a significant driver of improved health, economic well-being, and overall community development. Ensuring access to safe water, sanitation, and hygiene education is a key step toward reducing waterborne diseases and fostering healthier, more prosperous communities.

**Table 10.**

*Frequency and Percentage Distribution of Respondents according to Source of Water Supply*

Source of Water Supply	Frequency	Percentage
Owned	121	36.67
Shared	209	63.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 11 provides a breakdown of the locations of rodent and insect breeding grounds reported by the respondents. It's notable that the majority of 242 respondents (73.33%) stated that they do not have breeding grounds near their residences, while 88 respondents (26.67%) acknowledged the presence of breeding sites in proximity to their homes.

It's imperative to emphasize the potential health implications associated with the presence of breeding grounds for creatures like cockroaches, rats, and mice. These pests can serve as vectors for serious health issues, adversely affecting people's well-being. As highlighted by the Centers for Disease Control and Prevention, it is crucial to take action to eliminate such breeding sites, as these creatures have the capacity to transmit diseases to humans.

These findings underscore the importance of addressing and eradicating breeding grounds for pests. Doing so is not merely a matter of convenience but a vital step in safeguarding public health. By eliminating these breeding sites, we can reduce the risk of disease transmission and create safer, healthier environments for individuals and communities.

**Table 11.**

*Frequency and Percentage Distribution of Respondents according to Presence of Breeding Sites of Insects, Rodents, etc....*

<b>Presence of Breeding Sites</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	88	26.67
None	242	73.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

## **Health and Health Practices**

Table 12 provides a glimpse of the prevalent ailments experienced by the family respondents in the preceding six months. Specifically, it was reported that 176 respondents (53.33%) had at least one family member suffering from a common cold or cough, while only 11 respondents (3.33%) indicated that a family member had experienced a toothache. The remaining 143 respondents (43.33%) reported no health issues in their families during this period.

It is vital to underscore that common colds and coughs often serve as indicators and symptoms of underlying communicable illnesses. These conditions are not only significant in themselves but can also be early signs of broader health concerns. In the realm of public health, there are core tasks aimed at safeguarding communities and reducing the risk of illness among individuals of all age groups, which include the prevention and control of such communicable conditions.

As affirmed by the Centers for Disease Control and Prevention (CDC) and other public health authorities, addressing common colds and coughs is integral to the broader goal of disease prevention and community health promotion. By addressing these early warning signs, public health measures can be implemented to protect the health of individuals and the broader community, reducing the impact of communicable diseases.

**Table 12.**

*Frequency and Percentage Distribution of Respondents according to Common Illnesses Encountered for the Last 6 Months*

<b>Common Illnesses</b>	<b>Frequency</b>	<b>Percentage</b>
Common Cough and Colds	176	53.33
Toothache	11	3.33
None	143	43.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 13 provides a comprehensive breakdown of the sources that respondents turn to for health-related issues. Notably, all 330 respondents (100%) utilize rural health units or centers, and they also visit doctor's offices for health-related concerns. Additionally, a smaller percentage, 11 respondents (3.33%) each, sought assistance from a nurse, a midwife, or a barangay health worker.

It is clear from these results that every respondent prioritizes consulting licensed healthcare professionals when it comes to their health-related matters. The data underscores the essential role played by licensed healthcare practitioners in addressing health concerns within the community.

Furthermore, these findings underscore the critical importance of integrating public health services into the community's healthcare infrastructure. This integration, as emphasized by the Department of Health (DOH, 2022), ensures that the healthcare needs and demands of the community are effectively met. Access to rural health units, doctor's offices, and healthcare professionals like nurses, midwives, and barangay health workers is crucial in providing comprehensive healthcare services and maintaining the well-being of the community.

**Table 13.**

*Frequency and Percentage Distribution of Respondents according to Whom to Consult for Health-Related Problems*

Whom to Consult	Frequency	Percentage
Doctor	330	100
Health Center	330	100
Nurse	11	3.33
Midwife	11	3.33
Barangay Health Worker	11	3.33

Note: Multiple responses, data from Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 14 presents a snapshot of the immunization status of the respondents. Notably, 264 respondents (80.0%) have successfully received the full range of vaccines outlined in the Expanded Program on Immunization (EPI), which now includes the Covid-19 vaccine. However, the vaccination status of 33 individuals (10.0%) is incomplete, while an additional 33 individuals (10.0%) have not received any vaccinations.

It's crucial to recognize the significance of comprehensive immunization, especially given the inclusion of the Covid-19 vaccine within the EPI. Vaccination is a critical component of public health, safeguarding individuals and communities from preventable diseases. These findings highlight the importance of ensuring that all members of the community have access to and receive their recommended vaccinations to maintain public health and minimize the risk of disease transmission.

**Table 14.***Frequency and Percentage Distribution of Respondents according to Immunization Status*

<b>Immunization Status</b>	<b>Frequency</b>	<b>Percentage</b>
Complete	264	80.00
Incomplete	33	10.00
None	33	10.00
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

Table 15 provides insights into the respondents' behaviors related to health-related activities such as rest and sleep, exercise, relaxation, and stress management. Here's a breakdown of the responses: 63.33% claim to get an adequate amount of sleep and rest, while 36.67% disagree with this statement. 76.67% report getting an adequate amount of exercise, with 23.33% disagreeing. 70.0% state they have time for relaxing activities, while 30.0% do not. 76.67% indicate they have adequate stress-reduction techniques, and 23.33% disagree with this assertion.

These findings shed light on the varying behaviors and practices of the respondents in terms of health-related activities. While a significant portion of the respondents engage in beneficial practices like getting sufficient sleep, exercise, and relaxation, there is room for improvement, particularly in stress management. Recognizing these patterns can serve as a basis for health promotion and education efforts to help individuals adopt healthier lifestyles and stress-reduction strategies.

**Table 15.***Frequency and Percentage Distribution of Respondents according to Adequacy of Health-Related Activities*

<b>Health Related Activities</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Adequate rest and sleep</b>		
Yes	209	63.33
No	121	36.67
<b>Total</b>	<b>330</b>	<b>100</b>
<b>Adequate exercise</b>		
Yes	253	76.67
No	77	23.33
<b>Total</b>	<b>330</b>	<b>100</b>
<b>Adequate relaxation activities</b>		
Yes	231	70.00
No	99	30.00
<b>Total</b>	<b>330</b>	<b>100</b>
<b>Adequate stress management activities</b>		
Yes	253	76.67
No	77	23.33
<b>Total</b>	<b>330</b>	<b>100</b>

Breboneria, P. (2024). Survey on Family Health Assessment in Ifugao, Philippines.

## **Conclusions and Recommendations**

The research findings offer valuable insights into the demographics and living conditions of households in the community of Ifugao, Philippines. These insights form the essential groundwork for the creation of a health intervention or extension program, aimed at enhancing the overall health and well-being of families within this community.

The data reveals that most households in Ifugao, Philippines are nuclear families with an average monthly income falling in the range of Php5,000 to Php10,000. The majority of families own their homes, typically constructed from a combination of wood and concrete, which generally provide adequate living space. Waste disposal practices vary, with many households burning their waste or utilizing it as animal feed. Additionally, a substantial number of families benefit from closed drainage systems and flush toilets, indicating a reasonable level of sanitation.

In terms of health and healthcare access, a significant proportion of respondents reported good health within their families, with minor health issues like colds being the most common ailments over the previous six months. All respondents make use of medical facilities, visiting doctors and health centers for their healthcare requirements. Notably, 80% of the respondents have complete immunization records, reflecting a commitment to preventive healthcare.

Approximately 70% of respondents claim to follow healthy habits and practices, demonstrating a willingness to adopt health-conscious lifestyles. Moreover, the community benefits from access to transportation, communication, and healthcare resources.

Given these findings, the development of a tailored health intervention program is warranted. This program should encompass health education, preventive healthcare initiatives, improved access to healthcare services, and the promotion of healthy lifestyle choices. By aligning the intervention with the community's unique characteristics and addressing specific challenges, the goal is to make substantial improvements in the health and overall well-being of Ifugao families.

## **Proposed Extension Program Plan**

### *Rationale*

Health needs when not met results to problems. The conducted assessment provides a concrete data and information regarding the felt needs of the family respondents which served as a guide in the formulation of a proposed extension program specially designed to meet the identified health needs.

Areas of Concern	Specific Objectives	Strategies	Persons Involved	Expected Output
<p>Health and Health Practices:</p> <ol style="list-style-type: none"> <li>1. Common cough and colds that have affected 53.33% of the family respondents</li> <li>2. Immunization Status: 10% have incomplete and 10% have none</li> <li>3. Enhance health related activities in the community</li> </ol>	<p>To raise the level of awareness in terms of health concerns that challenges family clients, specifically:</p> <ul style="list-style-type: none"> <li>• Reiterate awareness on the prevention and management of cough and colds, including the use of herbal plants as treatment for such.</li> <li>• Educate family households on the importance of immunization.</li> <li>• Coordinate with the barangay health workers on health related activities such as regular Zumba sessions to promote client's well-being</li> </ul>	<ul style="list-style-type: none"> <li>• Information Education Campaign</li> <li>• Training on the preparation of herbal plants as remedy for common diseases</li> </ul>	<p>Barangay Officials Household heads CHS Faculty and student extensionists</p>	<ul style="list-style-type: none"> <li>• Raised level of awareness on different health concerns and challenges.</li> <li>• IEC Material on immunization, herbal plants and uses</li> </ul>
<p>Environmental Sanitation</p> <ol style="list-style-type: none"> <li>1. Garbage Disposal: 70% of the family respondents practice burning and 6.67% still practice open dumping.</li> <li>2. Presence of breeding sites for insects, rodents etc, as claimed by 26.67% of the family respondents.</li> </ol>	<p>Increase implementation of the Solid Waste Management Act specifically:</p> <ul style="list-style-type: none"> <li>• Information Education Campaign on Proper Waste Management</li> <li>• Segregation trash bins labeled biodegradable, non-biodegradable and recyclable will be placed in all households and in public areas and facility.</li> <li>• Community Clean up</li> </ul>	<ul style="list-style-type: none"> <li>• Information Education Campaign</li> <li>• Clean up drive</li> </ul>	<p>Barangay Officials Household heads/ representatives CHS Faculty and student extensionists</p>	<ul style="list-style-type: none"> <li>• Increased implementation of the Solid Waste Management Act.</li> <li>• IEC materials on Environmental Sanitation</li> <li>• Labeled trash bins available in every homes and in public places/facility.</li> <li>• Clean community surroundings is maintained.</li> </ul>

	drive to help eradicate the breeding sites of insects, rodents etc.			
Family Income Majority (53.33%) has an average family income of Php5,001 - Php10,000	To establish income generating project for the community in collaboration with other Colleges or agencies.	<ul style="list-style-type: none"> <li>Fund source for trainings and start-up capital of beneficiaries.</li> </ul>	Barangay Officials Household heads/ representatives CHS Faculty and student extensionists Partner Agency/ College	Increased Family Income

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