

## HEALTH 9

# Community and Environmental Health

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Section: 9 - Adenine

Quarter 1: Week 5

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### Background Information for Learner:

Community health problems are common nowadays with the rise in modern technology; people neglect the importance of the basic needs for safety. A safe environment will ensure quality of life that will lead to more productive citizens of the country. As a student, you have a role in the promotion of a healthy environment especially in your household, school, and community.

### Learning Competency :

Suggests ways to prevent and manage environmental health issues. ( H9CE-Ie-f-13)

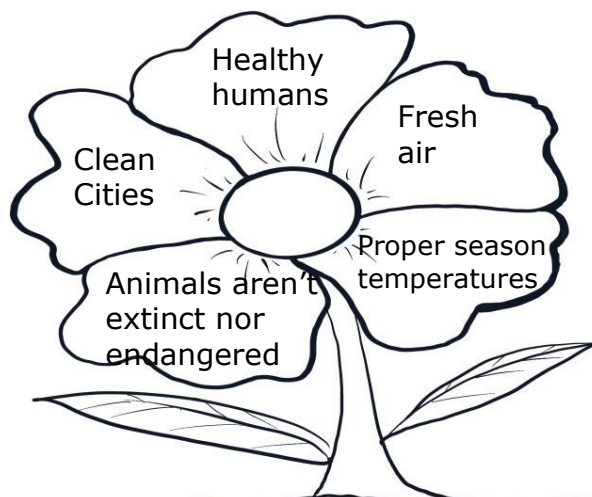
### **ACTIVITY 1**

Read each statement carefully. Write **T** on the line before the number if the statement is TRUE. Write **F** if it is False then encircle the word or words that made it false.

- T   1. Health is a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity.
- F   2. According to RA No. 9003, there are many ways to do Solid Waste Management. A highly recommended formula is to adopt the 4Rs of Ecological Waste Management: REDUCE, REUSE, RECYCLE AND RETURN.
- T   3. Waste disposal is the proper disposal of a discarded or discharged material in accordance with local environmental guidelines or laws.
- F   4. Garbage refers to lifeless dogs,, cats,pigs, chicken, and other animals which die from diseases or accidents.
- T   5. Soil Erosion happens when soil and rock are moved from one place to another by wind, water, and gravity.
- F   6. Noise Pollution means any alteration of the physical, chemical, and biological properties of the atmospheric air.
- T   7. Environmental Health comprises those aspects of human health that are determined by physical, chemical, biological, social and psychosocial factors in the surrounding environment.
- T   8. Stable manure includes animal wastes from barns, stables, or the like.
- T   9. Pollution means any alteration of the physical, chemical, and biological properties of water, air, and/or land resources.
- T   10. Refuse are the dump, food waste or discarded materials.

### **ACTIVITY 2**

Flower Diagram. In each petal, write the character of your ideal community.



### **ACTIVITY 3**

In the box provided draw and color your dream community.



Answer the following questions:

1. Based on your drawing can you say that you have a healthy community? Explain your answer. Yes, because people have interaction and many things as such that can make their minds and physical appearance better, aside from that, animals, plants, and people are healthy and their environment as well.

What possible environmental health issues/problems that may affect your dream community? Various human activities such as deforestation and many more because they want their economy to grow faster so they get more resources that tend to have more purpose than money.

### **ACTIVITY 4**

**Through a Poster, Slogan or Comics Suggest Ways to Prevent and Manage Environmental Health Issues.**



Rubric for Scoring

<u>CRITERIA</u>	<u>EXCELLENT(4PTS)</u>	<u>GOOD(3PTS)</u>	<u>FAIR(2PTS)</u>	<u>POOR(1PT)</u>
Content	All contents were covered and students presented the content creatively.	All contents were covered.	Most of the content was covered.	Not all the contents were covered.
Visual attractiveness	Format and lay-out are exceptionally attractive.	Format and lay-out are very attractive.	Format and lay-out are attractive.	Format and lay-out are not attractive.
Graphics and Pictures	Graphics and pictures go well with the content and information	Graphics and pictures are good but are too many that they dominated the material	Graphics and pictures are good but are too few that they dominated the material	No graphics And pictures are used.
Creativity	Student is creative.	Student is somewhat creative.	Students attempted to be creative.	Students are not creative.

### **REFLECTION**

#### SENTENCE REFLECT

1. I want to live in a clean environment by\_\_\_\_\_.
2. I will promote proper disposal of garbage in our household by\_\_\_\_\_.
3. I will maintain cleanliness in my surroundings by\_\_\_\_\_

### **REFERENCES**

Physical Education and Health Learner's Material, Department of Education

#### **KEY TO ANSWERS**

##### Activity 1

- |               |                       |
|---------------|-----------------------|
| 1. T          | 6. F- Noise Pollution |
| 2. F- Return  | 7. T                  |
| 3. T          | 8. T                  |
| 4. F- Garbage | 9. T                  |
| 5. T          | 10. T                 |

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# Participates in Implementing an Environmental Project

## Background Information for Learners:

This topic will give you an idea on how you will participate actively in implementing an environmental project that may solve the community problems and issues identified in your previous lesson through building your own community health action plan or projects. Community health action plans (CHAP) were defined as the written document that lists plans for achieving health improvement in the community by the Good and Health South Dakota Organization published article. Thus, it is established from the results of the respondent response in which, in this activity it refers to the generated answers in your previous lesson. In order to protect the environment to have community well you must know how to create a plan.

Generation of today are considered future leaders of the society, it is important to know how to make an action plans to protect the environment, becomes aware of the supporting agencies that could possibly extend help to your projects becomes productive and participate actively in already build and manage community environmental projects to support maintain the wellness of the community environment as Mahatma Gandhi and Alexander the Great did. Their principles serve as an inspiration to many as they lead people by example, meaning as future leaders there should be an initiative to do the task first to serve as an example among your people.

Several activities will guide you in making your own community health action projects focusing on maintaining a school or home garden or conducting a war against waste. This will require your complete participation to help save, build and maintain community wellness. It includes identifying the need priority of primary health care, elaborating the 14 agencies that support community activities and programs, a step-by- step process to create, monitor and evaluate the progress of your community health action plan.

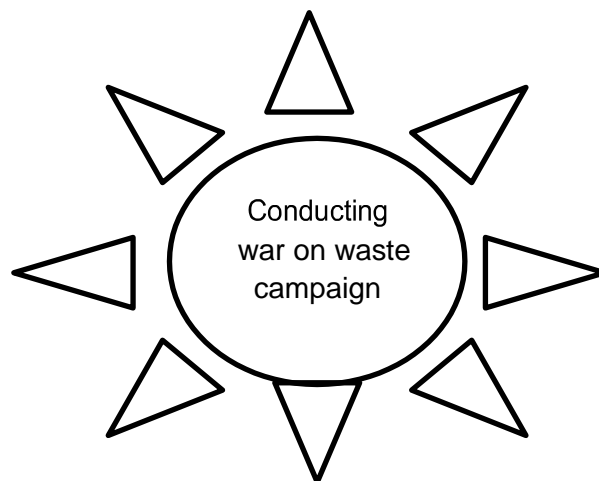
**Learning Competency with code:** The learner participates in implementing an environmental project such as building and maintaining a school garden or conducting war on waste campaign (depends on feasibility) H9CE-Ig-h-14

**General Direction:** Read carefully the instructions given for every activity.

**1: Recall...** What is the lesson all about after reading the historical background above? Write your answer on the blank provided below.

**2: Think...** Do you think it is necessary for an individual like you to have an understanding on preparation of a Community Health Action Project? Either your answer is YES or NO explain why? Write your answer below.

**3: Decide to try...** The priorities among the Primary Health Care were presented in a form of star. These are activities launched by the Department of Health in promoting community health through the partnership of the community, barangay, government organization, and non- governmental organization. In order for you to build your own Community Health Action Project for implementation you must consider the following stages. The first stage is to **decide** which star catches more attention to you? Express your answer by shading the rays of the star. Less Ray shaded less attention, more shaded rays means more attention and considered as your choice.



**4: Analyzing goals...** Why has it become your answer in activity no. 3? Explain and write your answer below.

#### 5: Must Know!

Below are the different agencies working together for community health. Their programs are also anchored in sustaining community development. Activities and programs for the community must be coordinated to them.

Direction: The first agency was already accomplished. This time, you will define the following agencies by asking help with your classmates, friends, parents or anyone in your community who could define the remaining task.

#### GOVERNMENT AGENCIES SUPPORTS THE PRIMARY HEALTH CARE

Agencies	Definition
DND	Department of National Defense
DepED	
PIA	
DBM	
NEDA	
PHA	
DOH	
PMA	
PNRC	
DILG	
NNC	
DA	
PopCom	
DPWH	

#### 6: EXPLORE

Direction: Your answer is connected on what you have decided in activity 3. Answer only on your selected projects you wish to happen.

1. Visit or look around in your community, a place where you can make your project happen. Venue for gardening: \_\_\_\_\_  
Venue for solid waste management: \_\_\_\_\_

2. List down the materials you needed to make your plan happen? For gardening: \_\_\_\_\_

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For solid waste management: \_\_\_\_\_

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3. Check in the box the possible ways or strategies to make your project happen?

Planting	Posting	Recycling
Segregating	Digging	Tilling
Protecting	Maintaining	Advertising

4. Estimate how much time and money resources will you spend on your project ways or strategies? An example for gardening first was made for you but for the war on waste should follow the same format and principle. Refer your answer in this activity to activity 6.3.

5.

Action	Duration	Time Frame	Estimated Cost
Planting seeds in the can, empty bottles, plant box, etc.,	3 Hours	7:00 am to 11:00 am	Seed- 20 Php

6. Write at least five (5) expected benefits of your Community Health Action Project in the community.

1. \_\_\_\_\_.

2. \_\_\_\_\_.

3. \_\_\_\_\_.

4. \_\_\_\_\_.

5. \_\_\_\_\_.

6. List down possible results of your Community Health Action plan? 1. \_\_\_\_\_, 2. \_\_\_\_\_.

3. \_\_\_\_\_.

4. \_\_\_\_\_.

5. \_\_\_\_\_.

### Activity 7. My Community Health Action Plan

As you were guided on the different activities you have made. You are asked to fill –up the box to present your own Community Health action Project for Implementation. Refer your answer on activity no.6 PART A

Project Title	Project Goals	Action Steps	Benefits	Output

#### PART B

Person involve	Timeline	Resources needed	Cost	Additional contacts

#### Rubrics

Indicators	Excellent 4	Very Good 3	Good 2	Needs Improvement 1
Content	Accomplished all elements of CHAP beyond expectation	Accomplished all the boxes with appropriate information without single error .	Accomplished all the boxes with appropriate information but with slight error .	Accomplished all the box but does not have appropriate details. Need revision to some details.
Clarity	Expected outputs, benefits, action steps, agencies and person involved are consistently connected to the goals and title of the project	Expected outputs, benefits, action steps, agencies and people involved are observed connected to the goals and title of the project but not all.	Expected outputs, benefits, action steps, agencies and people involved are observed connected to the goals and title of the project but not all except 2-3 elements.	Expected outputs, benefits, action steps, agencies and people involved are not observed connected to the goals and title of the project.
Timeliness	Submitted ontime	Late for a day	Late for 2 days	Late more than 3 days

**Reflection:** My Reflection to CHAP

**Congratulations!** You have made it. Now, you finished your community health action project. Which of the steps are difficult to accomplish? Why?

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Rate your willingness to participate in the implementing environmental projects in your community as you experience participating in the building community health action plan. 5 represent the highest participation while 1 signifies the lowest participation. Encircle the number of your answer.

5                      4                      3                      2                      1

References for learners:

Doria,J.P,Gonzales,M.C.Sedilla, LJ,Capulong , J. 2014.Physical Education and Health Learning Materials.253-262.

Teacher's Guide for P.E. and Health Grade 9.229-

<https://goodandhealthysd.org/wpcontent/themes/GoodAndHealthySD/communitytoolkit/files/CoreProcesses/Step7/GHCommunityToolKit-Step7-WritingaCommunityHealthActionPlan.pdf>

[https://www.mindtools.com/pages/article/newLDR\\_60.htm](https://www.mindtools.com/pages/article/newLDR_60.htm)

Answer Key:

Activity 1: Community Health Action Project

Implementation Activity 9: Different Agencies

Agencies	Definition
DND	Department of National Defense
DepED	Department of Education
PIA	Philippine Information Agency
DBM	Department of Budget and Management
NEDA	National Economic and Development Authority
PHA	Philippine Hospital Association
DOH	Department of Health
PMA	Philippine Medical Association
PNRC	Philippine National Red Cross
DILG	Department of Interior and Local Government
NNC	National Nutrition Council
DA	Department of Agriculture
PopCom	Population Commission
DPWH	Department of Public Works and Highways

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