

Research Title 5: "Assessing the Effectiveness of Community-Based Health Education Programs in Preventing Non-Communicable Diseases in Manolo Fortich, Bukidnon, Philippines"

This research investigates the effectiveness of community-based health education programs in preventing non-communicable diseases (NCDs) in Manolo Fortich, Bukidnon, Philippines. With NCDs such as cardiovascular diseases, diabetes, and cancer posing significant health challenges in the country, there is a growing need for targeted prevention efforts at the community level. This study aims to assess the impact of health education initiatives on raising awareness, promoting healthy lifestyles, and reducing NCD risk factors among residents of Manolo Fortich. By analyzing the outcomes of these programs, including changes in health behaviors and knowledge levels, this research seeks to provide insights into the effectiveness of community-based interventions in combating NCDs. Understanding the role of community engagement in health promotion can inform policy decisions and strategies for NCD prevention in Manolo Fortich and similar settings.

Findings by (Sugiyo et al., 2020) conducting a qualitative study on community involvement in NCD prevention, emphasizing community empowerment as an effective strategy through initiatives such as Posbindu, which promotes regular health checks, health education, and distribution of healthy food. This highlights the importance of community engagement in raising health awareness and preventing NCDs.

(Long et al., 2018) conducted a systematic review on engaging community health workers (CHWs) in NCD prevention and control in China, identifying barriers and facilitators. Their findings emphasize the role of CHWs in delivering NCD-related care and the importance of addressing challenges such as lack of

support and resources. Understanding these factors can inform the implementation of community-based interventions in NCD prevention programs.

(Ulep et al., 2013) discussed the multi-sector strategy of the Philippines in addressing NCDs, focusing on the role of the Department of Health and wider multi-sector involvement. Their report outlines potential prevention and control strategies, highlighting the importance of collaboration across sectors to address the complex challenges posed by NCDs.

(Mallari et al., 2020) conducted a qualitative study on the roles and motivations of community health workers (CHWs) in the Philippines, highlighting factors that influence community participation in CHW programs. Their findings underscore the importance of addressing symbolic, material, and relational factors to sustain community involvement in NCD prevention efforts.

(del Busto et al., 2019) described the creation of a collaborative platform for designing and implementing community interventions to prevent NCDs, involving multiple non-governmental organizations aligned with prevention and health promotion objectives. Their approach highlights the significance of partnerships and institutional support in developing effective community-based interventions for NCD prevention.

(Nanzi et al., 2014) discussed China's community-based approach to NCD management within the context of advancing universal health coverage. Their analysis highlights strategies such as financial support, social mobilization, and community health education in addressing NCDs. Understanding the challenges and progress made in China's approach can provide insights for similar initiatives in other countries, including the Philippines.

(Paluyo et al., 2022) introduced the Padayon digital health model for diabetes and hypertension management in rural Philippines, addressing gaps in traditional health systems through technology. Their

model aims to improve access to healthcare services for rural populations at risk of NCDs, highlighting the potential of digital health interventions to bridge healthcare disparities in low-income settings.

(Šiljak et al., 2022) conducted research on the effectiveness of health educational materials in preventing non-communicable diseases (NCDs). Their study, conducted in Belgrade, Serbia, found that health education materials significantly improved knowledge related to NCDs, particularly among participants with different levels of education and socioeconomic backgrounds.

(Shirvani et al., 2021) conducted a global systematic review and meta-analysis of community-based educational interventions for preventing type II diabetes. Their findings indicated that these interventions led to significant reductions in diabetes incidence rates, fasting blood sugar levels, hemoglobin A1C levels, body mass index, waist circumference, and blood pressure, emphasizing the effectiveness of community-based approaches in diabetes prevention.

(Ostertag et al., 2022) described the IPHARM program, a community health screening initiative aimed at promoting older adult health through interprofessional education. The program, based in the USA, provides valuable training for healthcare students while addressing the health needs of older adults in the community. Results indicated that IPHARM improved interprofessional teamwork skills among students and positively impacted the health of older adults.

(Hassen et al., 2022) conducted a systematic review of community-based interventions to improve knowledge related to cardiovascular diseases (CVDs). Their review identified various intervention components, including health education strategies, and found that these interventions significantly improved knowledge related to CVDs and risk factors, highlighting the importance of community-based approaches in CVD prevention.

(Singh et al., 2023) conducted a systematic review of community-based culturally tailored education (CBCTE) programs for Black communities with chronic diseases. They found that these programs, primarily conducted in the USA, targeted various chronic diseases such as diabetes and hypertension. The study identified different cultural tailoring strategies within these programs and suggested that CBCTE programs may have beneficial outcomes in reducing health disparities among Black communities.

(Pardoel et al., 2022) developed a guideline for the contextual adaptation of community-based health interventions (CBHIs) in Southeast Asia, particularly targeting non-communicable diseases (NCDs). The guideline emphasizes the importance of tailoring CBHIs to sociocultural aspects such as language, religion, customs, and individual preferences. Through participatory action research and pilot testing, the authors created a comprehensive guideline comprising checklists for three phases: preparation, assessment, and adoption. This guideline aims to enhance the effectiveness of CBHIs by aligning them with the health perspectives and contextual realities of the communities they serve, ultimately improving NCD prevention and management.

(Lencucha et al., 2015) examined the whole-of-government approach to addressing non-communicable diseases (NCDs) in the Philippines, focusing on the Interagency Committee—Tobacco (IAC-T). Through interviews and document analysis, they identified challenges such as industry representation on the committee and balancing health with commercial interests. This study provides valuable insights for understanding the complexities of implementing whole-of-government approaches to NCDs.

(Health Promotion Interventions for Reducing Non- Communicable Diseases (NCDs) In Developing Countries : A Case Study of India Shri Vijay Naja , Sajda Raja Sivanantham & Deepak Baghel Schumann ISSN : 2706-6606 Health Promotion Interventions for Reducing, n.d.) explored health promotion interventions for reducing non-communicable diseases (NCDs) in developing countries, focusing on India.

Their study highlighted the significant economic costs and health burdens associated with NCDs in such settings. Community-based interventions were identified as effective strategies for reducing NCDs, emphasizing the importance of multi-sectoral collaboration in addressing the growing burden of NCDs in developing countries.

References:

1. del Busto, S., Galindo, I., Hernandez, J. J., Camarelles, F., Nieto, E., Caballero, Á., & Vázquez, M. S. (2019). Creating a collaborative platform for the development of community interventions to prevent non-communicable diseases. *International Journal of Environmental Research and Public Health*, 16(5). <https://doi.org/10.3390/ijerph16050676>
2. Hassen, H. Y., Ndejjo, R., Van Geertruyden, J. P., Musinguzi, G., Abrams, S., & Bastiaens, H. (2022). Type and effectiveness of community-based interventions in improving knowledge related to cardiovascular diseases and risk factors: A systematic review. *American Journal of Preventive Cardiology*, 10(December 2021), 100341. <https://doi.org/10.1016/j.ajpc.2022.100341>
3. *Health Promotion Interventions for Reducing Non- Communicable Diseases (NCDs) In Developing Countries : A Case Study of India Shri Vijay Naja , Sajda Raja Sivanantham & Deepak Baghel Schumann ISSN : 2706-6606 Health Promotion Interventions for Reducing. (n.d.).*
4. Lencucha, R., Drope, J., & Chavez, J. J. (2015). Whole-of-government approaches to NCDs: The case of the Philippines Interagency Committee - Tobacco. *Health Policy and Planning*, 30(7), 844–852. <https://doi.org/10.1093/heapol/czu085>
5. Long, H., Huang, W., Zheng, P., Li, J., Tao, S., Tang, S., & Abdullah, A. S. (2018). Barriers and facilitators of engaging community health workers in non-communicable disease (Ncd) prevention and control in china: A systematic review (2006–2016). *International Journal of Environmental*

Research and Public Health, 15(11), 1–22. <https://doi.org/10.3390/ijerph15112378>

6. Mallari, E., Lasco, G., Sayman, D. J., Amit, A. M. L., Balabanova, D., McKee, M., Mendoza, J., Palileo-Villanueva, L., Renedo, A., Seguin, M., & Palafox, B. (2020). Connecting communities to primary care: A qualitative study on the roles, motivations and lived experiences of community health workers in the Philippines. *BMC Health Services Research*, 20(1).
<https://doi.org/10.1186/s12913-020-05699-0>
7. Nanzi, X., Qian, L., Xiaojun, T., & Shenglan, T. (2014). A community-based approach to non-communicable chronic disease management within a context of advancing universal health coverage in China: progress and challenges. *BMC Public Health*, 14(Suppl 2), S2.
<http://ovidsp.ovid.com/ovidweb>.
8. Ostertag, S., Bosic-Reiniger, J., Migliaccio, C., & Zins, R. (2022). Promoting Older Adult Health with Interprofessional Education through Community Based Health Screening. *International Journal of Environmental Research and Public Health*, 19(11). <https://doi.org/10.3390/ijerph19116513>
9. Paluyo, J., Stake, A., & Bryson, R. (2022). “Padayon”: A new digital health model for diabetes and hypertension in rural Philippines. *BMJ Innovations*, 9(1), 43–48. <https://doi.org/10.1136/bmjinnov-2021-000900>
10. Pardoel, Z. E., Reijneveld, S. A., Postma, M. J., Lensink, R., Koot, J. A. R., Swe, K. H., Van Nguyen, M., Pamungkasari, E. P., Tenkink, L., Vervoort, J. P. M., & Landsman, J. A. (2022). A Guideline for Contextual Adaptation of Community-Based Health Interventions. *International Journal of Environmental Research and Public Health*, 19(10), 1–16.
<https://doi.org/10.3390/ijerph19105790>
11. Shirvani, T., JavadiVala, Z., Azimi, S., Shaghaghi, A., Fathifar, Z., Devender Bhalla, H. D. R., Abdekhoda, M., & Nadrian, H. (2021). Community-based educational interventions for prevention of type II diabetes: a global systematic review and meta-analysis. *Systematic Reviews*, 10(1), 1–

12. <https://doi.org/10.1186/s13643-021-01619-3>
12. Šiljak, S., Kovačević, L., & Mihajlović, B. (2022). The Effectiveness of Health Educational Materials in the Prevention of Non-Communicable Diseases. *Quality of Life (Banja Luka) - APEIRON*, 22(3), 105–113. <https://doi.org/10.7251/qol2203105s>
13. Singh, H., Fulton, J., Mirzazada, S., Saragosa, M., Uleryk, E. M., & Nelson, M. L. A. (2023). Community-Based Culturally Tailored Education Programs for Black Communities with Cardiovascular Disease, Diabetes, Hypertension, and Stroke: Systematic Review Findings. *Journal of Racial and Ethnic Health Disparities*, 10(6), 2986–3006. <https://doi.org/10.1007/s40615-022-01474-5>
14. Sugiyo, D., Adikumoro, H. S., Setyadewi, W., Riyadianto, R., Rahmawati, I. S., Azahra, M., Choiriyah, N., & Satria, F. E. (2020). “How Do You Communicate The Non-Communicable Diseases?” A Community Empowerment For Sustained Public Health. *STRADA Jurnal Ilmiah Kesehatan*, 9(2), 1166–1172. <https://doi.org/10.30994/sjik.v9i2.442>
15. Ulep, V., Aldeon, M., & Dela Cruz, N. (2013). *Multisector Strategy in Addressing Noncommunicable Diseases in the Philippines*.