



# HEALTH

## Quarter 1 – Module 1: The Concepts of Community and Environmental Health



**Health– Grade 9**

**Alternative Delivery Mode**

**Quarter - Module 1: The Concepts of Community and Environmental Health**

**First Edition, 2020**

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**Development Team of the Module**

**Writers:** Jeprill N. Naive

**Editors:** Carmencita Gerona, Rodrigo Sarapanan Jr.

**Language Editor:** Sarah Michelle C. Nietes, Francisco E. Misajon Jr.

**Illustrator:** Conrad Ladislee B. Tua III

**Layout Artist:** Zyllyl Bee Quemado Occeña

**Management Team:** Felisa B. Beriong, CESO VI

Corazon C. Tingson

Gaudencio C. Riego, PhD

Schubert Anthony C. Sialongo

Rodrigo Sarapanan Jr.

Phoenix Allanah Zandria Q. Salcedo

Marian Rose B. Sarmiento

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**Department of Education – Region VI - Schools Division of Antique**

Office Address: Binirayan, San Jose de Buenavista, Antique

Telefax: (036) 540-9837

E-mail Address: antique@deped.gov.ph

# HEALTH

Quarter 1 – Module 1

The Concepts of Community and  
Environmental Health





## ***Aiming at the Target***

### **Content Standards**

The learner demonstrates understanding of the principles in protecting the environment for community wellness.

### **Performance Standards**

The Learner consistently demonstrates healthful practices to protect the environment for community wellness.

### **Objectives (MELC)**

At the end of this module you, as a learner, are expected to:

1. defines community and environmental health.
2. explains how a healthy environment positively impact the health of people and communities (less disease, less health care cost, etc.)
3. discusses the nature of environmental issues on people's health
4. analyzes the effects of environmental issues on people's health
5. suggest ways to prevent and manage environmental health issues
6. participates in implementing an environmental project such as building and maintaining a school garden or conducting a war on waste campaign (depends on feasibility)



## ***Trying the Challenge***

**Word Removal.** Look at the word chart at the bottom of the page. Follow instructions 1 to 5 below. Cross out words that consist of five or less letters. When you are finished, you will find a message in the chart.

1. Cross out all the words that begin with letter S.
2. Cross out contractions (for example, can't).
3. Cross out words that consist of ten or more letters.
4. Cross out all words that consist of letter O in column 2.

OIL	DOESN'T	CORALS
THE	HEALTH	ABOUT
AIR	ACID	DON'T
SMOG	THROW	PREVENTION
NONE	RED	THROW
NOISE	CORALS	POLLUTION
WON'T	SICK	ENVIRONMENT
FLASHFLOODS	FOSSILS	DEFORESTATION
FOG	AND	SMOKING
COMMUNITY	SMOKE	ADVOCATE

The message reads: \_\_\_\_\_

# Lesson 1

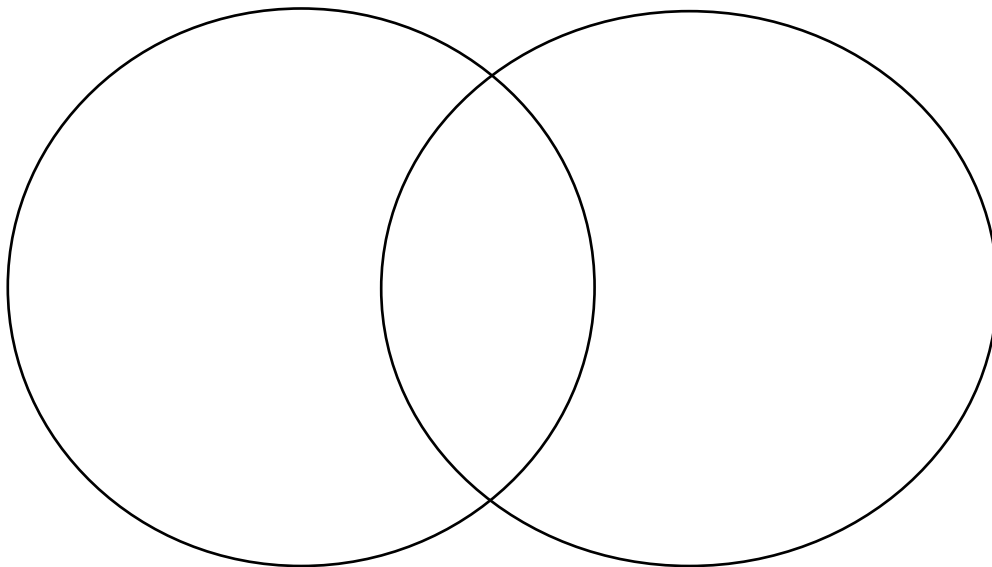
## The Concepts of Community and Environmental Health

This lesson will introduce you to the concepts of a community and environmental health, to make you become aware of the importance of having a **healthy community**.



### ***Gearing Up to Start***

**Activity 2. VENN DIAGRAM** List down the different characteristics of an ideal/a dream and existing community in the diagram. In the space where two circles meet, write their similar characteristics. Write your answers on your answer sheet.



**DREAM COMMUNITY**

**EXISTING COMMUNITY**



### ***Hitting the Target***

In order for us to fully understand the lesson, let us all define first the different terms used in our lessons.

When we say **Health** it is a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity. It leads to a socially and economically productive life according to the World Health Organization (WHO).

Community is defined as a sociological group in a large place sharing one environment. Our family belongs to a community.

Community Health is defined as the art and science of maintaining, protecting and improving the health of all the members of the community through organized and sustained community efforts.

Environmental Health comprises those aspects of human health that are determined by physical, chemical, biological, social and psychosocial factors in the surrounding environment.

The characteristics of a healthy community.

1. A clean and safe physical environment
2. An environment that meets everyone's basic needs
3. An environment that promotes social harmony and actively involves everyone
4. An understanding of local health and environment issues
5. A community that participates in identifying local solutions to local problems
6. A community whose members have access to varied experiences, means of interaction and communication
7. Accessible and appropriate health services and facilities
8. The promotion and celebration of historical and cultural heritage
9. A diverse and innovative economy
10. A sustainable use of available resources for all.

In order to achieve healthy citizenry, the Department of Health promoted community health with the partnership of community, barangay, government, and non-governmental organizations through the program called Primary Health Care.

One of the responsibilities of every community member is health promotion and protection. This can be realized through the help of various agencies, public and private, civic and religious organizations in the community and in the whole country.

#### Primary Health Care Programs in the Community

<b>Health Center Services</b>	<b>Functions</b>
Maternal Health Care	Pre-Natal, Natal, Post - Natal
Child Health Care	Immunization, Control Of Diarrheal Diseases
Nutrition Program	Operation Timbang, Food Supplementation
Population and Family Planning Program	Free Family Planning
Control Of Communicable Diseases	Tuberculosis Control Program
Environmental Sanitation Program	Inspection of Food Establishments
Control Of Non-Communicable Diseases	Blood Pressure Screening
Dental Health Program	Tooth Extraction
Reproductive Health Care	Counselling on Family Planning and RH
Medical Morbidity Clinic	Provision of Free Medicines
National Voluntary Blood Services	Blood-letting activities at Barangay level



<b>Health Center Services</b>	<b>Functions</b>
Epidemiology And Surveillance Program	Medical Services/assistance during disaster
Mental Hygiene	Adolescent counselling centers
Pharmacy Services	Distribution of medicines to all health centers



## ***Strengthening the Grasp***

### **Activity3. Inspect – Retrospect**

Inspect the health services offered to your neighborhood. The left column lists characteristics of a healthy community. On the right column, fill in the service or programs in your community which fulfil the healthy community, characteristics in the left column. An example is provided. Write your answer on your answer sheet.

<b>Characteristics Of A Healthy Community</b>	<b>Possible Services Observed From Your Community</b>
A clean and safe physical environment	Fogging, cleaning the drainage, improved street lighting
An environment that meets everyone's basic needs	
An environment that promotes social harmony and actively involves everyone	
An understanding of local health and environment issues	
A community that participates in identifying local solutions to local problems	
A community whose members have access to varied experiences, means of interaction and communication	
A community whose members have access to varied experiences, means of interaction and communication	
Accessible and appropriate health services and facilities	
The promotion and celebration of historical and cultural heritage	
A diverse and innovative economy A sustainable use of available resources for all	



Processing Questions:

1. From your answers above, can you consider your community healthy? Why or Why not? Explain.

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2. What services did you not observe in your community?

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3. What programs can you do to acquire such services?

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## ***Wrapping Up to Go***

You have now encountered concepts of community and environmental health. Share what you have understood. Write on your answer sheet at least 3 keywords that express what you have learned.

I have learned in these lessons the following:

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## ***Relating to Real Life***

### **Activity 4 Speech-Perfect**

If you were given a chance to become Mother Earth for a day, and you were asked to give a 30-minute talk to address your sentiments to the people, what would be included in your message?

Guide Questions:

1. What are the problems of Mother Earth?
2. How can Mother Earth address her sentiments to the people?

3. How can she regain strength to reshape her condition amidst the threats she is suffering nowadays?

The speech will be written on a piece of bond paper. It is better to use the mother tongue language or any language of your preference

Your speech will be graded using the following rubric.

<b>SKILL</b>	<b>5 POINTS</b>	<b>4 POINTS</b>	<b>3 POINTS</b>	<b>1 POINTS</b>
<i>Research Analysis</i>	Clear and convincing command of facts and information with insightful explanations that help to illustrate the speaker's ideas and arguments. At least six sources are incorporated into the speech. All six sources are used to strengthen the persuasive argument.	Clear use of facts and information with partially developed explanations in support of the speaker's ideas or arguments. At least six sources are incorporated into the speech.	Partially clear use of facts and information with limited or incomplete explanations to support the speaker's ideas or arguments. At least five sources are incorporated into the speech.	Confusing or incomplete facts with little and/or confusing explanations as to how the facts support the speaker's ideas or arguments. At least four sources are incorporated into the speech.
<i>Organization</i>	Clearly and logically organized speech with an engaging introduction, a logically sequenced body with appropriate transitions, and a clear and convincing conclusion.	Clear attempt at organization with a beginning, middle, and end and an attempt to use transitions	Some inconsistencies in organization and/or a lack of sustained focus throughout the speech with inconsistently used transitions	A lack of organization makes it difficult to follow the speaker's ideas; speech may be too conversational and may ramble without a clear beginning, middle, or end

<b>SKILL</b>	<b>5 POINTS</b>	<b>4 POINTS</b>	<b>3 POINTS</b>	<b>1 POINTS</b>
<i>Language</i>	Uses sophisticated and varied language that is suited to the topic and audience; word choice is concise, original, and effectively conveys the appropriate tone given the purpose of the speech	Uses appropriate language and word choice, but with less sophistication, expressiveness and/or originality	Use words that may be unsuited to the topic, audience or purpose of the speech; word choice lacks originality and fails to convey an appropriate tone for the speech	Inappropriate use of language distracts the audience because it is too informal or too imprecise given the topic and purpose of the speech
<i>Grammar and Conventions</i>	No spelling, punctuation, capitalization, grammar or usage errors. Written in an artful style with sentence variety. No MLA formatting errors.	Some minor spelling, punctuation, capitalization, grammar or usage errors; some sentence variety; a few errors in MLA formatting.	Multiple spelling, punctuation, capitalization, grammar or usage errors; mechanical errors do not disrupt flow of ideas. Some errors in MLA formatting.	Numerous spelling, punctuation, capitalization, grammar or usage errors which distract reader. Numerous errors in MLA formatting.
<b>TOTAL</b>	<b>20 POINTS</b>	<b>16 POINTS</b>	<b>12 POINTS</b>	<b>4 POINTS</b>



## Checking the Target

**Direction.** Choose your answer from the options below. Write the letter of your answer on your answer sheet.

- Which best describes Community health as an art and science?
  - It maintains, protects and improves the health of all members of the community through organized and sustained community efforts.
  - It maintains and improves the health of all members of the community through organized and sustained community efforts.
  - It protects and improves the health of all members of the community through organized and sustained community efforts.
  - It maintains, protects and improves the health of all members of the community.

2. Which does not describe a healthy community?
  - A. a clean and safe environment
  - B. an environment that meets everyone's basic needs
  - C. an environment that promotes social harmony and actively involves everyone
  - D. an environment that is fully aware of its daily opportunities.
3. Primary Health Care (PHC) is an approach launched by Department of Health. Which is not part of the services given by the PHC?
  - A. Provisions of free medicines
  - B. Blood Pressure Screening
  - C. Road Safety
  - D. Inspections of Food Establishments
4. Which service is given by Maternal Health Care unit in your community?
  - A. Control of Diarrheal Disease
  - B. Post-Natal
  - C. Tooth Extraction
  - D. Provisions on Free Medicine
5. Which best describes the value acquired having a healthy environment?
  - A. Less disease, less health care cost
  - B. Active community involvement
  - C. More budget on health problems, increase supply of medicines
  - D. More community projects in the community development

## **Part II.**

**True or False.** Read each statement carefully. Write **T** if the statement is True and **F** if it is false. Write your answers on your answer sheet.

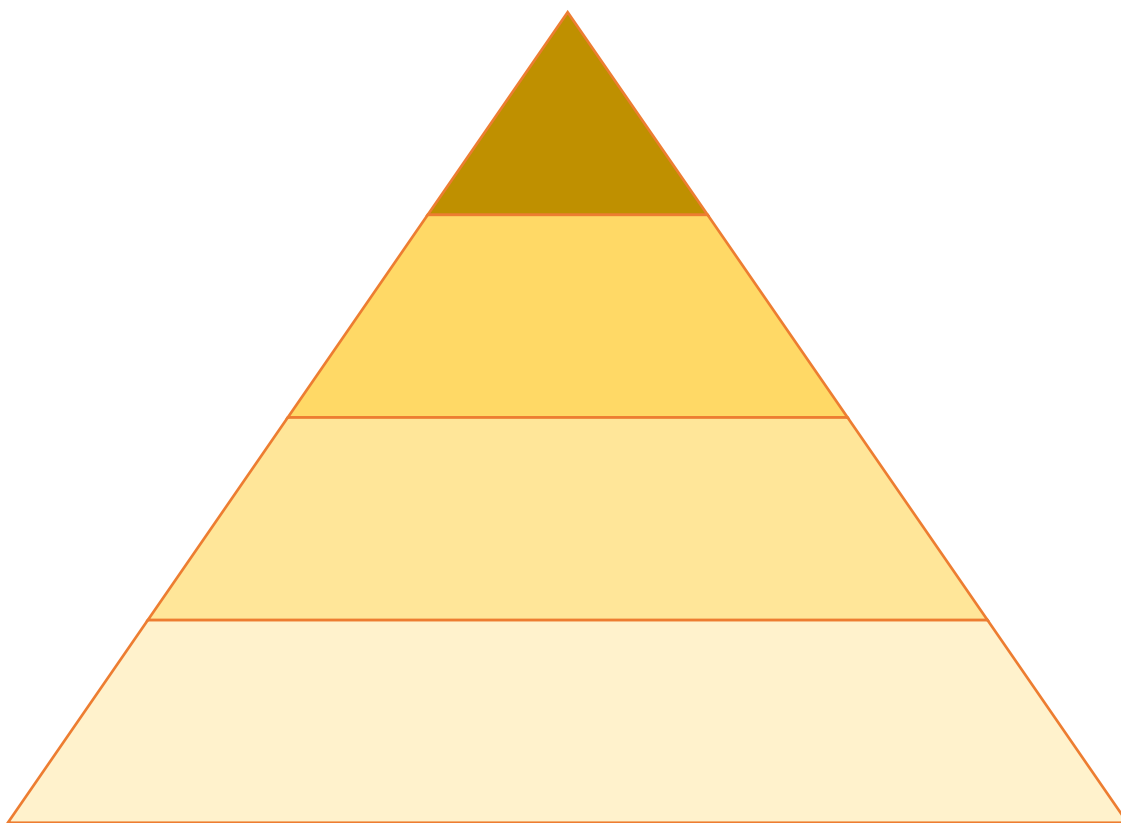
- \_\_\_\_ 6. A healthy community should have a diverse and innovative economy.
- \_\_\_\_ 7. Local officials are the ones directly involved in community development to promote a healthy community.
- \_\_\_\_ 8. Primary Health Care is the only government organization which has the primary role in the promotion of community health.
- \_\_\_\_ 9. Reproductive Health Care Unit gives counselling on Family Planning.
- \_\_\_\_ 10. Maternal Health Program caters Prenatal and Tooth Extraction services in the community.



## ***Enriching the Skill***

### **Activity 5. What Matters to You?**

Given the examples below, what could be your priority issues in the community? Write down your highest priority at the base and your least priority on top of the pyramid.



#### Examples of Community Issues and Concerns

Adult and Childhood obesity
Onset of sedentary diseases like heart disease, high blood pressure and diabetes
Air Pollution
Traffic Injuries



## ***Finding the Score***

Trying the Challenge	Checking the Target
Community and Environmental Health	1. A
	2. D
	3. A
	4. B
	5. A
	6. True
	7. True
	8. True
	9. True
	10. False

## ***References***

P.E. and Health Grade 9 (Learner's Material for P.E. and Health).

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