



HEALTH

Quarter 1 – Module 2: Community Health Problems



SCHOOLS DIVISION OF ANTIQUE

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Health– Grade 9**Alternative Delivery Mode****Quarter 1 - Module 2: Community Health Problems****First Edition, 2020**

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HEALTH

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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. explain how a healthy environment positively impacts the health of people and communities (less disease, less health care cost, etc.);
2. discuss the nature of environmental issues on people's health;
3. analyze the effects of environmental issues on people's health;
4. suggest ways to prevent and manage environmental health issues;
5. participate 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

Activity 1. ALPHABET SOUP - There are 23 empty boxes in the middle of the chart below. Write the missing letters in row 11 to complete the words. The letter you may add may be from the beginning, middle or end of the word. All the words are related to community problems.

J	F	M	D	I	S	E	A	S	E		O	N	T	R	O	L	J	V	S	E	O	V
L	M	A	R	T	E	L	L	R	P		L	L	U	T	I	O	N	O	P	J	R	U
U	J	F	T	S	A	C	O	H	U		A	N	S	E	W	A	G	E	E	D	V	S
K	U	T	G	R	S	A	A	T	S		O	G	M	E	R	D	E	N	B	R	Y	A
T	R	F	D	A	A	S	R	E	F		S	E	E	I	R	O	J	N	M	I	O	Y
Y	H	G	V	B	D	F	V	V	I		O	I	S	E	H	D	T	R	O	H	U	Y
L	H	C	U	F	O	O	D	P	O		S	O	N	I	N	G	F	G	R	D	C	X
A	P	A	R	T	I	C	U	L	A		E	S	G	V	C	T	Y	O	Y	O	T	W
G	H	C	U	G	R	D	U	F	G		A	R	D	C	U	T	T	I	N	G	S	D
T	R	U	M	O	P	C	N	I	G		T	S	O	I	L	P	O	K	G	R	F	C
S	X	R	T	I	O	P	H	N	D		A	D	A	N	I	M	A	L	S	R	E	D
F	C	B	Y	I	O	I	L	P	S		N	I	T	A	T	I	O	N	E	D	V	J
C	V	R	E	E	Y	U	S	H	E		T	E	R	Y	H	J	F	G	T	R	E	M
U	I	L	O	R	S	T	R	E	E		S	W	E	E	P	I	N	G	S	W	E	Y
W	D	V	T	B	U	U	T	Y	M		U	M	A	N	E	X	C	R	E	T	A	R
D	E	R	F	T	T	G	D	I	S		O	S	A	L	O	F	W	A	S	T	E	G
G	B	Y	U	R	N	W	A	T	E		S	U	P	P	L	Y	D	V	C	X	O	Y
D	F	P	E	A	C	E	A	N	D		R	D	E	R	B	D	X	Z	Y	U	B	V
N	B	U	I	O	D	R	U	G	A		U	S	E	G	R	D	Y	H	K	B	E	E
D	E	C	V	U	O	P	L	Y	G		A	N	D	P	O	L	L	U	T	I	O	N
G	R	E	A	G	A	R	B	A	G		R	F	D	C	X	X	Z	E	W	Q	Y	U
A	X	T	E	S	T	A	B	L	E		A	N	U	R	E	G	D	V	K	L	I	O
R	T	O	P	U	C	D	U	M	P		D	C	V	B	U	Y	T	G	H	S	E	R

What words did you find? _____



Community Health Problems



Connecting to the Past

Directions: Choose your answer from the options below. Write the letter of your answer on your answer sheet.

1. Which best describes Community health as an art and science?
 - A. It maintains, protects and improves the health of all members of the community through organized and sustained community efforts.
 - B. It maintains and improves the health of all members of the community through organized and sustained community efforts.
 - C. It protects and improves the health of all members of the community through organized and sustained community efforts.
 - D. It maintains, protects and improves the health of all members of the community.
2. Which does not describe a healthy community?
 - A. It is a clean and safe environment.
 - B. It is an environment that meets everyone's basic needs.
 - C. It is an environment that promotes social harmony and actively involves everyone.
 - D. It is 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

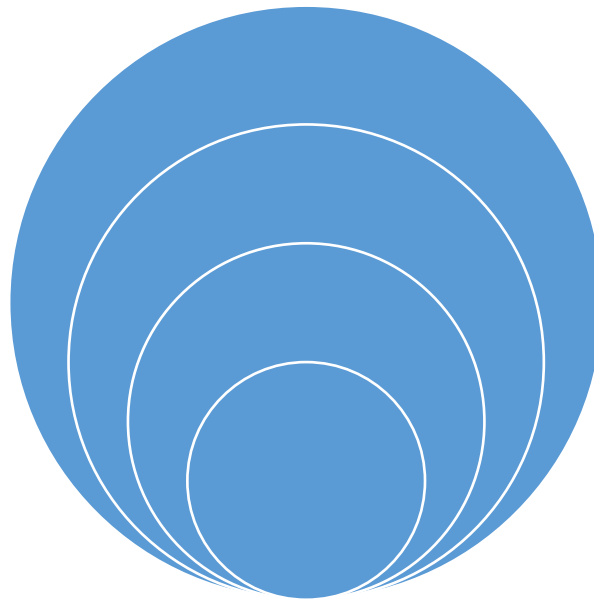
5. Which best describes the value acquired having a healthy environment?
- A. Less disease, less health care cost
 - B. Active community involvement
 - C. More budget on health problems, increase supply of medicines
 - D. More community projects in the community development



Gearing Up to Start

Circle- Recall

Recall the problems encountered in your community today. Write the worst problems in the outermost part of the circle. Write the least problems in the inner most part of the circle.



The message that you have revealed will surely motivate you to work on with your activities. Let's get started and discuss the Community Health Problems.



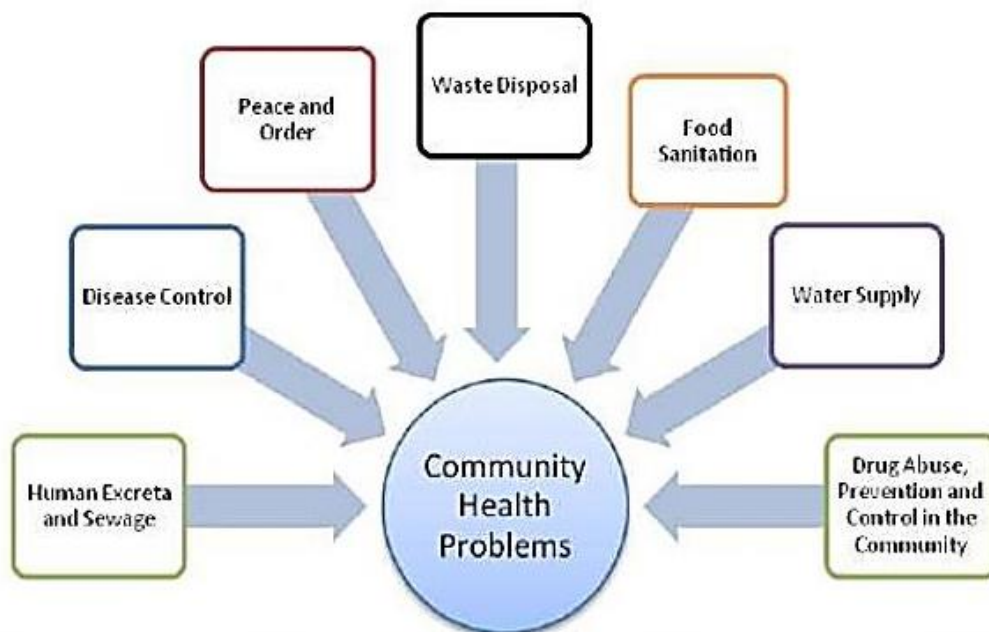
Hitting the Target

There are environmental factors that affect the health of the people. Every effort must be made to reduce the deaths, illnesses, and disabilities caused by diseases spread by contaminated water, spoiled foods, vectors, and poor personal and environmental health.

Community health problems are prevalent nowadays. With the advent of the modern technology, people neglect the importance of the basic need for safety. A safe environment will ensure quality life that will lead to more productive citizens of the country.

This lesson will emphasize to the learners their role in eradicating community health problems and engrossed with the realities that our environment is threatened due to human activities.

PERENNIAL COMMUNITY HEALTH PROBLEMS



Different perennial problems happen to the different regions of the country. They vary according to factors like: economy, politics, geography, culture and social context. There are places which experience community health problems like:

- ❖ water-borne and communicable diseases
- ❖ armed conflicts
- ❖ natural disasters
- ❖ highly urbanized zones
- ❖ overpopulated areas

In this regard, the government has created programs which would be in charge of planning and implementing rules and regulations to address the above mentioned community health problems. One of its programs is Solid Waste Management Program that helps lessen the amount of refuse in our country. Let's take a deeper look at its focus of concern.

Refuse are the dump, food waste or discarded materials.

Types of Wastes

1. Garbage - left-over vegetables, animal, fish, materials from the kitchen or establishment that has a tendency to decay, giving off foul odor and become good breeding place for flies and rodents
2. Rubbish - waste materials such as bottles, broken glass, tin cans, waste papers, discarded porcelain wares, pieces of metal scrap, and wrapping materials. These are health hazards
3. Dead Animals – killed on the street or died from diseases
4. Stable Manure – animal waste from stables
5. Street Sweepings – dust, leaves, cigarette butts, candy wrappers, plastic cups, plastic bags, foil wrappers, waste paper, animal manure, and other materials that are swept from streets and plazas
6. Night Soil - human waste normally thrown into sidewalks, railroad, and streets
7. Ashes/Debris – left over dust from burning wood coal

There are three main factors that contribute to the problem of waste management,

1. population explosion
2. poverty
3. ignorance

Effects of Problems on Environmental Health and Sanitation

1. High incidence of worm infestation and intestinal diseases among the people in the community.
2. Spread of communicable diseases in urban/rural areas due to improper disposal and inefficient collection of garbage.
3. Inadequate potable water supply facilities pose health risk among community members. Water borne diseases affect the people. Personal health care, cleanliness/sanitation at home and in the community are neglected when there is inadequate water supply.

At home your family can start solving some problems that contribute to community health problems by doing the following:

- clean your home surroundings to prevent breeding places for insects like mosquitoes and others;
- do not litter to prevent pile of garbage around and to keep the community clean;
- plant trees and other plants to help in pollution control;
- join in community clean-up and beautification drive.

There are other activities that will help you and other members make a healthy community. Your cooperation and support will make a difference.

PROPER WASTE MANAGEMENT

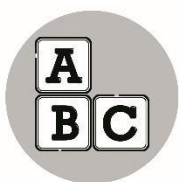
Proper waste management should be practiced at home, in school, in the community and in all other places. Proper waste management includes the following:

- proper storage and collection
- proper garbage disposal
- recycling

Proper waste storage is a responsibility of every individual. There can be an efficient collection and effective disposal system if everybody will cooperate in storing his garbage properly. Everybody must be aware of the hazards and nuisance associated with unsanitary practice of waste storage.

Improper disposal of waste has been responsible for the outbreak of diseases and epidemics such as: cholera, typhoid, viral infections, hepatitis, and others. These diseases have even resulted to a large number of deaths. Unhygienic waste disposal also brings about unsightly conditions and annoying odors that are nuisance to any community.

Recycling is a process of making used materials that are to be disposed into useful ones, such as candy wrappers into flowers, out of discarded porcelain wares into lampshades, garbage into fertilizer, animal feeds, etc.



Strengthening the Grasp

Catch and Match

From the array of examples of waste inside the box, classify each item to its appropriate group in column A. Write your answer in Column B.

Leftover food, Empty bottle, Dead dog, Residue from fires, Metal scraps, Construction materials, Cigarette butts, Unwanted cars, Dead batteries, Septic tank sludge

Kinds of Refuse	Examples
Rubbish	
Sewage Treatment residue	
Business wastes	
Abandoned Automobiles	
Incinerator Residue	
Garbage	
Dead Animals	
Street Sweepings	
Special Waste	
Demolition Materials	



Wrapping Up to Go

Solving environmental health problems need the support and cooperation of everybody in the community.

- Community health problems like improper waste management greatly affect environmental health and sanitation of the community and personal health of its members.

- High incidence of parasitism and intestinal diseases are common in areas with unsanitary environment.
- Rapid spread of communicable diseases take place when there is improper waste disposal and inefficient garbage collection.
- Clean-up drive, beautification, tree planting are some of the activities that will help achieve a healthy community
- Proper waste management includes proper storage, proper collection, proper disposal, and recycling. These must be practiced promoting and maintain a healthy community.



Relating to Real Life

Activity 5. Picture Analysis

Examine the picture below. Reflect on the possible community health problems that may arise from this scenario and enumerate their effects on your community.



Image credit: andresalvador.smugmug.com



Checking the Target

Read each statement carefully. Then, fill in the blanks with the correct information to complete the statement. Write the correct answers on your answer sheet.

1. Proper _____ of waste materials is needed so that rats, flies, and insects will not be attracted to it.
2. _____ can be used for feeding animals like pigs, chicken, and other poultry and livestock.
3. Compost materials will serve as good _____.
4. _____ is a general term applied to solid and semi-solid waste materials.
5. _____ is human waste normally thrown into sidewalks and streets in urban areas.
6. _____ has the built-in system to fight pollution.
7. _____ is animal manure from stables.
8. _____ is a good breeding place for flies and rodents.
9. _____ refuse is deposited in pits 2 feet deep, covered with soil to avoid dogs, rats and other animals from excavating solid waste.
10. _____ is the production of refuse into something usable.

II. Rearrange the following scrambled letters. Write the answers on your answer sheet.

A. Types of waste materials

11. B A R G A G E
12. S I R B E D
13. S E T T E R P E W E S I N G S
14. T G H I N O I L S

B. Kinds of Refuse

15. P S U D M
16. D A R E D I S D C R L A I M A T E S
17. O D O F W T A S E

III. In the box, choose the Three Factors contributing to the Waste Disposal Problem. In any order write your answers for numbers 18-20.

Poverty
Wealth
Ignorance

Population control
Population explosion
Education



Finding the Score

<p>Trying the Challenge</p> <p>S M E L B O R P H T L A E H Y T I N U M O O C</p>	<p>Strengthening the Grasp</p> <p>Empty bottles/broken glass Septic tanks Construction Materials Unwanted Cars Residue from Fire Leftover Food Dead Dog Cigarette Butts Dead Batteries Metal Scraps/construction materials</p>	<p>Checking the Target</p> <p>Test I. Fill in the blanks. Write the correct answer.</p> <ol style="list-style-type: none"> 1. Storage 2. left-over food 3. fertilizer 4. refuse 5. night soil 6. human body 8. garbage 9. burial 10. Recycling <p>II. Scrambled Letters</p> <ol style="list-style-type: none"> 11. GARBAGE 12. DEBRIS 13. STREET SWEEPINGS 14. NIGHT SOIL 15. DUMPS 16. DISCARDED MATERIALS 17. FOOD WASTE <p>C (in any order)</p> <ol style="list-style-type: none"> 18. } Population explosion 19. } Poverty 20. } Ignorance
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References

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

Updates, News, Teaching Materials, Reading Articles, and Be Contributor. 2020. "Most Essential Learning Competencies (MELC) KG To Grade 12 SY 2020 – 2021". *Deped Click*. <http://www.deped-click.com/2020/05/most-essential-learning-competencies.Html>.