



**VSU EXTENSION PROJECT
ANNUAL ACCOMPLISHMENT REPORT**

CY 2022-2023

I. Basic Information

1. Program/Project Title: (WEaLTH) Wellness Enterprise and Lifestyle Taming Hype

Program/Project Leader

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- ✓ Designation: Project leader
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2. Project Component (s):

Health Education and Nutrition Program

Faculty Involved:

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Fitness Program

Faculty Involved:

- ✓ Name: Cristine Joyce T. Lucero
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✓ Nature of Involvement: Member

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3. Implementing Unit: Research, Extension, Innovation and Commercialization Office

4. Cooperating Agencies:

✓ Name of Agency: Local Government Unit (LGU) - Isabel, Leyte

✓ Nature of Involvement: Technical and Financial Assistance

✓ Address: Isabel, Leyte

✓ Contact Number:

✓ Email Address:

✓ Name of Agency: Rural Health Unit (RHU) - Isabel, Leyte

✓ Nature of Involvement: Technical Assistance

✓ Address: Isabel, Leyte

✓ Contact Number:

✓ Email Address:

5. Program/Project Sites:

✓ Brgy. Monte Alegre
Isabel, Leyte

✓ Brgy. Cangag
Isabel, Leyte

✓ Brgy. Sto. Nino
Isabel, Leyte

6. Duration

a. Date Started: March 2022

b. Date Terminated: March 2023

7. Financial report:

MOOE: P40,000.00

Travelling expenses	P5,000.00
Training	P32,000.00
Supplies and Materials	P3,000.00
Total	P40,000.00

II. Technical Report

A. Executive Summary

The WEALTH (Wellness Enterprise and Lifestyle Taming Hype) project is an advocacy to promote health literacy in the community. It aimed to make people understand, access, evaluate, and use health information in managing personal health and that of other people, particularly on proper nutrition and control of lifestyle-related diseases. The project involved three major activities: health and nutrition education, feeding, and fitness routine.

The project was implemented in the three barangays of Isabel, Leyte. Health workers, parents, and a few other interested community members composed the participants for activities related to health and nutrition education and fitness routine. The feeding recipients were children aged 2-7 years in these identified barangays. Below is the list of project locations and the corresponding number of beneficiaries in each barangay.

Location	Beneficiaries of the Feeding Program Children (2-7years old)	Participants of Health Education and Fitness Exercises
Brgy. Monte Alegre Isabel, Leyte	85	47
Brgy. Cangag Isabel, Leyte	55	20
MIAPE Street Brgy. Santo Niño Isabel, Leyte	162	20
TOTAL	302	87

Table 1L Number and Distribution of Project Beneficiaries

The participants attended eight lecture-demonstration sessions on health, nutrition, and lifestyle diseases. They were also given flyers on topics discussed to reinforce understanding and retention of information. Another activity highlight is the cooking demo of some nutritious but low-cost and delicious recipes. The main goal of educating the participants on health and nutrition is to apply knowledge and skills to safeguard one's health and to be able to transfer the learning to others.

Blood pressure monitoring and other vital signs were part of the activity since health teachings included two common lifestyle-related diseases: hypertension and diabetes mellitus. Participants were also informed about free blood sugar testing (FBS) but nobody availed the service. Based on the data gathered, twenty-five percent of the participants were hypertensive but without proper treatment. Most of the participants have no regular visits with medical doctors.

Another component of the project was the fitness program. It gives importance to regular exercise as a means to minimize the risk of acquiring lifestyle-related diseases. The project team designed and introduced an aerobic routine to the participants, which they could apply in their respective places, homes, neighborhood,

or workplace. The lecture demo included a brief orientation of the required preparations and safety precautions before doing a fitness activity.

Feeding

Since the data in the barangay on children's nutritional status showed remarkably few wasted children although the real scenario tells the opposite, the team decided to include all 2-7 years old in the feeding.

Before starting this activity, the team measured the beneficiaries' height and weight to get baseline data. After that, weight monitoring was done regularly before the start of every feeding to check the progress in the children's nutritional status. The feeding was given once a week for eight weeks. The table below shows the list of foods served during the feeding.

FOODS SERVED DURING FEEDING

December 21, 2022	Chicken, spaghetti, rice, lemon juice
January 4, 2022	Champorado, boiled eggs, water
January 6, 2022	Burger (banana blossom patty), lemonade
January 11, 2022	Okoy na kalabasa, rice, juice
January 13, 2022	Rice bowl (meatballs with ground veggies), lemonade
January 25, 2022	Champorado, egg, water
January 27, 2022	Rice, tortang monggo, juice
February 1, 2022	Hotdog bun, juice

Table 2 Foods Served During Feeding

The cooking demo showed the preparation and cooking process of some foods served during the feeding. The raw materials used in the menu were readily available in the community; thus, parents need not spend much on their children's food. The lecture emphasized the adverse effects of eating instant foods and non-nutritive foods.

The three major activities are scheduled on the same day at their specified time. Below is the complete list of the health teaching topics and the schedule of each activity.

SCHEDULE OF ACTIVITIES

December 21, 2022

- 3:00 – 4: 30 pm – Nutrition
- 3:30 – 4:00 pm – Feeding
- 4:31 – 5:00 pm - Aerobic Exercise Routine

January 4, 2022

3:00 – 4:30 pm – Demo Cooking of Nutritious Foods
3:30 – 4:00 pm – Feeding
4:31 – 5:00 pm – Aerobic Exercise Routine

January 6, 2022

3:00 – 4:30 pm – Cardiovascular Diseases
3:30 – 4:00 pm – Feeding
3:30 – 5:00 pm – Aerobic Exercise Routine

January 11, 2022

3:00 – 4:30 pm – Cardiovascular Diseases
3:30 – 4:00 pm – Feeding
4:31 – 5:00 pm – Aerobic Exercise Routine

January 13, 2022

3:00 – 4:30 pm – Diabetes Mellitus
3:30 – 4:00 pm – Feeding
3:30 – 5:00 pm – Aerobic Exercise Routine

January 25, 2022

3:00 – 4:30 pm – Diabetes Mellitus
3:30 – 4:00 pm – Feeding
4:31 – 5:00 pm – Aerobic Exercise Routine

January 27, 2022

3:00 – 4:30 pm – Respiratory Diseases (Lifestyle-related diseases)
3:30 – 4:00 pm – Feeding
4:31 – 5:00 pm – Aerobic Exercise Routine

February 1, 2022

3:00 – 4:30 pm – First Aid and Safety Education
3:30 – 4:00 pm – Feeding
4:31 – 5:00 pm – Aerobic Exercise Routine

February 3, 2022

2:00 – 4:30 pm – Culmination Day

B. Rationale

Good health is man's most precious asset; thus, the aphorism, "health is wealth". However, while it is true that having good health is more valuable than having material possessions, most people pay little attention to their health until it gives them a hard hit. In the desire to cope and survive in today's highly competitive, fast-paced world, people have succumbed to poor health practices resulting in the rise of lifestyle-related diseases.

According to the Philippine Statistics Authority (PSA), non-communicable diseases like ischemic heart disease, malignant neoplasms, cerebrovascular disease, pneumonia, and diabetes mellitus ranked as the top five leading mortality (Ruiz, 2021). Also, the Rural Health Unit of Isabel, Isabel, and Leyte recorded the same leading

causes of death in the locality for the last five years. The prevalence of these diseases is largely attributed to unhealthy lifestyle practices.

Though the community is composed of people from all walks of life, more or less, they share common practices. Some ill-health practices observed among the people in the place include overindulgence in alcoholic drinks, smoking, sedentary life, and poor sleeping pattern. All are proven to increase the incidence of non-communicable diseases like diabetes and hypertension. Another common problem that requires utmost attention is malnutrition. Malnutrition problems would likely occur because people nowadays prefer quick and easy-to-prepare but less nutritious foods. Likewise, most children prefer candies and junk foods over fruits and vegetables.

Prompted by these findings, the Visayas State University – Isabel (VSU-I) recognizes the need to empower the Isabelanons to gain control over decisions and actions affecting their lives and health. However, with the few professional health workers fielded to render community health care and the many priorities they need to attend to, the advocacy on health empowerment takes lesser importance. To address the gap, the project team plans to launch the WEaLTH (Wellness Enterprise and Lifestyle Training Habits) project. This project aims to equip barangay health workers (BHW), parents and other community members with the necessary knowledge, skills, and attitudes to make them effective health advocates against lifestyle-related diseases.

C. Logical Framework

Title: WEaLTH Project

Input	Activities	Output	Outcome	Impact
Budget: Php 50,000 Personnel: 1 Project Leader 2 Study leaders Research staff	Develop Information, Education and Communication, (IEC) materials	50 flyers	Expand scope of reach Barangay health workers and nutrition scholars trained served as trainers in their respective barangays	Increased awareness, confidence, knowledge and skills
	Conduct health teaching sessions and training sessions on basic health services to BHW and BNS.	Re-echo training Skilled trainers	More capacity building activities	Increased confidence of barangay health frontliners

	Teach lead group of each barangay aerobic routine exercise	Re-echo training Skilled trainers	More capacity building activities	Increased confidence of barangay health frontliners
	Organize feeding sessions	At least 2 training manuals developed	Increased skill on socio-economics methods or analytics	Increased career opportunities / employment outcomes of personnel

D. Methodologies Employed

Request consent to conduct the project

The project leader wrote a letter of request addressed to the VSU-I, Campus Chancellor, for permission to conduct the project. After the chancellor's approval, the team sent another letter of request to the municipal mayor for permission to conduct the project in the municipality of Isabel. Crafting of the memorandum of agreement by and between VSU and LGU-Isabel followed after the approval of the request.

Convene the team to finalize the plan

Project proponents met to review the timetable of activities and conducted potential problem analysis on project implementation.

Courtesy visit to barangay officials and health workers

A meeting with barangay officials and health workers was set before project implementation to discuss the purpose and details of the project. Their support and cooperation was sought during the meeting.

Prepare the IEC materials

The project leader assigned members to take charge in the development and reproduction of the IEC materials. The lay-out and encoding was given to the REIC staff. Three selected experts were asked to proofread and validate the developed IEC materials.

Schedule a project orientation to target beneficiaries

The overall plan was presented and participants were encouraged to react and raise their concerns relevant to the project. That was done to clarify doubts and settle issues for a smoother working relationship.

Conduct health teaching sessions

Implemented health teaching sessions with demonstrations using various strategies such as using flyers, powerpoint slides and conducting face to face lectures and demonstrations.

Taught the beneficiaries aerobic exercise routines

Monitored and evaluated activities

Wrote the terminal report

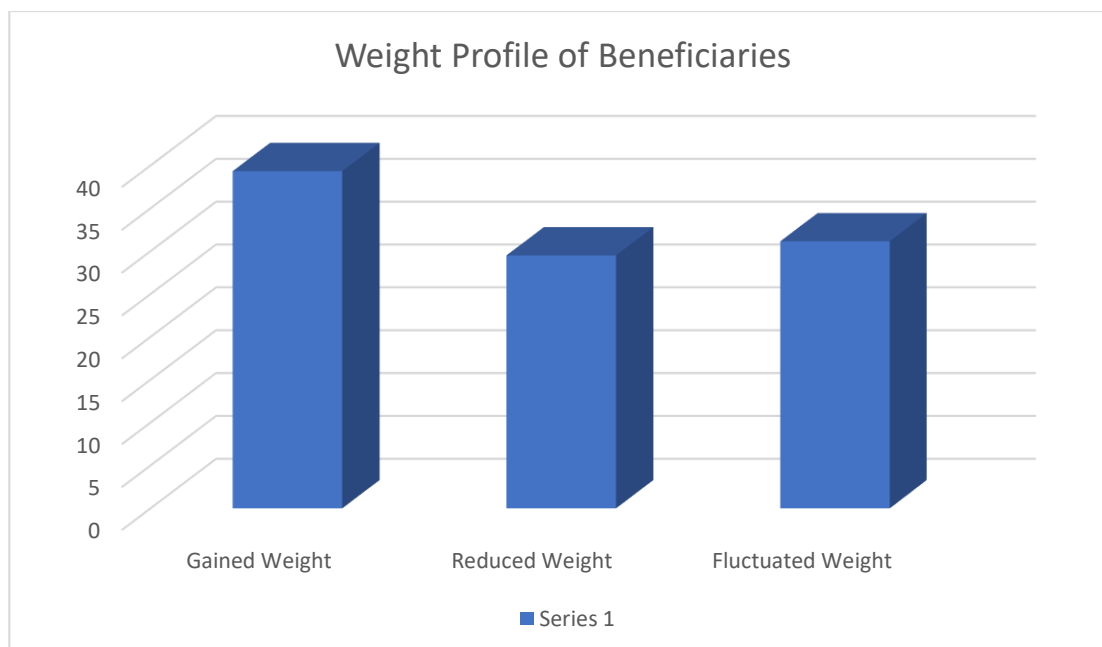
Conducted post project conference

E. Results/Accomplishments

The team was able to produce the IEC materials needed for the health information drive. Eighty-seven (87) individuals participated in the lecture demonstration on health, nutrition, and fitness activities and there were three hundred two (302) recipients of the feeding program.

However, although the tasks were successfully accomplished, and the participants gave positive feedback regarding the project, it is still hard for now to determine the long-term effects of the project. The behavior of some participants during the implementation as seen in their attendance and participation in various activities could mean less commitment to change for the better.

Also, based on the data gathered from the feeding beneficiaries, only 39.34% of the children had gained weight, 31.15% showed weight fluctuations, and 29.51% had reduced weight during the feeding period. The results need to be sufficient to make a concrete conclusion on the effect of the project on the beneficiaries. However, the project's ultimate aim is not to get immediate results since it is impossible to determine a positive outcome in a short period. The primary purpose of the feeding activity was to introduce and promote eating nutritious food, hoping that they would continue practicing them in their respective homes.



F. Conclusion

The project is highly needed and relevant, but getting positive results is a tough undertaking.

F. Problems Met and Recommendations

The following challenges were encountered during the implementation of the project.

- The signing of the Memorandum of Agreement (MOA) was delayed caused by the transition of LGU officials.
- Due to the tedious and long procurement process, many of the supplies and materials requested for the project were not served on time.
- Poor attendance of the project beneficiaries.
- The schedule of activities was not strictly followed because of the overriding responsibilities of the project team and the priorities of the clients.
- Resistance of the beneficiaries to adapt to changes.



The barangay officials of Monte Alegre together with the project team and feeding beneficiaries.



The feeding beneficiaries in Brgy. Monte Alegre with the facilitators.



Barangay Cangag Officials with the project team and some of the feeding recipients.



Some of the feeding recipients in barangay Cangag.



Project team distributed flyers to the participants of the health and nutrition education.



Taken during the cooking demonstration on how to prepare banana blossom patties.



Blood pressure monitoring



Weighing of children before feeding



Health teaching sessions