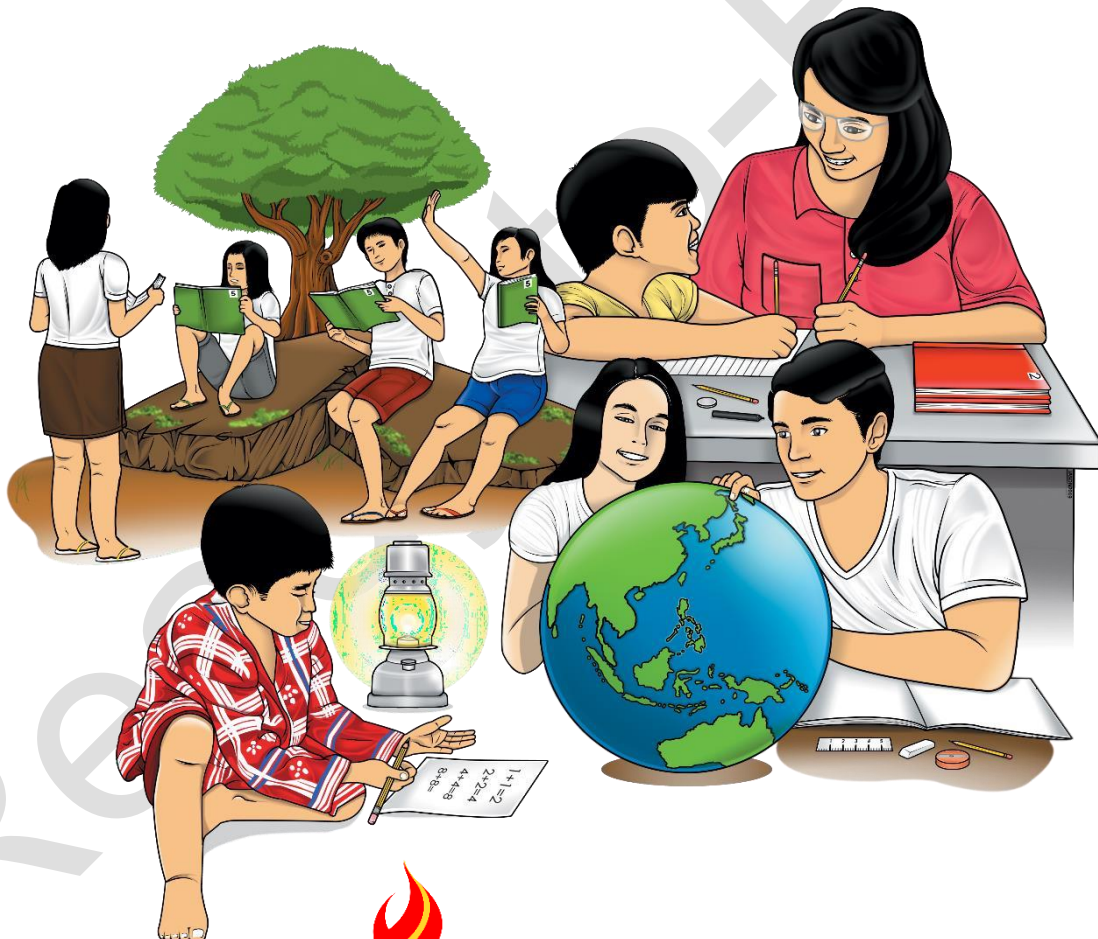


7

# Health

## Quarter 4 – Module 4: Programs and Policies to Prevent Non-communicable Diseases



## Health - Grade 7

### Alternative Delivery Mode

#### Quarter 4 - Module 4: Programs and Policies to Prevent Non-communicable Diseases First Edition, 2021

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# Health

## Quarter 4 – Module 4: Programs and Policies to Prevent Non-communicable Diseases

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by- step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

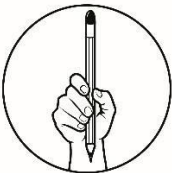
To fight non-communicable diseases, we need weapons to win the battle. This module is focused on the programs and policies implemented by our government to have a solution on increasing cases of non-communicable diseases. As a student, it is your responsibility to ensure that every Filipino can benefit from and maximize the said programs. Come on let's explore and learn!

This module focuses on this lesson:

Lesson 31: Programs and Policies Implemented to Prevent and Control Non-communicable and Lifestyle Diseases

After going through this module, you are expected to:

- promotes programs and policies to prevent and control non-communicable and lifestyle diseases (H7DD-IVg-h-29)



## ***What I Know***

Directions: Read each item carefully. Write the letter of your answer in your activity notebook.

1. All of the following are the programs of DOH to prevent and control NCDs EXCEPT
  - A. Cardiovascular Disease Prevention and Control Program
  - B. Diabetes Mellitus Prevention and Control Program
  - C. Smoking Cessation Program
  - D. Tree planting Program
2. To help the DOH to prevent and control NCDs, DepEd also implemented its own program. Which of the following programs is being implemented by DepEd?
  - A. Kontra paputok
  - B. Cancer Awareness Month
  - C. School Feeding Program
  - D. Hypertension Day

3. As a Grade 7 student, what contribution can you give to decrease the cases of NCDs?
- Leave the job to the government
  - Actively join the program implemented by the government
  - Do nothing because you're just a student
  - Let your parents do it for you
4. In 2009, the DOH revitalized and repackaged a healthy lifestyle campaign into a new brand called\_.
- HL to the max
  - Kontra paputok
  - Anti-polio program
  - Smoking cessation program
5. The **Food and Drug Authority (FDA) Act of 2009** aims to \_\_\_\_\_
- Advocating seven vital healthy practices
  - Implements strict policies in food products
  - Pushes to develop of a national program to fight NCDs
  - Requires public school to have a feeding program
6. What is the purpose of Administrative Order (AO) no. 3, Series of 2011?
- Advocating Advocate seven vital healthy practices
  - Implements strict policies in food products
  - Pushes to develop Push the development of a national program to fight NCDs
  - Requires public school to have a feeding program
7. All of the following are programs of DepEd's Health and Nutrition Center related to NCDs EXCEPT
- Medical Check-up
  - Deworming
  - School Feeding
  - Aids AIDS Prevention Month
8. What program is implemented by the Department of Interior and Local Government (DILG) to support the Presidential Proclamation 958?
- Kontra Paputok Program
  - Anti-Polio Program
  - Perfect 10 lifestyle program
  - HL to the Max
9. DOH implemented a program to fight malnutrition. What is the name of the said program?
- Nutrition Month
  - Heart Month
  - Poison Prevention Month
  - Drug Abuse and Prevention and Control Week

10. Lack of physical activities increases the risk for heart disease, diabetes and certain types of cancer. What program of DOH is the best for this situation?
- Cancer Awareness Month
  - No Smoking Month
  - Ehersisyong Pang Kalusugan Para sa Lahat
  - Burn Injury Awareness and Prevention Month
11. All of the following are campaign materials developed by DOH to support the programs in prevention of NCDs EXCEPT
- Occupational Health Program
  - No Smoking Month
  - Nutrition Month
  - Cancer Awareness Month
12. The “HL to the MAX” is a campaign of the Department of Health that advocates seven vital healthy practices. Which of the following is NOT included in the seven vital healthy practices?
- No smoking
  - Don't drink alcohol
  - Manage stress
  - Deworming
13. The agency responsible for requiring health warning on cigarette packs is\_\_.
- DILG
  - DepEd
  - DOH
  - FDA
14. All of the following are included in the Perfect 10 program of DILG EXCEPT
- Drink 8 to 10 glasses of water daily
  - Breathe clean air and say no to smoking and prohibited drugs
  - Avoid firecrackers (*paputok*)
  - Manage stress, relax and pray
15. Health centers are designed to provide medical services nationwide. The following are the health services provided by the DOH EXCEPT
- Physical Therapy
  - Nutrition Services
  - Center for Cancer Control
  - Health Education and Manpower Services

## Lesson

# 1

## Programs and Policies to Prevent Non-communicable Diseases

In your previous lesson, you successfully learned the different eating disorders; their characteristics, signs, and symptoms as well as the ways and means to prevent them.



### *What's In*

In your previous lesson, you successfully learned the different eating disorders; their characteristics, signs and symptoms as well as the ways and means to prevent them.

### **Activity 1: Who Am I?**

I am sure that you have already learned the practices to prevent and control non-communicable diseases. Now you will be assessed if you still remember what you have learned.

Directions: Choose the right words and write it in the blank before the number that best describe the practices below.

Drinking enough water

Stress management

Exercise regularly

Avoid smoking

Getting enough sleep





- \_\_\_\_\_ 1. It is a skill to reduce stress in your life and be more productive and lessen the risk of having non-communicable diseases
- \_\_\_\_\_ 2. It helps your kidney to eliminate water soluble waste materials
- \_\_\_\_\_ 3. It can benefit your heart, boost your immune system and make your mood better through rest
- \_\_\_\_\_ 4. This helps to reduce weight, and prevent or control diseases
- \_\_\_\_\_ 5. It prevents you from getting lung illnesses, cancer, heart diseases, and gives you strong immune system





## What's New

In this part of this module, you will encounter the different agencies that work hand in hand to fight the increasing cases of non-communicable and lifestyle diseases. But before that you need to be familiarized with the function of each agency that supports the prevention of non-communicable diseases.

Name of Agency	Logo	Function
Department of health		It is the government's over-all technical authority on health
Department of Interior and Local Government		Responsible for developing plans, policies and programs pertaining to the regulation of processes foods, drugs and other related products
Food and Drugs Administration		Responsible for developing plans, policies and programs pertaining to the regulation of processes foods, drugs and other related products
Department of Education		Responsible for ensuring access to, promoting equity in, and improving basic education







## What is It

### Activity 1: The Perfect Match

You are now familiar with different agencies and their functions, this time we will test your retention by performing this activity.

Directions: Choose the correct logo of an agency and match it to its function. Write the designated letter of the logo on the blank before the number.

___1. Responsible for promoting peace and order, ensuring public safety and strengthening the capability of local government	<b>A</b> 
___2. Responsible for ensuring access to, promoting equity in, and improving basic education	<b>B</b> 
___3. It is the government's over-all technical authority on health	<b>C</b> 
___4. Responsible for developing plans, policies and programs pertaining to the regulation of processes foods, drugs and other related products	<b>D</b> 

The Department of Health is the primary government agency responsible for the equitable, sustainable and quality health for the Filipinos. The department of health implemented many programs in prevention and control of non-communicable diseases such as:

- Diabetes Mellitus Prevention and Control Program
- Occupational Health Program
- Cardiovascular Disease Prevention and Control Program
- Smoking Cessation Program

In 2009, the Department of Health revitalized and repackaged its healthy lifestyle campaign into a new brand called “HL to the Max” campaign. It sought to promote a healthy lifestyle among Filipinos by advocating seven vital, yet simple, healthy practices it includes:

- No smoking
- Don't drink alcohol
- No to illegal drugs
- Eat low-fat, low salt and high fiber diet
- Prevent hypertension and diabetes
- Do physical activities
- Manage stress

In 2011, in support of the goals for Universal Health Care, the Secretary of Health signed the Administrative Order (AO) No. 3, series of 2011. The purpose of this administrative order is to push the development of national program and plan of action on the prevention and control of non-communicable diseases.

In addition, with the enactment of the Food and Drug Authority (FDA) Act of 2009, it implements stricter policies on issues such as marketing of food products labeling, and tobacco regulation.

## Activity 2: What for?

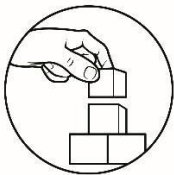
This task will help you to give the purpose of policies implemented by the government based on what you have read earlier in this module. This serves as an assessment if you truly understand the topic.

Directions: On the right column write the purpose of the policies that are being implemented by the government to fight non-communicable and lifestyle diseases.

Policies	Purpose of the Policy
Food and Drug (FDA) Act of 2009	
Administrative Order (AO) no. 3 Series of 2011	
HL to the Max	

Processing Question:

Aside from the policies above, what policy can you suggest to prevent and control non-communicable diseases?



## What's More

### Activity 1: Name it!

Government is serious about fighting the non-communicable diseases, so that all the possible resources that are needed for the success of its programs and policies are used. It's not only the Department of Health who implements the programs and policies but also other agencies such as; Department of Education and Department of Interior and Local Government.

Directions: Complete the words that describes what program of the Department of Education is being implemented. You can find the clue inside the box below to solve the puzzle.



M D A L C E K-U



A TI- LA IA IS P O R M



D W R I G P O R M



B O D T S I G



S H O F E I G P O R M



A T - S O I G P O R M

Blood Testing	School Feeding Program	Anti-Filariasis Program
Anti-smoking Program	Deworming Program	Medical Check-up

Processing Questions:

- Based on the activity, what programs of the Department of Education did you already experience?  
 \_\_\_\_\_  
 \_\_\_\_\_
- How do these programs of DepEd can help the government fight non- communicable diseases?  
 \_\_\_\_\_  
 \_\_\_\_\_

## Activity 2: Legendary











The Department of Interior and Local Government (DILG) has implemented its own program to support the government fighting the non-communicable diseases. This program supports the Presidential Proclamation 958 declaring 2005 to 2015 as a decade of healthy lifestyle. This activity will help you to learn and understand what kind of program that the Department of Interior and Local Government (DILG) implemented.

Directions: Draw the corresponding legend in the box beside the picture that identifies what program of DILG is being presented. See the legends next page.

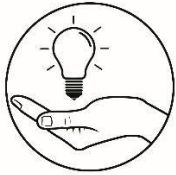
**Goal**

The diagram consists of a staircase with ten steps. At the top of the staircase is a flag labeled "Goal". Each step is a rectangular box containing a different illustration of a health-related activity. To the right of each illustration is a smaller, empty square box for drawing a legend. The illustrations are as follows:

- Step 1: A person jogging with a boombox.
- Step 2: A "NO SMOKING!" sign with a cigarette and a person smoking. Below the sign is the text: "Para sa Kalusugan ko, SIGARILYO, IWASAN MO!"
- Step 3: A woman using a hairbrush and a man brushing his teeth.
- Step 4: A doctor examining a patient.
- Step 5: A family walking together.
- Step 6: A person drinking water from a bottle.
- Step 7: A person praying.
- Step 8: A person eating a meal.
- Step 9: A person sleeping in bed.
- Step 10: A person sweeping the floor.

Legend	Program
	Eat a variety of nutritious food every day, with less salt, sugar and fats
	Drink 8 to 10 glasses of water daily
	Rest and sleep for 7 to 9 hours every night
	Breathe clean air and say no to smoking and prohibited drugs
	Exercise every day, get enough sunlight, be physically active, and maintain normal weight
	Manage stress, relax and pray
	Maintain personal hygiene and good grooming
	Keep a clean household and practice waste management
	Consult a physician and go for a health check-up
	Take care of your family and friends

Did you have some fun? These are the perfect 10 steps to attain the healthy lifestyle, a program implemented by the Department of Interior and Local Government (DILG) to help the government to fight the non-communicable diseases.



## What I Have Learned

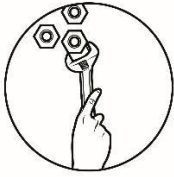
### Activity 1: Check it out

Now that you are through reading the different agencies and the programs and policies implemented by the government. It's time for you to perform the activity below to test what you have learned in your previous activities.

Directions: Check (/) the agency that is responsible for implementing the program.

Programs	Department of Education	Department of Health	Department of Interior and Local Government	Food and Drugs Administration
Its program implementation is focused on the learners to support the Presidential Proclamation 958.				
Implement stricter policies on issues such as marketing of food products and implement stricter policies on issues such as marketing of food products, product labeling, and tobacco regulation.				
<b>“HL to the MAX”</b> Campaign that sought to promote a healthy lifestyle among Filipinos by advocating seven vital, yet simple, healthy practices				
This agency advocates “Perfect 10” lifestyle program to prevent NCDs				





## ***What I Can Do***

### **Activity 1: My Personal Oath**

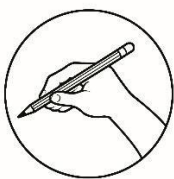
In this part you are going to apply what you have learned in this module. As a student even small things that may contribute to promote the prevention and control of non-communicable diseases are a big help in your community where you belong.

Directions: fill-up the oath with steps on how you are going to promote the programs and policies in prevention and control of non-communicable and lifestyle diseases.

#### **My Personal Oath**

I \_\_\_\_\_ solemnly swear to promote the programs and policies to prevent and control non-communicable and lifestyle diseases. To ensure my oath I will do the following steps to help in the government in the promotion of its programs and policies.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## ***Assessment***

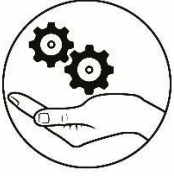
Directions: Read each item carefully. Write the letter of your correct answer in your activity notebook.

1. All of the following are the programs of DOH to prevent and control NCDs EXCEPT
  - A. Cardiovascular Disease Prevention and Control Program
  - B. Diabetes Mellitus Prevention and Control Program
  - C. Smoking Cessation Program
  - D. Tree planting Program



2. To help the DOH to prevent and control NCDs, DepEd also implemented its own program. Which of the following programs is being implemented by DepEd?
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  - D. Hypertension Day
3. As a Grade 7 student, what contribution can you give to decrease the cases of NCDs?
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  - B. Implements strict policies in food products
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6. What is the purpose of Administrative Order (AO) no. 3, Series of 2011?
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  - C. Pushes to develop a national program to fight non-communicable diseases
  - D. Requires public school to have a feeding program
7. All of the following are programs of DepEd's Health and Nutrition Center related to NCDs EXCEPT
  - A. Medical Check-up
  - B. Deworming
  - C. School Feeding
  - D. Aids Prevention Month
8. What program is implemented by the Department of Interior and Local Government (DILG) to support the Presidential Proclamation 958?
  - A. Kontra Paputok Program
  - B. Anti-Polio Program
  - C. Perfect 10 lifestyle program
  - D. HL to the Max

9. DOH implemented a program to fight malnutrition. What is the name of the said program?
- Nutrition Month
  - Heart Month
  - Poison Prevention Month
  - Drug Abuse and Prevention and Control Week
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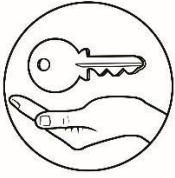
## ***Additional Activities***

### **Activity 1: Artist wanna be**

Congratulations! You are now at the final task of this module. You will do an activity that enriches your gained knowledge by using the artistic side of you.

Directions: Create campaign materials that promote the programs and policies implemented by the government to prevent non-communicable and lifestyle diseases.

A large, empty rectangular box with a thin black border, intended for the student to create campaign materials. A large, light gray watermark reading "Ready-to-Print" is diagonally overlaid across the entire page, including this box.



## Answer Key

<p><i>What is it</i></p> <p>1. C 2. D 3. B 4. A</p>
---

<p><i>What I Know</i> <i>Assessment</i></p> <p>1. D 2. C 3. B 4. A 5. B 6. C 7. D 8. C 9. A 10. C 11. A 12. D 13. D 14. C 15. D</p>
---

## **References**

1. Department of Education, *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017
2. Department of Education, *Physical Education and Health Teaching Guide Grade 7*. Pasig City: Department of Education, 2017

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