

## Impact of Health Programs in SHL Restoration Village

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**Abstract** – *This study aimed to determine the over-all impact of health programs implemented SHL Restoration Village. The study made use of descriptive method and utilized a self-made questionnaire distributed among 50 respondents who are currently residing at SHL Restoration Village in San Jose Sico, Batangas City. To interpret the results, the study used weighted mean and Analysis of Variance which was supported by SPSS version 20.0. Residents of restoration village are aware of health programs implemented in their community. The health programs were extensively implemented in the community. They agreed that there are barriers that affect the effective implementation of health programs in SHL Restoration Village. The respondents assessed that health programs have impact to them when it comes to maternal and childcare, personal hygiene, family planning, environmental awareness, and the use of herbal medicines. There is highly significant relationship among the awareness of the community, extent of implementation and barriers that affect the implementation of health programs to the impact of health programs in terms of maternal and childcare, personal hygiene, family planning, environmental awareness and use of herbal medicine. It is recommended that barangay health center and provincial health agency may focused on special health services to address those in curative stage health problems of the community which needs expensive medication. Additional facilities may be provided for health care preventive method which will be participated by healthcare workers and other healthcare professionals to address the health problems in the municipality..*

**Keywords** – Health services, SHL restoration village

### INTRODUCTION

Community Extension is one of the tri-fold functions in Lyceum of the Philippines University Batangas thus plays an important role in the social transformation and became an instrument in changing lives of many Batanguenos by providing sustainable projects [1], its goal is to make a difference in the lives of every family living in Sotero H. Laurel Restoration Village. The SHL village is a collaborative effort of Lyceum of the Philippines University Batangas and Couples for Christ movement are organizations supporting the community people to achieve a common goal in providing services that will enhance people's ability to become self-support, self-sustaining and self-propelling community after years of continuous teaching to attain the goal of being a self-reliant community living in a place that is safe to live and people are aware of their owns needs, and ability to live within their own capacity.

The Community Extension Office of Lyceum of the Philippines University following the viewpoint

and philosophy of Dr. Jose P. Laurel who considers the dignity of human and the autonomy of man where he/she is due to earn respect and resilience. Due to this, the university tends to support this vision and the programs to provide opportunity to the less fortunate people existing within the community [2].

As stipulated in Republic Act 7722, otherwise known as The Commission on Higher Education mandates institutions of higher learning like State Universities and Colleges (SUCs) and private higher institutions to respond to the call for societal transformation. The focus of this act is to encourage higher education to provide service to the poor and less privileged as well as those who are deprived and oppressed people that needs support in any part of their well-being. In order serve the community and improve their lives, the schools and universities are providing many kinds of extension services. The design of these services aimed at the enhancement of livelihood, reduce poverty and uneducated people, and alleviate the impact of health, governance support that maintains

the essence of development and protecting the environment from pollution and abuse. Addition to this, the beneficiaries who are technically poor may be empowered by providing health and environmental education and resources. Make their voice heard and encourage the government to extend their programs to address their needs.

To answer this calling LPU built a community named after the founder as Sotero H. Laurel (SHL) restoration village; it is situated within Batangas City. In the year 2008 is a remarkable year for Lyceum family as SHL restoration village was born. At present a total of 43 households are within the village.

It was started through the kindness of LPU leaders and CFC religious group, newly constructed houses were first awarded to ten homeless families and was given a chance to have a decent place to live, those families passed the criteria to occupy the house. There are certain conditions such as once they are capable to live independently, they will build their own house and will depart to give chance to other family who are incapable of having their own house for the time being, must be a Roman Catholic and married. This project is a partnership between the Couples for Christ Foundation for Family and Life (CFC-FFL) and Lyceum of the Philippines University (LPU) through its Community Extension Office. The family of Cesar Ramirez, District Head of CFC-FFL, donated 5,550 square meters of lot while the Laurels committed fifty (50) to sixty (60) houses to be built in the area.

The College of Nursing plays an important role in maintaining the stability of the community pertaining to promotion of wellness by educating the people on how to maintain it.

Community extension program of the College of Nursing focuses on different programs as follows: Medical mission, Health assessment and Vital sign taking, Feeding Program, Care of Mother and Child, Herbal medicine and Christmas gift giving.

The faculty members along with the student regularly visit the adopted community which is SHL Restoration Village. As a provider of health, educating people is the primary responsibility of the College of Nursing community extension the act of volunteerism entails commitment and devotion to be with community people.

Karibeeran, and Kuruvilla [3] cited that student are encouraged to join community extension or activities because they need to be exposed to such to be able to increase their community awareness. This will help them to understand the real experiences of people

outside and be conscious of the importance of helping other people. Their decision making is still weak due to being young, but by being able to involve in such can increase their knowledge of how their influence can bring control to the development alternatives of the local community. Community Extension Program is a program where it encourages people to experience something new in a different way to learn, through these, the people in the community must be a partner in promoting health, and not merely just a recipient. By working in teams and group, they will be able to develop ideas on how they could help the community. And the development of community extension program helps cultivate such skills from the students [4].

Community Extension Program is a voluntary activity of the college of Lyceum of the Philippines University. Their purposes are to develop community awareness among students, leadership ability and following the mission vision statement of Lyceum of the Philippines University. Anchored on its academic mission, the management, faculty, staff, and development programs in order to develop and enhance experiential learning, individual involvement, enlightened social awareness and concern for others. SHL Restoration Village. Lyceum designs programs and opportunities to develop social awareness, personal internalization, and meaningful contribution to nation building. True to its core values of God-centeredness, social justice and environmental consciousness, Lyceum of the Philippines University fulfills its advocacy to constantly uplift standards of living not just by providing quality education but also by extending help to the less fortunate.

A healthy people in the community are a learning community, it is the yardstick of all the programs implemented in the community. To determine the deterrence of one community, a concrete process of evaluating the impact of every program implemented is important, thus implementation of every program should be based on what the whole community needs and its sustenance. Community partner should understand that building a healthy community should involve the community people and to inculcate that the goal is to keep the community sustainable even when the help is no longer available. In this regard, after long years of existence the researchers would like to evaluate the impact of all the programs conducted by the College of Nursing in order to identify which programs become effective and which programs needs to sustain.

## **OBJECTIVES OF THE STUDY**

This study aimed to determine the over-all impact of health programs implemented by the College of Nursing among community people at SHL Restoration Village. Specifically, it aims to determine the awareness of the people about the health programs implemented; determine the impact of the health programs; assess the extent of implementation of health programs; identify the barriers that affect the implementation of the program; and lastly to test the significant relationship with the above mentioned variables to the overall impact of the health programs implemented.

## **MATERIALS AND METHODS**

### **Research Design**

This study made use of descriptive research design wherein according to Shuttleworth [5], it is a scientific method which involves observing and describing the behavior of a subject without influencing it in any way. The subject is being observed in a completely natural and unchanged natural environment. Descriptive research is often used as a pre-cursor to quantitative research designs, the general overview giving some valuable pointers as to what variables are worth testing quantitatively. This type of research determined the impact of health programs implemented of Community extension of the College of Nursing as well as the effectiveness of the programs implemented, further this study also look into aspects on ways how the implemented programs will fail, a barrier was determined to create a re-organization of the program for the next community extension program formulation.

### **Participants of the Study**

The participants of the research study were 50 local residents who are residents in Barangay San Jose Sico, Batangas City. They were chosen based on the inclusion criteria as follows; lives in the restoration village for more than a year, participated, received and a beneficiary of the community extension programs, a mother or a parent whether married or not who experienced to take care a child or children during the com-ex period, been pregnant who is a recipient of maternal and childcare and such.

### **Research Instruments**

A survey questionnaire was used to gather data and extract all the needed information to determine the impact of the Community extension program and if it is effectively utilized. A modified questionnaire was

used as the main tool in collecting the data that will answer the queries of the researchers. The instruments passed thru validation by the expert and finalized to ensure that the instruments are valid and guaranteed that no biases were seen. The instruments were translated in Filipino so that the respondents will fully understand its contents. The data gathered or the information provided will determine the depth of impacts and the effects of community extension program among the respondents.

### **Data Gathering Procedure**

Before establishing the concepts and ideas on how the research process will take place, the researchers first thinks of the topics of their interest. For the completion of this study, review of literature was done to identify relevant and potential resources where researchers can get the inputs about the chosen topic. Different sources were used such as books, journals, researches, published report, scholarly literature, and the use of internet and web to establish a good stand about the research topic. Then, the gathered related literatures were identified and grouped per variables in line with the proposed objectives. An instrument was utilized through conceptualizing a modified questionnaire which was adopted from a source in the related literature.

After completion of the instruments it was passed through the expert for their expert comments and suggestions. The approval was sought from the dean of the college of nursing as well as the approval from the authorities was obtained. The researchers provided a letter for the barangay chairman and housing president of Sico Restoration Village asking permission to conduct the study. They also provide another letter for the respondents asking them to participate through answering the attached questionnaire. They were given enough time to answer and personally address their queries. After they are done answering, the researchers retrieved the questionnaires immediately. It was tallied, analyzed, tabulated and interpreted with the help of their statistician.

### **Statistical Treatment of Data**

The researchers used different statistical tools to interpret the data gathered. Percentage and Frequency Distribution was used to identify the profile of the respondents in terms of age and civil status. Weighted Mean was used to determine the awareness of the people about the health programs implemented; the impact of the health programs and the barriers that

affect the implementation of the program. Analysis of Variance was used to test the significant relationship with the above mentioned variables to the overall impact of the health programs implemented.

### Ethical Considerations

The researchers considered the right of every respondents participated in this study, an informed

consent has been signed and respondents were ensure that all information provided will be treated with utmost confidentiality and anonymity. Further, permission from authorities and respondents were sought, there were no videos or recordings were used during the process of collecting information.

## RESULTS AND DISCUSSION

**Table 1. Awareness of the Respondents on the Health Programs Implemented**

Indicators	WM	VI	Rank
1. Utilization of Herbal Medicine through planting of herbal plans	3.13	Aware	11.5
2. Teaching the residents on how to use herbal plants as alternative means to commercially prepared medicine	2.89	Aware	14.5
3. Provision of family planning medicines and method	3.28	Aware	8
4. Teaching newborn care such as bathing and diapering	3.30	Aware	7
5. Assessment of pregnant women (Vital Signs, weight, Obstetrical and history)	2.89	Aware	14.5
6. Promotion of breastfeeding	3.61	Highly Aware	1.5
7. Assessment of nutritional health status of children	3.13	Aware	11.5
8. Monitoring of children's weight and height / BMI	3.09	Aware	13
9. Feeding Program with coordination with different industries and institutions	3.17	Aware	9.5
10. Health Awareness Program and identifying common diseases of adults	3.17	Aware	9.5
11. Promotion of proper waste management and water drainage	3.46	Aware	3
12. Tree planting and clean and green program	3.61	Aware	1.5
13. Environmental sanitation through cleaning	3.43	Aware	4
14. Health education about wellness and personal hygiene	3.33	Aware	6
15. Proper food preparation and handling	3.35	Aware	5
<b>Composite Mean</b>	<b>3.26</b>	<b>Aware</b>	

*Legend: 3.50 – 4.00 = Highly Aware; 2.50 – 3.49 = Aware 1.50 – 2.49 = Slightly Aware; 1.00 – 1.49 = Not Aware*

Table 1 presents the awareness of the respondents on the health programs implemented in Barangay San Jose Sico, Batangas City. It obtained the composite mean of 3.26 and verbally interpreted as aware.

This means that the respondents are aware of the implemented health programs because of the constant visit and information's provided by the community extension program coordinators, faculty members, students and volunteers who are keeping the track on the community people's knowledge, skills and attitude regarding those programs implemented in their community. Further; residents from the restoration village participated actively on every programs implemented, thus giving them information on how to preserve health, and promote wellness among its people.

According to American Nurses Association [6], community awareness of health programs are important so that they could utilize it when they need it. The health workers' must provide sufficient health

education to increase the prevention level of illness and diseases. The local community must be aware how to prevent and maintain their health to reduce cost for healthcare and risk for health deficiency.

The results revealed that the items pertaining to promotion of breastfeeding and tree planting, clean and green program got the highest weighted mean of 3.61 and verbally interpreted as highly aware. It is followed by the item promotion of proper waste management and water drainage with weighted mean of 3.46 and environmental sanitation through cleaning with weighted mean of 3.43 and verbal interpreted as aware.

The respondents are highly aware of promotion of breastfeeding because during the time they were pregnant, they are encourage by healthcare professionals as well as midwives and other barangay health workers who are insistent in promoting breast feeding as the mean source of nutrients among newborn babies up to 2 years of age. In addition, the respondents become knowledgeable on the importance of breast feeding through the implemented programs of the

community extension program of the college of nursing. Faculty members, students and volunteer promote breast feeding as per mandate of the DOH as well as the health promotion program of the college. Breast feeding is known beneficial to both mother and child.

Breastfeeding is one way to maintain the high nutrients of newborn and maintain the safety from drinking processes milk that could lead to sensitivity and complication for the babies. Also, the breast milk from mothers can increase the immunity of the babies from disease and this has become financially appropriate for local community [7].

Other item were respondents awareness are enhanced is about the significance of tree planting and clean and green program. The restoration village is located in a low land and the respondents are aware that in time of flood and typhoon their areas are prone to be a catch basin of flood water within the areas. These areas are part of the implemented program of the college, giving the respondents knowledge about its importance and benefits that it could bring in the area and among the restoration villagers. Also, tree planting is one of the implemented programs in the barangay because they are under the program of Gawad Kalinga where they are monitored by their sponsors and need to strictly comply with tree planting to maintain the natural resources and beauty of the community. The community has distinction through colorful fences and walls.

Another program that is given priority by the respondents is the promotion of proper waste management and water drainage and environmental sanitation through cleaning. The respondents are aware on the importance of keeping their environment clean through proper waste management and waste segregation and provision of potable water to prevent diseases and other health problems. The houses in the village is adjacent to each houses, wall is the only partition in between each houses, the number of occupants are increasing so the garbage also increased. The respondents are becoming aware of the significance of maintaining the cleanliness of the area to prevent diseases through health education coming from the volunteers from the community extension of the college of nursing, the programs included the clean and green program and the college of nursing volunteers are doing their best to ensure that the village is aware of its benefits.

The problem with the health sanitation in the community is due to their insufficient knowledge about the importance of simple practices such as hygiene and

water storage. Basically, knowledge affects the understanding and practice of individual about prevention of health problem in the future. Since these simple practices can start any health deficit, the need to address such issues is crucial part of community planning process [8].

Further, Day, et al., [9] stated that the hazards brought about by unhealthy environment are very crucial since they are dealing with nature and environmental waste products that could harm the health status of the community. These hazards may not affect the community immediately, but after some time may have its effect in the health of the people.

In addition, waste endanger the physical structure of the person. What is wrong with wastes is that this is not usually noticed since it slowly affects the musculoskeletal aspect of the worker. Eventually, the workers will be able to slowly deteriorate their physical structure by repetitive work and dealing with hazardous environment. It tends to be obvious since the danger can impact the physiological aspect of the employees. Although not all physical hazards are seen by the naked eyes, it still has impact to the health and body, especially when accident and injuries occurs [10].

On the other hand, the item “utilization of Herbal Medicine through planting of herbal plans”, and “assessment of nutritional health status of children” with weighted mean of 3.13, “monitoring of children’s weight and height / BMI” with weighted mean of 3.09 while the least is “teaching the residents on how to use herbal plants as alternative means to commercially prepared medicine”, and “assessment of pregnant women (Vital Signs, weight, Obstetrical and history)” with lowest mean score of 2.89 and verbal interpreted as aware.

The respondents are also aware of the use of herbal plants. This awareness was enhanced due to unrelenting provision of knowledge by the students, faculty members and volunteers from the college of nursing. Promotion of 10 herbal medicine is a project of the DOH that will provide a maximum knowledge on how to plant, utilize the herbal medicine that can be planted in the backyard. Further the respondents gain the awareness through health education, demonstration and discussion of herbal medicine during the community visit. However, availability of commercialized herbal medicine is already present without the hassle of doing the preparation for it, this item got the lowest assessment from the respondents. In addition the respondents claimed that they experienced difficulty in keeping the herbal plants alive due to lack of good soil and water supply in the area.

As mentioned by Das, et al., [11] that it is important to use different herbs as part of the medication since it held natural ingredients and antibiotics that could help the body fight bacteria and

foreign organism that tend to harm the body. This has been part of the educational materials of health workers to increase the efficiency of local residents on how to provide self-care without hazards.

**Table 2. Extent of Implementation of Health Programs**

Indicators	WM	VI	Rank
1. Maternal and Childcare: Care of Pregnant Woman, Nutrition Care of Children, Newborn Care, Monitoring and Breastfeeding Practices	2.91	GE	1
2. Health Education on Proper Hygiene and Grooming	2.72	GE	4.5
3. Waste Segregation and Environmental Care Lecture	2.76	GE	3
4. Health Teachings on Family Planning	2.78	GE	2
5. Medical Consultation	2.72	GE	4.5
6. Planting and Utilization of Herbal Medicines	2.65	GE	6
<b>Composite Mean</b>	<b>2.76</b>	<b>GE</b>	

Legend: 3.50 – 4.00 = To a Very Great Extent (VGE); 2.50 – 3.49 = To a Great Extent (GE); 1.50 – 2.49 = To a Least Extent (LE); 1.00 – 1.49 = Not at All (NA)

Table 2 presents the extent of implementation of health programs in Barangay San Jose Sico, Batangas. It obtained the composite mean of 2.76 and verbal interpreted as to a great extent. This means that the respondents perceived that all health programs are implemented to a great extent because they can utilize such resources when needed. The community extension program of the college of nursing were responsible in promoting health among SHL residents. A regular visit was conducted to keep the people actively participate on different health promotion program implemented by the college. The researchers believed that the best weapon to combat illness and health problems is by educating people on how to prevent it, demonstrating different methodologies or techniques on how to fight infection. Information’s was disseminated through health education, regular visit and posted tarpaulins.

Among the items, it shows that maternal and childcare got the highest weighted mean of 2.91, followed by health teachings on family planning with 2.78, and waste segregation and environmental care lecture with the mean of 2.76. This means that maternal and childcare is the most implemented in the community because of the different services for pregnant women and the immunization given to new born until their reach toddler age. The maternal and childcare program was enhanced through the efforts of community extension program of the college of nursing. On the local health workers are visiting the houses of residents who are pregnant and encourage them to avail the health programs of the community. The nursing student and volunteers together with the clinical instructors visited the village to discuss the importance of the prenatal check-up from the time that

the mother learned that she is pregnant, and the importance of post-natal care after delivery. This is also in same weight with the importance of proper newborn care as well as other health promotion programs on childcare.

The mission of this program is to provide necessary health program to assist community with their healthcare need specifically the mother and child health status. Maternal and childcare is promoted by the healthcare sector to make sure that individual is protect at the time of the birth until adulthood. Addition to this, mothers help is given consideration because their health status during their pregnancy can influence the health needs of their newborns. And since women’s health is altered after birthing, the health sector is giving high attention to their care [12]. Al-Ahmadi [13] stated that one to the community programs that is exhaust by most rural areas is their access to maternal and childcare because its proximity and access to healthcare institution. The healthcare industry as well as the local government are making actions to reach out to people so that they will be able to render healthcare.

Another item that the respondents utilized is the family planning, although it was reflected that it resulted to great extent, however; statistics showed that although they have knowledge on family planning, unfortunately they are not into it, as mentioned earlier on the profile of the respondents, most of them are in productive years. Further, aside from LPU there are some agencies who supported the SHL residents, which is the Gawad Kalinga, where family planning is not their priority as a catholic believer.

However, the item “Health Education on Proper Hygiene and Grooming”, and “Medical

Consultation” with 2.72 and the least is “Planting and Utilization of Herbal Medicines” with lowest mean score of 2.65 and verbal interpreted as to a great extent. The respondents assessed the planting and utilization of herbal medicines are implemented to a great extent but it was obvious that among its items this is the least results revealed, this is related to the incurred problem of the residents, they have difficulty in water supply and the soil or the land is not suitable to plant herbal medicine. Another problem encountered is based on the

verbalization of the village leaders that not everybody is willing to plant and care the herbal plants. This thinking is also related to the benefits received by the respondents from other agencies where commercial drugs were provided for the treatment of their ailment during regular visits and medical mission. Herbal medicines has been part of the culture of any races that helps them in nurturing and fighting diseases. This is promoted until today to allow people to conduct self-care without risking their health to complications.

**Table 3. Impact of Health Programs in terms of Maternal and Childcare**

Indicators	WM	VI	Rank
1. Understand the importance of breastfeeding and its health benefits.	2.89	GE	1
2. Learned to value the provision of nutritious food to the family.	2.76	GE	3
3. Changes in fertility practice.	2.85	GE	2
4. Improved knowledge on maternal and child health care.	2.72	GE	4
5. No recorded mortality rate of any children in the family.	2.48	GE	6
6. Decrease morbidity	2.63	GE	5
<b>Composite Mean</b>	<b>2.72</b>	<b>To a Great Extent</b>	

*Legend: 3.50 – 4.00 = To a Very Great Extent (VGE); 2.50 – 3.49 = To a Great Extent (GE); 1.50 – 2.49 = To a Least Extent (LE); 1.00 – 1.49 = Not at All (NA)*

Table 3 presents the impact of health programs in terms of maternal and childcare. It obtained the composite mean of 2.72 and verbal interpreted as to a great extent. This means that the respondents perceived maternal and childcare has impact to their health because of the free check-ups and visitation from midwives that helps the mothers confidently address their concerns about their pregnancies. It would be much easier and comfortable for them if the person/s they will talk to are familiar people and faces.

Bargawi [14] cited that maternal and childcare were always a high regard in community setting since the mothers and newborns must be exposed to different preventive measures to reduce future conflicts relevance to their health. This is the point where prevention is very effective so both mothers and baby’s welfare would be early to be assessed.

It shows that the item “understand the importance of breastfeeding and its health benefits” got the highest mean of 2.89, followed by “changes in fertility practice” with mean of 2.85, and “learned to value the provision of nutritious food to the family” with 2.76 and verbal interpreted as to a great extent.

This means that the health education about breastfeeding and the benefits it will give both the mother and new born is the highest impact since using natural breast milk is economically advantage and gaining benefits from it would increase the awareness of the community to practice breastfeeding. At first, they would thought that it will help them financially

since they will not need to buy milk fo kids, and when they learned the health benefits it has compared to processed milk, they would be more interested to practice it. Hackensack Alliance Accountable Care Organization [15] posited that the healthcare prevention such as utilizing nutritious food like breastmilk can increase the immunity of the babies to fight diseases. However, the use of this kind of milk is affected with the knowledge and understanding among post-partum mothers. The healthcare workers need to enhance their understanding of the importance of any preventive measure that may impact their socio-economic as well as physical factors.

More so, the item “improved knowledge on maternal and child health care” got the weighted mean of 2.72, “decrease morbidity” with 2.63 and the least is “no recorded mortality rate of any children in the family” with lowest mean score of 2.48 and verbal interpreted as to a great extent.

The least programs that impact the community is the record of mortality rates because it is already addressed since the barangay health workers are efficient in finding pregnant mothers and assure that they have the needed immunity, nutrients and preparations for birthing. However, it is still important that the local community knows the rate for children who suffered health diseases so that they will be prepared and aware of different signs and symptoms of illnesses and communicable disease present in the community.

**Table 4. Impact of Health Programs in terms of Personal Hygiene**

Indicators	WM	VI	Rank
1. Practice hand hygiene most of the time	2.54	GE	3.5
2. Maintained cleanliness within the family	2.54	GE	3.5
3. Hospital confinement was decreased	2.52	GE	5
4. Occurrences of communicable diseases and other health problem was prevented	2.70	GE	1
5. Enhanced knowledge pertaining to self-care management	2.65	GE	2
<b>Composite Mean</b>	<b>2.59</b>	<b>GE</b>	

*Legend: 3.50 – 4.00 = To a Very Great Extent (VGE); 2.50 – 3.49 = To a Great Extent (GE); 1.50 – 2.49 = To a Least Extent (LE); 1.00 – 1.49 = Not at All (NA)*

Table 4 presents the impact of health programs in terms of personal hygiene. It obtained the composite mean of 2.59 and verbal interpreted as to a great extent.

This means that personal hygiene created a great impact among the respondents, because this is a common knowledge that personal hygiene and cleanliness can prevent acquisition of diseases, but this is also enhance through health education provided by the community extension program as part of the health promotion activities through health education. Health programs can impact personal hygiene since it posts awareness among the community about the importance of health, wellness and cleanliness. The residents of the barangay began to understand the importance of personal hygiene as basic form of prevention because the fact that they are clean can lower the risk for exposure to bacteria, viruses and acquisition of foreign bodies that may harm them. One of this is hand washing which basically reduce the transmission of microorganism unseen by naked eyes. Agency for Healthcare Research and Quality [16] stated that hygiene can be a factor that could affect the health status of a person. When they are able to practice good hygiene, they can increase the rule for physical safety and lowering the risk for acquiring disease from others.

Among the items, it shows that the item “occurrences of communicable diseases and other health problem was prevented” got the highest mean of 2.70, followed by “enhanced knowledge pertaining to self-care management” with mean of 2.65 and verbal interpreted as to a great extent. The respondents assessed the impact of health program can lower the presence of communicable disease and other problems because of how programs enhances the health education among the community. Health program is not only about targeting the prevention measures for diseases, but also part of communicating and educating the people about the presence of communicable

diseases, its signs and symptoms, as well as implementing and manifesting different strategies to reduce the emergence of it. Health workers must address how communicable disease may be prevented through positioning each member of the community in healthcare available in the locality. Also, they must assure that all people will have sufficient knowledge about the importance of healthcare and addressing sign and symptoms of transferrable diseases.

While the item “practice hand hygiene most of the time”, and “maintained cleanliness within the family” got the mean of 2.54 and the least is “hospital confinement was decreased” got the least mean score of 2.52 and verbal interpreted as to a great extent.

It means that the respondents assessed how health programs lower the hospital confinement among the community because of the availability of free medicines when one of the local residents acquires disease. One of the innovation of healthcare is to disseminate different health-related programs and reach out to people to reduce the cases of health diseases. It is important to do the preventive measures, compared to curative and rehabilitative process.

Levina [17] believe that the prevention of illnesses is much effective that having programs that helps patients to cure it. Without the presence of illnesses, the people and community will be able to function and provide their basic needs in the process. They will be able to address other aspect of wellbeing, when they are physically fit to act on it.

Table 5 presents the impact of health programs in terms of family planning. It obtained the composite mean of 2.68 and verbal interpreted as to a great extent. The respondents assessed that health programs can impact the family planning of married couples and families of the community because through the activities of the com-ex program, the people are able to understand the importance of family method.

**Table 5. Impact of Health Programs in terms of Family Planning**

Indicators	WM	VI	Rank
1. Identified appropriate contraceptive methods to be used	2.80	To a Great Extent	1
2. Understand unwanted births and prevent miscarriage	2.57	To a Great Extent	5
3. Practice the proper spacing of pregnancy	2.67	To a Great Extent	3
4. Established good parenting and responsible parenthood.	2.67	To a Great Extent	3
5. Improved well-being of family,	2.67	To a Great Extent	3
<b>Composite Mean</b>	<b>2.68</b>	<b>To a Great Extent</b>	

Legend: 3.50 – 4.00 = To a Very Great Extent; 2.50 – 3.49 = To a Great Extent; 1.50 – 2.49 = To a Least Extent; 1.00 – 1.49 = Not at All

They were able to utilize different method to reduce the risk for unplanned pregnancy and allow the families to focus on the wellbeing of each member of the family. Nolte [18] stated that health programs can increase the awareness of local community. The government agency would want to disseminate information and utilization of methods on how to control; birth to reduce the number of children in a family that could affect the overall wellbeing. When parents have too many children, there is a risk that they will not be able to provide all needs stated in the Maslow's model.

It can be seen from the table that the item "identified appropriate contraceptive methods to be used" got the highest mean of 2.80 and verbal interpreted as to a great extent. The respondents were able to acquire different contraceptive method that is available in the health centers for free which help them to efficiently control unplanned pregnancy and birth. This can also reduce the risk for health deficiency for mothers who are experiencing health problems during

pregnancy. Vogenberg, and Santilli [19] stated that world health organization are focusing on the health of mothers who are usually not addressed during pregnancy and after delivery. One point of making this a success is that the health care programs may ensure the mothers can be prevented from being pregnant if not planned.

However, the item "practice the proper spacing of pregnancy", "established good parenting and responsible parenthood", and "improved well-being of family" got the mean of 2.67 while the least is "understand unwanted births and prevent miscarriage" with lowest mean of 2.57 and verbal interpreted as to a great extent. Their healthcare has been neglected when it is relevant to reproductive health. Most of women are experiencing this because of focusing on newborn and children care. Local community health workers are composed of midwives where they could practice their expertise in caring for people in relevance to reproductive care.

**Table 6. Impact of Health Programs in terms of Environmental Awareness**

Indicators	WM	VI	Rank
1. Practice waste segregation diligently.	2.87	To a Great Extent	1
2. Maintained cleanliness of the environment.	2.78	To a Great Extent	3
3. Practice proper waste disposal	2.78	To a Great Extent	3
4. Become aware on the important of the environmental conservation and segregation	2.70	To a Great Extent	5
5. Understands the importance of preservation of natural resources.	2.78	To a Great Extent	3
<b>Composite Mean</b>	<b>2.78</b>	<b>To a Great Extent</b>	

Legend: 3.50 – 4.00 = To a Very Great Extent; 2.50 – 3.49 = To a Great Extent; 1.50 – 2.49 = To a Least Extent; 1.00 – 1.49 = Not at All

Table 6 presents the impact of health programs in terms of environmental awareness. It obtained the composite mean of 2.78 and interpreted as to a great extent. This means that the respondents assess that the health program can increase the environmental awareness among the community due to the activities that would address nature and conservation of natural resources. Having healthy environment can lead to healthy community because they will not exposed to hazards such as waste products and chemicals.

Day, et al. [9] stated that the hazards are very crucial since they are dealing with nature and environmental and industrial waste products that could harm the health status of the community. The hazards to be identified are ergonomic hazards, physical hazards, biological hazards and psycho-socio hazards. These hazards may not affect the community immediately, but after some time may have its effect in the health of the people.

The results revealed that the item "practice waste segregation diligently" got the highest mean of

2.87 and interpreted as to a great extent. This means that the respondents assess that they can segregate waste due to the information provided by health programs. Waste management has always been part of human society and its study reveals a wealth of details over the way of life it results from. Due to the increasingly safety requirements of the industry and local government, it is extremely important that the waste disposal equipment, including dumpsters and roll-offs, be easy to operate and maintain all the time while meeting the required safety regulations

Waste endangers the physical structure of the person. What is wrong with wastes is that this is not usually noticed since it slowly affects the musculoskeletal aspect of the worker. Eventually, the workers will be able to slowly deteriorate their physical structure by repetitive work and dealing with hazardous environment. It tends to be obvious since the danger can impact the physiological aspect of the employees. Although not all physical hazards are seen by the naked

eyes, it still has impact to the health and body, especially when accident and injuries occurs [10].

Furthermore, the item “maintained cleanliness of the environment”, “practice proper waste disposal”, and “understands the importance of preservation of natural resources” (2.78), while the least is “become aware on the important of the environmental conservation and segregation” (2.70) and interpreted as to a great extent. It shows that the community are becoming aware of the environmental conservation and segregation because of the information given by the local barangay workers and those people related to environment and resource activities. Waste risk factors are affecting the safety and health status of the community because of their low knowledge and awareness of the possible risk and danger brought by poor environment. When the people have direct association with chemical that may cause accidents and injuries to them, their health status is at risk.

**Table 7. Impact of Health Programs in terms of Use of Herbal Medicine**

Indicators	WM	Verbal Interpretation	Rank
1. Learned the importance of planting of herbal medicine.	2.80	To a Great Extent	1
2. Become knowledgeable with preparation.	2.74	To a Great Extent	2
3. Learned how to utilize the herbal medicine.	2.67	To a Great Extent	3.5
4. Utilize herbal medicine as alternative to commercially prepared medicine.	2.65	To a Great Extent	5
5. Understand the use and indication of herbal medicine	2.67	To a Great Extent	3.5
<b>Composite Mean</b>	<b>2.71</b>	<b>To a Great Extent</b>	

*Legend: 3.50 – 4.00 = To a Very Great Extent; 2.50 – 3.49 = To a Great Extent; 1.50 – 2.49 = To a Least Extent; 1.00 – 1.49 = Not at All*

Table 7 presents the impact of health programs in terms of herbal medications. It obtained the composite mean of 2.71 and verbal interpreted as to a great extent. This means that the respondents assessed how health programs can impact their capabilities to use herbal products for medication. They are educated with the use of herbal medicines along with the actual demonstration of planting it and decoction.

According to Sæle, and Eggen [20], one of the innovation of health care is through the utilization of natural resources for medicinal purposes. Since the healthcare cost is increasing due to the presence of technology, the medication of patient was starting to focus on natural environment such as plants to increase the efficiency of patient care.

It shows that the item “learned the importance of planting of herbal medicine” got the highest weighted mean of 2.80 followed by “become knowledgeable with preparation” with mean of 2.74 and verbal interpreted as to a great extent. It means that planting herbal plants is an effect of the health program

since it emphasize the financial aspect of having natural medications which could lower other complications of the person. Using herbal plants can increase the nutrients of the body while addressing their health problem. On the other hand, the item “learned how to utilize the herbal medicine”, and “understand the use and indication of herbal medicine” got the mean of 2.67 and the least is “utilize herbal medicine as alternative to commercially prepared medicine” with lowest mean score of 2.65 and verbal interpreted as to a great extent.

The utilization of herbal medicine can alter the use of commercial medication however this is not totally advised when the patients did not underwent physician’s or any healthcare workers’ assessment.

Table 8 presents the barriers that affect the implementation of the health program. It obtained the composite mean of 2.63 and verbal interpreted as agree. This implies that there are barriers that could affect the efficient implementation of health programs in the local community of San Jose Sico, Batangas City which could be caused by external factors.

**Table 8. Barriers that Affect the Implementation of the Program**

Indicators	WM	VI	Rank
1. Loss of interest to participate in the program due to household chores at home.	2.63	Agree	3.5
2. In adequacy of resources such as water supply and dump site for waste management.	2.63	Agree	3.5
3. Lack of knowledge on the community programs.	2.65	Agree	2
4. Poor compliance on the implemented health programs.	2.54	Agree	5
5. Not practicing the learning skills and behavior thought by the health care provider to self and family pertaining to self and family care.	2.70	Agree	1
<b>Composite Mean</b>	<b>2.63</b>	<b>Agree</b>	

*Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree*

Implementing programs usually are facing different challenges because they need many participants to make it a success. Health programs are provided for the community, and without their participation and utilization, the programs and materials will go to waste. The problem with the health and wellness in the community is due to their insufficient knowledge about the importance of simple practices such as hygiene and water storage. Basically, knowledge affects the understanding and practice of individual about prevention of health problem in the future. Since these simple practices can start any health deficit, the need to address such issues is crucial part of community planning process [8].

It revealed that the item “not practicing the learning skills and behavior thought by the health care provider to self and family pertaining to self and family care” got the highest mean of 2.70, followed by “lack of knowledge on the community programs” with mean of 2.65 and verbal interpreted as to a great extent.

One of the barriers experienced by the respondents is that what affects the implementation of health programs is due to initiative effort to manifest the healthcare information learned through the programs because of other associating factors such as poverty and being educated. Even if they are aware of different healthcare and prevention method, when their level of understanding is not addressed or that they have other financial matters that need to attend to, their

utilization of healthcare practices cannot happen. Felicen, et al. [2] found out that the community can learn innovation from the programs provided for them. It has a great impact as it enhances the skills, and values as well as the financial and economic aspect of the residents as part of their livelihood programs and extension services.

On the other hand, the item “loss of interest to participate in the program due to household chores and activities at home”, and “in adequacy of resources such as water supply and dump site for waste management” with mean of 2.63 and the least is “poor compliance on the implemented health programs” with lowest mean of 2.54 and verbal interpreted as to a great extent. Further, they still assessed that poor compliance can be a barrier for effective implementation of health programs because even the local community, in partnership with different schools, institutions, establishments and local government make policies, rules and activities to acquire the goals of healthcare, when the person himself is unable to comply, it cannot be effective.

The study of Chua, et al. [21] found out that all activities in community are well implemented so the researchers recommends that the university may provide seminar about the environmental factors and issues to address that may gain the knowledge and awareness of all beneficiaries and the local community where community extension was provided.

**Table 9. Relationship Between the Awareness of the People About the Health Programs, Extent of Implementation, Barriers that Affect the Implementation and Impact of the Health Programs**

	r-value	p-value	I
1. Awareness of Health Programs	0.2880	0.052	<i>Not Significant</i>
2. Extent of Implementation	0.2880	0.052	<i>Not Significant</i>
3. Maternal and Childcare	.781**	0.000	<i>Highly Significant</i>
4. Personal Hygiene	.746**	0.000	<i>Highly Significant</i>
5. Family Planning	.669**	0.000	<i>Highly Significant</i>
6. Environment Awareness	.645**	0.000	<i>Highly Significant</i>
7. Use of Herbal Medicine	.438**	0.002	<i>Significant</i>
8. Barriers	0.2370	0.114	<i>Not Significant</i>

Table 9 presents the relationship between the awareness of the people about the health programs implemented, impact of the health programs, barriers that affect the implementation of the program impact of the health programs and the impact of the health programs. It was observed that the computed r-values indicates a moderate direct correlation and the resulted p-values of extent of implementation in terms of Maternal and Childcare, Personal Hygiene, Family Planning, Environmental Awareness, and Use of Herbal Medicine were less than 0.01 alpha level.

This means that there was a significant relationship exists and implies that the better the extent of implementation, the greater the impact of health programs. This implies that when the local community is initiative to make efforts in implementing the existing health programs, it can create more awareness and consciousness among the local residents. When this happens, they will initiate participation and will seek health programs and render it based on their needs.

Laguador, et al. [8] found out that the practices are done in a well-mannered behavior but still needs improvement by integrating innovation and changes in lifestyle of the community in relevance to management of the community. Even though there is existing ComEx program pertaining to programs implemented and managed in the barangay, there is still a need for further improvement to maintain and sustain their healthy environment.

#### CONCLUSION AND RECOMMENDATION

Based on the gathered results, the following are the foregoing conclusions: The community of San Jose Sico Batangas are aware of the health programs implemented as part of community extension of College of Nursing in their barangay. Because of health programs, people learned to practice health promotion and disease prevention activities. All health programs we're implemented and was deemed effective to improve the health practices of the community people. Health beliefs, health practices and poor compliance to health programs were among the barriers that mostly affects the implementation of health programs. A highly significant relationship was observed of the implemented programs and health practices in terms of maternal and childcare, health, family planning, personal hygiene use of herbal medicine and an improved environmental sanitation.

Based on the foregoing conclusions, the following recommendations were made: The community extension programs of the college can

create a site or networks for the local community where they can avail information regarding health care promotion, disease prevention and curative. Continuous health surveillance through frequent home or family visits and assignment of community leaders. Sustenance and optimization of health programs until they can appreciate its importance and perform it independently. Reinforcing the community's awareness through continuous health education and evaluation will help eliminate, if not decrease these barriers. Assess other variables that needs enhancement for future in designing health programs to fully enhance people's capability in disease prevention and maintaining health.

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