



SELF-LEARNING MODULE

GRADE 9

QUARTER 1

**WEEK 1
HEALTH**



**MOST
ESSENTIAL
LEARNING
COMPETENCIES**

- Defines community and environmental health Code: H9CE-Ia-8
- Explains how a healthy environment positively impact the health of people and communities (less disease, less health care cost, etc.) Code: H9CE-Ib-d-10
- Analyzes the effects of environmental issues on people's health Code: H9CE-Ib-d-12

TOPICS

- Community and Environmental Health
- Effects of the Environmental Problems



EXPECTATION

In this module, it will help you to define and comprehend the concept of community health.

The main body of the lesson is made up of the content that you need to learn in community and environmental health. Lessons include activities that will help you learn about the topic.

you will also realize the effects of the perennial community health programs and discover the impact and recognize the value produced by a healthy environment. Working at the community level promotes healthy living, helps prevent chronic diseases and brings the greatest health benefits to the greatest number of people in need.

At the end of this module, you will identify the effects of environmental problems on people's health, such as headache or fatigue; analyze the impact of environmental problems on people's health, which is being able to know the causes and effects as well as knowing its implications on both human beings and the environment; recognizing the value of living in a health community or environment by seeing the negative effects if we do not take care of our surroundings.



BRIEF INTRODUCTION

A healthy community is essential for a productive society thus it also help the country's economy progressively.

The government efforts and commitment to address community and environmental health problem earned notable recognition and take into consideration to protect the people in any hazardous effect. In order to achieve this, the Department of Health feature an interesting Primary Health Care program subsidized by the government wherein they focused on maternal - child care and nutrition. These services were made available for free in the community to ensure that the health is being protected.

It will provide you in which you may gain more information about how do we maintain, protect and preserve health amidst the rising development of our community. It is also designed for you to reflect on how healthy your community and environment are.

Community health tends to focus on protecting and improving health within a community. It concerns for the betterment of the health of all the members of the communities. This includes the initiatives to help community members maintain and improve their health, to prevent the spread of infectious diseases and prepare for natural disasters.

Good community health equates to healthy people, as a community is the ecosystem or environment in which people live. The effect of health in a quality of life impacts everything from educational achievement, safety and crime, people's ability to work and be financially stable, happiness and more. On the other hand, indistinct or lack of focus to community health can lead to a wide range of problem like crime and safety. For example, a children's repeated exposure on crime and violence can link to increased sign of aggression.

Moreover, It will provide you in which you may gain more information about how do we maintain, protect and preserve health amidst the rising development in modern technology. Unfortunately, many people are unaware of the importance of this sometimes. This lesson will help you understand that our community was of continued survival by human activities thus you have a role in abolishing community health problems or at least minimize.

EFFECTS OF THE ENVIRONMENTAL PROBLEMS

This is a major pain and a threat to life. Too much exposure to pollution can compromise people's health and even animals.

Pollution is connected to many health problems. Below is the diagram showing the health impact of pollution on humans. Alertness of its health effect will challenge you to promote an environment in which people will have access to clean air, clean water and unpolluted soil.

Health effects of pollution

Air pollution



Water pollution



Soil contamination



Headache
Fatigue

Respiratory
illness

- Bacteria
- Parasites
- Chemicals

Cardio-
vascular
illness

Gastroenteritis

Cancer risk

Pesticides

Nausea

Skin irritation

CO

Particulate matter

Ozone

SO₂

NO_x

Nerve
damage

Lead

Volatile
organic
compounds

ENVIRONMENTAL PROBLEMS	EFFECTS
<p>1. Deforestation</p> 	<p>-Soil erosion landslides</p> <p>-Greenhouse effect Denuded upland</p> <p>-Degraded watershed</p> <p>-Siltation of rivers and dams</p> <p>-Flooding</p> <p>-Destruction of corals along the coast</p>
<p>2. Flash Floods</p> 	<p>-Causes of diseases such as Cholera and other water borne diseases</p> <p>-Loss of life</p> <p>-Contamination of drinking water</p> <p>-Destruction of sewage system</p> <p>-Destruction of dams and destruction of levees</p>
<p>3. Soil Erosion</p> 	<p>-Unproductive use of farmland</p> <p>-Difficulty in raising of livestock</p> <p>-Siltation of artificial lakes</p> <p>-Loss of soil and vegetation which causes climate change.</p>
<p>4. Oil Spill</p> 	<p>-Suffocation of marine mammals</p> <p>-Death of trees from oil in roots</p>
<p>5. Coral Reef Degradation</p> 	<p>-Loss of edible reef fish</p> <p>-Reduction of species diversity and richness</p> <p>-Alteration in the size structure of target species</p>
<p>6. Illegal Mining</p> 	<p>-Water poisoning of all the living things in it</p> <p>-Destruction of beautiful coral reefs</p> <p>-Bareness of land</p>



ACTIVITY 1

MY DREAM COMMUNITY

Think of the current situation of your community today, what is your dream for you community? Illustrate and provide a 5-7 sentence description.



ACTIVITY 2



SAY IT LOUD – ADVOCACY CAMPAIGN

Artwork/Poster

Use your imaginative skills by creating posters either manual or digital that depicts your community today. Write a short description of your work.

RUBRICS ON POSTER MAKING

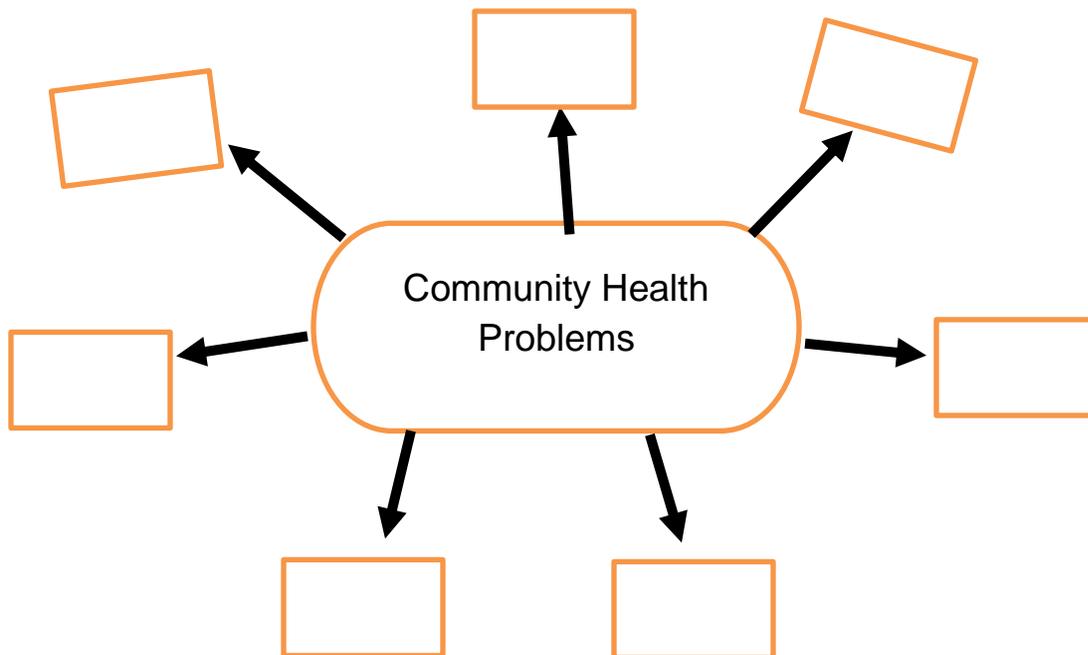
Criteria	Very Good (5)	Good (4)	Fair (3)	Poor (2)	Score
Required Elements	The poster includes all required elements as well as additional information	All required elements are included in the poster	Only few required elements are missing on the poster	Several required elements are missing on the poster	
Attractiveness	The poster is exceptionally attractive in terms of design, layout and neatness	The poster is attractive in terms of design, layout and neatness	The poster is acceptably attractive though it may be a bit messy	The poster is distractingly messy or very poor designed. It is not attractive	
Punctuality	Artwork was submitted on time	Artwork was submitted 1 day late	Artwork was submitted 2 days late	Artwork was submitted 3 days late	
Neatness	Artwork presentation was neat and orderly	Artwork presentation was mostly neat and clean	Artwork presentation was somehow neat and orderly	Artwork presentation was disorderly	



ACTIVITY 3

WHAT NOW?

Complete the graphic organizer on the space provided with the different existing community health problems.



REMEMBER

Community – is a sociological group in a large place sharing of one environment. It therefore includes the individual and the family.

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

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

Primary Health Care refers to "essential health care" that is based on scientifically sound and socially acceptable methods and technology. This makes universal health care accessible to all individuals and families in a community.

In R.A No. 9003 it describes as solid waste management as a discipline associated with the control of generation, storage, collection, transfer and transport, processing, and disposal of solid wastes. In this law the 3R's of

Ecological Waste Management were created and these are the reduce, reuse or recycle.

As a responsible member of the community we need to follow the 3R's, we need to segregate the rubbish or waste materials like old electronic gadgets, glass ware or plastic material ,**if we** throw it instead of giving it in the recycle camp the air and soil will get polluted because these material are **not** degraded easily. **Another way to reduce is to reuse, instead of using plastic bags, bring reusable bags when going shopping.** There are many ways in reusing glass and metals that are ideal for food preservation.

Now you know that as a students or as an individual you plays a large role in maintaining community health, you have a responsibility that can lead to positive interaction within the community.

- Environmental problems—mainly pollution, may impact one's health greatly.
- *Air pollution* causes an array of respiratory problems. Some of dangerous air pollution are lead and ozone.
- *Water pollution* such as dumping harmful chemicals or throwing heaps of garbage to bodies of water may result to the widespread of bacteria and viruses that people may encounter.
- Deforestation can cause flooding and soil erosion.
- Flash floods can contaminate drinking water systems and may bring water borne diseases
- Soil Erosion may cause unproductive use of farmland and may greatly affect livestock as they depend on grass to eat.
- Marine life and trees may die from oil spills
- Coral Reef Degradation may cause marine life disruption
- Water poisoning is caused by illegal mining, as well as the destruction of coral reefs
- Protecting our environment may greatly improve our lifestyle, as we depend on our natural resources to live.



CHECK YOUR UNDERSTANDING

Arrange the scrambled letters and afterwards

describe its Primary Health Care Programs benefits
in the community

1.

L	E	D	A	N	T	
H	T	L	H	E	A	
G	P	O	R	R	M	A

The program aims to reduce the prevalent rate of dental caries

2.

P E R O R U D T C V I E
E A T H L H
E R A C

It includes family planning services, counseling and information, pre and post natal and delivery care.

3.

U T N I R O T N I
R R P O A G M

Improve the survival of infants and young children by improving their nutritional status, growth and development through optimal feeding.

4.

L A N R E T A M
H H T E L A
E C R A

identify existing **health** risks in women and to prevent future **health** problems for women and their children. These **health** risks may include: Hypertension and heart disease.

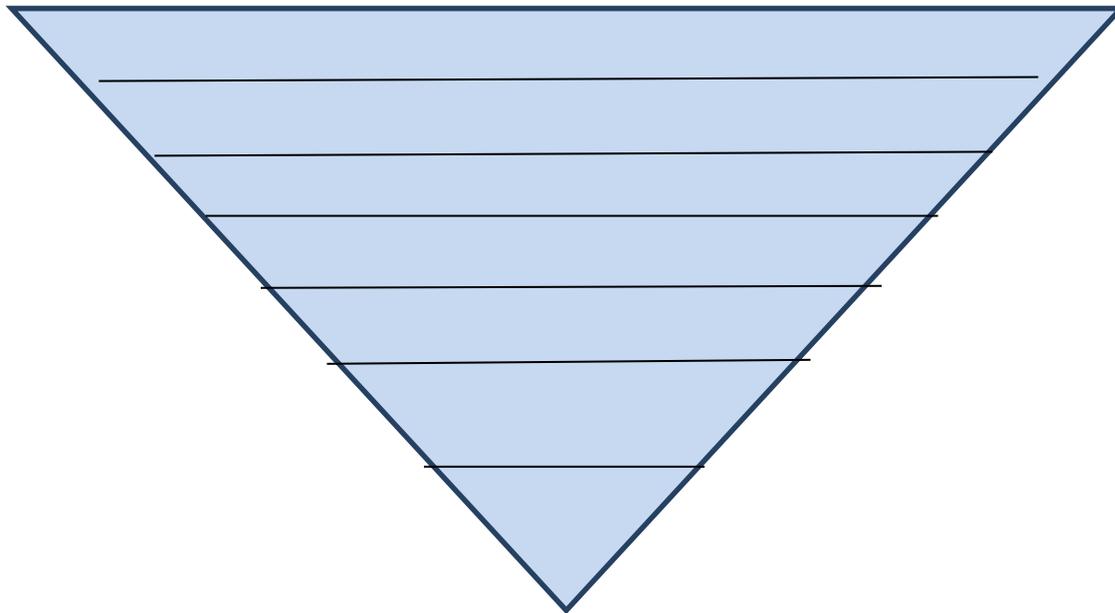
5.

T M A E N L
E H G Y E I N

To promote over-all wellness of all Filipinos, prevent mental, psychosocial, and neurologic disorders, substance abuse and other forms of addiction, and reduce burden of disease by improving access to quality care and recovery in order to attain the highest possible level of health to participate fully in society.

INVERTED PYRAMID

Think of the problems encountered in your community today. Write down the worst problem at the top of the inverted pyramid and your least at the tip of the pyramid.



Examples of Community Issues and Concerns

- Physical Activity and Nutrition.
- Overweight and Obesity.
- Tobacco.
- Substance Abuse.
- HIV/AIDS.
- Mental Health.
- Injury and Violence.
- Environmental Quality.

Answer the following questions:

1. How does the environment reflect people's health situation?

2. How can diseases be controlled through better management of the environment?

3. As a student, how do you show your support in promoting and maintaining healthy community?
