



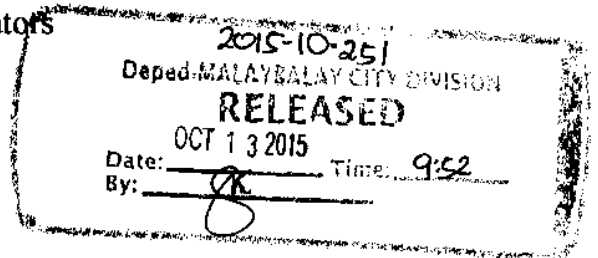
DIVISION MEMORANDUM

No. 396 s. 2015

October 12, 2015

**“BLOOD PRESSURE (BP) NG TEACHER KO ALAGA KO PROJECT ”
IMPLEMENTATION IN MALAYBALAY CITY DIVISION**

To: Chief Education Supervisors CID and SGOD
Education Program Supervisors/Coordinators
Public Schools District Supervisors
Senior/Education Program Specialists
Elementary and Secondary School Heads
All Others Concerned
This Division



1. To increase awareness on the importance of healthy lifestyle among DepEd personnel, the Health and Nutrition Center in collaboration with other private partners will conduct a one-day activity named “BP ng teacher ko Alaga ko”. It aims to provide **FREE blood pressure (BP) taking, fasting blood sugar testing, cholesterol screening and electrocardiogram** for **350 teaching and non teaching personnel** on October 30,2015 in Malaybalay City District IV office.


2. **All PSDS’s/OICs are advised to identify each district’s elementary and secondary T/NT Personnel project beneficiaries’**. List of “BP ng Teacher ko Alaga ko” beneficiaries shall be submitted to the Division Office Attn: Nancy L. Dequito, Nurse II not later than October 20,2015 based on the following criterion:

- Age bracket - A- 21 - 35 years old
- B- 36 - 45 years old
- C- 46 and above years old

Name of District	Group A	Group B	Group C
District I	10	10	10 = 30
District II	10	10	10 = 30
District III	10	15	10 = 35
District IV	10	15	10 = 35
District V	10	10	10 = 30
District VI	10	10	10 = 30
District VII	10	15	10 = 35
District VIII	10	10	10 = 30
District IX	10	15	10 = 35

District X	10	10	10 = 30
Division Office	10	10	10 = 30

3. Initial screening of identified beneficiaries shall be performed by the School/District health personnel using the prescribed Assessment and Screening Forms , while Division non teaching personnel are advised to be in Malaybalay City Central/District School Clinic at 1:00-5:00 PM on October 29, 2015. Please find enclosed Assessment forms for reproduction.
4. All identified participants in the upcoming activity shall be instructed to **observe fasting from 10 PM of October 29,2015 until the completion of physical examination on October 30,2015.**
5. Widest dissemination and preferential attention on this matter is enjoined.


EDILBERTO L. OPLENARIA, CESO VI
 Schools Division Superintendent

SCREENING RESULTS

PHA COPY

PHYSICAL EXAMINATION (TO BE FILLED UP BY MEDICAL PERSONNEL)

BP: _____ mmHg
HT: _____ cm WT: _____ kgs Waist Circumference: _____ cm

FBS: _____ Cholesterol: _____

ECG Findings:

Rhythm _____ Axis _____

Rate: Atrial _____ Ventricular _____ Position _____

P.R. _____ Q.R.S _____ Q.T _____

Q.T Ratio _____

ECG Diagnosis:

_____ Normal

_____ Abnormal

SCREENING RESULTS

PATIENT'S COPY

PHYSICAL EXAMINATION (TO BE FILLED UP BY MEDICAL PERSONNEL)

BP: _____ mmHg
HT: _____ cm WT: _____ kgs Waist Circumference: _____ cm

FBS: _____ Cholesterol: _____

ECG Diagnosis:

_____ Normal

_____ Abnormal



ASSESSMENT AND SCREENING FORM

(Please answer carefully). *Pakisagot ng maingat at tapat.*

First Name: _____ Age _____
 Last Name: _____ Sex ()M ()F
 Address: _____
 Cell number: _____
 School: _____
 Position: _____
 Grade Level: _____
 Years of Service: _____
 Status: Married _____ Single _____ Widow _____ Others _____
 Spouse Occupation: _____ No. of Children: _____

Please Check:

	YES	NO
1. Do you have a family history of: (<i>mother, father, sister, brother or grandparents with</i>)		
a. Stroke ("Atake")	<input type="checkbox"/>	<input type="checkbox"/>
b. Heart Disease ("Sakit sa puso")	<input type="checkbox"/>	<input type="checkbox"/>
c. Diabetes ("Diyabetes")	<input type="checkbox"/>	<input type="checkbox"/>
d. Obesity ("Labis na katabaan")	<input type="checkbox"/>	<input type="checkbox"/>
e. Hypertension ("High blood o altapresyon")	<input type="checkbox"/>	<input type="checkbox"/>
f. Peripheral Vascular Disease ("Baradong ugat sa binti")	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have a father or a brother who had a heart attack before the age of 50 (<50 years old)?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have a mother or a sister who had a heart attack before the age of 65 (<65 years old)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Has your doctor or nurse ever told you that you have the following:		
a. Hypertension	<input type="checkbox"/>	<input type="checkbox"/>
b. Hypercholesterolemia ("Mataas na kolesterol")	<input type="checkbox"/>	<input type="checkbox"/>
c. Stroke	<input type="checkbox"/>	<input type="checkbox"/>
d. Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
e. Coronary Disease ("Baradong ugat sa puso")	<input type="checkbox"/>	<input type="checkbox"/>
f. Peripheral Vascular Disease	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever experienced:		
a. Any pain in your chest during the last two years?	<input type="checkbox"/>	<input type="checkbox"/>
b. Any tightness or heaviness in your chest during the past two years?	<input type="checkbox"/>	<input type="checkbox"/>
c. Sudden weakness, heaviness or numbness in ONE side or part of the body for more than five minutes? (For example: sudden face, arm or leg weakness or numbness)	<input type="checkbox"/>	<input type="checkbox"/>
If YES to c, did the weakness, heaviness or numbness last for more than 24 hours?	<input type="checkbox"/>	<input type="checkbox"/>
d. Sudden slurring of speech or inability to say what you want to say that LASTED for more than five minutes?	<input type="checkbox"/>	<input type="checkbox"/>
If YES to d, did the slurring last for more than 24 hours?	<input type="checkbox"/>	<input type="checkbox"/>
6. My blood pressure is: (Please check ONE)		
<input type="checkbox"/> More than 140/90 mmHg		
<input type="checkbox"/> Equal to 140/90 mmHg		
<input type="checkbox"/> Between 120/80 to 139/89 mmHg		
<input type="checkbox"/> Less than 120/80 mmHg		
<input type="checkbox"/> I can't remember but I had it checked		
<input type="checkbox"/> I don't know, I never had it checked		
	YES	NO
6. a) I take medicine to control my blood pressure	<input type="checkbox"/>	<input type="checkbox"/>

7. My total blood cholesterol level is: **(Please check ONE)**

- Less than or equal to 200 mg/dL
- More than 200 mg/dL
- I can't remember but I had it checked
- I don't know, I never had it checked

YES NO

7.a) I was prescribed diet and cholesterol lowering pills

8. My HDL-C (good cholesterol) level is: **(Please check ONE)**

- Less than 40 mg/dL
- More than 40 mg/dL
- I can't remember but I had it checked
- I don't know, I never had it checked

10. My weight is: **(Please check ONE)**

- Within my ideal weight
- 20 lbs or more in excess of my ideal weight
- I don't know my ideal weight

11. My fasting blood sugar (FBS) level is: **(Please check ONE)**

- More than 126 mg/dL
- Equal to 100 mg/dL
- Less than 100 mg/dL
- I can't remember but I had it checked
- I don't know, I never had it checked

YES NO

11. a) I need medicine to control my blood sugar (Pills or Insulin)

YES NO

12. Do you engage on a regular exercise?

If YES, how often? _____ (number of times/week)

How long (time spent)? _____ mins

13. Do you NOW smoke cigarettes, cigars, pipes or any tobacco products? **(Please check ONE)**

- No, not at all
- Yes, but less often than weekly
- Yes but not everyday but at least one day a week
- Yes, everyday (at least one cigarette per day)

14. In the PAST, did you ever smoke cigarettes, cigars, pipes or other tobacco products? **(Please check ONE)**

- Yes, daily
- Yes, 100 or more cigarettes, but never daily
- No, not at all, or less than 100 cigarettes in my lifetime

YES NO

15. I live or work with people who smoke regularly.

16. Describe your salt intake (preferences for processed meats, salted fish, salted eggs, salty condiments e.g. "patis", soy sauce, "bagoong", etc.)

(Gaano ka kahilig sa maaalat na pagkain - mga karneng 'processed', tuyo, tinapa, bagoong, itlog na maalat, toyo, patis, bagoong, at iba pa)

- Light (Kaunti)
- Moderate (Malakas)
- Excessive (Sobrang malakas)

17. Indicate by checking the frequency of meal/drink preferences at home:

(Sagutin at lagyan ng tsek ayon sa dalas ng mga karaniwang pagkain at inumin sa bahay.)

	Very frequently Napakadulas	Frequently Madalas	Occasional Minsan	Never Wala
Fruits				
Vegetables				
Pork				
Beef				
Poultry				
Nuts/grains (ex. mungo, peas, etc.)				
Alcohol				
Junk food (ex. chips, fries, candies, etc)				



Republic of the Philippines
 Department of Education
REGION X – NORTHERN MINDANAO
 Fr. Masterson Avenue, Zone 1 Upper Batulang
 Cagayan de Oro City



* SDS

DepED-X
Cagayan de Oro City

1ST Indorsement
September 17, 2015

8 6 OCT 2015

5478
MAYBALAY CITY

Respectfully referred to **EDILBERTO L. OPLENARIA**, School Division Superintendent, Division of Malaybalay City, Corner Don Carlos-Guingona Sts., Malaybalay City the herein letter **DR. ELLA CECILIA G. NALIPONGUIT, CESQ**, Director III, Health and Nutrition Center, DepEd, Central Office to implement the project "**BP ng Teacher Ko Alaga Ko**" in that division in collaboration with **LRI-Therapharma**. The project will provide free blood pressure (BP) taking, fasting blood sugar (FBS) Testing, electrocardiogram (ECG) and cholesterol screening for 350 teachers and non-teaching personnel at Malaybalay City Central School, Malaybalay City on October 23, 2015.

For information and whatever action deemed appropriate.

2015-10-24

DepEd - MALAYBALAY CITY DIVISION
RECEIVED

Date: OCT 12 2015 Time: 9:00
 By: CS

Shirley O. Chatto
ATTY. SHIRLEY O. CHATTO
 Chief Administrative Officer
 Officer In-Charge
 Office of the Regional Director

L/jmh



Republic of the Philippines
Department of Education
HEALTH AND NUTRITION CENTER

10-110
DepED Region 1

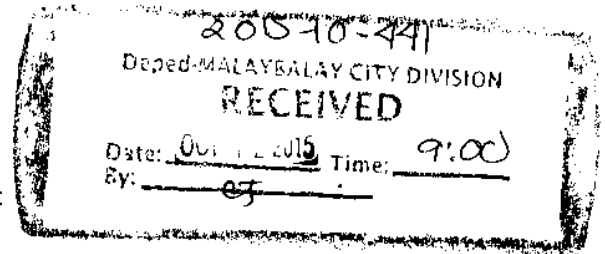
RECEIVED

Date: 9/20/15
Time: 3:15 pm

17 September 2015

ATTY. SHIRLEY O. CHATTO
Chief Administrative Officer
OIC, Office of the Regional Director

Attention: **EDILBERTO L. OPLENARIA, CESO VI**
OIC, Office of Schools Division Superintendent
Malaybalay City



Madam:

The DepEd through the Health and Nutrition Center (HNC), in collaboration with LRI-Therapharma, Philippine Society of Hypertension (PSH) and Philippine Heart Association (PHA) will implement the project "BP ng Teacher ko Alaga ko". The project will provide free blood pressure (BP) taking, fasting blood sugar (FBS) testing, electrocardiogram (ECG) and cholesterol screening for 350 teachers and non-teaching personnel at Malaybalay City Central School, Malaybalay City on October 23, 2015.

The project aims to establish the prevalence of hypertension among public school teachers and to increase their level of awareness on the importance of blood pressure monitoring and healthy lifestyle.

In this connection, may we request the health personnel in your region and division to assist in the conduct of the activity. It is further requested that the teachers and non-teaching personnel to be screened be advised to observe fasting the night before the screening.

Mrs. LOIDA B. RAMOS, Assistant Chief, Health Division will coordinate with you for the details of the activity or she may be contacted at cellphone no. 09235631583.

Thank you very much. Warmest regards.

Very truly yours,


ELLA CECILIA G. NALIPONGUIT, MD, CESO
Director III