



Healthbeat

**SPECIAL
EDITION**



Universal Health Care High Impact 5



"Ang gusto ko para sa anak ko at sa kanyang henerasyon, at sa mga susunod pa na henerasyon na makaranas sila ng mataas na kalidad ng pamumuhay sa pamamagitan ng pagkakaroon ng kumpleto at maayos na pamilya."



" Ang Hi-5, taas natin lahat ng ating kamay, at kapag tinaas natin ang kamay natin, nakatutok sa lima, ibig sabihin this is a partnership, pagtagpuin natin ang mga palad natin, ibig sabihin we are committed to be part of Hi-5. "



Hi-5 SPECIAL EDITION

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EDITORIAL

What is the government doing?

Some Filipinos keep on complaining and blaming the government whenever they experience hardships or inconvenience in life, such as the smallest trash seen on the road, a hint of flooding, or temporary power shortage. Some keep on saying, "*Kasalanan ng gobyerno 'to!*"

It may be hard to accept but if the government is doing what it needs to do, people will benefit from it but still, haters are going to hate. This is a sad reality that no matter what the government does, someone somewhere is going to think negatively about it.

That is why whatever the haters say, the administration keeps on moving on, pushing forward, distributing equitably its services especially in health care.

As a final salvo of the present administration, the Department of Health (DOH) is beefing up its services through the High Impact Five (Hi-5), a strategy that aims to produce the greatest improvements in health outcomes and the highest impact in the priority, vulnerable population. It focuses on five critical Universal Health Care interventions prioritizing the poor, providing tangible outputs which are felt within 15 months through synchronized nationwide implementation of activities.

This Special Edition of Health Beat is a composition of Hi-5 activities wherein a series of regional launching and summits were conducted in different provinces to communicate its health services especially to the geographically isolated, disadvantaged areas and to convey the message to everyone that the government is doing its best in giving quality service that people deserve and making it more accessible and affordable especially to the poorest of the poor.

One more important component of the Hi-5 is the involvement of the Local Chief Executives and the Community Health Teams. The continued stakeholder dialogue and participation of the public and private sectors, including patient organizations or the pharmaceutical industry aim to maintain a continuous, engaging dialogue to address the challenges facing the country's healthcare system.

And as reflected in our cover, the DOH continues to offer the best quality of health care for everyone. As the Hi-5 delivers the five critical interventions, in maternal, infant, and under-five children, halting the HIV and AIDS and establishing service delivery networks, these are great proofs that all Filipino family members are covered.

This is what the government does. This is what the Department of Health does. Reaching out. Delivering services. Touching lives.

Consistently committed to the Hi-5 theme, "*Kalusugang Tuluy-tuloy Para sa Pamilyang Pinoy*".

The Editors





What is Hi-5?

The Department of Health (DOH) leads in championing social programs like the Universal Health Care or *Kalusugan Pangkalahatan* that give equal and quality public health services to the poorest and most hardly reached Filipinos. To fully implement this undertaking now that the current administration is already toward its tail-end, the DOH is launching its last big health campaign called “Hi-5”. This campaign focuses on five important aspects of health that need to be addressed, especially in the countryside.

With only fifteen (15) months remaining in the term of the current administration to achieve the goals of *Kalusugan Pangkalahatan*, there is a need to adopt strategies that can produce the greatest improvements in health outcomes and the highest impact on the population within a short period of time.

The Universal Health Care - High Impact Five (UHC – Hi-5) Plan with the theme *Kalusugang Tuluy-tuloy Para Sa Pamilyang Pinoy*, focuses on five critical UHC interventions with high impact on health, prioritizing the poor, providing tangible outputs which are “felt” within a breakthrough period of 15 months, with synchronized nationwide implementation of activities.

*PARA SA LIGTAS NA PANGANGANAK, MANGANAK SA HEALTH CENTER,
OSPITAL O LYING IN CLINIC.*

*PARA SA LIGTAS NA PANGANGANAK DAPAT 4 NA BESES
MAG PRE-NATAL CHECK UP SA HEALTH CENTER.*

Maternal Health Care

Reducing maternal mortality to 57% by 2015

Increasing number of pregnant women delivering
at the facilities from 76% in 2014 to 80% by 2015

Increasing number of poor women using
modern family planning
methods from 36% in
2014 to 40% by 2015



Maternal Health

Public Health Intervention Focus

Ante- Natal Care (ANC)

ANC is the care a woman receives from healthcare professionals during her pregnancy such as a series of appointments with a midwife, or sometimes with an obstetrician (a doctor who specializes in pregnancy and childbirth).

Facility Based Delivery (FBD)

Facility-based delivery is defined as a birth attended at a health care facility at a township or higher level.

*TODO LIGTAS!
MANIGURADO, MAGPABAKUNA NG KUMPLETO.*

Infant Care

Increasing fully immunized infants from 90%
in 2014 to 95% by 2015



Infant Care

Public Health Intervention Focus

Fully Immunized Child

Protect your child with measles vaccine. This is a combination vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). The MMR vaccine is proven to be very safe and effective.

*KAHIT SAAN, KAHIT KAILAN, KAHIT SINO,
KAYANG ALAGAAN ANG KALUSUGAN
NG KABATAANG FILIPINO.*

Child Care

Reducing infant deaths to 26% by 2015

Reducing under-five deaths to 22% by 2015



Child Care

Public Health Intervention Focus

Integrated Management of Childhood Diseases

Integrated Management of Childhood Illness or IMCI is a systematic approach to children's health which focuses on the child.

This means not only focusing on curative care but also on the prevention of disease.

The approach was developed by the United Nations Children's Fund and the World Health Organization in 1992.

HUWAG MATAKOT O MAHIYA!

*ALAMIN ANG IYONG HIV STATUS.
ITO AY LIBRE AT KOMPIDENSIAL.*

HIV / AIDS

Increasing number of cases diagnosed
and given treatment
from 8,030 in 2014 to 11,384 by 2015



HIV / AIDS

Public Health Intervention Focus

Early Diagnosis and Treatment

Increased access to testing for
HIV/AIDS will be done on specific days
to identify more cases for treatment.

*KOMUNIKASYON AT KOORDINASYON,
SUSI SA MATAGUMPAY NA PAG-AKSYON!*

Service Delivery Network

Assigning 50% of families to Service Delivery Networks, especially in 45 priority provinces, by 2015

Service Delivery Network

Public Health Intervention Focus

Service Delivery Network (SDN)

SDN is a network of health facilities and health care providers within the province- or citywide health system that offers a core package of health care services in an integrated and coordinated manner.

STRATEGIES

Profiling Data

Profiling Data is the masterlisting of target recipients (married women of reproductive age, infants, children, and families), pregnancy tracking, mapping of health facilities and health care providers and gathering relevant data (on target recipients, health facilities, and health care providers)

TSISMIS

(Tama, Sigurado, Sapat, Makabuluhang Information System)

Tama, Sigurado, Sapat, Makabuluhang Information System is a communication system used by barangay health workers to effectively gather health information from the people in the community. This system provides data on maternal deaths, child health, TB and other public health concerns.

RAIDERS

(Reach and Innovate Desired Rational Scores)

Reach and Innovate Desired Rational Scores traces defaulters to increase the number of fully immunized children and pregnant women informed on breastfeeding and provided with prenatal and postnatal checkups.

STRATEGIES

Micronutrient Supplementation

Micronutrient supplements supplements will be given to identified undernourished children to improve the overall nutrition status of children in the 29 Accelerated and Sustainable Anti-Poverty Program municipalities.

HIV AIDS

(Harmonious Innovations for Vulnerable populations, Advocacy & Intensified Diagnostic and treatment Strategy)

This strategy coordinates, plans, implements, monitors and evaluates activities to address HIV/ AIDS concerns to increase the number of target beneficiaries who are tested for HIV and are made aware of their status; and ensure that 90% of confirmed HIV cases are started on Anti-retroviral Therapy even as 90% of HIV/ AIDS cases with opportunistic infections are properly referred and managed.



Beat Tobacco

ACTIVITIES

Summit

All 17 regional offices convened a summit with health stakeholders where priority Hi-5 activities for implementation were introduced and commitments secured from them. Among the objectives of this activity were to communicate the urgency of and to advocate implementation of Hi-5 strategies, and to assist LGUs in formulating their consolidated plans.



ACTIVITIES



Caravan

services, such as immunization, to support existing LGU health services

All 17 regional offices mounted a caravan to reach target beneficiaries and disseminate information as well as provide direct health

Hi-5 Evolution



Attaining the MDGs through Hi-5

The Philippines is one of the 189 United Nations (UN) member-countries that adopted the Millennium Declaration in 2000, which embodies eight Millennium Development Goals (or MDGs) with specific and interrelated goals which set to eradicate extreme poverty and hunger, achieve universal primary education, promote gender equality and empower women, reduce child mortality, improve maternal health, combat HIV/AIDS, malaria and other diseases, ensure environmental sustainability and develop a global partnership for development.

The Department of Health (DOH) through its Universal Health Care (UHC) or Kalusugang Pangkalahatan (KP) High Impact Five (Hi-5) strategy that aims to intensify regional operations, converge in priority poverty programs/areas and to implement model plans on key high impact interventions in order to bridge the gap and reduce barriers to access health care, reduce social exclusion and work towards universal coverage of delivering health services to Filipinos. It is one of the lead agencies appointed to meet these set of goals, giving emphasis on the health-related ones. Moreover, MDGs significantly represent global partnership between the poor and the support of the developed countries.

In order to attain these goals, DOH launched its Hi-5 last June of 2015 that focuses on Maternal Health Care, Infant Care, Child Care, HIV/AIDS, and Service Delivery Network which specifically target different MDGs, specifically the MDGs 4, 5, and 6. This strategy aims to produce the greatest improvement in health outcomes especially in 43 priority provinces, within 15 months, with harmonized nationwide implementation of activities. These were developed through the collaborative efforts of the Regional Directors with technical inputs from DOH Central Office program managers and other stakeholders and experts.

Apparently, from the day it was inception, significant improvements were made focusing on achieving its health-related MDGs. The Philippines was able to achieve its MDG 4 by reducing infant and under-five mortality rates by two-thirds, between 1990 and 2015, according to latest data from the 1990 Technical Working Group on Maternal and Child Mortality, Philippine Statistics Authority-National Statistical Coordination Board; National Demographic and Health Survey (NDHS) (1993, 1998, 2003 & 2008), NSO; Family Planning Survey 2006. The Family Health Survey 2011 reveal that the number of infant and under-five deaths continued to decrease from 2006 to 2011. In 2006, the number of infant deaths was at 24 per 1,000 live births and under-five deaths at 32 per 1,000 live births. In 2011, deaths decreased to 22 and 30 per 1,000 live births, respectively.

However, meeting MDG 5, that is reducing the maternal mortality ratio (MMR) by three quarters, between 1990 and 2015, is highly improbable. Achieving it will require stronger political will focusing on women and children's rights and needs and more collaborative efforts between different key players and stakeholders. Based on the data given by either the National Statistics Office surveys or Field Health Services Information System on MMR, there is no progress in recent years. Even though it is unlikely for a pregnant woman to die in a birthing facility, only 55 percent are delivered in facilities. Furthermore, there is also a rising trend in teenage pregnancy, although there is reduction in total fertility rate for the past years.

Subsequently, MDG 6 showed progress in reversing the incidence of malaria. According to data from the Philippines Fifth Progress Report-Millennium Development Goals by the National Economic and Development Authority and United Nations Development Programme published in 2014, twenty-seven provinces have been declared as malaria free in 2012 from only 13 provinces in 2004.

In the same way, prevalence and mortality rates associated with tuberculosis (TB) have reduced considerably. Though it still remains as one of the leading causes of sickness and deaths in our country, significant developments have been materialized in increasing case detection and treatment process. According to a 2007 study, the Philippines achieved a TB case detection rate of 75 percent, exceeding the WHO target of 70 percent and making TB services readily available and accessible in remote and poor communities through the Directly Observed Therapy Short Course or DOTS. It's a simple way to monitor or directly observe patients take their anti-TB medicines daily by a relative or a health worker. The Philippines' DOTS treatment success is at around 88 percent, which is higher than the WHO target of 85 percent.

On the other hand, according to the Philippine HIV and AIDS Registry of the National Epidemiology Center, the number of new HIV cases has been increasing and is rapidly changing, citing that the cases doubled from 2011 compared with the 2013, and cases from 2,349 to 4,814 respectively. Furthermore, low testing rate among the country's key populations is one of the key factors of the mentioned rising trend.

With the increasing number of HIV/AIDS cases, more efforts must be done in halting this global burden. Many factors should be addressed such as reducing the stigma of HIV/AIDS patients, and increasing the public's awareness of the disease and giving emphasis on screening and treatment process which are free and confidential. Some infected

patients who refuse to seek medical intervention pose danger to people whom they get in sexual contact with.

So far, despite not achieving all target goals, our country has been consistent in its progressive trajectory towards attaining these MDGs. Researchers noted that there are still rooms for improvement, what we need is a stronger and more collaboration from all sectors, at the national and local levels, and strategic partnership with international organizations.

As the MDGs came to end its term last 2015, it paved the way for more ambitious goals, giving birth to 17 Sustainable Development Goals or SDGs with 169 targets. These goals bring the momentum generated by the MDGs to address the root causes of poverty and the universal need for development that works for all people.

“

“MDGs has become the most successful global antipoverty push in history and it has evidently helped in setting priorities and attaining desired results.”

- UN Secretary General Ban Ki-Moon.

”



"Every woman who gives birth has one foot in her grave."

A common saying that most of pregnant women are aware and afraid of. Because of their desire to have a baby, they are ready to face the danger and take the risk that to bring another human being into this world, their own life is the possible payment.

"Dying because of HIV/AIDS is bad enough, but never let ignorance, shame or fear kill you."

It is estimated that in every hour, one Filipino gets infected with HIV while one of those five people living with HIV does not know he/she is infected. Gays, bisexuals, transgenders, and MSM (men who have sex with men) are at the highest risk who contract this virus and who also get discriminated against. Nowadays, the DOH is providing free and confidential HIV screening, and anti-retroviral therapy. The anti-retroviral therapy slows down the replication of the virus.

"The only time in your life that you cry and make your parents happy is at the time of your birth."

Sighs of relief, smiles, applause, congratulations do not begin when the baby comes out of the mother's womb but when the baby cries. A cry is also an important factor to be taken into consideration to check if the newborn is healthy.

"It is natural for an under-five child to be mischievous, playful and energetic because if he's not, it's another story."

It is common for a parent or guardian of an under-five child to be annoyed or irritated, even angry, at one point at the child because the child is in the stage of doing outrageous things and is easily distracted. But when the child acts or behaves in a certain way for period of time, maybe the child is experiencing an illness that can be prevented if he/she is fully immunized. To prevent deaths among children under 5 years due to diseases, the DOH is providing free vaccines for the vaccine-preventable diseases.

"Communication and connection are the keys to the success of every activity."

Knowledge, determination, commitment and all other resources for the success of any project or activity are not enough if the people who are involved are not talking and communicating with each other. This is the reason why establishing Service Delivery Networks (SDNs) is essential to address the problems among mothers, infants, under five children and people living with HIV/AIDS. Communication among institutions and agency partners is essential in mapping out programs and procedures related to health care of these vulnerable groups.

These are signposts that the critical interventions of health are already present from the very start of human life. If these are neglected or are not addressed properly, the first heart beat may also be the last...

A daughter, a mother, and a leader

She is one of the defenders of women and children's rights and welfare. She is one of those who push for more improvement in the country's implementation of laws in support of these rights.

Her academic foundation prepared her to thread the path of public health service through legislative reforms. She graduated cum laude with a degree of Bachelor of Science in Medical Technology at the Divine Word University in Tacloban City. She became an academic scholar and a consistent topnotcher of the Dean's List of the St. Luke's College of Medicine and a Silver Medallist in Master of Business Administration in Health at the Ateneo Graduate School of Business.

She was elected Representative of the 1st District of Iloilo to the House of Representatives in 2004. In her first term as a legislator, she was elected as the first Filipino board member of the Parliamentary Network on the World Bank (PNoWB). In her second term, she served as the Deputy Majority Leader of House of Representatives and on the 15th Congress (her last term), she served as the Senior Deputy Majority Leader of the House of Representatives and was also then the Senior Vice-Chair of the Committee on Population and Family Affairs, as well as the Committee on Health. As a legislator, she steadfastly advocated for various health and women's issues.



These experiences led her to recognize the situation of women, children, elderly and the less privileged in our society, and to commit herself to use the political power conferred by the people to push for health measures that would help Filipinos enjoy a better quality of life.

Her performance in Congress facilitated recognition from various government sectors and NGOs where she became a most sought after speaker, resource person, debater, and lecturer, both in the Philippines and abroad. She then became a Board Member of the Philippine Legislators on Community and Population Development and became a regular presenter to the Asian Forum of Parliamentarians on Population and Development. Further exposure in the International Community prompted her to be chosen by Women Deliver, a New York-based organization, as one of the Top 100 Inspiring People of the World, together with several prominent world leaders.



Recently, she was appointed Secretary of the Department of Health after a previous appointment as Acting Secretary and before that as Undersecretary for the Women, Children and Family Health Cluster of the Department. Her shift from the legislative to the executive branch of government equips her with experience, wit and tested dedication to make a difference.



But even as she served as a counsellor and a defender of women's and children's rights in congress and as a Secretary of Health, she is above all a daughter and a mother.

When asked who her women role models are, she replied, *"lahat tayo may role model, at ang sa akin, ang nanay ko na si Asuncion Petilla Loreto at ang mother-in-law ko na si Mayor Nimfa Serag Garin. Silang dalawa ang aking naging inspirasyon. Makikipaglaban talaga sila kapag alam nilang hindi na tama o ilegal. Kung ano ako ngayon ay reflection kung ano sila. I am continuously persevering to do my best in whatever undertakings because I want them to always be proud of me."*

She disclosed that her young daughter is one of the main reasons why she pushed for the RH Bill that is now already a law known as Republic Act 10354 – The Responsible Parenthood and Reproductive Health Act of 2012.

"Ang gusto ko para sa anak ko at sa kanyang henerasyon, at sa mga susunod pa na henerasyon na makaranas sila ng mataas na kalidad ng pamumuhay sa pamamagitan ng pagkakaroon ng kumpleto at maayos na pamilya. Naniniwala ako na isa sa mga susi upang makamit ito ay

sa pamamagitan ng RA 10354 dahil ang probisyon nito ay direktang magtataguyod sa samahan ng pamilya, hindi lamang physically kundi pati na rin psychologically at financially. At kung titignan natin ito in a bigger picture, ang batas na ito ay may magandang epekto sa buong bansa na magbibigay ng malaking oportunidad para sa pag-unlad. Sa lahat ng batas na pinangunahan ng inyong lingkod, gusto ko na ang RH Law ang aking maging legacy sa aking anak at sa kanyang henerasyon."

As RA 10354 now includes responsible parenthood, she has also an advice for the parents since the widespread presence of globalization and the internet is now in its peak. "Mas mahirap para sa panahon ngayon na magpalaki ng bata at ihulma para maging mas mabuting tao. Una, ang mga bata ngayon ay napakalaki at napakadali ng access sa mga impormasyon. Ang pagdidisiplina sa kanila ay mas kailangan pa ng creativity o extra effort kumpara sa panahon namin noon. Dapat ding maging responsable ang mga magulang sa pagkokontrol sa kanilang mga anak na maaaring magdulot ng pagkamulat nila sa karahasan na posibleng makasira ng mabuting pag-uugali."



As Secretary of Health, she walks the talk. She provided for the full funding for family planning commodities as support to the RH law, including capacity building, and training of health care providers to enable them to offer a wide range of choices to couples who want to plan their family size.

To ensure the health of children and the elderly, she made certain that the immunization services for preventable diseases among these age groups will be given free to the poor such as vaccines for flu, pneumonia, the human papilloma virus, and inactivated polio vaccine in addition to the routine vaccines given to infants.

Her pre-emptive stance against the ebola virus and MERS-CoV also stirred different government agencies to prevent the entry of the said threatening and emerging diseases.

With less than two years in her tenure as secretary of health, she has accomplished a lot of things and leaves a lasting legacy.

“

Sa lahat ng batas na pinangunahan ng inyong lingkod, gusto ko na ang RH Law ang aking maging legacy sa aking anak at sa kanyang henerasyon.

- Sec Garin

”

While the world is celebrating the approval of the first dengue vaccine, she made sure that the Philippines is the first country to vaccinate its children against dengue, a major feat in the medical world. It is a giant step to have this kind of intervention as it will have a big impact in the prevention and reduction of the high prevalence of dengue cases in the country.

A woman with astounding wit, exquisite charisma and indulgent hand ... she is Health Secretary Janette P. Loreto-Garin.

And as the steady progress of globalization, industrialization and fast-paced lifestyle contribute to the prevalence of non-communicable diseases, she initiated the national registration and monitoring of patients with hypertension and diabetes through provision of maintenance medicines to improve compliance and health outcomes. Hypertension and Diabetes Clubs were established wherein the registry of diagnosed patients was developed for regular updating at health centers. A monthly supply of hypertension and diabetes drugs such as amlodipine, losartan, metoprolol and metformin are also given to the members.

She is one of the legislators who pushed for the passage of the Sin Tax Law that promotes health by discouraging vices and, at the same time, collects more revenues for health care services. Also, her term saw the implementation of the Graphic Health Warning Law that requires graphic images of ill health effects placed prominently in the cigarette packs.



Hi-5 PERSPECTIVES

An interview with Dr. Rio Magpantay

The Department of Health (DOH) has translated the Aquino Health Agenda into Universal Health Care (UHC) or *Kalusugang Pangkalahatan* (KP) through the High Impact Five (Hi-5) Plan.

Hi-5 responds and focuses on five critical UHC interventions such as maternal care, infant care, under five children, HIV/AIDS and establishing service delivery network that have high impact on health, prioritizing the poor, providing tangible outputs with synchronized nationwide implementation of activities.

"Infants and under-five children are the concerns in MDG 4 wherein the DOH and local government units need to implement more unified and intensified strategies in addressing child health concerns para mapababa ang mortality rate at maiwasan ang common diseases," declared Dr. Rio Magpantay, formerly Director of the Health Promotion & Communication Service and currently Director of DOH-Region 4A, when asked about the Hi-5.

Hi-5 aims to produce the greatest improvements in health outcomes and the highest impact on the priority and vulnerable populations, with focus on five critical Universal Health Care interventions.

Promoting facility-based delivery and regular prenatal check-ups among pregnant women are critical interventions and the basic solutions in reducing the maternal mortality, according to health authorities.

And because the Philippines is one of the countries with rising cases of HIV and AIDS, the DOH is offering free screening so people with risky behavior will be able to

know their status and begin anti-retroviral therapy if it is warranted.

These first four critical interventions cannot be addressed properly without another functional critical intervention, the service delivery network. The coordination from the highest in the hierarchy down to all of the employees of the DOH and other partners will not only smoothen and make the objective of the campaign more possible and attainable but will also guide and inculcate all the families on what to do, where to go and what are their rights every time they encounter and experience one of those critical interventions.

Dr. Magpantay also explained that provinces were categorized to identify priority areas in the country. Hi-5 has already started conducting Hi-5 summits since June 5, 2015, and is continually rolling out various activities by regions.

"Kaya nga nag-Hi-5 Summit tayo para maintindihan ng ating mga partners at gusto ko ring i-emphasize na itong Hi-5 Summit naman ay may mga target din tayong probinsya na priority. Forty three provinces'yun. At doon ang pagtutuunan natin ng pansin, 'yung mga mahihirap na lugar, yung mga tendency na mahirap dahil sa disasters, 'yung magnitude atsaka 'yung pagiging poor, ang poverty ay isa 'yun sa mga pinagtuunan ng pansin. Kaya yung magandang pagpa-plano ay inaasahan natin makakamit natin ang gusto nating makamit."

He named three categories to identify what provinces should be prioritized to know what should be the focused critical interventions:

Category 1: Provinces with High Poverty Magnitude

Provinces where opportunities for growth may be present, but the poor are unable to participate in the growth process; the list shows provinces with the biggest number of poor families.

	REGION	PROVINCE
1	REGION 1	PANGASINAN
2	REGION 4A	QUEZON
3	REGION 5	CAMARINES SUR
4	REGION 6	NEGROS OCCIDENTAL
5	REGION 6	ILOILO
6	REGION 7	CEBU
7	REGION 8	LEYTE
8	REGION 9	ZAMBOANGA DEL SUR
9	REGION 11	DAVAO DEL SUR
10	ARMM	SULU

Category 2: Provinces with High Poverty Incidence

Provinces with lesser opportunities for growth as they are generally characterized by a small population, low density, and remote areas.

	REGION	PROVINCE
1	CAR	APAYAO
2	REGION 5	MASBATE
3	REGION 8	EASTERN SAMAR
4	REGION 8	NORTHERN SAMAR
5	REGION 9	ZAMBOANGA DEL NORTE
6	REGION 10	CAMIGUIN
7	REGION 12	COTABATO (NORTH COTABATO)
8	REGION 12	SARANGANI
9	ARMM	MAGUINDANAO
10	ARMM	LANAO DEL SUR

Category 3: Provinces that are vulnerable to shocks and disasters.

Provinces where the marginally non-poor can easily slide to poverty and the poor can slide deeper overtly.

	REGION	PROVINCE
1	CAR	BENGUET
2	CAR	ABRA
3	REGION 1	ILOCOS NORTE
4	REGION 1	ILOCOS SUR
5	REGION 2	NUEVA VIZCAYA
6	REGION 2	CAGAYAN
7	REGION 2	ISABELA
8	REGION 2	QUIRINO
9	REGION 3	ZAMBALES
10	REGION 3	PAMPANGA
11	REGION 3	AURORA
12	REGION 4A	RIZAL
13	REGION 4A	CAVITE
14	REGION 4A	LAGUNA
15	REGION 5	CATANDUANES
16	REGION 6	ANTIQUE
17	REGION 6	ILOILO
18	REGION 7	BOHOL
19	REGION 8	SOUTHERN LEYTE
20	REGION 8	EASTERN SAMAR
21	REGION 8	NORTHERN SAMAR
22	REGION 8	LEYTE
23	REGION 9	ZAMBOANGA SIBUGAY
24	REGION 9	ZAMBOANGA DEL SUR
24	REGION 13	AGUSAN DEL SUR
26	REGION 13	SURIGAO DEL SUR
27	REGION 13	SURIGAO DEL NORTE
28	REGION 13	DINAGAT ISLANDS

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Category 2: High Poverty Incidence	10
Category 3: Vulnerable to Shocks and Disasters	28
Total for 5 double category provinces	Iloilo (Cat 1 & 3) E. Samar (Cat 2 & 3) N. Samar (Cat 2 & 3) Leyte (Cat 1 & 3) Zamboanga Del Sur (Cat 1 & 3)

Total of 43 Priority Provinces

"Pero ito ay di magagawa ng isang kagawaran lang, ng Department of Health lang, kundi this is a partnership, a partnership among many stakeholders including the community. Kasi ang community kung walang participation e di rin mapagtatagumpayan yan."

And as a former director of Health Promotion and Communication Service, he added, "HPCS, dapat napakalaki ng participation dahil this is health promotion and communication, we have to communicate well to make sure that there's a change in the behavior."

Through orientations for each and every member of Filipino family about the Hi-5, they will not only be familiarized, but will also be educated and will be able to practice what this campaign is offering.



“

Ang Hi-5, taas natin lahat ng ating kamay, at kapag tinaas natin ang kamay natin, nakatutok sa lima, ibig sabihin this is a partnership, pagtagpuin natin ang mga palad natin, ibig sabihin we are committed to be part of Hi-5.

- RIO L. MAGPANTAY, MD, PHSAE, CESO III

”

Hi-5: A Regional Perspective

Region I is composed of four provinces: Ilocos Norte, Ilocos Sur, La Union, and Pangasinan. Known for its different tour spots, Region I has been also recognized for best health practices in their communities.

“The reduction of child mortality is what we are trying to focus on among the five health interventions of High Impact Five (Hi-5),” Regional Office I Director Myrna Cabotaje declared.

A small percentage rate of the fully immunized child and an increased rate of children who are sick because of not being vaccinated are the main concerns of the Regional Office as of the moment.

One of their best practices is the program entitled “Reaching every Purok” wherein the local health officials and workers meet the health needs of people living in remote areas.

The Hi-5 plays an important role in the development of the health programs of the regional office under the supervision of Dr. Cabotaje, particularly the Tama Sigurado Sapat at Makabuluhang Information System (TSISMIS) and the Reach and Innovative Desired Rational Scores (RAIDERS).

The “Tama Sigurado Sapat at Makabuluhang Information System,” or TSISMIS, is a communication system used by BHWs to gather health information from the people in the community to collect data on maternal health, child health, tuberculosis and other public health concerns.

Meanwhile, the “Reach and Innovate Desired Rational Scores,” or RAIDERS, are the trace defaulters and the link between the community and RHU. Its objectives are

to increase the number of fully immunized children by tracing defaulters of routine immunization and to increase the number of pregnant women provided with prenatal and postnatal check-ups and informed on breastfeeding.

These programs, Dr. Cabotaje said, will definitely count in achieving their goal to decrease the mortality rate of children in their region. Dr. Cabotaje also mentioned that the success of their targets will be reached by maintaining and improving the existing programs of the Department of Health (DOH).

Their partners, the Philippine Public Health Association, Nurse Deployment Program, health workers and officials from the local government units are working hand in hand to give quality and access to health services by reaching out to the far-flung areas. As a result, mothers who are giving birth in a health facility are continuously increasing in the Ilocos Region, the maternal death rate is constantly decreasing and the issue on HIV and AIDS has been gradually addressed because of their hard work. Through the effort of DOH Central Office and regional health offices, the health services are being felt more in the different communities, far or near.

Dr. Cabotaje affirmed that the success of the Hi-5 hinges on the full cooperation of the different regional directors, local government units and communities. “This Hi-5 plan is going to be their starting venue to offer more health services that will serve their whole community, she added.

REGION I – ILOCOS REGION

PANGASINAN LAUNCHING

The Department of Health Regional Office I, together with the Pangasinan Provincial Health Office and its Rural Health Office, launched the Universal Health Care - High Impact Five (UHC – Hi-5) at Mahogany Farm in Bayambang, Pangasinan on July 9 last year.

The Hi-5 Plan with the theme “Para sa Tuwid na Daan, Kalusugang Tuluy-tuloy, para sa Pamilyang Pinoy,” focuses on five critical UHC interventions with high impact on health, prioritizing the poor and providing tangible outputs which are felt by the people. The strategies to attain the MDGs include reducing infant mortality by 20%, reducing under-five mortality by 22%, reducing maternal mortality by 57%, reducing cases of Human Immunodeficiency Virus/Acquired Immuno-Deficiency Syndrome (HIV/AIDS) by 40% and increasing the service delivery networks within the sector.

The UHC – Hi-5 kicked off the event with a motorcade headed by the Regional Office I and participated by representatives from the Department of Interior and Local Government, Department of Education, Department of Social and Welfare Development, Nurse Deployment Program, Barangay Health Worker, Government Hospital Staff, Population Commission, Philippine National Police, and other government and non-government organization. The motorcade started from Pangasinan State University and went around the municipality of Bayambang. Each of the vehicles in the motorcade displayed banners highlighting key messages of UHC – Hi-5 even as audio-visual presentations were shown in the Mobile LCD unit of the parade. The motorcade ended at the venue of the Hi-5 Summit, the residence of Mayor Ricardo Camacho of Bayambang, where participants from different organizations gathered to witness the launching.



Before the summit started, participants were invited to view the gallery to give them ideas of what Hi-5 strategy is all about. The gallery showcased all the programs of the DOH including the health statistics of Region I to show the people where they are right now and what they need to attain. There were also standees specifically for Hi-5 displaying the 5 key interventions: infant care, child care, maternal care, reducing HIV, and service delivery network developed by the Health Promotion and Communication Service of DOH Central Office.

Mayor Camacho, welcomed all the 168 representatives who attended the summit. The mayor shared his concern for the current health status of the province and enlisted his constituents' participation, for the betterment of Pangasinense health. After the mayor's welcome message, DOH Regional Office I Director Myrna Cabotaje

REGION 1 Hi-5 (continuation)

The Department of Health (DOH) launched the High Impact Five (Hi-5) through a summit in four provinces of Region I. The message of the Secretary of Health Janette Loreto-Garin was presented by officials of DOH, Director Enrique Tayag in Pangasinan, Executive Director Juan Antonio Perez in Ilocos Norte, Assistant Secretary Maria Bernardita Flores in Ilocos Sur and USec. Vicente Belizario, Jr. in La Union on June 9, 11, 16 and 18, 2015 respectively.

The summit started with a motorcade to formally inform and gain the support of the public for the continuing implementation of universal health care (UHC) program and high impact breakthrough strategies and attended by hundreds of stakeholders from the local government units, non-government organizations, media and health partners from different health offices and hospitals

For only 15 months to address the challenges in attaining the Millenium Development Goal (MDG) numbers. 4, 5 and 6, the DOH has called the commitment of the stakeholders particularly in the health program implementers to utilize all means to provide services on the five thrusts of the government which are: maternal care, infant care, under-five, HIV/AIDS and service delivery network.

Dr. Myrna C. Cabotaje, Regional Director, presented the Kalusugan Pankalusugan Roadmap and the overview

of the nationwide implementation of Hi-5 while in the speeches of the invited guests representing Sec. Garin, they said that Ilocos region is already doing well in its MDG targets but everyone needs to push for more initiatives and efforts. They added that the DOH only plays a small role, and all plans and strategies will be nothing without the stakeholders as implementers and that the success of Hi-5 lies on the commitment of everyone.

Government officials present during the summit were Vice Governor Jose Ferdinand Calimlim of Pangasinan, Vice Governor Angelo Barba of Ilocos Norte, SPM. Jeremias Singson of Ilocos Sur, Dr. Geoffrey Tilan,

Provincial Administrator, representing Gov. Manuel Ortega of La Union and city/municipal mayors, vice mayors and councilors-chairmen on health and signed the pledge of commitment.

The Department of Education, Association of Municipal Health Officers, League of Municipalities, Barangay Health Workers Federation and Medical Society backed the implementation of Hi-5 and there are very optimistic that every Filipino will be covered by UHC which will contribute in the attainment of MDGs before the end of Aquino Administration.

David Zaragoza
HEPO III, Region I



NCR – METRO MANILA

MANILA LAUNCHING

The Department of Health - National Capital Regional Office (DOH-NCRO) officially launched the Hi-5 Summit at Century Park Hotel in Malate, Manila as a strategy to push further the attainment of the DOH's Millennium Development Goals.

According to DOH Assistant Secretary Elmer G. Punzalan, the Hi-5 was conceptualized to attain the country's Millennium Development Goals (MDG) for Health as a legacy of the Aquino administration to the Filipino people.

The launch was officially announced in the flag-raising ceremony at the DOH – Central Office. It was followed



by an LRT train ride from Tayuman station to Vito Cruz station graced by NCRO Officials and some Executive Committee members of the Department. Afterwards, a mini-parade from Vito Cruz station to the Century Park Hotel followed. In the venue, a Hi-5 gallery will be unveiled to showcase the best Hi-5 practices of every local government unit in the region.

DOH-NCRO Regional Director Ariel I. Valencia spearheaded the declaration of the pledge of commitment of partners and stakeholders from non- government organizations, Mayor's league Representatives, MMDA representatives, Congressmen, and AHOMM officers to support the Hi-5 initiative.

"These Hi-5 strategies are in line with health sector's vision through the directive of Secretary Garin, Sa Tuwid na Daan, Kalusugan ay Tuluy-tuloy para sa Pamilyang Pinoy, Dr. Valencia concluded.

Health Promotion Unit
National Capital Region



Region IV-A – CALABARZON

BATANGAS SUMMIT

To lessen the number of mortality and morbidity in the country, the remaining term of President Benigno S. Aquino Jr. shall be focused on prevention and giving better healthcare services to the Filipino people to keep up with the concept of the Universal Health Care - High Impact Five (UHC – Hi-5) campaign.

In support of this cause, Region IV-A opted to conduct provincial summits in each of their five provinces in the CALABARZON namely Cavite, Laguna, Batangas, Rizal and Quezon, to accurately identify the needs and monitor the on-going practices of the different provinces.

The first day of the event was the Hi-5 Health Caravan and the gatherings of the different local government unit for the presentation of the scorecard. This activity aims to reveal the health status and needs of each city.

Dr. Corazon Flores, OIC-Director of Region IV-A, gave the Inspirational Message followed by the Presentation of Hi-5 Program discussed by educating and updating the local government units and health workers of Batangas province on what the Hi-5 priority projects are.

During the summit, a photo exhibit on the region's Hi-5 activities focusing on maternal care, infant care, under 5 children, HIV and service delivery network was opened to the public.

The summit was attended by the different mayors of Batangas, private partners, various government institutions and media partners.

Part of the program was the sharing of best practices of selected Batangas municipalities to encourage others to enhance and strengthen the health services that they are providing to their people, most especially to those belonging to poor communities. There was also an open forum where some of the local government officials and health workers voiced out the existing problems identified in their municipalities.

“Anything for health, you'll have my support 100%.”
- Batangas Gov. Vilma Santos-Recto





One of the highlights of the Hi-5 Summit was the presence of Batangas Gov. Vilma Santos-Recto. She graced the event with enthusiasm and strongly appealed for the support of the Batanguenos to continuously help the health campaigns and programs of the government in their municipalities. "Anything for health, you'll have my support 100%" , Gov. Recto concluded.

REGION IV-A CALABARZON

CALABARZON SUMMIT

In Region IV-A, Hi-5 Summits were conducted per province.

Governors from the provinces of Cavite, Laguna, Batangas, Rizal and Quezon graced the event at Batangas Country Club. An assemblage of Mayors from different cities and municipalities of the region and stakeholders from non-government organizations attended.

The High Impact Five Health Summit featured Hi-5 presentations and updates on the current health status of the region. Updates on the health status were presented by Dr. Corazon I. Flores, OIC-Director IV, and the overall concept of Hi-5 by Dr. Noel G. Pasion, OIC-Director III, both very active in leading the region to extraordinary strides for High Impact Five. Asec. Gerardo Bayugo, [present during the Cavite Health Summit] and Asec. Nestor F. Santiago, Jr. [who attended the Laguna Health Summit] delivered the Department of Health Execom Message.

Partnerships among stakeholders from the Department of Health, Region IV-A, the Provincial Health Office, Provincial Health Team Office, Local chief executives non-government organizations, was the highlight of the Hi-5 activity conducted. We were able to secure the commitment of the stakeholders to the implementation of the High Impact Five strategies.

Rural Health Units were requested to submit photos depicting their part to achieving the time-bound health related Millennium Development Goals. The photos were then showcased to impart the daily activities of our hard-working health care workers engaged in their efforts to deliver quality health care to neonates, infants,

children, adolescents, adults, and the elderly via our Hi-5 Gallery.

Below is a list of the Hi-5 activities conducted in the Region:

Hi-5 Activity	Venue	Date
I. Rizal Health Summit	Rizal Provincial Capitol	May 13, 2015
II. Batangas Health Summit	Batangas Country Club, Bolbok, Batangas City	June 7 & 8, 2015
III. Quezon Health Summit	Queen Margarette Hotel, Lucena City	June 17 & 18, 2015
IV. Quezon Health Caravan	Alabat National High School, Alabat, Quezon	June 23, 2015
V. Cavite Health Summit	Tanza Oasis Resort and Hotel, Brgy Capipisa, Tanza, Cavite	June 25, 2015
VI. Laguna Health Summit	Splash Oasis & Suites Hotel, Los Baños, Laguna	July 7 & 8, 2015

June 23, 2015, the first Hi-5 Health Caravan in the region was held in one of the Accelerated and Sustainable Anti-Poverty Program Municipality belonging to Category 1 – The Municipality of Alabat, Quezon. The Hi-5 Health Caravan team led by Regional Director Corazon I. Flores and Assistant Regional Director Noel G. Pasion, who

were warmly welcomed by Municipal Mayor Fernando L. Mesa, travelled from Manila to Alabat National High School to provide health services and health information on antenatal care, facility-based deliveries, newborn and under five, nutrition, and family planning.

Apart from the maternal and child health-focused health services, the Hi-5 Health Caravan Team also provided basic laboratory services, free HIV counseling and testing, blood donation, dental services and immunization to senior citizens.

Dr. Agripino Tullas, Quezon Integrated Provincial Health Officer and Dr. Ruchie Chua Cheng, Alabat Municipal Health Officer, were also present during the health caravan. Faculty members of Alabat National High School expressed their support and gratitude to the team for bringing the health services to the island of Alabat. Health services aligned to the MDG targets of improving maternal and child health and halt STI/HIV/AIDS.

With the limited amount of time left for the achievement of the MDG goals, CaLaBaRZon shall continue to intensify its advocacy efforts. Together with all the stakeholders, the objectives of the Universal Health Care – High Impact Five Plan are within reach for as long as Hi-5 message is passed along until even geographically isolated areas are reached.

JEANNETTE N. ATIENZA, RN
HEPO, Region IV-A

LAUGHTER HEALS

Ulila

Lyca

Uy, bakit ka ba kasi pandak?

Jerry

Kasi bata pa lang ako, ulila na ako.

Lyca

So? Anong koneksyon nun?

Jerry

Hello? Wala ngang nagpalaki sa akin!



Pangalan

Elen

*Ang pangit naman ng pangalan mo,
Conrado Domingo.
In short, condom.*

Conrad

*Ok lang po 'yun, Ma'am.
Kaysa naman po sa asawa n'yo,
Supremo Potancieno.
In short, supot.*



REGION IV-B – MIMAROPA

MIMAROPA SUMMIT & CARAVAN

The Department of Health (DOH) – MIMAROPA (Oriental/Occidental Mindoro, Marinduque, Romblon, Palawan) launched last year the first “Kalusugang Tuluy-Tuloy Para sa Pamilyang Pinoy (KTP3)” Summit and Health Caravan which showcased the whole range of the health department’s programs at the Divine World College Gym in San Jose, Occidental Mindoro.

According to Regional Director Eduardo C. Janairo, the caravan provided direct services for each member of the family from Lolo, Lola, Tatay, Nanay, Kuya, Ate and Bunso, also to Buntis and newborn, especially those enrolled at the National Household Targeting System for Poverty Reduction (NHTS-PR).



“This event was the focus of the five provinces in the region because of the low health coverage, high maternal and infant mortality rate. There are also numerous groups of indigenous communities needing health care services in this region. These concerns were addressed immediately by deploying the needed health care services and providing the essential health interventions to improve the health care outcomes in these target areas,” Dr. Janairo stated.

“The individual’s health care and well-being must be recognized at all times because health prevention and preservation are the key elements in achieving total health outcomes and economic growth,” he added.

The objective of KTP3Summit and Health Caravan is

to boost the five major health programs of the DOH on maternal and infant care, child care, HIV/AIDS and Service Delivery Network. It also aims to intensify the health operations in the provincial & municipal levels especially those in the priority poverty programs & areas.

According to Health Secretary Janette Loreto-Garin, the KTP3 is part of the Hi-5 Plan of DOH to provide people more access to health care services and ensure that these services are properly utilized and are able to reach communities in far flung areas.

Free health care services during the summit includes family planning services (i.e, bilateral tubal ligation (BTL), IMPLANON, intrauterine contraceptive device (IUD) insertion and vasectomy), measles-rubella immunization, preventive dentistry, distribution of RiMo (Rice Mongo) curls, pregnant health and nutrition education with distribution of pregnancy kits, adolescent reproductive health teaching with distribution of teen kits, blood testing (glucose, uric acid (UA), cholesterol),





nutritional and physical activity counseling, prevention of disease analyzer, bloodletting/typing, human immune virus testing and Operation "Tuli".

Also included were health promotion and awareness activities that provided information and education to families and individuals. An interactive exhibit, a motorcade and float competition showcasing health breakthroughs in the province of MIMAROPA were conducted before the start of the summit.

Memorandum of Commitment between the local government chiefs and various stake holders was signed to sustain and further improve local government health services and strengthen public-private and public-public partnerships for the attainment of health goals for 2015. "This will ensure the continuous and comprehensive

delivery of basic health care services to the community," Janairo concluded.

ORIENTAL MINDORO RESIDENTS GETS FREE HEALTH SERVICES THROUGH DOH Hi-5

The Hi-5 Health Caravan was held at the Oriental Mindoro National High School in Calapan City, Oriental Mindoro.

"We provided health services to the communities in the province and focused on the improvement of health status in identified areas to meet our Millennium Development Goals last year. This will be coordinated with local government units and partner agencies in MIMAROPA," Dr. Janairo stated.

"Through the Hi-5 Health Caravan, people will have more access to health services and health personnel will be utilized to ensure that health care will reach the target communities, especially those residing in island barangays," Janairo assured.

Among the free health care services given during the health caravan are family planning services (i.e., bilateral tubal ligation (BTL), intrauterine contraceptive device (IUD) insertion and vasectomy), measles-rubella immunization, preventive dentistry, distribution of RiMo (Rice Mongo) curls, pregnant health and nutrition education with distribution of pregnancy kits, adolescent reproductive health teaching with distribution of teen kits, blood testing (glucose, uric acid (UA), cholesterol), nutritional and physical activity counselling, prevention of disease analyzer, bloodletting/typing, human immune virus testing and Operation "Tuli".



REGION V - BICOL

LEGAZPI LAUNCHING

The Department of Health – Regional Office V joined the rest of the DOH regional offices in launching the Kalusugang Pangkalahatan High Impact Five (Hi-5) through a motorcade, summit and health caravan on June 10, 2015 at the Albay Astrodome in Legazpi City.

More than 500 participants from the local government units, non-government organizations, government stakeholders, hospital officials, community health workers, media partners and various groups were in attendance.

Hi-5 Summit served as the starting ground in intensifying the implementation of five major health programs of the DOH that aim to achieve MDG 4, (reduction of child mortality), MDG 5 (improve maternal health), and MDG 6 (combat HIV/AIDS, malaria and other diseases). The Hi-5 also includes the enhancement of the Service Delivery Network (SDN).

This activity advocated for Hi-5 implementation at the regional, provincial, and city/ municipal levels. The Summit included an orientation-lecture on the KP Roadmap and the Hi-5 interventions, presentation of the Regional Hi-5 implementation plan, media briefing and signing of Pledge of Commitment. The caravan, on the other hand, provided health information by giving away information and education materials and supplies on contraceptives to participants.

DOH – ROV Assistant Regional Director Napoleon L. Arevalo discussed the KP Roadmap, accomplishments of the region and plans to improve critical health programs. Some of the plans were the establishment of two dental clinics per province and barangay health stations in schools before June 2016. Dr. Arevalo also revealed that Hi-5 will prioritize 29 municipalities in Bicol; the majority belong to the provinces of Camarines Sur, Masbate and Catanduanes. The prioritization was based on the Department of Social Welfare and Development –





Dr. Arevalo also revealed that Hi-5 will prioritize 29 municipalities in Bicol.

National Household Targeting System – Listahanan data. DOH – ROV Director Emilia P. Monicimpo explained that the Hi-5 plans to fast track the provision of improved access to health care services and ensure that these services will be utilized and enjoyed especially by those who belong under the National Household Targeting System for Poverty Reduction (NHTS-PR) and those who live in far flung communities.

With this new program, Mr. Edgar Estevez, regional president of Barangay Health Workers Association (BHWA) vowed that they will exert more effort and dedication in order to support said program. Continuous partnership and support to DOH was also assured by Ms. Ma. Theresa Alvarez, Regional Cluster Adviser of Luzon Health and Dr. James Apin of President of Association of Municipal Health Officers of the Philippines (AMHOP). Partner agencies such as DILG and DSWD showed their support by expressing their acceptance of their role in the implementation of Hi-5, giving encouragement to the DOH and challenging the participants to support this newest health program.



REGION VI – WESTERN VISAYAS

ANTIQUE SUMMIT

One of the three High Impact Five (Hi-5) summits of Region 6 was held in June last year, at Eagle's Inn, San Jose, Antique. The motorcade started from the entrance of the province to the municipality of San Jose and lasted for an hour and a half.

Tarpaulins on antenatal and prenatal care, facility-based delivery, fully immunized child, and exclusive breastfeeding, integrated management of childhood illnesses, diagnosis and treatment of HIV/AIDS were attached on the vehicles.

Flyers, brochures, T-shirts were given away and a jingle about Kalusugan Pangkalahatan (KP) was also played.

Health Undersecretary Dr. Vicente Y. Belizario Jr., discussed the five critical interventions and affirmed that though there are only few months remaining on the current administration to achieve the goals of KP or Universal Health Care (UHC), the Department of Health (DOH) is eager to promote quality health care for all especially to those who are included in the Geographically Isolated and Depressed Areas. Usec. Belizario also said that although the province ranked number one in malnutrition, conducting a feeding program is not enough, because there is a big possibility that not only the children benefits from the food they eat but also the parasitical worms Helminths inside their stomach. This is the reason why July 29 is the National School Deworming Day, wherein 16 Million children will benefit.

Subsequently, the director of DOH Region 6 Dr. Marlyn Convozar discussed the activities to be rolled out in intensifying the Hi-Five. Preparatory activities are comprised of the establishment of national and regional performance delivery units; and profiling of target recipients, health facilities and health care providers. Intensified regional operations for routine services are composed of deployment of existing health human resource by regional offices (ROs); scaling up of targeted advocacy efforts by ROs; enhancement of regional electronic data systems by ROs; and training of Barangay Health Workers in TSISMIS (Tama Sigurado Sapat at Makabuluhang Information System). Intensified regional operations for special breakthrough services are UHC

caravan, buntis congress (safe motherhood), RAIDeRS (Reach And Innovate Desired Rational Scores), garantisadong pambata, voluntary blood donation, ultrasound services, and access to testing and other services for HIV/AIDS.

Special Breakthrough Services

The UHC Caravan/KP Roadshow targets specific population and improving access to relevant health information, health services, and commodities. The beneficiaries are mothers, fathers, adolescents, under five, and senior citizens. There will also be optimal services for LGBT (lesbian, gay, bisexual, and transgender), PWDs (Persons with Disabilities), and IPs (Indigenous Peoples).

It was participated by Department of Interior and Local Government (DILG), Philippine National Police (PNP), Bureau of Fire Protection (BFP), Local Government Units (LGUs), Philippine Charity Sweepstakes Office (PCSO), Antique Provincial Health Office, Philippine Academy of Family Physicians, Women's Group, and Field Bikers Association.

Province/HUC	Specific Area	Date
Aklan	Tangalan	July 15
Antique	Tibiao	July 15
Capiz	Tapaz	July 15
Guimaras	Nueva Valencia	July 15
Iloilo Province	Pototan	June 23
	Passi City	October 23
	Tigbauan	December 3
	Concepcion	Feb/March 2016
Negros Occidental	La Carlota	July 15
	San Carlos	October 23
	Binalbagan	December 3
	Hinobaan	2016
Bacolod City	City High School	July 15
Iloilo City	Robinsons Mall	July 21

Buntis Congress was a one-day event where essential prenatal care services were rendered to pregnant women.

Province	Date
San Jose, Antique	June 23
Hinobaan, Negros Occidental	June 23
Concepcion, Iloilo	July 15

While the Garantisadong Pambata consisted of mass deworming, micronutrient, and food supplementation that was held nationwide in July last year in observance of National School Deworming Day.

There was also assistance for Nutrition and Oral Health such as direct service feeding activities, provision of micronutrient products, preventive oral health, mental feeding, and cooking demonstration.

Testing and counseling for HIV/AIDS and anti-retroviral therapy for newly diagnosed People Living with HIV (PLHIV) was also conducted.

All out Support

Representatives from the LGUs of Antique, DepEd, DILG, Provincial Social Welfare Development Office, Provincial Population Office, Integrated Provincial Health Office, PhilHealth, Philippine Information Agency, Panay News, and 91.7 Radyo Natin signed the pledge of their commitments.

From the considered smallest support such as IEC (Information Education Communication) materials that each can offer, to the advocacy campaign projects, information support and services, local budget, and local legislation, it is no doubt that the objective to achieve the goals of KP through adopting these strategies can produce the greatest improvements and developments in health outcomes and the highest impact on the population with a short period of implementation," Dr. Convocar concluded.



Deworming to combat the health and nutritional impact of helminth infection

Helminths are a group of parasites commonly referred to as worms and include schistosomes and soil-transmitted helminths. Schistosome and soil-transmitted helminth infections are among the most common infections in developing countries and can impair nutritional status by causing:

- Internal bleeding, which can lead to loss of iron and anemia;
- Malabsorption of nutrients;
- Diarrhea; and
- Loss of appetite, which can lead to a reduction in energy intake.

Infections can also cause cognitive impairment as well as tissue damage that may require corrective surgery.

The nutritional impairment caused by schistosome and soil-transmitted helminth infections during childhood has been shown to have a significant impact on the growth and development of children. Periodic treatment (deworming) of children together with the improvement of water and sanitation, and health education can reduce the transmission of schistosome and soil-transmitted helminth infections.

REGION VII - CENTRAL VISAYAS

CEBU SUMMIT

"Halt HIV", is one of the UHC interventions included in the Universal Health Care - High Impact Five (UHC – Hi-5) plan by the Department of Health (DOH). Being in one of the hot spots for HIV this year, Cebu City through its Department of Health together with other regional government agencies, worked hand in hand to address the increasing number of HIV patients in their region. Among the modes of transmission of HIV, drug use is Cebu City's main route.

Last June 8, 2015, Cebu City had their Hi-5 summit launching at the Cebu Provincial Capitol Social Hall. The

Secretary Gerardo Bayugo from DOH-Central Office. They set up a gallery which showcased the information and facts about the five interventions.

Governor Hilario P. Davide III recognized that the success in the outcome of the DOH strategic plan for the entire



event was attended by known personalities headed by the Department of Health-Region VII Regional Director Dr. Jaime S. Bernadas. They started the motorcade from the provincial Capitol of Cebu and went around to the major routes of Cebu City with the presence of Assistant



Philippines dwells on the commitment and hard work of the health sector not only in their province but in the whole country as well. DOH RO VII Asst. Director Lakshmi Legaspi showed the achievements in the Millennium Development Goals of Cebu Province. Keynote speaker OIC Undersecretary Gerardo Bayugo emphasized the role of Local Government Units regarding the success of the Hi-5. The different stakeholders such as Department of Education, Department of Social Welfare and Development, Department of the Interior and Local Government, local government executives, municipal health officers, and representatives from different associations and organizations gave their testimonials about the challenges and acceptance of their participation

through a Pledge of Commitment in the said event. The program ended with a press conference with OIC Undersecretary Bayugo, DOH Regional Director Barnadas, Gov. Davide, and other representatives from different organizations present.



REGION IX - ZAMBOANGA PENINSULA

PAGADIAN LAUNCHING

According to the data of the Department of Health (DOH), Zamboanga ranks 8th on the list of provinces in the country with high poverty magnitude and 5th with high poverty incidence. At the same time, program targets or focuses on the people who live in Geographically Isolated Disadvantaged Areas such as the Indigenous Peoples (IPs), women, and the poor as a whole.

True to its mandate, the DOH Regional Office IX launched its own version of Hi-5 Summit at Pagadian, Zamboanga del Sur last June 10, 2015. An estimated 300 participants attended summit who represented the local chief executives, the mayors from Mahayag, Kumalang, and Aurora and its barangay officials, Municipal Health Office, Provincial Health Office, City Health Office, DOH (Central, Regional Office) even partner agencies from Philhealth, Population Commission, National Economic and Development Authority, Department of the Interior and Local Government, National Nutrition Council, Mindanao Health, Zuellig Family Foundation, Philippine Information Agency, and local media practitioners graced the event.

Hi-5 implementation of the interventions is devolved at the regional, provincial, and municipal levels. The roll of activities was started by a motorcade in the morning at 7:35 AM and ended at 8:35 AM. It was participated in by different stakeholders. It showcased the different strategies of Hi-5 using tarps and posters to name a few. The Summit proper followed right after the motorcade. It comprised the orientation-lecture on Hi-5 and its five (5) interventions, presentation of the Region IX implementation plan, accomplishment report and its province's current health trends as discussed by DOH – Regional Director IX, Dr. Nimfa B. Torrizo. It was then followed by the signing of the Pledge of Commitment by

the different stakeholders and, lastly, a press conference.

Dr. Cheryl Rebollos-Sarmiento, Medical Officer of Region IX, said during an interview that among the five components



of Hi-5, the most needed to be addressed and to be given proper attention in their region is the establishment and functionality of the Service Delivery Network (SDN). "It must be properly addressed in the region. Once SDN is functional and effective, the mortality rates related to the remaining four components of the Hi-5 are deemed to improve." Dr. Sarmiento explained. However, they feel it is also the most demanding component when it comes to time, effort and resources.



KALABEAT

Baboy

Nanay: Ang lakas mo kumain pero hindi ka mautusan. Ang kapal ng mukha mo!

Lotty: Kapag 'yung baboy natin ang malakas kumain, natutuwa po kayo pero pag ako, nagagalit kayo. 'Yung totoo 'nay? Sino ba talaga anak mo, ako o 'yung baboy?

Taning

Jerome: Love, may taning na ang buhay ko. Yakapin mo naman ako ng mahigpit kahit ngayong gabi lang.

Mae: Tumigil ka nga! Maaga pa ko gigising bukas. Mabuti ka pa baka hindi na!

REGION XI - DAVAO

DAVAO SUMMIT

On June 8, 2015, prior to the Hi-5 Summit Event proper, Regional Office XI Health Education & Promotion Officer Ms. Yasmin Avila provided the team of Health Promotion & Communication Service (HPCS) composed of Mr. Michael Patrick Mamaril, Ms. Joyce Ortega and Mr. Jose Lorenzo Dizon the details of their preparation. Complete staff work was done for the Program of Events, invitation and confirmation of speakers.

On the day of the Summit, June 9, 2015, a motorcade officially started the day's activity. It started from the Regional Office then proceeded to Apo View Hotel. The physical arrangements of the venue were well done, tables well-spaced, good sound system utilized and the area well lighted and ventilated.

Stakeholders and participants included officials/staff from Bureau of Quarantine (BOQ), Philippine Institute for Traditional and Alternative Health Care (PITAHC), PhilHealth, National Nutrition Council, Southern

Philippines Medical Center, Davao Regional Hospital, local chief executives from local government units (LGUs) and city health officers.





The Program officially started with an Invocation and Pambansang Awit led by the Sta. Ana Central Elementary School's Choir. Dr. Annabelle Yumang, (POSITION), acknowledged the participants and Councilor Mary Joselle Villafuerte gave the welcome remarks. A message on Hi-5 was done by Assistant Secretary Paulyn Jean Rosell-Ubial. Regional Director Abdullah Dumama, Jr presented the 2015-2016 Kalusugan Pangkalahatan Road Map. The Challenge to Stakeholders was conducted by Ms. Debie Torres, Chief of the Local Government Capacity Development Division of the Department of the Interior and Local Government.

The signing of Pledge of Commitment was led by Regional Director Dumama. A media briefing followed to allow the press time to ask details on Hi-5 and interact with the officials from government.

During the afternoon session, a presentation of Hi-5 model plans were presented by Dr. Jade Felize (Maternal and SDN), Dr. Rocky Montejo (Infant and Under-Five) and Dr. Gracita Berguia (HIV/AIDS).

Overall, the activity was well attended, nicely executed, with media in attendance to give more awareness to the public about Hi-5.



REGION XIII - CARAGA

BUTUAN CITY SUMMIT

Success starts by having a concrete vision of the future. If the future promises a healthy community, then there is no more time to waste but to endeavor to implement the plans on the table. For five years, the Philippines' commitment to the world is to achieve the health-related Millennium Development Goals (MDGs). This year, as this commitment is evaluated, the weight increases and more is stripped out from each Filipino. Looking at a precise scope, the people in the region of Caraga is one with the goal of the Filipino's commitment of health. The spirit of optimism is seen in each Caraganon especially with the new initiative of the Department of Health (DOH) to address Maternal, Infant, Child, HIV/AIDS and Service Delivery Network issues. This year and for the remaining months to come before the evaluation of our health care strategies, programs are intensified and

results should reach beyond average.

To lead the quest for the five concerns mentioned beforehand, the Department of Health-Regional Office XIII launched the first ever High-Impact Five Summit last June 10 at Almont Hotel's Inland Resort, Butuan City with the goal of soliciting commitments from local government units (LGUs), other government agencies, stakeholders/partners and other allies of health. This commitment linked health advocates and health recipients by increasing desired outcomes for the High Impact Five.

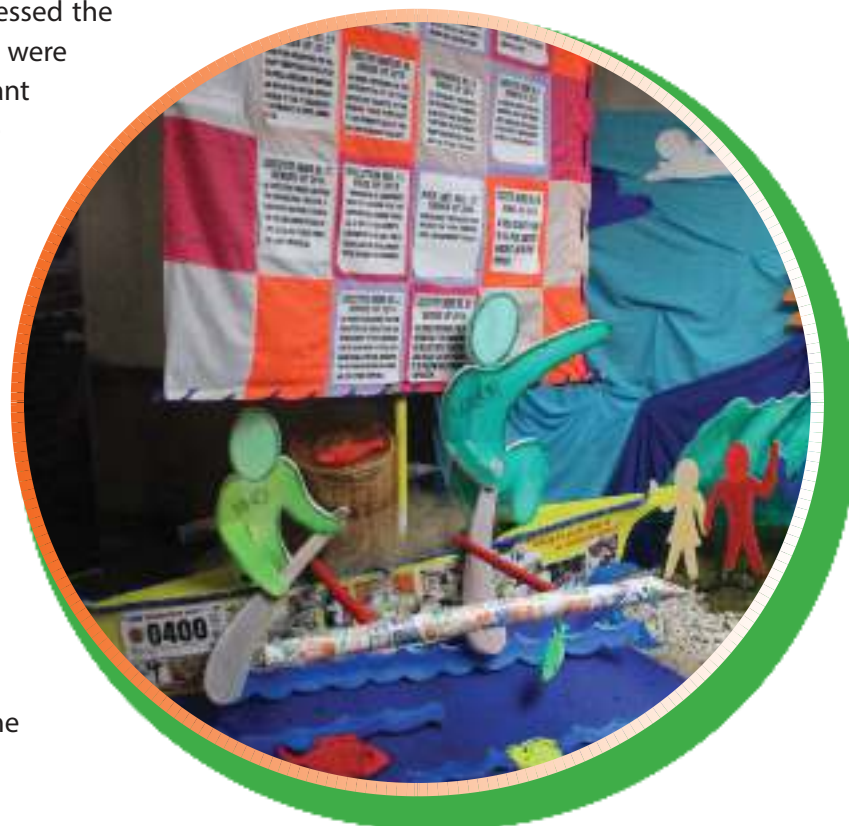
The grandiose event was highlighted by three major activities: The motorcade, booth exhibit and a competition for the best practices among local government units. The day started with a motorcade joined by local government units and partner agencies. There were three stop-overs during the parade. First was at the city park located at the heart of the city. Second was at the local market and finally, at the city mall. All three are public areas where the information drive was carried out on a large scale. Leaflets and flyers were distributed; and a short campaign on Hi-5 was conducted. After the motorcade, everyone proceeded to the activity area for the program proper.

The venue was surrounded with variety of colors from the physical set-up, the presentation of galleries, to the outfits worn by the local chief executives, local health and non-health personnel down to the barangay health workers present. The



new Regional Director, Dr. Jose R. Llacuna, Jr., stressed the challenging roles for the Hi-5. The five strategies were discussed further by Dr. Cesar Cassion, the Assistant Regional Director. The main event was the pledge of commitment where everyone present affixed their signature as an assurance to support all the DOH programs for the next thirteen months.

In the afternoon, the competition for the Best Practices began. There were 16 entries for the competition; entries were from government agencies, local government units, and stakeholders/partners. Each booth portrayed the different local initiatives made to address concerns related to the high impact five plus other concerns like environmental sanitation, anti-smoking policies and safety and security. The entries were presented by either the local chief executives or municipal health officers.



The afternoon adjourned with the Awarding ceremony for the Best in Motorcade and Best Practices (results from the booth exhibit and oral presentation).

The Department of Health-Regional Office XIII for so long has been on track on all its programs. This is, however, another story. This year and for the next, more is expected. Activities in the regional level are all dedicated to reach set targets so the national coverage will be more so as much (at least 85% to most of the programs). Nevertheless, after the summit, all Hi-5 related activities are geared for the more accessible and most effective direct services for the Caraganons. With the Hi-5, driven Caraganons will essentially strive further for the success of the five.



Romelyn Esther Torralba
HEPO II, Caraga RO

ARMM

COTABATO CITY SUMMIT

The Autonomous Region of Muslim Mindanao (ARMM) launched the Universal Health Care High Impact Five (Hi-5) summit with the theme “Sa Tuwid na Daan, Kalusugan Tuluy-tuloy Para sa Pamilyang Bangsamoro”. The parade was joined by almost 500 participants from various government agencies, non-government agencies and partners who carried their banners, totalling coming thirty (30) ARMM offices and government agencies. Each agency wore their own colorful t-shirts as they walked through the compound of the Office of the Regional Governor (ORG) with accompanying band music. It was also attended by ARMM Executive Secretary Atty. Laisa Masuhud-Alamis, ARMM Health Secretary Dr. Kalil Sinolinding and staff, hospital staff, health workers coming from different municipalities of ARMM, and other Cabinet Secretaries from different agencies. Department of Health (DOH) Undersecretary Nemesio Gako, Dr. Eric Tayag, Director IV of the Bureau of Local Health System Development (BLHSD), and the Health Promotion and Communication Service staff also joined the parade.

The parade converged at the ORG compound for the flag ceremony where ARMM Health Secretary Dr. Sinolinding welcomed the participants and expressed his gratitude for the cooperation and support of the ARMM regional offices. The Health Secretary gave his welcome remarks by

starting with a chant like Hi-5 then the audience shouted “Kalusugan! Kapayapaan! Kaunlaran!” He said that Hi-5 is a great challenge on their part knowing that this will be implemented within 15 months.

To the delight of the audience, Director Enrique T. Tayag of BLHSD performed the “Hataw” dance. Everyone participated including dignitaries and guests.

The five provinces and two cities of ARMM participated in the photo exhibit where they showcased their accomplishments in maternal, infant and child health programs. Their bulletin boards were creatively decorated with the designs and authentic Muslim materials

The Summit was held at Shariff Kabunsuan Complex right after the parade and the cutting of the ribbon for the exhibit. It started at 9:35 AM and was well attended by various staff from the ARMM health offices and hospitals, a vice governor from Basilan and five mayors from municipalities of Lamitan, South Upi, Datu Sinsuat, Baclat, Guinggulungan and the cities of Marawi, Cotabato and other developmental partners and stakeholders.

The invocation was led by a staff of Bureau of Madaris. It was followed by the National Anthem led by Ms. Sahara Ali.



The Welcome Remarks was delivered by ARMM Assistant Health Secretary Dayang Carlsum Sangkula-Jumaide. She said that ARMM is committed to sustain Universal Health Care by providing technical support and guidance to the LGUs. She appealed to the line agencies and LGUs to extend their support for the implementation of Hi-5 particularly in facing the challenges in the reduction of maternal, infant

and under five children's deaths. With this, she encouraged the participants to continue to excel in implementing universal health care and meet the MDG targets. She also emphasized them to remain as active partners not only now but especially in the future as Bangso Moro people.

Dr. Kadil Sinolingding, Secretary of Health, delivered the keynote message on behalf of Hon. Hataman, the Regional Governor. He said that the Governor of ARMM converged agencies in order to elicit support for the various health campaigns of the DOH. He emphasized that the Hi-5 will benefit the health of the ARMM citizenry and, therefore, LGUs and other partners should continue to support the implementation of this program. He challenged and encouraged the participants to accomplish their goals because they are good enabled workers of the government. Undersecretary of Health Gako was overwhelmed with the attendance and participation of various sectors. He mentioned that the government and non-government agencies are really "magkabalikat" in looking after the health of the people. He also said that there are only 15 months left for the current administration to achieve the Kalusugan Pangkahalatan goals. Usually, the health programs of the DOH are focused on mothers and children. Also, there is a need for "High Impact" programs to prevent numerous diseases and to meet the Millennium Development Goals of

the DOH. He continued that as health workers, they should know the health problems, give the right information to their clients for them to visit the health facilities for correct and proper treatment. Early recognition and diagnosis are also important. He said that they should be informed on the benefits of PhilHealth and how to avail of its services. He ended by saying that "Health is the biggest contribution of the health sector to the development of the country. Health is responsibility of every person. Therefore, the participation of every health worker is vital and they should work together for making Filipinos healthy".

The Vice Governor of Basilan said that health is wealth, adding that if we are healthy, we become productive and we are free from illnesses. He supports all the DOH programs in his province. On the other hand, Dr. Dolly Castillo explained that the success of health campaigns was because of the LGU support to the DOH. She said that there's nothing new in Hi-5 because the health workers have been doing this. All that they need is to focus on their efforts and "magkapitbisig" to attain the objectives of Hi-5. She further said that her agency assists in building up a comprehensive capability among health workers. Finally, she supports the DOH programs, particularly in their respective areas.

Dr. Christian Joy Salas, PBSP Program Officer and PMDT Team Leader for Mindanao mentioned that his agency is tasked to strengthen and adopt integrated DOTS in the health facilities. He pledged for the constant participation of his group with the health workers in the implementation of the TB program.

Director Enrique T. Tayag thanked everyone who participated in dancing with him. He was impressed with the gallery that was displayed by the provinces and cities. It was shown that the local government units have done a lot for the implementation of the various maternal, infant, child health programs, HIV, and other programs. He challenged everyone to continue to support DOH for the success of the Hi-5 programs.

The press conference was attended by various TV, radio and print media. The panel of discussants was composed of Vice-Governor of Basilan, Undersecretary of Health Gako, Dr. Enrique Tayag, Dr. Sinolingding, Dr. Castillo and a representative from Department of Education.



How is

ZIKA, CHIKUNGUNYA & DENGUE infection prevented?



SEARCH & DESTROY

- Cover the drums, pails, and other waste containers at all times
- Clean and replace the water in flower vases once a week
- Cover the holes around the house with soil or sand
- Remove or pierce old tires that are being used as roof support, also those tires placed around the house that might hold water.
- Flip-over empty bottles, jars, tin cans and other items that can collect and hold water
- Clean and remove water on dish racks and other household items that can hold water



SELF-PROTECTION MEASURES

- Use mosquito repellants to avoid mosquito bites
- Use mosquito nets when sleeping at daytime
- Wear long sleeves or clothes that will protect your skin from mosquito bites



SEEK EARLY CONSULTATION

- Seek and consult with the nearest health facility if you already have fever for two days



SAY 'YES' TO FOGGING ONLY DURING OUTBREAKS

- Fogging should be done when there is an impending and during outbreaks



Go to the nearest health center if you have fever for 2 days.

