

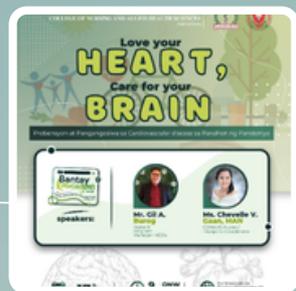
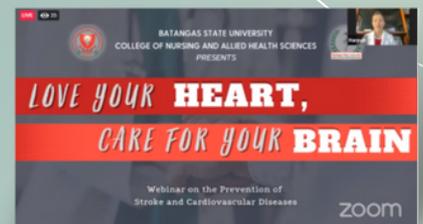


BACKGROUND

The "Bantay Kalusugan at Nutrisyon" is an extension program of the College of Nursing and Allied Health Sciences of Batangas State University Pablo Borbon in 2021. This extension program consists of webinar series in a Facebook Group that educate the attendees about prevention and treatment of both communicable and non-communicable diseases, such as COVID-19, diabetes, hypertension, stroke, HIV and AIDS, as well as addressing both nutrition-specific and nutrition-sensitive interventions. The participants of Bantay Kalusugan at Nutrisyon were able to participate in the Zoom webinars, answered pre-tests and post-tests, online games and open forum.

2,148 Total number of beneficiaries

8 Webinars



Love Your Heart, Care For Your Brain

Beneficiaries: 270 in Total, 17 Teenagers, 247 Adults and 6 Senior Citizen)
Partner Agency: Batangas Provincial Health Office (PHO)

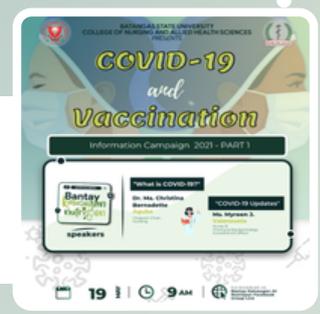
The webinar discussed about spreading awareness about cardiovascular diseases and stroke, its risks, and how to prevent them. Another goal was to educate about the different ways of how to obtain optimal health amidst the presence of these diseases such as eating a healthy diet, be physically fit, managing weight and limit alcohol intake.



COVID-19 and Vaccination Information Campaign 2021: Part 1

Beneficiaries: (Total of 275 beneficiaries/ households members- 224 females and 51 males)
Partner Agency: Batangas Provincial Health Office (PHO)

This webinar activity explained how to increase awareness about Covid-29 prevention, especially vaccination. Aside from prevention and vaccination, this webinar also included the promotion of the overall well-being in time of the Covid-19 pandemic. In the first part, introduction to the Covid-19 virus, and updates about the virus were included.



COVID-19 and Vaccination Information Campaign 2021 Part 2

Beneficiaries: (Total 265 beneficiaries- 219 females and 46 males)
Partner Agency: Provincial Health Office

This activity discussed about Covid-19 prevention, especially vaccination. Aside from it, this webinar also included the promotion of the overall well-being in time of the Covid-19 pandemic. In the second part, the adverse effects of covid-19 vaccines were also included.



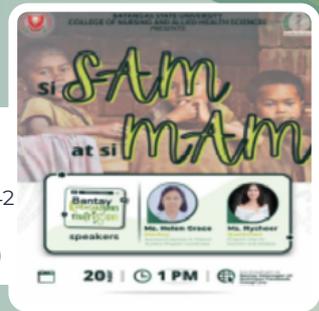


The webinar addressed the prevalence of severe and acute malnutrition. Additionally, this webinar tackled the prevention and treatment of SAM and MAM.

Si SAM at si MAM: Webinar on the Prevention of Severe and Acute Malnutrition

Beneficiaries: (236 Household Members- 194 males and 42 females)

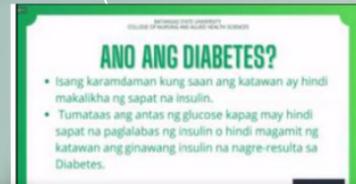
Partner Agency: Batangas Provincial Health Office (PHO)



DiaBEATes: Know Diabetes and Fight Diabetes

Beneficiaries: (285 Household Members of Bantay Kalusugan at Nutrisyon- 51 Male and 234 Female)

Partner Agency: Batangas Provincial Health Office (PHO)



This webinar educated the attendees about diabetes through an introduction to the diseases, how to fight diabetes, and its prevention. The webinar also educated the viewers about the different types of diabetes and its symptoms.



This webinar focused on the training for livelihood programs for the male and female members included in the online program "Bantay Kalusugan at Nutrisyon for CONAHS". This webinar also discussed the sustainable livelihood programs that can help in addressing malnutrition.

Tamang Nutrisyon, Kabuhasan ang Puhunan: A Webinar on Livelihood Program for Parents

Beneficiaries: (52 Male and 218 Female - Total of 270 beneficiaries)

Partner Agency: Office of the City Veterinary and Agricultural Service (OCVAS)



Gulayan sa Bakuran: Online Workshop on Vegetable Gardening for Parents

Beneficiaries: (65 Males and 224 Females= 289 beneficiaries)

Partner Agency: Office of the City Veterinary and Agricultural Services (OCVAS)



The webinar discussed was for the attendees and viewers to be inspired to use their own garden for vegetable plantation. This webinar helped to spread information about the benefits and perks of having their own vegetable garden.



One of the world's serious infections is the Human Immunodeficiency Virus, and its prevalence is still growing up until now. This webinar tackled how to spread awareness to the public about HIV, and to inform the viewers about its prevention and safety measures.

Halt Ignorance: Be Vocal! HIV Awareness Campaign

Beneficiaries: (47 Male and 211 Female Household members of Bantay Kalusugan and Nutrisyon Group, a total of 258 beneficiaries)

Partner Agency: Batangas Provincial Health Office (PHO)

