

Project HALTapresyon

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HyperTEAMsion

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ABSTRACT

The World Health Organization has deemed hypertension to be a global public health issue. In the Philippines, 25% of the adults who are 21 years and above have high blood pressure (2014). HALTapresyon is a project that aimed to prevent and manage hypertension in Barangay Igtalongon, Igaras, by (1) increasing the knowledge, awareness, and practices (KAP) regarding hypertension by 15%, (2) increasing the KAP regarding physical activity by 15%, (3) increasing the KAP regarding nutrition by 20%, and (4) manage the blood pressure of hypertensive patients. The establishment of a core group and the passing of a resolution were done in order to ensure the sustainability of the project. HyperTEAMsion was also able to donate 6 blood pressure apparatuses for the continuation of the weekly blood pressure monitoring. The project implemented a series of lectures that focused on three aspects: basic knowledge, physical activity, and nutrition, which were identified as factors that greatly affect the development and progression of the disease. This was done to educate the community and promote a healthy diet and active lifestyle as a means of preventing the occurrence and aggravation of hypertension. Activities, such as DASH TAH!, Blood Pressure Moni-training, and the use of a journal, offered a more hands-on approach on educating and improving the practices of the residents. Information, education, and communication materials were also distributed to hypertensives and non-hypertensives alike. Post assessment mean scores for KAP on General Information, Physical Activity, and Nutrition, improved by 16.81%, 15.96%, and 29.70% respectively, all showing a statistical difference. For the non-hypertensives, there was a 36.94% increase in KAP. Weekly monitoring was done in relation to the management of blood pressure and it showed that 77.03% of the hypertensive individuals decreased or maintained their blood pressure. Therefore, Project HALTapresyon could be used on the prevention and management of hypertension.

Keywords: Project HALTapresyon, Hypertension, prevention, management