

EXCERPT FROM THE MINUTES OF THE CY 2023 –40th REGULAR SESSION OF THE HONORABLE SANGGUNIANG BAYAN TIGBAUAN, ILOILO HELD AT THE S.B. SESSION HALL, TIGBAUAN MUNICIPAL BUILDING ON OCTOBER 4, 2023 AT 9:00 O’CLOCK IN THE MORNING

PRESENT:

HON. LUGEN T. ORTILANO,	-	Vice Mayor & Presiding Officer
HON. NERI T. CAMIÑA	-	SB Member & Temp. Pres. Officer
HON. ADRIAN S. CAMPOSAGRADO	-	SB Member
HON. REYNALDO E. TUMABOTABO	-	SB Member
HON. JULIUS T. LEDESMA	-	SB Member
HON. NORBERTO T. TURALBA	-	SB Member
HON. JERRY T. TUARES	-	SB Member
HON. ANA ROWENA A. PERERA	-	SB Member
HON. MARIBETH L. TUPINO	-	Liga President
HON. DYOSSA MARIE TERUÑEZ	-	SKMF President

OFFICIAL TRAVEL:(To attend the Opening Ceremony of the Provincial Cooperative Month at the Municipal Covered Gym, Igbaras, Iloilo on October 4, 2023)

HON. JOEL L. SAYSON	-	SB Member
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MUNICIPAL ORDINANCE 2023-020

“AN ORDINANCE CREATING THE LGU HEALTH CLUB IN THE MUNICIPALITY OF TIGBAUAN, PROVIDING FUNDS THEREFOR AND FOR OTHER PURPOSES”

Introduced by:	Administration Measure
Moved by:	HON. ANA ROWENA ARIAS-PERERA
Sponsored by:	Committee on Health and Sanitation
	Chairperson: Hon. Ana Rowena Arias-Perera
	Vice Chairperson: Hon. Julius T. Ledesma
	Members: Hon. Reynaldo E. Tumabotabo
	Hon. Adrian S. Camposagrado
	Hon. Norberto T. Turalba
Seconded by:	Hon. Adrian S. Camposagrado, Hon. Reynaldo E. Tumabotabo, Hon. Julius T. Ledesma, Hon. Norberto T. Turalba, Hon. Jerry T. Tuares, Hon. Maribeth L. Tupino and Hon. Dyossa Marie Teruñez

BE IT ORDAINED BY THE SANGGUNIANG BAYAN OF TIGBAUAN, ILOILO IN SESSION ASSEMBLED:

CHAPTER I: GENERAL PROVISIONS

SECTION 1. TITLE. This ordinance shall be known and cited as the **“LGU HEALTH CLUB OF THE MUNICIPALITY OF TIGBAUAN”**

SECTION 2. DECLARATION OF POLICY. It is the declared policy of the Local Government Unit of Tigbauan to prevent and control chronic lifestyle-related Non-communicable Diseases (NCDs) in the municipality and to adopt an integrated, comprehensive and community-based response for the prevention and control of chronic, lifestyle-related NCDs.

SECTION 3. DEFINITION OF TERMS. The following terms are conceptually defined in this Ordinance:

- 3.1 *Action Planning* - refers to an activity that will be made by the Health Club to identify programs, projects or activities for the prevention and control of NCDs;
- 3.2 *Barangay Health Worker (BHW)* - refers to a person who has undergone training programs under any accredited government and non-government organization and who voluntarily renders primarily health care services in the community after having been accredited to function as such by the Local Health Board in accordance with the guidelines promulgated by the Department of Health (DOH) as defined in R.A. 7883;
- 3.3 *Barangay Officials* - refer to the elected officials in the barangay which include the Punong Barangay, Sangguniang Barangay Members and Sangguniang Kabataan (SK) officials;
- 3.4 *Bona fide resident* - refers to someone who has been recognized/certified by the *Punong Barangay* to be a resident of the municipality/locality;
- 3.5 *Diabetes Mellitus* - refers to a metabolic disorder involving inappropriately elevated blood glucose levels, *i.e.*, a fasting plasma glucose concentration above 7.0 mmol/L (126 mg/dl) or a postprandial (approximately 2 hours after a main meal), plasma glucose concentration above 11.0 mmol/L (200mg/dl) on two separate occasions;
- 3.6 *Health Club* - refers to an association of people who would like to take part in activities in a facility that is providing access to their needed health services to improve the health and wellness of the members;
- 3.7 *Health Facility or health center* - refers to the LGU facility that provides screening and management of diseases like hypertension and diabetes that may include, but not limited to, municipal health offices, rural health units (RHUs) and barangay health stations;
- 3.8. *Healthy Hearts Program* - refers to a program designed to improve cardiovascular health and reduce mortality caused by NCDs such as heart diseases, cancer, diabetes, and chronic respiratory diseases, among others;
- 3.9 *Hypertension (known as high or raised blood pressure)* - refers to a condition in which the blood vessels have persistently raised pressure and can increase the risk of heart, brain, kidney and other diseases;
- 3.10 *Lifestyle-related NCDs* - refers to chronic NCDs particularly cardiovascular diseases, cancers, chronic respiratory diseases and diabetes due to tobacco use, physical inactivity, unhealthy diet and harmful use of alcohol;
- 3.11 *Municipal Officials* - refer to the elected officials in the Local Government Unit which includes the Local Chief Executive, Vice Mayor, Sangguniang Bayan Members, Sangguniang Kabataan (SK) Federation President and the *Liga Ng Mga Barangay* or ABC President;
- 3.12 *Non-communicable diseases (NCDs)* - known as chronic diseases, such as cardiovascular diseases (heart attacks and stroke), cancers, chronic respiratory diseases and diabetes, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioral factors as defined by the World Health Organization;

- 3.13 *NCD Registry* - refers to a registry of patients diagnosed with hypertension and diabetes in the health facility, linked to iClinicSys of RHUs;
- 3.14 *PhilPEN Protocol* - refers to the Philippine Package of Essential Non-Communicable Disease Interventions for low-resource settings adopted from WHO PEN. This protocol consists of guidelines for the integrated management of hypertension and diabetes through a total risk approach. The individual client/patient is assessed and managed based on the risk prediction chart. The prediction charts can estimate the client/patients risk of having a cardiovascular event (CV risk) in the next ten years. This will be applied to all patients screened for and found to have NCDs;
- 3.15 *Protocol on the Integrated Management of Hypertension and Diabetes* - refers to the first clinical protocol developed under WHO PEN that makes use of the total risk approach using hypertension, diabetes and tobacco use as the entry points. It specifically involves the use of the WHO/ISH risk prediction charts to determine the risk of developing a cardiovascular event, i.e., heart attack or stroke over a ten-year period and management guidelines for risk reduction appropriate referral, regular follow-up, core set of technologies and essential medicines;
- 3.16 *Risk Assessment* - refers to the key process of evaluating individuals for the presence or absence of common risk factors that expose them to increased likelihood of developing NCDs;
- 3.17 *Risk Screening* - refers to the presumptive identification of unrecognized disease or the presence intermediate risk factors by the application of test and procedures which can be applied rapidly;
- 3.18 *Risk Stratification* - refers to estimating the level of risks of individuals for a fatal or non-fatal cardiovascular event in 10 years;
- 3.19 *Senior citizen or elderly* - refers to any resident citizen of the Philippines at least sixty (60) years old as defined in Republic Act 9994 otherwise known as the Expanded Senior Citizens Act of 2010;
- 3.20 *Social Marketing* - refers to the comprehensive information, education and communication (IEC) strategy aimed at different NCD audiences to promote awareness, understanding and Health Club co-ownership;
- 3.21 *WHO PEN* - refers to the World Health Organization Package of Essential Non-communicable disease interventions for primary health care;
- 3.22 *Youth* - refers to those persons whose ages range from fifteen (15) to thirty (30) years old as defined in Republic Act No. 8044 otherwise known as Youth in Nation-Building Act.

CHAPTER II: ORGANIZATION AND MAINTENANCE OF THE HEALTH CLUB

SECTION 4. ORGANIZATION, COMPOSITION AND SUPERVISION OF THE LGU HEALTH CLUB. The Health Club shall be organized and supervised by the Municipal Health Office through the NCD Focal Person. The Chairperson of the Committee on Health and Sanitation of the Sanggunian Bayan shall also serve as co-supervisor. The Health Club shall elect its own officers every year which may involve the President, Vice President, Secretary, Treasurer, and P.I.O. as may be deemed necessary by the members during the meeting for such purpose.

SECTION 5. MEMBERSHIP.

- 5.1. This Ordinance shall cover the following populations who are at risk of NCDs:
- a. High risk groups - population with hypertension and diabetes;
 - b. Moderate risk groups - working population involved in prolonged physical, environmental and psychological hazards such as those in the public transport, fishing, farming, etc.; and
 - c. At-risk groups - all population aging 20 years old and above that may involve government employees, young professionals, LGBTQIA+, educational sector, and health and fitness groups;

All the above-mentioned groups of people who are *bona fide* residents of the Municipality of Tigbauan can become members of the Health Club.

- 5.2 Membership Number - each club member shall be given a unique chronological club membership number;
- 5.3 Identification (ID) Card - each patient shall receive a unique ID card color-coded according to their clinical classification as follows:
- a. YELLOW: (<20% risk score) the patient has hypertension or diabetes only (no signs or symptoms of target organ damage);
 - b. ORANGE: (20-30% risk score) the patient has hypertension and diabetes without any sign or symptom of target organ damage; and
 - c. RED: (>30% risk score) the patient has hypertension and/or diabetes and signs of target organ damage.

When the clinical condition of the patient improves or deteriorates, he/she shall be given an adjusted color-coded ID.

SECTION 6. MEDICATIONS.

- 6.1 Newly diagnosed hypertensive and diabetic patients shall:
- a. Receive prescription good for 3 months from the Municipal Health Officer;
 - b. Receive maintenance medications in the Health Facility where they are registered
- 6.2 Previously diagnosed hypertensive and/or diabetic patients who come to the health facility just to ask for free medications shall be:
- a. Thoroughly evaluated: measure BP, test capillary FBS (glucometer), assess clinical signs and symptoms for target organ damage and underlying causes (e.g. renal disease for hypertensive patients) based on PhilPEN;
 - b. Registered in the appropriate NCD Registry of the Health Facility;
 - c. Strongly encouraged to enroll in the Health Club;

- d. Given health education reiterating the lifestyle messages mentioned in First Health Education; and
 - e. Maintained on their current medications until the next follow-up.
- 6.3 Maintenance medications shall be personally claimed by the patient in the Health Facility. Alternatively, a representative may claim for them, provided that, the patient's booklet must be accompanied by an authorization letter.

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SECTION 7. ACTIVITIES OF THE HEALTH CLUB

- 7.1 Enrolment of patients with Chronic Lifestyle-Related NCDs and annual risk assessment, screening, and recruitment for Health Club membership;
- 7.2 Periodic measurement of Blood Pressure (BP), cholesterol test, electrocardiogram (ECG), and fasting blood sugar (FBS) including reminders when these have to be repeated, e.g., through mobile phones;
- 7.3 Lifestyle improvement activities such as changes of diet, increased physical activities, cessation of smoking, reduction of alcohol intake;
- 7.4 Health education, advocacy and social marketing/IEC campaign activities especially on prevention of common infections and proper use of medications, among others;
- 7.5 Replenishment of free medications;
- 7.6 Mental health improvement and other social support activities including home visits to encourage bonding among members and to relieve stress;
- 7.7 "*Istoryahanay*" or peer group engagement in health education;
- 7.8 Social activities like regular walking activities, zumba, and other get-togethers to further raise the understanding of health consciousness;
- 7.9 Fund-raising activities, networking and lobbying for medical check-ups;
- 7.10 Registration in the Securities and Exchange Commission to raise funds for Club projects and activities;
- 7.11 Meetings that will be agreed upon by the majority of the members who convened for this purpose. Meetings may be called by the Club President, through a notice duly received by the members at least 24 hours prior to the meeting. A simple majority will determine the quorum of the Health Club to transact its business; and
- 7.12 Other activities as may be deemed necessary and agreed upon by the members during their action planning.

SECTION 8. RESPONSIBILITIES OF THE PARTIES

8.1. **BARANGAY OFFICIALS**

- a. Ensure the efficient and effective provision of health services in the barangay;
- b. Provide the necessary assistance, such as, but not limited to, annual budgetary allocation to support the creation and operation of the Health Club;
- c. Encourage the community to join the Health Club;
- d. Support health promotion and education campaigns of the LGU;
- e. Formulate policy to promote and ensure the health and well-being of the community; and

- f. Ensure an inclusive and equitable implementation of this Ordinance.

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8.2. **BHW FEDERATION**

Conduct community profiling and relay information to local stakeholders to inform programs and policies;

- a. Assist the barangay officials in recruiting vulnerable or at risk populations for Health Club membership;
- b. Serve as liaison between hypertensive and diabetic patients and health care providers;

- c. Provide support to the Health Club which may include, but not limited to, the following: blood pressure monitoring, distribution of commodities to HC members, motivating patients to adopt healthy lifestyle, following up patients for medication refills, and recording of data;
- d. Provide culturally appropriate health education, promotion and advocacy to the community; and
- e. Gather community feedback for the sunset review of this Ordinance.

8.3. MUNICIPAL HEALTH OFFICE

- a. Spearhead the organizing of the facility-based Health Club using this Ordinance as a guideline;

- b. Assign a focal person within the facility who will oversee the activities of the club;
- c. Be responsible for the assessment of Health Club members, referral of patients, distribution of medications, and the setting of protocols or standards based on the DOH guidelines for the management and care of patients;
- d. Provide health education, advocacy, and other health services to the Health Club members, as maybe necessary;
- e. Ensure sustainability of the Health Club through regular follow-up of patients and registry;
- f. Prepare monitoring and evaluation reports on the functionality of Health Club and maintain inventory of medications; and

- g. Ensure close coordination with concerned stakeholders for NCD Program implementation in the LGU.

8.4. **LOCAL LAW ENFORCERS**

- a. Provide assistance to the Health Club by ensuring public safety during Health Club activities and monitoring and assisting in following-up defaulters;
- b. Participate in Health Club activities (e.g., healthy lifestyle activities including, but not limited to, Zumba and other fitness programs in the community); and
- c. Endeavor to become role models in pursuing a healthy lifestyle.

8.5. MUNICIPAL OFFICIALS

- a. Support the organization and institutionalization of the Health Club in the main health facility within the LGU;

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- b. Provide support to the operation and effective functioning of the Health Club which include, but not limited to, the following: annual budget allocation, manpower, registration and accreditation, facilities and equipment, incentives, awards, and other logistics needed by the club;

- c. Promote an inclusive and equitable implementation of this Ordinance; and

- d. Ensure the implementation, monitoring and review of this Ordinance.

8.6 SENIOR CITIZENS

- a. Provide support to the Health Club by: (1) serving as volunteers to assist in active case finding and/or recruitment and referrals among the elderly; (2) serving as resource speakers to share experiences to promote healthy lifestyle; (3) promoting membership into the health club among the elderly and in their respective families;
- b. Participate in health advocacy, planning, social mobilization, monitoring, and evaluation in the community;
- c. Participate in healthy lifestyle activities including, but not limited to, Zumba and other fitness programs in the community; and

- d. Endeavor to become role models in pursuing a healthy lifestyle.

8.7 YOUTH

- a. Provide support to the Health Club by serving as volunteers to assist in active case finding and referrals;
- b. Participate in health advocacy, planning, social mobilization, monitoring, and evaluation in the community;
- c. Participate in healthy lifestyle activities including, but not limited to, sports activities, mental health awareness campaigns, Zumba and other fitness programs in the community;

- d. Engage in adolescent and youth-friendly activities such as, but not limited to: responsible adolescent and youth sexual and reproductive health, environmental protection, food security, nutrition and other activities in response to Social Determinants of Health; and

- e. Endeavor to become role models in pursuing a healthy lifestyle.

SECTION 9. AFFILIATIONS. Patient-initiated health clubs, such as those organized in schools, workplace and other entities located in the municipality may be recognized as affiliated chapters of the LGU Health Club.

SECTION 10. PROMOTION OF HEALTHY LIFESTYLE AND MENTAL HEALTH AWARENESS PROGRAM IN THE MUNICIPALITY. In order to prevent lifestyle-associated illnesses (Diabetes Mellitus, Hypertension, malignancies such as Lung Cancer, Cardiovascular and other endocrine disorders), and mental health associated issues and problems, the promotion of healthy lifestyle and mental health awareness program in the municipality shall be established.

SECTION 11. REGULAR WORKOUT PROGRAM. To instill the importance of healthy lifestyle, camaraderie and closer relationship among public service providers in the municipality and ensure physically fit and healthy human resource, there shall be a regular workout program in the Municipality and shall be implemented by the Local Government Unit of Tigbauan.

- 11.1 *“Hataw Day”/Zumba Day* shall be done every 4:30 in the afternoon during Wednesdays and Fridays and shall be participated by all municipal officials, employees and job hire personnel;

11.2 All schools and barangays shall conduct a workout program/ “hataw” exercises at least once a week.

CHAPTER III: FINAL PROVISIONS

SECTION 12. IMPLEMENTING RULES AND REGULATIONS. After sixty (60) days from the effectivity of this Ordinance, the Local Chief Executive shall create a committee who will be responsible for the formulation of the implementing rules and regulations and other guidelines of this Ordinance.

SECTION 13. FUNDING. An amount, as may be necessary to the implementation of the club’s programs, projects and activities, and to the provisions and purposes of this ordinance is hereby appropriated from the General Fund of the municipality subject to the existing laws, rules, and issuances.

SECTION 14. SEPARABILITY CLAUSE. If for any reason, any portion or provisions of this Ordinance is declared unconstitutional or invalid, the same shall not affect the validity and effectivity of the other provisions hereof.

SECTION 15. REPEALING CLAUSE. Pertinent provisions of all other ordinances contrary to or inconsistent with the provisions of this Ordinance are hereby repealed or modified accordingly.

SECTION 16. EFFECTIVITY CLAUSE. This ordinance shall take effect after complying with the requirements as to posting and/or publication as provided for under Section 59 of RA 7160.




ENACTED. October 4, 2023.

CERTIFIED CORRECT:

MARLENE TAYO-NAVA
SB Secretary

ATTESTED:



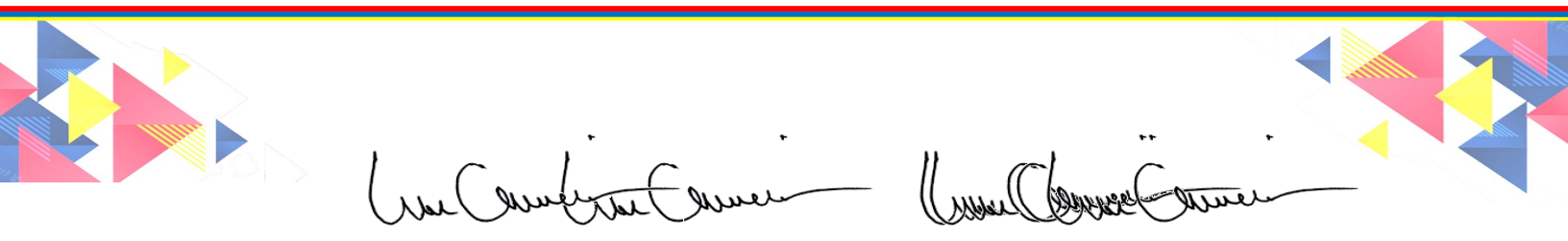
NERI T. CAMIÑA
SB Member & Temp. Presiding Officer

APPROVED:



ATTY. VIRGILIO T. TERUEL
Municipal Mayor

(Date signed)



HON. LUGEN T. ORTILANO
Municipal Vice Mayor
Sangguniang Bayan Members:

HON. ADRIAN S. CAMPOSAGRADO
HON. NERI T. CAMIÑA
HON. REYNALDO E. TUMABOTABO
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HON. ANA ROWENA ARIAS-PERERA, R.N. M.A.N.
HON. MARIBETH LEDESMA-TUPINO, LnB President
HON. DYOSSA MARIE TERUÑEZ, SKMF President

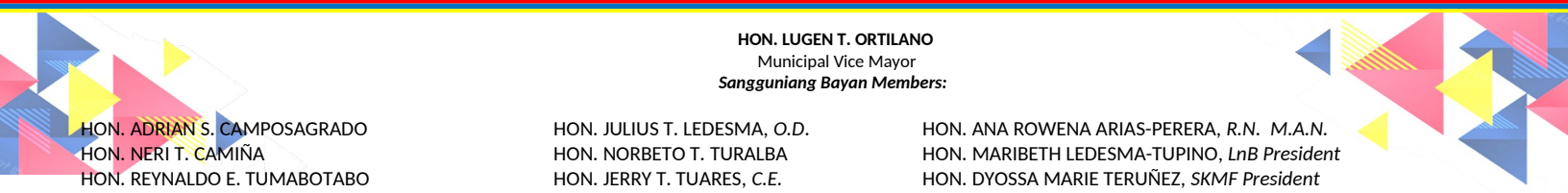
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CERTIFIED CORRECT:

MARLENE TAYO-NAVA
SB Secretary

ATTESTED:

LUGEN T. ORTILANO
Vice Mayor & Presiding Officer



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HON. DYOSSA MARIE TERUÑEZ, SKMF President

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