

JCSH-047

## KaP:SuLL – Kahimsog sa Panglawas: Sulundon ni Lolo ug Lola, An Extension Program for the Elderly (Phase 1)

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### Abstract

Poor health conditions that increase the cases of noncommunicable diseases (NCDs), unhealthy nutritional intake, and inadequate physical activity are among the burdens of the aging population. KaP: SuLL is an extension program that aims to promote health and wellness, particularly the healthy aging process, by conducting a health literacy intervention for Phase 1. 52 participants in the program included a 5-month interval (pre-posttest) using the Physical Activity Scale for the Elderly-Filipino and a health literacy lecture series as an intervention strategy, with question surveys to the resource speakers to reveal the experiences of the resource persons. During the pretest, only 1 (3%) participant had a low physical activity level, 10 (33%) participants were within PASE norms, and 19 (63%) participants had high physical activity levels. The post-test data show that 13 (93%) participants had high physical activity levels and 1 (7%) participant was within the PASE norms. The learning experience (3-question survey for the resource speaker) of the faculty-resource persons provides them with a grounded reality of the theories taught in school and the practice outside the structured curriculum. It both affirms how well these experts understand the topics they are teaching and simplifies important concepts, particularly on health literacy, for raising awareness, health promotion, and integrating learning into daily practice. The pretest and posttest results showed increased levels of physical activity while the resource persons delivering these lectures gained valuable insights from delivering the health literacy lectures to this vulnerable population. The extension program implemented in Brgy. Bato is a pilot intervention program to improve general health and well-being for the elderly. The effectiveness of the program needs to be evaluated through impact assessment to determine success rates. The program, if found effective, can then be replicated in different barangays and municipalities in various communities in Davao del Sur as part of the long-term objectives of the extension project.