

Feeding Program to Malnourished
Children of Barangay Palao,
Iligan City, Philippines



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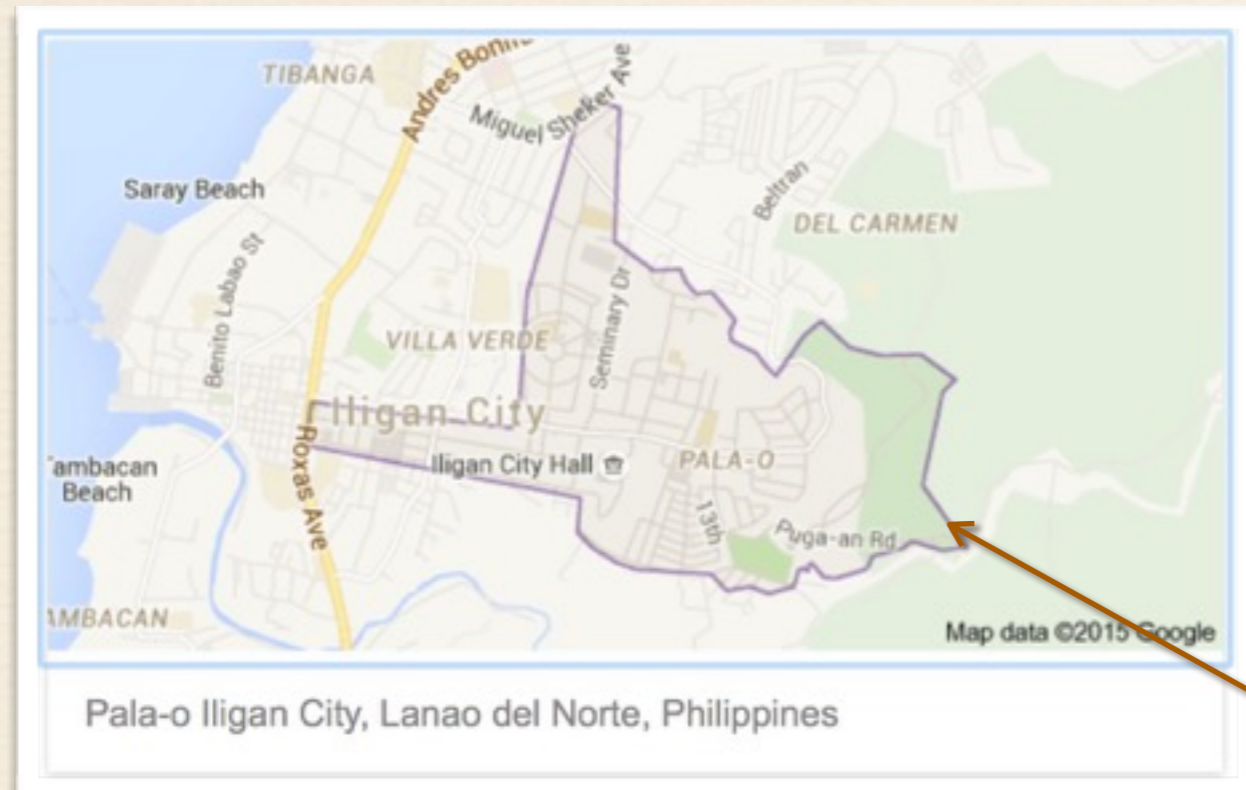
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Where is Iligan City?



Iligan is geographically within the province of Lanao del Norte but administered independently from the province. It was once part of Central Mindanao (Region 12) until the province was moved under Northern Mindanao (Region 10) last 2001.

Images: Google Maps

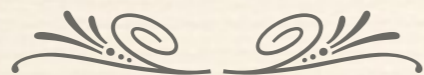
Barangay Palao

- ❖ Date Created: Jan. 20, 1967
- ❖ Fiesta: September 29
- ❖ Population: 9506
- ❖ Area: 372.2 ha.
- ❖ Distance (from the Iligan city): 2.3 km.

Background 2/3

The name “PALA-O” was derived from the root crop “PALAW”. This root crop is like a giant taro. As many residents of the barrio planted “PALAW” and became abundant in the area, people named the place after the plant.

Image source: <http://upload.wikimedia.org/wikipedia/commons/7/70/TaroAKL.jpg>



Many people bought “Palaw” as one of the sources of food. “PALAW” served as one of the sources of income of the residents aside from rice, corn and sugarcane which were produced during that time.

Image source: [http://img.hisupplier.com/var/userImages/old/sungree/sungree\\$524967.jpg](http://img.hisupplier.com/var/userImages/old/sungree/sungree$524967.jpg)

Background 3/3

- ❖ In the 1950s, Iligan was divided into four (4) districts namely, San Roque, Santa Felomina, San Isidro, and San Miguel. Pala-o was part of San Miguel District.
- ❖ When Iligan became a chartered city, it was divided into twenty-four (24) barangays of which Palao was one of it. The City Council promulgated an ordinance (City Ordinance Number 330, series of 1966) fixing the area and boundaries of its territory.

Source: <http://exploreiligian.blogspot.com/2011/10/barangay-pala-o.html>

What is Malnutrition?

- ❖ **Malnutrition** or **malnourishment** is a condition that results from eating a diet in which nutrients are either **not enough** or are **too much** such that the diet causes health problems. It may involve calories, protein, carbohydrates, vitamins or minerals.

source: <http://en.wikipedia.org/wiki/Malnutrition>

Malnutrition in children

- ❖ Here understood as undernutrition - is common globally and results in both short and long term irreversible negative health outcomes including **stunted growth** which may also be linked to cognitive development deficits, underweight and wasting.
- ❖ The **World Health Organization (WHO)** estimates that **malnutrition** accounts for 54% of child mortality worldwide, about 1 million children. Another estimate by WHO states that childhood underweight is the cause for about 35% of all deaths of children under the age of 5 years worldwide.
- ❖ The main causes are unsafe water, inadequate **sanitation** or insufficient hygiene, factors related to society and poverty, diseases, maternal factors, gender issues and - overall - poverty.

Source: http://en.wikipedia.org/wiki/Malnutrition_in_children

Palao Sources of Food

- ❖ Seafoods are readily available though it is not enough for the entire Iligan City, hence, some of which are from the different parts of the region. To augment the shortage, seafoods are transported from Zamboanga Peninsula and General Santos City.
- ❖ Fruits, vegetables, and root crops are also available locally but to augment the shortage some maybe transported from Bukidnon and other neighbouring provinces.

Objectives

This action plan aims to:

- ❖ find out the cases of malnutrition within the area, especially children;
- ❖ find out what agencies who are already working with malnutrition to children within the area and collaborate with them;
- ❖ provide feeding program to malnourished children and monitor their weight until malnutrition is cured;
- ❖ provide education to parents on the proper diet of their children

Summary of Activities

- ❖ Courtesy call to the chief executive of the barangay and commit to help and collaborate with their existing program;
- ❖ Getting the exact figure of the number of children who are suffering from malnutrition by visiting the barangay health centre;
- ❖ Look for sponsors and benefactors to help defray the expenses of food, medicines, vitamins, and other miscellaneous expenses for the project.
- ❖ Feeding the malnourished children and educating the parents

Sponsors and Benefactors

The following could be of help for the accomplishment of this projects.

- ❖ Non-Governmental Organizations (NGOs)
- ❖ Local Government through its Health and Sanitation Committee
- ❖ Private Corporations within Palao, Iligan City

Results

This project will produce the following results:

- ❖ Malnourished children will regain their normal weight;
- ❖ Education of the parents of the children regarding food nourishment for kids;
- ❖ Eradicate malnourishment among children within the area

Timeline of this project



Meeting with
the Health
workers

*Finding out the
Logistics and
Manpower*

*Look for
sponsors*

Oct 2015

Oct 2015

Nov 2015

*Meeting with
Sponsors*

Nov 2015

*Gather all the
Logistics and
Manpower
confirmation*

Nov 2015

Project
Implementation

Dec 2015 - Jun 2016



Estimated Cost

- ❖ Food and vitamins - US\$4,200.00 (\$10/child x 70 children x 6 months)
- ❖ Medicines - US\$1000
- ❖ Transportation - US\$280 (\$24/month)
- ❖ Food and Snacks for Health workers - US\$280 (\$24/month)
- ❖ Other incidental expenses - US\$200
- ❖ Total ————— US\$5,960.00

Monitoring and Evaluation

- ❖ Once the project will start, monitoring and evaluation must be done regularly by the project coordinator and the health workers;
- ❖ Regular brainstorming must also be done by the project coordinator with the chief executive to monitor the financial needs of the project;
- ❖ Health workers must monitor the weight of each child so that whenever the weight reaches the required weight feeding must be turned over the parents to avoid further expenses;

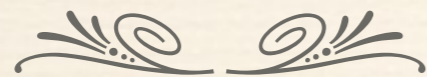
Challenges

- ❖ Political issues - the author of this project is a politician, hence, such activity might be put with political color by the chief executive and might not be supported.
- ❖ Funds - this is the lifeblood of this project since logistics especially vitamins, food, and medicine will be necessarily purchased.

“Do not think that courage and strength are proved by killing and destruction, true courage lies in working for peace” –Pope John Paul II

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