



November 26, 2015

DIVISION MEMORANDUM

No. 107 s. 2015

“BP NG TEACHER KO, ALAGA KO” PROJECT CY 2015

To: Schools District Supervisors
Coordinating Principals
Heads, All Public Elementary and Secondary Schools
All Teachers and Non-teaching Personnel
SDO personnel

1. The Department of Education through the Health and Nutrition Center (HNC) in coordination with the LRI-Therapharma, Philippine Society of Hypertension (PSH), and Philippine Heart Association (PHA) will implement the **“BP ng Teacher ko, Alaga Ko”** project in the **Schools Division Office of Benguet** in Wangal, La Trinidad, Benguet on **December 4, 2015**, to start at **6:30 AM**.
2. The activity aims to establish the prevalence of hypertension among public school teachers and to increase the level of awareness on the importance of blood pressure monitoring and healthy lifestyle.
3. The project will provide:
 - i. Blood pressure taking
 - ii. Nutritional Status
 - iii. Cholesterol check
 - iv. Fasting Blood Sugar check
 - v. ElectroCardioGram (ECG) as indicated
 - vi. Medical Consultation
4. **Only 350 clients** that can be given service on this day. All interested individuals should contact the School Health Section (SHS) for **reservations**. It can be personal, or through SMS/call to this number **(0918) 570 4836**.
5. Attached is the Assessment and Screening Form to be filled up and brought to the site during the day of the activity. This form will be posted and can be downloaded from the facebook page of SDS Benguet.
6. Snacks shall be provided chargeable against the organizers. The result can serve as the annual medical clearance (Form 86) for CY 2016.
7. Transportation and incidental expenses of participants may be charged to local funds subject to the usual accounting and auditing rules and regulations.
8. All are enjoined to participate.


FEDERICO P. MARTIN, Ed.D.
OIC, Schools Division Superintendent

Reference: HNC faxed letter from Dir. Ella Naliponguit dated November 5, 2015, received November 25, 2015.

MCM/S. 11.26.2015

The **round metal gong** of the Cordillera known locally as **“gangsá”** is a symbol of the upland people’s culture that has been passed on from generation to another.
The **profile of a person blowing a “tangguyob”** represents a community being called for an important matter or action.

