

HEALTH EDUCATION II

MODULE 3

POPULATION WATCH



** What this Module is all about*

Birth, death and migration are population components that greatly affect the population change. Health problems associated with birth, death and migration must be addressed properly to raise the quality of life of people. Medical solution is not enough to achieve quality of life but maintaining a population that our environment and resources can adequately sustain is the best.

Every family needs to cooperate in our government's effort to address problems related to population. Without our support quality life is impossible.

This Module will help you broaden your knowledge and understanding about population concerns.



**What you are expected to learn from this Module*

After completing this Module you shall have:

- explained the relationship of population, resources and environment to health and development;
- identified the health problems related to birth, death and migration;
- analyzed the effects of health problems brought about by birth, death and migration to the people;
- become aware of the importance of health programs that help reduce the rapid growth of population.



* *How to learn from this Module*

You are encouraged to enjoy spending time in learning from this Module but before you proceed, remember to observe the following reminders:

1. Answer the pre-test before going over the materials. This is to find out what you already know.
2. Be honest in answering and checking your activity.
3. Follow closely the instructions in every activity.
4. Review the lessons that you think you failed to understand.
5. Seek assistance from your teachers if you need help.
6. Answer the post test at the end of this Module.
7. Record your answers and lessons taken in your notebook.

Before working on this Module, answer first the pre-test to determine what you already know about the lesson.

Are you ready? **Good Luck and Happy Learning!**



PRE-TEST

Test I. Multiple Choice. Write the correct answer in your notebook.

1. The following are population components except:
 - a. birth
 - b. death
 - c. density
 - d. migration

2. Which of the following is not related to over population?
 - a. unemployment
 - b. peace and order
 - c. personality
 - d. transportation

3. This agency is in-charge of information
 - a. DepEd
 - b. DOH
 - c. DSWD
 - d. PIA

4. Which of the following concepts is correct, Philippine population remains:
 - a. high and young
 - b. low and young
 - c. steady
 - d. unchanged

5. A health program concerned about population control:
 - a. Family Planning and Responsible Parenthood
 - b. Pollution Control
 - c. Recycling Project
 - d. Solid Waste Management

6. Over population greatly affects the environment and its resources. Which of these consequences is not related to over population?
 - a. depletion of marine life/ resources
 - b. denuded forests
 - c. improved housing
 - d. overcrowding

7. Which of the following does not affect population change?
 - a. birth
 - b. death
 - c. migration
 - d. morbidity

8. What happens if there is a balanced relationship between and among the population, resources and environment?
 - a. high standard of living
 - b. improved lifestyle of people
 - c. improved quality of life of people
 - d. increased family income

9. What agency integrates concepts in the secondary curriculum?
 - a. DepEd
 - b. DOH
 - c. DSWD
 - d. PIA

10. One of the following is not a result of over population:
 - a. divorce
 - b. overcrowding
 - c. poverty
 - d. unemployment

Compare your answer with the Key to Correction.

*** LET'S LEARN !!!**



Lesson 1

Relationship of Population, Resources, and Environment To Health and Development

Do you know that if there is imbalance in the relationship between and among the population, resources, and environment, we will not be able to achieve quality life?

A balanced interrelationship between and among population, resources and environment is very important in a country. It will not only improve the quality of life of the people but will also sustain their country development and progress.

If a country has a big population, its resources and environment will be greatly affected resulting to problems on economy.



Activity 1 “What’s the Relationship”

In your notebook, write PR if the problem is related to population and resources, RE if it is related to resources and environment, PE if it is related to population and environment, and PRE if it is related to all three.

1. Overcrowding
2. Unemployment
3. Transportation problem
4. Poverty
5. Peace and order problem
6. Inadequate food/ lagging food production
7. Denuded forests, mountains
8. Destruction of wildlife and depletion of marine resources
9. Quarrying and forest destruction
10. Decreased farm production
11. Extinction of endangered species
12. Increased morbidity

13. Inadequate health facilities/ services
14. Pollution problems
15. Agricultural land diminish
16. Housing problems



Activity 2 “Let’s Analyze the Condition”

Read the situation below and in your notebook, write your answers to the questions that follow.

Yolly is living in a thickly populated community. Most of the people live in a hand to mouth existence. The environment is too crowded and pollution poses a great threat to human life and also to other living things around.

A. What problems will result from a situation like this?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

B. What causes the problems listed above?

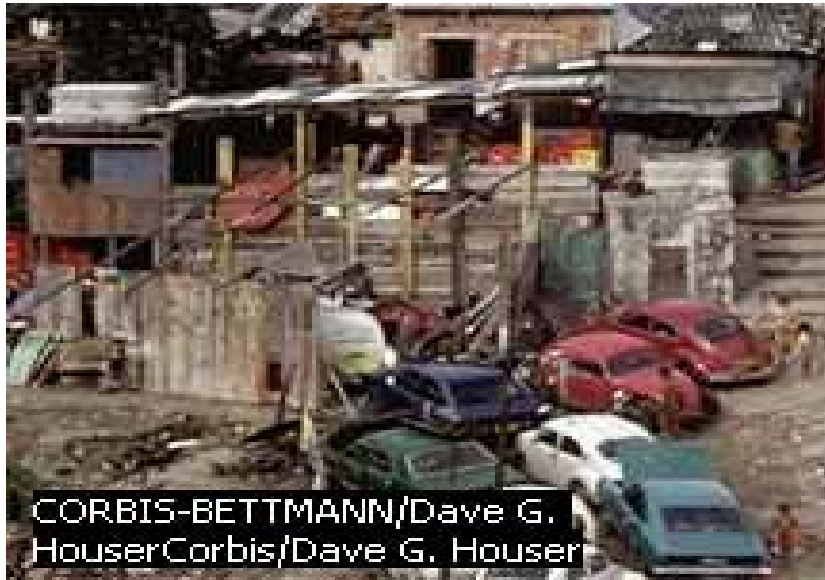
1. _____
2. _____
3. _____



Lesson 2

Problems Related to Rapid Population Growth

Are we overpopulated or not? We can say that a country is overpopulated when its people use the available resources in their environment to the extent that it results in a degradation of those resources. As a result of this degradation, the life support system of the people is greatly affected. Resources like food, water, shelter, and others become insufficient to support more people.



Our population is increasing every year. As the population increases, people will experience several problems related to the following:

- food
- housing
- education
- employment
- health
- peace and order

Lagging food production is one of our problems. It is due to the decline in crop production. A big factor to the decline is the dwindling and conversion of agricultural areas to house subdivisions. To be able to feed growing multitudes of people, the government has resorted to importing rice, poultry, livestock, and other crops.

Over fishing by increasing number of families along coastal areas exert pressure on the long-term production capacity of the coastal areas. Depletion of marine life and other wildlife also resulted. Forest destruction is also another effect of over population. More people live in forests and they engage in *kaingin*, gathering wood for fuel, illegal logging, and other livelihood activities.

With so many people, large amounts of the country's resources are required for the provision of quality housing, education, and health services. This condition will strain the capacity of the government to provide quality life to the continually growing population.

Unemployment will be another problem, as more people will seek for it. Many will look for opportunities abroad if they cannot find better jobs here in the country. The result may be a drain on useful human resources in our country as professionals and skilled workers go abroad.

The increase in population size clearly means increased requirements of all types of health services. To control or eradicate diseases, to improve the general sanitation levels of the population, and to control pollution, we need additional public health institutions, health manpower and facilities.

Peace and order of a country is also affected by rapid population growth. To solve the problem of the increasing pressure of poverty, unlawful acts are committed that disturb the peace and order of the country.



Activity 3 “High Population Consequences”

In your notebook, write a short explanation on the consequences of rapid population growth to the following:

- Housing _____
- Peace and order _____
- Education _____
- Health _____
- Employment _____
- Food _____



Lesson 3

Health Problems Related to Birth, Death and Migration

Problems Related to Birth

Do you know that we still have high birth rate in the Philippines? The population is still high and young. 15 – 24 years old constitute a big percentage of our population. They contribute to a high dependency rate in our country. High child dependency rates strain the family resources. The effects extend beyond the family because this will also affect the social and economic programs of the country. Education, housing, employment, health services will be negatively affected by high birth rate.

Early marriage and irresponsible parenthood are the reasons why we have health problems related to birth. Common examples of these are:

- high infant mortality
- more pregnant mothers suffer from iron deficiency
- more pregnant mothers suffer or die from pregnancy related illnesses
- more pregnant mothers are affected by goiter
- there are more malnourished children
- short spacing in childbearing is detrimental to mother's health



Activity 4 “What Now?”

Mrs. Reyes has 6 children. Her husband is a construction worker and they have problems on how to make both ends meet with a meager income. The children are malnourished and are very sickly. Mrs. Reyes is 6 months pregnant with her 7th child.

- ⇒ What health problems confront the family? Write your answer in your notebook.

Problems Related to Death

What will happen if there is a decrease in death rate? There will be an increase in the life expectancy of people. If there is no decline in birth rate and the country has a low death rate, this condition will contribute to population explosion.

What health problems may arise due to low death rate? Since there will be more people and they will live longer, some health problems are expected like the following:

- ➔ problem of overcrowding which may result to:
 - sanitation problem
 - disease prevention and control problem
 - inadequate health care services
 - inadequate supply of basic needs
- ➔ more people will depend for support

High death rate on the other hand will result to population decline especially when the birth rate is low.



Activity 5 “Take Good Care of Them”

The people in Barangay San Jose are having a problem on over crowding . Every family has to take care of their old relatives. Health care services for elders is badly

needed. Since there are more people to take care of like the very young and the old, economic development is greatly affected.

- ⇒ What causes the problems in Barangay San Jose? List them down in your notebook.

Problems Related to Migration

The influx of people seeking economic opportunity in urban areas poses problems to the point of destination of migrants.

Rural to urban migration has many consequences for the development of both rural and urban areas. Migrants are usually younger and educated and they move to seek employment. To the point of destination, these migrants constitute valuable addition to the labor force in urban areas. To the rural areas, such migration constitutes a drain on useful human resources and it has detrimental effects on rural development.

There are other problems related to migration like:

- ➔ overcrowding that will result to other problems like:
 - housing problem
 - sanitation problem
 - problem on health care services
 - pollution problems
- ➔ pressures on public services like education, etc.
- ➔ social tensions are likely to happen



Activity 6 “Population Scramble”

Write the missing letters for each vocabulary word in the word circle. In your notebook, write a statement about migration problems using the words below.

> S A _ _ T _ T _ _ N

> _ _ E _ C _ _ W D _ _ G

> ___ O L ___ ___ T ___ O ___

> H ___ ___ ___ I N ___



Lesson 4

Programs That Help Reduce the Rapid Growth of Population

Our country has to deal with a rapidly increasing population being one of the top twenty most populous nations in the world.

The growth rate continues to grow steadily and if not addressed with relevant programs, our country will run out of options necessary to achieve acceptable levels of sustainable development. It is very important that decisive steps be initiated to contain the damage that a rapid population can inflict on our country.

To keep up with the changes in our society and the huge socio-economic concerns, the **Population Commission** evolved into a more responsible government agency by sharpening the focus of its developmental framework as well as its strategies and programs.

POPCOM through its programs, endeavors to convey the essence of the interrelation between and among population, resources and environment as key elements for the attainment of sustainable development, particularly the welfare of the Filipino family.

In the programs to reduce the rapid growth of population, it is important to integrate human resource management with the care for the environment and the responsible use of resources. Without the decisive step, we will not and never achieve any form of success as our economic planners believe.

The success of the programs depend also on the involvement and cooperation of every individual, family, community, government and non-government agency, sectoral group and institution.

There are health programs being initiated by different agencies in their campaign against rapid population growth. These programs are like the following:

- Integration of Population Concepts in the Elementary and Secondary Curriculum by the **Department of Education**;
- Health and Population Information through mass media by the **Philippine Information Agency** or PIA;
- Philippine Family Planning Program by the **Department of Health** or DOH;
- Integration of Population concepts in the curriculum for colleges and universities by CHED;
- Local management of health and population program by the **Department of Interior and Local Government** or DILG;
- Health Care Program for the street children and mothers by the **Department of Social Welfare and Development** or DSWD;
- Program for balanced population, resources, and environment by the **Population Commission** or POPCOM.



Activity 7 “Who Can Help?”

In the boxes below, choose the agency that offers services or takes charge of the following: (Write the name of the agencies in your notebook.)

POPCOM	CHED	DepEd	DILG
DSWD	DOH	PIA	

1. You need leaflets, tapes, brochures, and other IEC materials about population.
2. Lessons on integration of population concepts and messages in the secondary.
3. Spacing childbirth and the use of contraceptive methods.
4. PRE programs
5. Care for the street children and mothers.
6. Management of health population program by different municipalities.
7. Lesson on integration of population concepts in universities and colleges.

Health programs aim not only to reduce population but also to improve the quality of life of every Filipino.

There are recreational, spiritual, and other worthwhile activities in the community that help make/ keep people busy. Indulging in such activities will help prevent the youth from engaging in sexual activities that will contribute to rapid population growth.



Activity 8 “What Activities?”

In your notebook, make a list of school and community activities for the youth that will help them use their time wisely. These activities may be recreational and spiritual. Follow the format below.

SCHOOL	
Recreational	Spiritual
_____	_____
_____	_____
_____	_____

COMMUNITY	
Recreational	Spiritual
_____	_____
_____	_____
_____	_____



Activity 9 “Is it P, R, or E ?”

Write P if the program concerns about population, R if about resources, and E if it concerns the environment, or PRE if it concerns all. Write the your answers in your notebook.

1. Waste Management Program
2. Responsible Parenthood Program
3. Clean-up and Recycling Projects
4. Pollution Control Program
5. Family Planning Program



Activity 10 “Complete the Idea”

After reading the lesson, complete the idea of the following in your notebook:

- | Health problems will _____
- || Rapid population growth _____
- ||| I believe that health programs, in order to reduce population growth should _____



*** *LET'S SUMMARIZE IT !!!***

- ⇒ A balanced relationship between and among population, resources and environment will improve the quality of life of every Filipino and will help sustain the country's development.
- ⇒ POPCOM programs convey the essence of the interrelation between and among population, resources and environment as the key elements for the attainment of sustainable development.
- ⇒ Human resource management care for the environment and the responsible use of resources should be integrated in all health programs.
- ⇒ Involvement and cooperation of every individual, family, community, government and non-government agency, sectoral group and institution will ensure success of any health program.

• *LET'S SEE WHAT YOU HAVE LEARNED*



POST TEST

Write the letter of the correct answer on your answer notebook.

1. What will be the result of a balanced interrelationship between and among the population.
 - a. high standard of living
 - b. improved lifestyle of the people
 - c. improved quality of life of the people
 - d. increase in family income
2. Continuous growth of population is due to
 - a. high birth and high death rate
 - b. high birth rate
 - c. high birth rate and low death rate
 - c. high death rate
3. Which of the following agencies integrate population concepts in the curriculum?
 - a. DepEd
 - b. DOH
 - c. DSWD

- d. PIA
4. One of the following is not a component of population change
 - a. birth
 - b. death
 - c. density
 - d. migration
 5. Overpopulation has great effects on the environment and its resources. Which of these consequences is not related to overpopulation?
 - a. denuded forests
 - b. depletion of marine resources
 - c. improved housing
 - d. overcrowding
 6. Philippine population remains to be
 - a. high and young
 - b. low and young
 - c. steadily low
 - d. unchanged
 7. Population control is the concern of a health program on
 - a. family planning and responsible parenthood program
 - b. pollution control program
 - c. recycling project
 - d. waste management program
 8. The agency in-charge of information campaign through the use of mass media is the
 - a. DepEd
 - b. DOH
 - c. DSWD
 - d. PIA
 9. Which of the following problems is not a result of over population?
 - a. peace and order problems
 - b. personality problem
 - c. transportation problem
 - d. unemployment
 10. Which of the following does not affect population change?
 - a. birth
 - b. death
 - c. migration
 - d. morbidity

Compare your answers with the Key to Correction.



* *Key to Correction*

Let's See What You Already Know
PRE-TEST

- | | |
|------|-------|
| 1. C | 6. D |
| 2. C | 7. D |
| 3. D | 8. A |
| 4. A | 9. A |
| 5. A | 10. D |

Activity 1 "What's the Relationship?"

- | | | |
|--------|---------|---------|
| 1. PRE | 7. PRE | 13. P |
| 2. PR | 8. PRE | 14. PR |
| 3. PR | 9. PRE | 15. PRE |
| 4. PR | 10. PRE | 16. PRE |
| 5. PRE | 11. PR | |
| 6. PRE | 12. R | |

Activity 2 "Let's Analyze the Condition"

A. (in any order)

1.) Poverty
2.) crowding
3.) pollution
4.) health problem

B

1.) over population

Activity 3 "High Population Consequences"

Note: Answers may vary depending upon your needs, orientation, values and understanding.

Activity 4 "What Now?"

- malnutrition
- poverty
- illnesses

- education
- housing
- other health problems

Activity 5 “Take Good Care of Them”

- Over population
- Overcrowding
- Inadequate health care services

Activity 6 “Population Scramble”

Note: Statement will vary depending on your concept.

- | | |
|-----------------|--|
| 1. SANITATION | - If more people will not practice sanitation at home, then health problems may result. |
| 2. OVERCROWDING | - Overcrowding in the point of destination will result due to influx of migrants. |
| 3. POLLUTION | - Migration of people to urban areas resulted to pollution problems. |
| 4. HOUSING | - Housing for people who migrated in the cities cannot be provided due to insufficient budget of the government. |

Activity 7 “Who Can Help?”

1. PIA
2. DepEd
3. DOH
4. POPCOM
5. DSWD
6. DILG
7. CHED

Activity 8 “What Activity ?”

Note: Answers in this exercise may vary. Listed below are some examples only.

1. Boy and Girl Scouting
2. Dance activities
3. Sports activities
4. Dramatics
5. YMCA/ YWCA activity

6. Catechism
7. Bible study
8. Singing activity
9. Handicraft making
10. Drawing
11. Interest Club activity

Activity 9 “Is it P, R, or E ?”

1. E
2. P
3. E
4. ER
5. P

Activity 10 “Complete the Idea”

Note: Answers may vary. Answers below are just examples.

1. Health programs will help reduce rapid population growth.
2. Rapid population growth is an alarming concern that everybody’s help os needed.
3. I believe that health programs to reduce population growth should be participated in by all sectors.

POST TEST

- | | |
|------|-------|
| 1. C | 6. A |
| 2. C | 7. A |
| 3. B | 8. D |
| 4. C | 9. D |
| 5. D | 10. D |



What is your score? If you got 10 correct answers in the post test,

Congratulations !

If your score is 6 or below, you need to go over this Module again.