

# FAMILY HEALTH GUARDIANS



**Community-level  
pathways to  
developing a context-  
sensitive health model**



## Family Health Guardian Approach

A culturally sensitive family-based approach aiming at reducing mortality and morbidity cases by improving health practices of the community.





# Family Health Guardians

Health steward of his/her own family, trained and capacitated to take the full responsibility on the health of each members of his/her family and to extend such services to his/her neighborhood when needed.



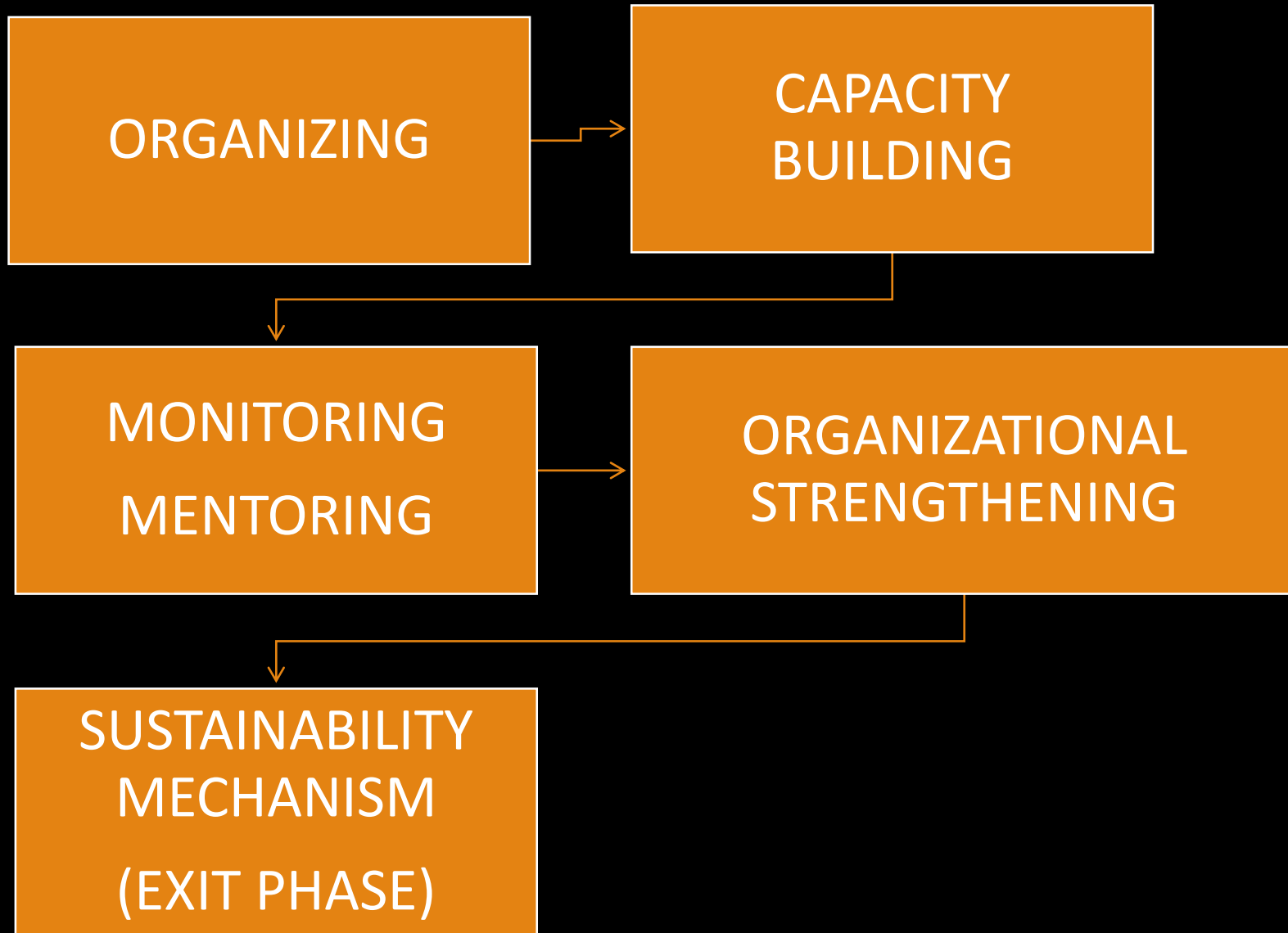


# Roles and responsibilities

- Provide full health care services to his/her family.
- Keep health records of the family
- Maintain backyard /container vegetable and herbal garden
- Ensure clean and safe environment for the family
- Attend FHG regular meeting
- Attend enhancement trainings and seminars as may be requested by the partner
- Provide health services to the best of his/her capacity to the neighborhood when needed
- Participate community initiatives related to health, e.g. Coastal and coastal clean-up
- Influence and train at least 2 neighbors to become FHG



# PROCESS



# PROCESS

## ORGANIZING

- Consultation with the stakeholders
- Partnership building
- Identification of possible FHGs
- Program Orientation
- Organization of FHGs





# PROCESS

## CAPACITY BUILDING

- Mapping of the different cultural health practices
- Module making (5 Modules)
- Trainings



**Module 1 : Maternal and Child Care**  
**Module 2 : Sanitation and Nutrition**  
**Module 3 : Common Illnesses and Diseases  
in the Community**  
**Module 4 : First Aid and Alternative Medicines**  
**Module 5 : Project Management**





# PROCESS

## MONITORING MENTORING

- Quarterly Family health record notebook monitoring
- Organization's regular meeting
- Field coaching and mentoring





# PROCESS

## ORGANIZATIONAL STRENGTHENING

- and Values Formation
- Culture of Peace
- Basic Facilitation
- Basic Project Management
- Financial Literacy Team-Building





# Sustainability Mechanism

- Establishment of partnership and system with the primary stakeholders, CSWD and CHO
- Organizations Systems and policies
- Livelihood activities (individual or group)





# CHALLENGES

- Sustaining the interest and commitment of the FHGs
- Lost/damaged health record notebook
- Limited support from the local health services
- Culture of IP Muslims (Bajau and Bangingi) as nomadic by nature
- Funds for community project



# GAINS

## Personal

- FHGs level of confidence increased
- Level of community participation and decision making improved
- Realization of finding themselves very productive
- Find fulfillment in what they are doing.

## Family

- Morbidity cases among FHG families decreased
- Improved family relationship
- Foster family consciousness in practicing good health habits
- Improve family economics

## Community

- Initiate community health projects
- Reduce morbidity cases
- Improved community economics
- Improved community relationship
- Recognition of FHGs by BLGU and local CHO
- Increased barangay health workers



# Key Insights

- FHG approach provide more time for health workers to look into ones family's health.
- Shows high interest of the individual members because their priority is their family
- Highly encourage but less pressure to do community service.
- Recognition of the stakeholders (CHO, CSWD, LGU) on the approach
- It boost family and community economics
- Appreciated much by the community because of its culture integration. Traditional healers are not threatened. Appreciated much by the community because of its culture integration. Traditional healers are not threatened.
- It contributes to the community's reduction of morbidity/mortality cases
- Multiplier effect

*Muchas Gracias!*

*Pro Deo et  
Patria*

