

## **Sanitation, Health & Family Planning Practices**

This section describes the City residents' sanitation, health and family planning practices. It includes their sources of water for cooking and drinking purposes, means of human waste and other household waste disposal, incidences of sickness and death, and institutions or people whose assistance or professional help is sought by households when sickness occurs. Further covered are family planning practices, condition of household mothers, perceived health condition of 0-6 year old children and perceived overall household sanitation.

**Sources of Water for Cooking and Drinking.** The community water system remains to be the main source of water for cooking purposes (Table 14). Overall, 50.8% of households use water, for cooking, coming from the city water system, both for the household's own use and shared with other households. In some barangays, usage of water for cooking from the water system runs from more than 50% to 75% of the households; Sta. Teresita (78.2%) and Sto. Rosario (86.9%) posted the highest proportion of households. It can be gleaned further from Table 8 that there is a higher usage of water from the water system among barangays near the city proper or along main thoroughfares. Conversely, there is less reliance to the water system in, for example, Dela Paz Norte, Dela Paz Sur, Pandaras, Malpitic and Panipuan. A high rate (around 30%) of households in these barangays use water from manual water pumps for cooking.

The trend of "buying water" in the City with the proliferation of processed (purified, distilled, mineral or oxygenated) water businesses in the country can be also extracted from Table 14. About 1/5 (or 20.4%) of households purchase water for said purpose. Water for cooking is also sourced from own use or shared deep well-manual pumps (19.9%), motor-driven deep well pumps (3.1%) and owned or shared artesian wells (1.4%).

From Table 15, the most common source of drinking water in the city is processed water purchased from water stores (40.4%). About a third of the households (32.3%) use drinking water from the city water system, 14.6% from deep well manual pump, 2.0% from deep well motor-driven pump and 1.2% from artesian wells. A close examination of Table 8 shows varying practices across different barangays.

Increasing health consciousness and a higher standard of living have changed not only food but also water consumption behavior. More and more consumers shift to processed water for drinking which is, arguably, considered safer than other sources.

**Table 14**

**Distribution of CSFP Households  
According to Sources of Water for Cooking\***

Barangay	Bought (Purified Water)	Community Water System (Own Use)	Community Water System (Shared)	Deep Well (Motor Driven/ Own Use)	Deep Well (Manual Pump/ Own Use)	Deep Well (Manual Pump/ Shared)	Artesian Well (Own Use)	Artesian Well (Shared)
ALASAS	14.3%	30.6%	4.1%	6.1%	30.6%	2.0%		
BALITI	22.2%	31.8%	4.8%	3.1%	29.0%	3.7%	.3%	.3%
BULAON	30.5%	34.1%	8.8%	3.3%	21.3%	4.7%	1.8%	1.8%
CALULUT	28.7%	34.3%	9.2%	6.0%	14.7%	2.4%		
DEL CARMEN	17.5%	32.0%	4.1%	4.5%	34.2%	2.6%		
DEL PILAR	19.6%	52.9%	9.5%	2.6%	6.8%	2.4%	.2%	.9%
DEL ROSARIO	22.7%	27.3%	6.4%	1.7%	35.5%	4.1%	.6%	
DELA PAZ NORTE	17.3%	23.1%		1.9%	36.5%	13.5%		
DELA PAZ SUR	3.8%	3.3%	.4%		6.3%	1.3%		.4%
DOLORES	38.5%	51.0%	19.7%	18.5%	21.0%	5.1%	14.2	14.0
JULIANA	17.0%	54.1%	.9%	1.4%	.5%	.5%		
LARA	37.0%	25.9%	3.7%	7.4%	22.2%	3.7%		
LOURDES	8.3%	66.3%	8.6%	1.1%	3.7%	.9%	.3%	.3%
MAGLIMAN	12.4%	53.4%	4.4%	3.2%	20.1%	1.6%	.4%	.4%
MAIMPIS	22.9%	20.8%	4.2%		31.3%	2.1%	2.1%	
MALINO	16.9%	30.4%	5.0%	3.7%	30.4%	3.4%		.3%
MALPITIC	20.8%	31.0%	2.4%	5.1%	26.5%	3.3%	.6%	
PANDARAS	3.2%	23.1%	6.4%	5.1%	28.8%	27.6%		
PANIPUAN	24.2%	30.6%	8.1%	3.2%	14.5%	1.6%		
PULUNG BULU	17.4%	50.4%	5.1%	5.9%	15.7%	1.7%		
QUEBIAWAN	16.8%	35.9%	5.9%	2.2%	27.8%	6.2%	.2%	.2%
SAGUIN	23.2%	32.0%	5.0%	2.2%	11.0%	2.8%		
SAN AGUSTIN	25.5%	33.5%	7.8%	3.7%	18.9%	3.1%	.1%	.1%
SAN FELIPE	9.6%	62.3%	20.4%	10.8%	14.4%	7.8%	6.0%	6.0%
SAN ISIDRO	16.2%	25.9%	8.8%	5.6%	23.1%	7.9%		
SAN JOSE	14.2%	47.2%	11.4%	1.9%	11.9%	4.2%		.2%
SAN JUAN	7.6%	56.7%	12.4%	2.1%	9.6%	5.5%	.7%	.3%
SAN NICOLAS	17.6%	65.1%	9.2%	1.7%	2.0%	1.0%		
SAN PEDRO	16.6%	51.9%	10.3%	.9%	12.2%	2.2%		
SINDALAN	31.7%	32.5%	5.5%	3.1%	20.2%	1.8%	.1%	.2%
STA LUCIA	11.7%	61.5%	15.8%	1.8%	3.3%	.7%		
STA TERESITA	16.4%	76.4%	1.8%	1.8%				
STO NINO	16.2%	54.7%	8.8%	.6%	3.2%	2.4%		
STO. ROSARIO	8.7%	71.7%	15.2%	2.2%	2.2%			
TELABAS-TAGAN	31.3%	50.3%	5.0%	.6%	6.1%			
NORTHVILLE	16.5%	53.4%	8.1%	1.4%	10.6%	2.0%	.1%	
<b>City of San Fernando</b>	<b>20.4%</b>	<b>42.8%</b>	<b>8.0%</b>	<b>3.1%</b>	<b>16.2%</b>	<b>3.6%</b>	<b>.7%</b>	<b>.7%</b>

\* Some Total Percent values exceed 100% because some households use a combination of different sources

**Table 15**

**Distribution of CSFP Households  
According to Sources of Water for Drinking\***

Barangay	Bought (Purified Water)	Community Water System (Own Use)	Community Water System (Shared)	Deep Well (Motor Driven/ Own Use)	Deep Well (Manual Pump/ Own Use)	Deep Well (Manual Pump/ Shared)	Artesian Well (Own Use)	Artesian Well (Shared)
ALASAS	34.7%	26.5%		4.1%	20.4%	2.0%		
BALITI	43.5%	16.8%	2.0%	1.4%	23.6%	3.7%	.3%	
BULAON	49.6%	19.2%	5.9%	2.5%	15.0%	3.7%	1.6%	1.7%
CALULUT	42.6%	24.3%	6.4%	5.2%	12.0%	2.4%		
DEL CARMEN	39.0%	21.2%	3.0%	2.2%	24.2%	1.9%		
DEL PILAR	35.7%	29.7%	5.3%	1.3%	4.0%	1.3%		.2%
DEL ROSARIO	37.2%	13.4%	2.3%	.6%	26.7%	4.7%		.6%
DELA PAZ NORTE	42.3%	17.3%	1.9%	1.9%	21.2%	11.5%		
DELA PAZ SUR	10.0%	.4%	.4%		2.1%	1.3%		
DOLORES	58.6%	32.4%	19.0%	16.0%	19.5%	13.7%	13.4%	13.7%
JULIANA	38.5%	28.9%	.5%	.5%	.5%	.9%		
LARA	55.6%	14.8%	7.4%	3.7%	14.8%	3.7%		
LOURDES	33.7%	42.9%	8.3%	.6%	3.4%		.3%	.3%
MAGLIMAN	40.6%	28.5%	3.6%	2.0%	16.1%	1.6%		
MAIMPIS	50.0%	8.3%	4.2%		20.8%		2.1%	
MALINO	23.5%	22.0%	4.8%	2.6%	27.8%	3.7%		.3%
MALPITIC	50.0%	12.7%	1.8%	3.0%	18.4%	1.5%		.3%
PANDARAS	17.9%	19.2%	6.4%	3.8%	21.8%	23.7%		
PANIPUAN	35.5%	22.6%	8.1%	4.8%	12.9%	1.6%		
PULUNG BULU	30.1%	38.6%	3.8%	3.0%	12.3%	.8%		
QUEBIAWAN	34.8%	24.0%	4.2%	1.5%	22.6%	4.9%	.2%	
SAGUIN	34.8%	15.5%	4.4%	1.1%	8.3%	2.8%		
SAN AGUSTIN	48.2%	18.9%	5.3%	1.8%	12.9%	3.0%	.1%	
SAN FELIPE	22.2%	55.1%	17.4%	8.4%	10.8%	6.6%	6.0%	6.0%
SAN ISIDRO	50.9%	12.5%	4.6%	.9%	14.4%	5.1%	.5%	.5%
SAN JOSE	30.7%	33.5%	9.3%	1.2%	7.6%	3.4%		.1%
SAN JUAN	27.5%	40.9%	11.7%	2.1%	5.8%	3.1%	.3%	.3%
SAN NICOLAS	51.7%	34.2%	7.7%	.7%	1.2%	.5%		
SAN PEDRO	28.4%	36.3%	8.4%		9.7%	1.9%		
SINDALAN	55.7%	14.3%	2.1%	1.3%	11.7%	.9%	.1%	
STA LUCIA	31.5%	45.1%	12.1%	1.5%	2.2%	.7%		
STA TERESITA	45.5%	43.6%	1.8%					
STO NINO	34.3%	39.9%	7.4%	.4%	2.4%	1.4%		
STO. ROSARIO	39.1%	39.1%	13.0%	2.2%	2.2%			
TELABAS-TAGAN	50.3%	32.4%	2.8%		2.8%			
NORTHVILLE	39.4%	32.9%	4.7%	2.0%	.9%	2.0%		
<b>City of San Fernando</b>	<b>40.4%</b>	<b>26.5%</b>	<b>5.8%</b>	<b>2.0%</b>	<b>11.7%</b>	<b>2.9%</b>	<b>.6%</b>	<b>.6%</b>

\* Some Total Percent values exceed 100% because some households use a combination of different sources

**Means of Human Waste and other Household Waste Disposal.** Table 16 shows that the most common manner of human waste disposal (feces and urine) in households is the ordinary toilet with “de-buhos” toilet bowl (55.8%) followed by toilet with flush-bowl (29.4%); both are exclusive to the household or not shared to others. Less than 15% of households share toilet bowls or use other means to dispose their human wastes which includes open pits and open lots. The means of human waste disposal can be construed as an indicator of economic condition. Predictably, the least privileged residents have poorer or more backward means of disposal both in terms of facilities and availability of water sources. A program to effect provision of facilities and ample water sources in depressed areas is essential.

In terms of means of household waste disposal (Table 17), majority of households (77.1%) depend on garbage collectors while 13.3% practice burning of household waste. The highest incidences of “burning” to dispose waste are in Pandaras (80.1%), Magliman (56.6%) and Del Carmen (53.9%). It can be deduced that barangays that have large open spaces or agricultural land tend to burn household and other wastes. Fewer households indiscriminately throw garbage in vacant lots (3.1%), recycle and sell wastes (1.4%), use closed pit (2.0%) – probably for composting, and open pit (1.2%). Household waste disposal practices considerably vary across different barangays. Further scrutiny of Table 10 would show that these practices are influenced by the location and availability of large open spaces or agricultural land, among others.

The above data suggest minimal reuse, recycling and other waste management efforts among residents. Further education and advocacies on waste management can lead to appreciable reduction in waste, better waste disposal and income generation.

**Table 16**

**Distribution of CSFP Households According to Means of Human Waste (Feces & Urine) Disposal\***

Barangay	Flush/Toilet Bowl (Own Use)	"De Buhos" Toilet Bowl (Own Use)	Others
ALASAS	42.9%	40.8%	16.3%
BALITI	33.0%	58.8%	8.2%
BULAON	34.9%	52.8%	12.3%
CALULUT	25.9%	62.9%	11.2%
DEL CARMEN	26.8%	58.4%	14.8%
DEL PILAR	26.4%	54.2%	19.4%
DEL ROSARIO	23.8%	64.0%	12.2%
DELA PAZ NORTE	15.4%	73.1%	11.5%
DELA PAZ SUR	3.3%	11.3%	85.4%
DOLORES	51.3%	49.6%	
JULIANA	40.8%	30.7%	28.5%
LARA	55.6%	33.3%	11.1%
LOURDES	23.1%	59.4%	17.5%
MAGLIMAN	41.0%	47.8%	11.2%
MAIMPIS	37.5%	39.6%	22.9%
MALINO	33.1%	51.9%	15.0%
MALPITIC	36.1%	50.3%	13.6%
PANDARAS	13.5%	65.4%	21.1%
PANIPUAN	29.0%	45.2%	25.8%
PULUNG BULU	35.2%	53.4%	11.4%
QUEBIAWAN	27.7%	59.4%	12.9%
SAGUIN	27.1%	43.6%	29.3%
SAN AGUSTIN	40.2%	49.3%	10.5%
SAN FELIPE	22.8%	70.1%	7.1%
SAN ISIDRO	38.0%	48.1%	13.9%
SAN JOSE	19.2%	61.1%	19.7%
SAN JUAN	22.0%	66.7%	11.3%
SAN NICOLAS	29.2%	59.7%	11.1%
SAN PEDRO	17.2%	70.9%	11.9%
SINDALAN	44.4%	44.2%	11.4%
STA LUCIA	17.9%	70.3%	11.8%
STA TERESITA	30.9%	58.2%	10.9%
STO NINO	27.1%	55.5%	17.4%
STO. ROSARIO	30.4%	47.8%	21.8%
TELABAS-TAGAN	57.0%	33.5%	9.5%
NORTHVILLE	11.2%	76.8%	12.0%
<b>City of San Fernando</b>	<b>29.4%</b>	<b>55.8%</b>	<b>14.8%</b>

**Table 17**

**Distribution of CSFP Households  
According to Means of Household Waste Disposal**

Barangay	Through Garbage Collector	Burning	Closed Pit / Com-posting	Open Pit	Recycling & Selling	Thrown in Vacant Lot
ALASAS	63.3%	26.5%	4.1%	2.0%	2.0%	4.1%
BALITI	92.9%	4.5%	.6%	.3%		.9%
BULAON	84.9%	6.9%	2.2%	1.9%	1.6%	2.4%
CALULUT	82.1%	11.6%	.4%	.4%	.4%	2.4%
DEL CARMEN	15.6%	53.9%	8.6%	3.3%	1.9%	15.2%
DEL PILAR	76.4%	13.0%	3.5%	.4%	.7%	2.9%
DEL ROSARIO	70.3%	22.1%	2.3%	2.3%	2.9%	2.3%
DELA PAZ NORTE	100.0%	9.6%			1.9%	
DELA PAZ SUR	12.9%	2.9%	.4%		.4%	.4%
DOLORES	77.6%	31.2%	15.7%	15.7%	14.9%	16.9%
JULIANA	72.5%	4.1%			.9%	
LARA	88.9%	7.4%				
LOURDES	84.6%	3.4%	.6%		1.4%	3.1%
MAGLIMAN	25.3%	56.6%	5.6%	2.0%	3.2%	8.4%
MAIMPIS	81.3%	2.1%				
MALINO	65.3%	25.7%		.5%	.8%	1.6%
MALPITIC	77.1%	10.5%	1.2%	.3%	.3%	2.1%
PANDARAS	5.1%	80.1%	4.5%	5.1%	2.6%	3.8%
PANIPUAN	83.9%	6.5%	1.6%		1.6%	
PULUNG BULU	79.7%	11.4%	1.3%	1.3%	.4%	3.4%
QUEBIAWAN	71.3%	15.1%	1.9%	.5%	1.7%	6.3%
SAGUIN	59.1%	14.9%	2.2%	1.7%	1.7%	2.8%
SAN AGUSTIN	91.1%	5.4%	.3%	.1%	.5%	.9%
SAN FELIPE	67.1%	41.3%	8.4%	7.8%	9.6%	6.0%
SAN ISIDRO	83.8%	7.4%	.5%	1.4%		1.4%
SAN JOSE	77.7%	13.8%	1.0%	.3%	1.2%	4.7%
SAN JUAN	82.8%	15.5%	5.8%	.7%	1.0%	1.4%
SAN NICOLAS	80.9%	15.6%	1.5%	.5%	.5%	2.7%
SAN PEDRO	70.6%	21.9%	.9%	1.3%	.9%	3.4%
SINDALAN	80.3%	13.4%	2.6%	.2%	.8%	1.3%
STA LUCIA	90.1%	3.7%	.7%			2.6%
STA TERESITA	72.7%	5.5%				10.9%
STO NINO	84.8%	7.2%	.6%	.6%	.8%	1.8%
STO. ROSARIO	95.7%		2.2%			
TELABAS-TAGAN	89.4%	2.2%	.6%		.6%	1.1%
NORTHVILLE	89.2%	3.3%	.4%	.3%	.3%	1.1%
<b>City of San Fernando</b>	<b>77.1%</b>	<b>13.3%</b>	<b>2.0%</b>	<b>1.2%</b>	<b>1.4%</b>	<b>3.1%</b>

**Incidences of Sickness and Death within the Last Three Years.** About half of households (45.4%) revealed that at least one household member experienced sickness within the last three years (Table 18). The common sickness are fever and colds (28.3%). Incidences of lung-related diseases (pneumonia or tuberculosis), mosquito-caused diseases

(dengue or malaria), stomach or digestive diseases (cholera or dysentery), skin diseases, measles, HIV/AIDS and other diseases run from almost nil -0% (HIV/AIDS) to 1.8%. Incidences across barangays vary accordingly.

Table 19 indicates death incidence over the least three years. Only less than 10% of the households reported to have experienced death in the family or household. Two major causes of death are serious ailments (47.8%) and old age (42.7%). Other reasons include accident (5.0%), child birth (2.8%), crime (1.0%) and others (0.7%).

Across barangays, the highest incidence of death due to accidents is reported in Calulut, Del Carmen, Dela Paz Sur and Juliana. Dolores and Malpitic had the highest incidence of death due to child birth. Del Rosario and Sta. Lucia posted highest in crime as cause of death of a household member.

In a yet to be released report by Central Luzon Health Research Development Consortium-DOST III (to which UA – CSFP survey project proponent – is a member of), the incidence of lung-related (particularly, tuberculosis) diseases and death is related to low economic condition/poverty. The underprivileged contract tuberculosis at a much higher rate and may even die from it based on the less than 200 systematic sample of TB patients/carriers from Pampanga included in the regional study.

Without preempting the results of a study being conducted by UA nursing students, the incidence of blood-borne diseases (e.g., hepatitis) and death may also be suspected to be high among flagellants and their families. This is premised on the use of only 'one' blade to injure the backs of a group of several flagellants.

Incidences of certain diseases and deaths may be reduced with intensified health education program.

**Table 18**

**Incidences of Sickness in CSFP Households (Last 3 Years)**

Barangay	Expe-rienced sickness	Fever & Colds	TB/ Pneu-monia	Dengue/ Malaria	Cholera/ Dysentery	Skin Disease	Measles	HIV/ Aids	Others
ALASAS	52.3%	34.7%	2.0%	2.0%	2.0%				
BALITI	46.3%	25.0%	.3%	.6%	1.1%		.3%		3.7%
BULAON	39.1%	23.3%	.5%	.1%	.7%	.2%	.1%		1.1%
CALULUT	30.9%	24.3%		.4%	1.2%				.8%
DEL CARMEN	35.2%	22.7%			.4%				.7%
DEL PILAR	44.0%	23.8%	.7%	.7%	.4%	.4%			.9%
DEL ROSARIO	42.9%	32.0%	2.3%		1.2%	1.2%			14.5%
DELA PAZ NORTE	68.2%	38.5%							
DELA PAZ SUR	68.2%	5.8%							2.5%
DOLORES	35.1%	22.4%	.9%		.6%	.3%			.6%
JULIANA	59.9%	30.3%	.9%	.9%	1.4%				.9%
LARA	30.0%	11.1%							
LOURDES	61.0%	42.0%	5.7%	2.0%	3.4%	.6%	.3%		1.1%
MAGLIMAN	52.5%	42.2%	2.4%		.4%	.4%			.8%
MAIMPIS	20.0%	18.8%	2.1%						
MALINO	38.9%	24.9%	1.1%			.3%			3.7%
MALPITIC	39.5%	26.5%	.9%	.3%	.6%	.3%	.3%		7.8%
PANDARAS	54.8%	44.9%	2.6%		3.8%				.6%
PANIPUAN	30.4%	17.7%							1.6%
PULUNG BULU	48.2%	35.6%		.8%	.4%	.4%			
QUEBIAWAN	47.2%	26.4%	.9%	.3%	.9%	.2%	.2%		.9%
SAGUIN	51.6%	17.1%	1.1%	.6%		.6%			1.1%
SAN AGUSTIN	38.8%	21.3%	1.3%	.3%	.7%	.2%	.2%		1.6%
SAN FELIPE	57.7%	26.3%	2.4%	1.8%	.6%	.6%			1.8%
SAN ISIDRO	47.3%	32.9%	2.8%	.5%	1.4%	.5%			2.3%
SAN JOSE	47.5%	32.1%	1.1%	.4%	1.6%	.7%	.1%		1.4%
SAN JUAN	63.2%	48.5%	1.7%	.3%	1.4%		.3%		1.4%
SAN NICOLAS	53.4%	46.3%	2.5%	1.0%	2.2%	.2%			3.2%
SAN PEDRO	45.9%	29.7%	1.9%	.3%	.9%	.6%	.3%		1.9%
SINDALAN	46.2%	25.2%	1.4%	.4%	.4%	.4%	.1%	.1%	1.4%
STA LUCIA	45.4%	26.7%	2.2%	.4%	.4%			.4%	
STA TERESITA	49.0%	36.4%			1.8%				
STO NINO	46.3%	36.1%	1.8%	.8%	1.6%	.6%			5.2%
STO. ROSARIO	55.6%	54.3%			2.2%				
TELABASTAGAN	35.7%	26.8%							
NORTHVILLE	43.9%	27.7%	1.6%	.4%	1.8%	.3%	.5%		1.0%
<b>City of San Fernando</b>	<b>45.4%</b>	<b>28.3%</b>	<b>1.3%</b>	<b>.4%</b>	<b>1.0%</b>	<b>.3%</b>	<b>.1%</b>	<b>0%</b>	<b>1.8%</b>



**Table 19**

**Incidences of Death and  
Reasons of Death in Household Members (Last 3 Years)**

Barangay	Experienced Occurrence of Death (Last 3 Years)	Old Age (Katandaan)	Serious Ailment (MALUB-HANG SAKIT)	(Accident) AKSIDENTE	Child Birth (PANGANGANAK)	Crime (KRIMEN)	Others (IBA PA)
ALASAS	14.3%	66.7%	33.3%				
BALITI	11.6%	38.5%	53.8%	3.8%	3.8%		
BULAON	5.6%	65.9%	29.3%	2.4%			2.4%
CALULUT	2.4%	50.0%	25.0%	25.0%			
DEL CARMEN	8.9%	15.0%	65.0%	20.0%			
DEL PILAR	7.3%	46.2%	50.0%		3.8%		
DEL ROSARIO	18.0%	44.4%	44.4%			11.1%	
DELA PAZ NORTE		33.3%	66.7%				
DELA PAZ SUR	3.8%	40.0%	40.0%	20.0%			
DOLORES	5.0%	26.7%	40.0%	6.7%	26.7%		
JULIANA	15.1%	42.9%	28.6%	21.4%		7.1%	
LARA							
LOURDES	18.6%	23.9%	63.0%	4.3%	6.5%		2.2%
MAGLIMAN	12.4%	40.0%	46.7%	6.7%	6.7%		
MAIMPIS	10.4%		100.0%				
MALINO	4.8%	55.6%	44.4%				
MALPITIC	10.5%	37.5%	43.8%		12.5%		6.3%
PANDARAS	7.7%	63.6%	36.4%				
PANIPUAN	1.6%						
PULUNG BULU	9.3%	35.7%	64.3%				
QUEBIAWAN	8.3%	48.7%	48.7%	2.6%			
SAGUIN	9.9%	30.0%	70.0%				
SAN AGUSTIN	8.2%	46.2%	53.8%				
SAN FELIPE	20.4%	44.4%	44.4%	5.6%			5.6%
SAN ISIDRO	10.6%	47.1%	47.1%		5.9%		
SAN JOSE	9.2%	58.8%	35.3%	2.9%	2.9%		
SAN JUAN	7.2%	15.8%	84.2%				
SAN NICOLAS	10.6%	46.5%	39.3%	10.7%	3.6%		
SAN PEDRO	10.3%	36.1%	55.6%	2.8%	2.8%	2.8%	
SINDALAN	9.5%	45.6%	45.6%	5.3%	1.8%	1.8%	
STA LUCIA	7.0%	72.7%	18.2%			9.1%	
STA TERESITA	21.8%		100.0%				
STO NINO	15.4%	28.6%	60.7%	5.4%	3.6%		1.8%
STO. ROSARIO		50.0%	50.0%				
TELABASTAGAN	3.9%	100.0%					
NORTHVILLE	5.3%	40.7%	39.0%	15.3%	1.7%	3.4%	
<b>City of San Fernando</b>	<b>8.6%</b>	<b>42.7%</b>	<b>47.8%</b>	<b>5.0%</b>	<b>2.8%</b>	<b>1.0%</b>	<b>.7%</b>

**Institutions and People whose Services/Assistance are Sought during Sickness.** Table 20 indicates that about one-third (30.5%) of households go to hospitals at the advent of or during sickness. Services of health centers and private clinics are sought by

15.9% and 8.4% of the households, respectively. Less than 1% each seek quack doctors (Arbularyo) and other services. Three percent admitted not seeking any medical assistance during sickness.

Seeking assistance from health centers is highest in Sto. Rosario, San Nicolas, San Juan, Alasas, Dela Paz Norte, Magliman, Pandaras, San Isidro, San Pedro and Sto. Nino, each with more than 20% of households going to health centers. Going to private clinics is highest in Dela Paz Norte (21.2%) and San Juan (20.6%). Seeking “traditional” or folk help, generally from “arbularyo”, is highest in Alasas (4.1%), Dolores (4.7%) and San Felipe (4.2%).

Greater accessibility to either public or private health services has been observed in the last 5 or more years which went with the increase in the number of health facilities such as hospitals and health centers in the City and in Pampanga.

**Family Planning Practices.** Use of contraception among household members is displayed in Table 21. A high proportion of households did not disclose their family planning practices. However, 41.2% admitted not using or practicing any birth control or contraception. Among birth control methods, pills-taking is the most common at 6.4%. Other methods are withdrawal (5.3%), rhythm (4.1%), use of condom (2.1%), ligation/pagtatali (2.0%) and other methods (1.4%). It can be inferred from the data that there is minimal use of both contraceptives and natural means of birth control.

Table 21 further shows that the aforementioned practices are quite the same across barangays except for San Felipe which recorded the highest usage (more than 10%) of different family planning methods.

Martinez and Virola (2007) held that a large family or household size makes the family more vulnerable to poverty. This does not apply, however, among families in the upper economic strata, i. e., high income families maintain high per capita income regardless of family size. Among poor families, the effect of family size to per capita income is more pronounced. Clearly, these families divide their small income among several members making the income per member too small to sustain a decent life. Educating city residents - especially those who belong to the low income strata - on family management and responsible parenthood is another means to abate poverty incidence.

**Table 20**

**Institutions or Persons whose Assistance are Sought  
by Households During Sickness**

Barangay	Hospital	Health Center	Private Clinic	Quack Doctor (Arbularyo)	Others	Do not seek medication
ALASAS	30.6%	22.4%	8.2%	4.1%		2.0%
BALITI	32.7%	16.5%	6.3%	.3%	1.1%	1.4%
BULAON	36.2%	11.7%	7.4%	1.3%	.9%	2.8%
CALULUT	20.3%	12.7%	2.8%	.4%	.4%	2.8%
DEL CARMEN	30.1%	11.5%	5.6%	1.1%	.4%	2.6%
DEL PILAR	33.7%	11.9%	5.3%	.7%	.7%	3.3%
DEL ROSARIO	37.2%	17.4%	7.6%	1.7%	4.1%	4.1%
DELA PAZ NORTE	40.4%	21.2%	21.2%	1.9%		7.7%
DELA PAZ SUR	4.6%	3.8%	3.3%		.4%	.4%
DOLORES	34.1%	19.2%	9.9%	4.7%	5.0%	5.2%
JULIANA	28.4%	8.3%	12.4%	.5%		3.2%
LARA	37.0%	7.4%	3.7%			
LOURDES	36.3%	15.7%	15.1%	.9%		3.1%
MAGLIMAN	31.3%	21.7%	16.9%	2.0%	.8%	2.0%
MAIMPIS	37.5%	10.4%	6.3%			
MALINO	38.9%	9.8%	7.9%	1.1%		3.4%
MALPITIC	27.7%	9.9%	12.0%		.9%	3.0%
PANDARAS	37.8%	29.5%	12.8%	1.9%	.6%	1.9%
PANIPUAN	40.3%	11.3%	4.8%			
PULUNG BULU	31.4%	13.6%	4.7%	1.7%	.4%	4.2%
QUEBIAWAN	28.6%	13.8%	4.6%	1.7%	.3%	2.6%
SAGUIN	37.6%	8.8%	5.0%	.6%		1.7%
SAN AGUSTIN	27.9%	10.7%	9.0%		.7%	2.4%
SAN FELIPE	37.1%	17.4%	9.0%	4.2%	4.2%	9.0%
SAN ISIDRO	30.6%	22.2%	18.1%			2.8%
SAN JOSE	29.5%	17.5%	9.0%	.7%	.7%	3.8%
SAN JUAN	32.3%	29.9%	20.6%	3.4%	1.0%	5.8%
SAN NICOLAS	30.0%	32.4%	16.1%	1.2%	.7%	2.5%
SAN PEDRO	33.1%	22.2%	6.3%		.9%	4.4%
SINDALAN	34.6%	14.1%	8.9%	.3%	1.0%	1.8%
STA LUCIA	28.2%	19.4%	5.1%		1.5%	2.2%
STA TERESITA	41.8%	16.4%	14.5%	1.8%		3.6%
STO NINO	31.9%	21.4%	10.6%	.2%	1.2%	4.0%
STO. ROSARIO	43.5%	37.0%	13.0%			
TELABASTAGAN	27.4%	11.7%	8.4%	.6%		3.9%
NORTHVILLE	20.5%	18.7%	3.5%	.5%	.7%	2.9%
<b>City of San Fernando</b>	<b>30.5%</b>	<b>15.9%</b>	<b>8.4%</b>	<b>.9%</b>	<b>.9%</b>	<b>3.0%</b>

**Table 21****CSFP Household Distribution According to Family Planning Practices or Use of Common Natural and Artificial Contraceptions**

Barangay	Rhythm	Pills	IUD/ Ligation/ Pagtatali	With- drawal	Condom	Other methods	None
ALASAS	8.2%	6.1%	2.0%	8.2%	2.0%	4.1%	46.9%
BALITI	2.3%	6.8%	1.1%	7.4%	2.6%	.9%	40.1%
BULAON	4.8%	4.1%	1.3%	4.2%	2.0%	1.9%	36.1%
CALULUT	4.0%	3.6%	.8%	4.0%	1.2%	2.0%	33.1%
DEL CARMEN	2.6%	5.2%		2.6%	1.9%		44.2%
DEL PILAR	5.1%	5.5%	2.0%	5.1%	2.0%	1.5%	30.2%
DEL ROSARIO	4.7%	9.9%	1.2%	4.1%	4.1%	.6%	55.2%
DELA PAZ NORTE		5.8%		3.8%	17.3%		44.2%
DELA PAZ SUR	.4%	.8%		.8%	.8%		4.6%
DOLORES	5.2%	7.3%	2.6%	6.7%	3.2%	3.5%	42.9%
JULIANA	8.7%	6.0%	5.0%	6.0%	.9%	7.3%	28.9%
LARA	3.7%			3.7%	3.7%		55.6%
LOURDES	2.9%	4.6%	5.1%	2.6%	.9%	1.7%	40.0%
MAGLIMAN	5.2%	6.4%	4.0%	2.0%	3.2%		47.8%
MAIMPIS		4.2%					43.8%
MALINO	4.5%	6.9%	.5%	7.4%	.3%	1.1%	45.8%
MALPITIC	3.9%	3.9%	1.2%	8.1%	3.9%	.6%	45.2%
PANDARAS	2.6%	7.1%	3.8%	5.1%	1.3%	1.9%	32.1%
PANIPUAN	1.6%	3.2%		9.7%	1.6%		41.9%
PULUNG BULU	3.8%	3.4%	.4%	8.5%	3.0%	.4%	33.1%
QUEBIAWAN	4.0%	6.3%	1.1%	7.4%	1.2%	.2%	45.7%
SAGUIN	4.4%	3.9%	.6%	6.6%	1.7%	1.1%	23.8%
SAN AGUSTIN	4.8%	4.0%	1.1%	6.4%	1.9%	1.6%	43.4%
SAN FELIPE	12.0%	22.2%	12.6%	11.4%	6.6%	6.6%	44.9%
SAN ISIDRO	3.7%	8.3%	5.6%	1.9%	1.4%	2.8%	32.9%
SAN JOSE	3.2%	9.1%	2.7%	5.8%	1.9%	.6%	46.5%
SAN JUAN	1.4%	5.8%	7.6%	7.6%	4.5%	.7%	37.5%
SAN NICOLAS	4.7%	9.4%	5.0%	5.9%	2.0%	2.0%	37.6%
SAN PEDRO	5.3%	9.7%	.6%	4.1%	3.8%		46.6%
SINDALAN	4.9%	6.6%	1.0%	4.5%	1.8%	2.4%	37.8%
STA LUCIA	2.9%	8.1%	2.6%	3.7%	1.8%		41.0%
STA TERESITA	3.6%	3.6%	7.3%	9.1%	3.6%		50.9%
STO NINO	2.0%	7.2%	1.8%	4.6%	3.2%	2.8%	49.9%
STO. ROSARIO	2.2%	13.0%	6.5%	4.3%	2.2%		52.2%
TELABASTAGAN	5.0%	4.5%		3.4%		.6%	57.0%
NORTHVILLE	3.7%	6.9%	1.0%	5.1%	2.1%	.7%	46.4%
<b>City of San Fernando</b>	<b>4.1%</b>	<b>6.4%</b>	<b>2.0%</b>	<b>5.3%</b>	<b>2.1%</b>	<b>1.4%</b>	<b>41.2%</b>

**Condition of Household Mothers.** Table 22 gives a basic description of household mothers. Citywide, 10.2% of mothers are lactating while 4.2% are pregnant. The rest are neither lactating nor pregnant.

Percentages do not vary significantly across barangays except in Dela Paz Sur which posted the highest proportion of pregnant mothers (25.0%); in Dela Paz Norte, Panipuan and Maimpis which recorded the highest rate of lactating mothers at 37.5%, 31.3% and 25.0%, respectively.

The 2000 and 2007 City populations (NSO) of 269,365 and 381,958, respectively, yield a 3.94% average growth rate. The married women in the City constitute around 25% of the population (computed from: product of 50% females & 50% married population). Thus, biological growth in the city may be conservatively estimated at more than 1% (25% of 4.2%). Consequently, it may be deduced that migration contributes significantly to population growth in CSFP.

**Perceived Health Condition of 0-6 Year Old Children.** As observed by enumerators, 93.6% of children who are six years old or younger looked healthy, 5.9% appeared moderately healthy and only 0.4% were unhealthy (Table 23). Seven barangays pegged having moderately healthy children of more than 10%: San Pedro at highest (19.4%); Lara (14.8%); Pandaras (12.2%); San Nicolas (11.9%); Sto. Nino (10.8%); Sta. Lucia (10.6%); and, Alasas (10.2%).

San Pedro also posted the highest incidence of unhealthy children at 2.2%. Saguin, Pandaras, Sta. Lucia and Northville have 1% or more observed unhealthy children.

The health of young children is necessarily linked to poverty. Children from poor households are deprived of food adequate in amount and quality essential for their physical and mental health and growth. Moreover, based on disclosures by a CSFP public school teacher which became the basis of her research topic "Realities of Child Labor: Challenges to Educational Managers", some of these children succumb to child labor with their parents' consent or even at the dictates of their parents. Nutritious food deprivation and child labor prove detrimental to children's health.

Findings also showed that barangay economic situation is related to children's health, i.e., barangays identified as poor, based on common perception, have relatively more children observed to be "unhealthy". The alleviation of deprived children's present condition must be a primary concern of the LGU as they will be part of future economic drivers.

**Table 22**

**Condition of Mothers in Households**

Barangay	Pregnant	Lactating	None of these
ALASAS	7.1%	7.1%	85.7%
BALITI	3.0%	9.1%	87.9%
BULAON	3.0%	9.7%	87.3%
CALULUT	2.7%	6.7%	90.7%
DEL CARMEN	4.0%	13.9%	82.2%
DEL PILAR	3.5%	8.7%	87.9%
DEL ROSARIO	2.0%	11.9%	86.1%
DELA PAZ NORTE		37.5%	62.5%
DELA PAZ SUR	25.0%	16.7%	58.3%
DOLORES	2.0%	9.2%	88.9%
JULIANA	3.9%	9.7%	86.4%
LARA		7.7%	92.3%
LOURDES	1.7%	6.9%	91.3%
MAGLIMAN	4.0%	5.3%	90.7%
MAIMPIS		25.0%	75.0%
MALINO	.5%	4.6%	94.9%
MALPITIC	3.5%	4.2%	92.4%
PANDARAS	3.8%	12.8%	83.3%
PANIPUAN		31.3%	68.8%
PULUNG BULU	2.9%	8.7%	88.5%
QUEBIAWAN	5.6%	8.4%	86.0%
SAGUIN		11.8%	88.2%
SAN AGUSTIN	4.4%	6.8%	88.7%
SAN FELIPE	4.1%	14.4%	81.4%
SAN ISIDRO	4.5%	4.5%	91.0%
SAN JOSE	6.2%	12.7%	81.1%
SAN JUAN	4.5%	11.9%	83.6%
SAN NICOLAS	3.1%	13.1%	83.8%
SAN PEDRO	2.7%	16.7%	80.7%
SINDALAN	2.7%	10.3%	87.0%
STA LUCIA	3.8%	11.3%	85.0%
STA TERESITA	3.3%	6.7%	90.0%
STO NINO	6.5%	7.4%	86.1%
STO. ROSARIO	5.1%	7.7%	87.2%
TELABASTAGAN	2.6%	7.9%	89.5%
NORTHVILLE	8.1%	13.5%	78.4%
<b>City of San Fernando</b>	<b>4.2%</b>	<b>10.2%</b>	<b>85.7%</b>

**Table 23**

**Perceived Health Conditions of 0-6 Year – Old Children**

Barangay	Looks Healthy	Looks Moderately healthy	Looks Unhealthy
ALASAS	89.8%	10.2%	
BALITI	94.0%	5.7%	.3%
BULAON	97.1%	2.8%	.1%
CALULUT	96.8%	3.2%	
DEL CARMEN	97.8%	2.2%	
DEL PILAR	93.0%	6.4%	.7%
DEL ROSARIO	98.8%	1.2%	
DELA PAZ NORTE	90.4%	9.6%	
DELA PAZ SUR	100.0%		
DOLORES	96.5%	3.2%	.3%
JULIANA	93.6%	6.4%	
LARA	85.2%	14.8%	
LOURDES	90.6%	8.6%	.9%
MAGLIMAN	97.6%	2.4%	
MAIMPIS	91.7%	8.3%	
MALINO	90.5%	9.3%	.3%
MALPITIC	98.2%	1.8%	
PANDARAS	86.5%	12.2%	1.3%
PANIPUAN	100.0%		
PULUNG BULU	98.3%	1.7%	
QUEBIAWAN	92.0%	7.6%	.5%
SAGUIN	95.6%	2.8%	1.7%
SAN AGUSTIN	96.2%	3.5%	.2%
SAN FELIPE	91.6%	8.4%	
SAN ISIDRO	96.3%	3.7%	
SAN JOSE	91.7%	7.9%	.4%
SAN JUAN	92.1%	7.9%	
SAN NICOLAS	88.1%	11.9%	
SAN PEDRO	78.4%	19.4%	2.2%
SINDALAN	95.8%	4.0%	.3%
STA LUCIA	88.3%	10.6%	1.1%
STA TERESITA	96.4%	3.6%	
STO NINO	88.6%	10.8%	.6%
STO. ROSARIO	95.7%	4.3%	
TELABASTAGAN	96.6%	3.4%	
NORTHVILLE	92.5%	6.5%	1.0%
<b>City of San Fernando</b>	<b>93.6%</b>	<b>5.9%</b>	<b>.4%</b>

**Perceived Overall Household Sanitation.** Citywide, 92.1% of households were observed having sanitary house interior. Conversely, 7.9% were deemed having dirty house interior (Table 24). Lowest proportions of clean interior are found in Sto. Rosario (73.9%), San Juan (85.2%) and Alasas (85.7%).

Eighty seven point six percent of the children who were present in their respective houses during the survey were found clean. Again, Sto. Rosario posted the lowest proportion of having “tidy” children at 69.6% this barangay being the retail center of both dry and wet goods.

Table 24 indicates further that at the house yard or exterior, only 18.9% of the households were observed having open trash (not in containers). At the barangay level, San Felipe has the highest proportion of households with open trash at 36.5%. San Jose, Sto. Rosario, San Pedro and Del Rosario have more than 25% of their respective households which were found having open trash outside their houses.

A clean yard was observed in 87.6% of households in the city. Lowest proportions of households with clean surroundings are in Sto. Rosario (63%), San Felipe (79.6%), Del Pilar 79.1% San Juan (78.0%) and San Jose (77.6%).

Household interior and exterior sanitation is a requisite to health, especially in the avoidance of diseases (e.g., dengue) and an initial step to city-wide sanitation. More vigorous campaigns and advocacies on maintaining sanitation must be initiated at the barangay level. Education of residents on waste segregation and proper handling of household wastes can further improve the already high extent of sanitation in the City.



**Table 24**  
**Perceived Overall Household Sanitation**

Barangay	Clean House Interior		Clean Children Inside the House		Open Trash Outside the House		Clean Yard/ Surroundings	
	Yes	No	Yes	No	None	Yes	Yes	No
ALASAS	85.7%	14.3%	83.7%	16.3%	83.7%	16.3%	87.8%	12.2%
BALITI	92.9%	7.1%	84.7%	15.3%	83.5%	16.5%	89.5%	10.5%
BULAON	94.1%	5.9%	89.7%	10.3%	82.6%	17.4%	89.6%	10.4%
CALULUT	94.8%	5.2%	88.4%	11.6%	84.5%	15.5%	93.6%	6.4%
DEL CARMEN	93.7%	6.3%	88.8%	11.2%	86.6%	13.4%	88.8%	11.2%
DEL PILAR	86.6%	13.4%	84.1%	15.9%	76.9%	23.1%	79.1%	20.9%
DEL ROSARIO	94.2%	5.8%	86.0%	14.0%	74.4%	25.6%	83.7%	16.3%
DELA PAZ NORTE	94.2%	5.8%	88.5%	11.5%	82.7%	17.3%	86.5%	13.5%
DELA PAZ SUR	95.4%	4.6%	95.0%	5.0%	82.9%	17.1%	95.8%	4.2%
DOLORES	91.5%	8.5%	89.5%	10.5%	84.8%	15.2%	87.5%	12.5%
JULIANA	92.7%	7.3%	92.2%	7.8%	83.9%	16.1%	89.0%	11.0%
LARA	92.6%	7.4%	85.2%	14.8%	77.8%	22.2%	85.2%	14.8%
LOURDES	87.7%	12.3%	88.6%	11.4%	78.6%	21.4%	80.0%	20.0%
MAGLIMAN	92.0%	8.0%	90.0%	10.0%	82.3%	17.7%	88.4%	11.6%
MAIMPIS	95.8%	4.2%	93.8%	6.3%	83.3%	16.7%	89.6%	10.4%
MALINO	96.3%	3.7%	92.6%	7.4%	83.6%	16.4%	91.8%	8.2%
MALPITIC	96.4%	3.6%	89.2%	10.8%	84.3%	15.7%	92.8%	7.2%
PANDARAS	91.7%	8.3%	91.7%	8.3%	76.3%	23.7%	84.6%	15.4%
PANIPUAN	100.0%		98.4%	1.6%	87.1%	12.9%	90.3%	9.7%
PULUNG BULU	90.3%	9.7%	85.2%	14.8%	78.4%	21.6%	86.9%	13.1%
QUEBIAWAN	91.3%	8.7%	87.3%	12.7%	83.6%	16.4%	84.7%	15.3%
SAGUIN	90.6%	9.4%	86.2%	13.8%	75.1%	24.9%	86.2%	13.8%
SAN AGUSTIN	95.0%	5.0%	89.6%	10.4%	84.3%	15.7%	92.0%	8.0%
SAN FELIPE	88.0%	12.0%	81.4%	18.6%	63.5%	36.5%	79.6%	20.4%
SAN ISIDRO	95.4%	4.6%	88.0%	12.0%	86.1%	13.9%	93.5%	6.5%
SAN JOSE	86.9%	13.1%	80.7%	19.3%	71.6%	28.4%	77.6%	22.4%
SAN JUAN	85.2%	14.8%	81.8%	18.2%	77.3%	22.7%	78.0%	22.0%
SAN NICOLAS	90.6%	9.4%	83.2%	16.8%	80.0%	20.0%	82.2%	17.8%
SAN PEDRO	88.8%	11.3%	84.4%	15.6%	74.7%	25.3%	81.6%	18.4%
SINDALAN	94.1%	5.9%	89.3%	10.7%	82.7%	17.3%	90.1%	9.9%
STA LUCIA	95.2%	4.8%	91.9%	8.1%	78.4%	21.6%	91.2%	8.8%
STA TERESITA	90.9%	9.1%	94.5%	5.5%	87.3%	12.7%	90.9%	9.1%
STO NINO	89.0%	11.0%	85.6%	14.4%	80.6%	19.4%	83.6%	16.4%
STO. ROSARIO	73.9%	26.1%	69.6%	30.4%	71.7%	28.3%	63.0%	37.0%
TELABASTAGAN	98.3%	1.7%	96.1%	3.9%	88.8%	11.2%	96.1%	3.9%
NORTHVILLE	92.4%	7.6%	87.2%	12.8%	84.3%	15.7%	88.3%	11.7%
<b>City of San Fernando</b>	92.1%	7.9%	87.6%	12.4%	81.1%	18.9%	87.0%	13.0%