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ABSTRACT

This study aimed to determine the contributory factors to health problems among adults in selected barangays of the City of San Fernando, La Union as a basis to propose health measures to address the contributory factors to health problems among adults. A descriptive research method was utilized in the study with a questionnaire as the primary tool used to gather data. The respondents are adults whose ages range from 18 to 40 living in upland, inland and coastal areas. Frequency and percentage were used to treat the data.

The salient findings of the study are as follows: (1) The common health problems experienced among adults in selected barangay of City of San Fernando, La Union were dental problems, hypertension, acute respiratory infections, acute gastroenteritis, arthritis, urinary tract infections and infected wound; (2) The contributory factors that the residents were exposed to diet, lifestyle and environment factors.

The study concluded that: (1) the common health problems experienced among adult were infectious and non-infectious health problems that were preventable and treatable: (2) the contributory factors that the adult residents exposed to were related to diet, lifestyle and environmental factors that were mostly modifiable. Based on the findings of the study, proposed health measures were developed to address the contributory factors to health problems among adults in selected barangay of City of San Fernando, La Union.