

# Health Care in the Philippines



By Sierra Jenkins, National HOSA President-Elect

In the Philippines, balance is important to the maintenance of good health. Filipinos sometimes view illness as a punishment for misdeeds. Very different than in the United States, obesity is viewed as a sign of good fortune and economic success rather than as a symptom or cause of poor health. Personal hygiene and whole body health is very important to Filipinos.

In most rural areas in the Philippines, there is a shortage of doctors and dentists, and there is no health or dental insurance available. The main



health concern in the Philippines is malnutrition due to general contamination of the water supply that has caused the epidemic of dysentery. Filipinos use plants and other items as home remedies to help with medical situations because of the shortage of medical professionals. However, there are American and European trained doctors and dentists available to provide necessary medical and dental care in the cities. In Manila, the capital of the Philippines, there are adequate medical facilities that treat most illnesses and medical problems.



## HOSA's Hurricane Katrina Relief Efforts

# HOSA



**American Red Cross**

HOSA members throughout the United States and Puerto Rico express their sincerest compassion for those HOSA members and their families who are responding to the devastation resulting from Hurricane Katrina. We wish them the best in both their personal recovery efforts and in the opportunity to help others who need their support.

HOSA chapters who wish to take an active role in responding to the needs of the victims from Hurricane Katrina should contact their local chapter of the American Red Cross. Local Red Cross representatives have the resources to work with local HOSA chapters to determine how best to serve others in this time of need. For more information, contact the American Red Cross at [www.redcross.org](http://www.redcross.org).