



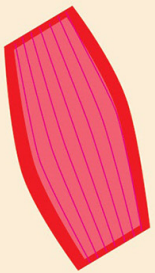
# Health Corner

## What is blood pressure?

Is the force & rate of the heart pumping blood against arterial walls



## What is high blood pressure?



A condition that stretches artery walls beyond normal limits

## Consequences of un-controlled high blood pressure

Damaged arteries | Aneurysm  
Coronary artery disease | Stroke  
Enlarged heart | Dementia  
Transient ischemic attack  
Heart failure | Kidney failure

## Risk factors you can control

Abnormal Cholesterol | Diabetes  
Tobacco use | Overweight  
Physical Activity

## Understand your numbers

**120**  
**80** mm Hg

Read as  
120 over 80  
millimeters  
of mercury

### Systolic

The top number measures the pressure of the heart pumping blood into arteries

### Diastolic

The bottom number measures the pressure in the arteries between heart beats

**Hypertension** also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Blood is carried from the heart to all parts of the body in the vessels. Each time the heart beats, it pumps blood into the vessels.

## Normal

**120**  
**80**

These are normal number. There is no risk at this point.

## Prehypertension

**135**  
**88**

Changes are needed to prevent hypertension. Risk at this point.

## Hypertension

**140**  
**90** or higher

Time to see the doctor to work out a plan that works for you.

## How to control & prevent hypertension

### THE INTEGRATIVE APPROACH



Physical Activity



Healthy Eating



Moderate Salt Intake



Moderate Alcohol Consumption



Potassium Supplement



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#### Contributors:

ASDI IMO  
ADS IMO  
SDS IMO  
SDN Sattelite Office

#### Produced By:

National Irrigation Administration  
Caraga  
Bancasi, Butuan City  
Telefax: (085) 815-2602  
Website: caraga.nia.gov.ph  
fb: facebook.com/NIA.Caraga13  
Email: r13@nia.gov.ph





## FISA CARAVAN

To assist the farmers in processing their documents for the Free Irrigation Service Act (FISA), the NIA Caraga personnel conduct a simultaneous FISA Caravan. This initiative was designed to assist farmers who live in remote areas and unable to visit the office.

The current caravan was a success thanks to the support of management, led by Regional Manager June Nathaniel S. Plaza, with a significant number of farmers prepared to submit the documents required for condonation.

The Free Irrigation Service Act (FISA) is a law that provides vital support in lowering the farmer's cost of production while increasing agricultural productivity by providing an efficient and reliable free irrigation service.







# AGARANG-TUGON PARA SA MAGSASAKA!

Kaagad na tumugon si Regional Manager June Nathaniel S. Plaza sa mga hinanaing ng mga magsasaka sa ginanap na General Assembly sa Siargao Islands, 1st District, Province of Surigao del Norte ngayong Sabado, Oktubre 22, 2022.

Ang pagdalo ng mga kawani ng NIA Caraga sa ginanap na pagtitipon ay isa sa mga inisyatibo ng Ahensiya upang marinig at mabigyan ng solusyon ang mga problema sa patubig.

Nagpapasalamat din ang mga dumalong magsasaka na ngayon lamang sila nabigyan ng pagkakataon at personal na dinaluhan ang pagpupulong ng isang Regional Manager upang marinig ang kanilang pangangailangan.

Wika nga ng isang magsasaka, "First time in history na mabigyang-pansin ang Siargao at mismong Director ang nakikipagpulong sa amin."





# THERE IS NO TIME TO WASTE

Even on a weekend, the team lead by Regional Manager June Nathaniel S. Plaza visited seven (7) Communal Irrigation Systems (CISs) in Agusan del Norte. This is simply the beginning of the validation process for the region's two hundred fifty-six (256) CISs.

During the team's interactions with the Irrigators' Associations and Barangay Local Government Units, issues and concerns were raised, particularly about operations and the difficulty of irrigating the total service area.

With no time to waste, RM Plaza devised an action plan to address the issues as soon as possible, particularly if they could be resolved with equipment, and planned to communicate the concerns to other agencies, local government units and top management.

One of the systems visited was Culit CIS which is the candidate of Agusan del Norte for the "Gulayan SA Kanal" which help farmers increase their income through a diversified agriculture and produced will be marketed through EPHAP.





# PATULOY NA PAGKAKAISA NG NIA AT MAGSASAKA!

Disyembre 9, 2022-Pagkatapos ng pandemic ito ang unang pagkakataon na muling nagtitipon ang mga Irrigator's Associations sa rehiyon ng Caraga. Ang ginanap na pagtitipon na dinaluhan ng higit-kumulang 450 katao kasama na ang NIA, ibat-ibang ahensiya at ang local na pamahalaan.

Ang NIA-IA Congress na may temang “ Patuloy na Pagkakaisa ng NIA at ibang Ahensiya tungo sa Pag-unlad at Tagumpay ng Magsasaka” ay may layunin na palakasin at patibayin ang ugnayan upang talakayin ang mga isyu at problema na nakaka-apekto sa operasyon at pagpapanatili ng sistema ng patubig.

Si Atty. Eryl Royce R. Nagatalon, NIA OIC/Senior Deputy Administrator ang pangunahing tagapagsalita upang magbigay ng mensahe na ang NIA ay patuloy na maglilingkod para sa magsasaka.





# SDC

## MODULE-4 DAY 1







# SDC

## MODULE-4 DAY 2

As part of the agency's commitment to address the competency gap, NIA Caraga conducted a two-day Supervisory Development Course Module 4 "Communication: The secret to Organizational Effectiveness" on October 25 & 26, 2022 at NIA Caraga Conference Hall, Bancasi, Butuan City.

The training was participated by 50 participant composed of Unit Heads & Section Chief as well as the next in line supervisors of NIA Regional and Irrigation Management Office through the subject matter specialist resource speaker Ms. Abigail M. Tiu and Ms. Marilyn T. Yballa, Chief HR Specialist from CSC Regional Office.

The activity was aimed to strenghten the leadership and managerial skills and appreciate the individual role in creating a workplace with open communication in order to attain optimal performance.







**PATULOY NA PAGKAKAISA NG  
NIA AT MAGSASAKA!**

