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The Impact Assessment of the Community Extension Services

A Case Study of the College of Health Sciences on the Residents of Sta. Justina, Buhi, Camarines Sur, Philippines

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ABSTRACT

This study explores the demographic profile of respondents from Barangay Sta. Justina focuses on educational attainment, civil status, family size, sources of income, monthly income, housing, types of dwellings, and sources of water supply. Data collection revealed that the majority of respondents are high school graduates, with a significant portion also having college-level education. Most respondents are married, and family sizes vary, with a notable presence of both males and females in households. The primary sources of income include farming, homemaking, and construction work, while construction work also serves as a major secondary income source. Monthly incomes primarily fall within the Php 4,501-5,500 range. Housing data indicates that most respondents own their homes, with a smaller percentage living with relatives or renting. Permanent types of dwellings are the most common, and the primary source of water supply is individual water facilities, supplemented by communal sources and deep wells. The findings provide a comprehensive overview of the socio-economic conditions in Barangay Sta. Justina highlights the intersection of various social determinants that influence the well-being of the community.

Keywords
Dwelling Types
Educational Attainment
Income Sources
Socio-economic

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Introduction

Community service has been described as "services which are identified by an institution of higher education, through formal or informal consultation with local non-profit, governmental, and community-based organizations, as designed to improve the quality of life for community residents, particularly low-income individuals, or to solve particular problems related to their needs [1]. Developing a community with the utmost necessity to get some assistance from different agencies like academic institutions is an act of fulfilling the mission of helping people to uplift not only the standards of living of those underprivileged but it would also provide greater impact to the character and values of the students and employees who take part on this worthy undertaking.

A community extension program is one of the fourfold functions of a higher education institution as mandated by the Commission on Higher Education [2]. Commitment from departments and colleges, diverse calendar agreements, curricular mapping, mentor and faculty training, a sense of community, adequate physical space, technology, and community relationships were all identified as critical resources for a successful program [3]. The Camarines Sur Polytechnic Colleges (CSPC) Extension Services provides to let the community feel the presence of CSPC through the conduct of relevant and responsive extension and community outreach programs and activities. With its vision to assist in the sustainable development of the community, particularly its target clientele thus empowering them to improve their quality of life, the CSPC as one of the performing members of the higher education institutions is one in implementing these fourfold functions specifically extension service. Accordingly, the extension projects and activities of the college shall be in line with its program thrust and must be a research-based extension program. Some of the extension thrust and priorities of the college are technology transfer/technology promotion cum Skills Training Program, Health, and Nutrition Program, Home Management cum Health and Sanitation, Poverty Alleviation Program, and Gender and Development Program.

Barangay Sta. Justina is one of the beneficiaries of the Community Extension Services of CSPC. Santa Justina is a barangay in the municipality of Buhi, in the province of Camarines Sur. Its population as determined by the 2015 Census was 6,014. This represented 7.80% of the total population of Buhi. According to the 2015 Census, the age group with the highest population in Santa Justina is 10 to 14, with 791 individuals. Conversely, the age group with the lowest population is 75 to 79, with 38 individuals. Santa Justina is situated at approximately 13.4006, 123.4789, on the island of Luzon. Elevation at these coordinates is estimated at 85.9 meters or 281.8 feet above mean sea level.

To ensure effective implementation of the programs and projects in consonance with its objectives, the CSPC Extension Services Office has devised the following strategies for implementation as coordinate with the different departments who will directly spearhead the planning, implementing, monitoring, and evaluating the program of the college in coordination with the Extension Office; establish a network for planning, implementing, monitoring and evaluations of projects to develop an efficient system of extension program management; assist the identified community or barangay to be served through technical, vocational, educational, entrepreneurial, health and environmental services as well as other needs identified.

Other strategies for implementation of the Extension Services Office are to promote a systematic program of human and material resource development and an adequate pool of highly motivated manpower, capable of meeting the needs of Extension Services; utilize research-based technologies for sustainable development; design Skills Training programs responsive to the needs of the community; establish and build-up linkages its government and non-government agencies, local and international professional organizations; encourage the involvement of alumni in the different programs and activities of the college; render technical consultancy services; promote a community-based extension program; and monitor and evaluate extension program implemented; provide a continuing program for academic staff involved in the extension activities training and seminars; and create group of extensionist or pool of experts [4].

Broadening the horizon of community extension is an important role of academic institutions. For continuous improvement and to further strengthen the extension services conducted by the College of Health Sciences this impact study will be conducted. Further, assessing the impact would determine the contribution of the College to beneficiaries.

This study aims to assess the impact of the community extension services of the College of Health Sciences on the Residents of Sta. Justina, Buhi, Camarines Sur. Specifically, it seeks answers to the following questions:

- What is the impact on the individual of the extension services extended by the College of Health Sciences along with knowledge, skills, values, and attitude?
- What is the impact on the community of the extension services extended by the College of Health Sciences?
- What plan can be proposed to enhance the community extension program of the College of Health Sciences of Camarines Sur Polytechnic Colleges?

This study aims to assess the impact of the community extension services of the College of Health Sciences on the Residents of Sta. Justina, Buhi, Camarines Sur. Respondents of the study will include the beneficiaries of the community extension services conducted.

Literature Review

The Community Extension Program works through self-support, self-reliance, and self-sustaining principles. There should be intended efforts to plan programs and services that are community-based through people's participation, taking into consideration the changing needs of society and the individual [5].

As stated in the rationale of CHED Memorandum Order No. 52, series of 2016 on pathways for equity, relevance, and advancement in research, innovation, and extension in higher education, it is imperative to inspire and enable Philippine Higher Education Institutions (HEIs) become a platform for research and development, innovation and extension in pursuit of inclusive social and economic development [2]. As specified in the said memorandum, extension programs in higher education institutions provide the space to discover practical, evidence and science-based answers that can address real-world social, economic, and environmental challenges of partner citizens and communities. As higher education institutions that provide knowledge and ideas through research and innovations, this new path of extension policy paves the way in uplifting the partnership with the communities that aim to provide sustainable community development [6].

Commission has initiated efforts to re-direct extension programs under CHED Memorandum Order 52, series of 2016. The policy provides some guidelines on HEI community extension programs for the "provision of space to discover practical, evidence- and science-based answers that can address real-world social, economic, and environmental challenges of partner citizens and communities." As producers of knowledge or hubs of innovations, the new extension policy posits that HEIs are in a strategic position to work in partnership with communities, businesses, and industry in facilitating the transfer of knowledge or technology in specific developmental areas [7].

To serve and improve community life, SUCs offer a wide variety of extension programs and services. These are designed primarily to increase the security of livelihood, alleviate poverty, reduce illiteracy, improve health and nutrition, create a system of governance that promotes supports, and sustains human development, and protect and preserve the environment. For the poor to benefit, they must be empowered in mind, body, and resources. To augment their voice and make government responsive to their needs and aspirations, good governance demands their greater participation. Hence, good governance increases their opportunity to participate in decision-making, institution-building, and social life [8].

Partnerships between HEIs and the community should be mutually beneficial. Research and technology-transfer activities by the academe should have the potential to

improve curriculum and pedagogy. For students, extension programs help to instill the value of citizenship in a manner that traditional classroom teaching is unable to provide. Such engagements can also add new ideas and insights to the intellectual process and give broader meaning to the work and world of academics [9].

Among SUCs, most extension programs are demand-driven and accreditation-driven. Demand-driven is community-based and encompasses basic functional needs and demands designed to establish and promote the general well-being of the rural and urban populace. Usually, this is requested by the Local Government Unit concerned upon identification of the specific needs of their constituents. On the other hand, accreditation-driven extension programs are implemented in response to the requirements of an accrediting body [8].

The study conducted by Ref. [10] on the extension services of the Ifugao State University focused on education, livelihood generation, health and wellness, good governance and peace & order, environmental awareness and protection, and organizational linkages. It was revealed in her study that the implementation of the university's key extension programs and services should be improved and intensified to have a greater impact on the communities.

The impact of the Community Extension Services (CES) of Saint Joseph Institute of Technology-Butuan City which have been rendered for three years at Village Lumbocan was conducted. The study showed that the institution represented by the seven colleges and the Graduate School was socially responsive to the needs and sincere in its role of uplifting the quality of life of the residents of village Lumbocan. The salient findings of this research endeavor confirmed the importance of students realizing the experiential learning that transforms them to become humane individuals who, together with coordinators and volunteers, are committed to being part of the humane extension program at Village Lumbocan [11].

Assessment of community extension services in Region IX along with education, livelihood generation, health and nutrition, good governance, and environmental awareness during the School Year 2008-2009 as the basis for a sustainable community enhancement program was conducted. The results of the study revealed that the extension program was well implemented. And, faculty and students were well involved. There was no significant difference in the ratings of the implementers and beneficiaries in education, livelihood generation, health and nutrition, good governance, and environmental awareness implementation. No significant difference also existed in the perceptions of the implementers and beneficiaries in their involvement of the extension programs on education, livelihood generation, and good governance. However, there was a significant difference in their involvement in the program on health and nutrition and environmental management [8].

The impact of the community extension program of AB Mass Communication and Paralegal Studies (ABMC/PL) on community development was assessed. Results showed that food production program implementation certainly contributed to environmental transformation, food, and nutrition security, and additional income in the family; leadership seminars strengthen the potential, knowledge, and self-confidence of the beneficiaries; and child development intervention programs enhanced the children's social, emotional, physical, cognitive growth, resulting a timelier enrollment; and for mothers. As a whole, the program contributed to the national progress of the country [12].

The College of Business Administration (CBA) through the Community Extension Office and with the collaborative efforts of the faculty, students, and administration conducts different kinds of activities in different areas like coastal clean-up, environmental clean-up, community-based bookkeeping tutorial, and *pamumuhunang pangkabuhayang*/micro-financing to elevate the economic status of the beneficiaries. This community extension helps the community their needs to become more productive and capable of making intelligent decisions for the improvement and development of their socioeconomic well-being [5].

The study will employ the independent variable and dependent variable approach in the conceptualization of the research which is focused on the assessment of the impact of the community extension services of the College of Health Sciences on the Residents of Lourdes, Buhi, Camarines Sur.

Independent variables refer to the variables that can be controlled and manipulated in a research study. It is called independent because its value does not depend on and is not affected by the state of any other variable in the research study. In this study, the variables consisted of the impact on the individual along with knowledge, skills, and values and attitude and impact on the community of the extension services extended by the College of Health Sciences.

Dependent variables represent the output or outcome resulting from the alteration made in the independent variables. In this study, the dependent variable pertains to the enhancement of the community extension program of the College of Health Sciences of Camarines Sur Polytechnic Colleges. The researchers aim to assess the impact of the community extension services of the College of Health Sciences on the Residents of Sta. Justina, Buhi, and Camarines Sur to come up with a plan to further strengthen the extension services of the College.

Material and Methods

The study used a descriptive method of research. The descriptive research method aims to accurately and systematically describe a population, situation, or phenomenon [13]. It involves the description, recording, analysis, and interpretation of the present nature. The respondents of this study were the 58 residents and beneficiaries of Sta. Justina, Buhi, Camarines Sur on the community extension activities conducted by the College of Health Sciences. The questionnaire utilized was crafted by the researchers. Said questionnaire was validated through face validation and dry run. Consultation with the extension coordinators and faculty extensionists was conducted. Also, validity was determined through a reliability test using Cronbach's alpha. A 4-scale Likert scale will be used: 1, “strongly disagree to 4, “strongly agree”.

The researchers sought permission in the distribution of questionnaires to the Punong Barangay and Respondents of the study. The respondents were guided by the researchers to ensure that they were able to answer all the questions and to immediately address their concerns if queries arose. The researchers ensured that the answers gathered from them were treated with utmost respect and confidentiality. The questionnaire was not timed, but the respondents were asked to give the first natural and honest answer that came to their mind. The data were collected as soon as the respondents finished answering the questionnaires. Each completed questionnaire was inspected to ensure that all items were answered. Data were tallied, and the results were analyzed and interpreted. The data were analyzed using different statistical tools. The quantitative analysis included the presentation of the descriptive statistical data. Weighted mean was used in analyzing the results of the questionnaire. A ranking scale was used to determine the most responses on the assessment of the implementation and impact of extension activities. Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

Papers that have used human beings as the object of study or animal experimentation must indicate in the text the number of the approval by the respective Committees of Ethics. The work should not be simultaneously evaluated by another journal and all authors should be aware of the submission.

Results and Discussion

This section presents the discussion of the survey on the profile of the respondents; the impact the individual of the extension services implemented by the College of Health Sciences along knowledge, skills, and values and attitude; and the impact on the community of the extension services implemented by the college of health sciences along economic, social and environmental.

A. Profile of the Respondents

Table 1 shows the respondent charactersitics. Educational attainment was gathered as it is an important aspect of the profile. The data revealed that most respondents were high school graduates, with 23 out of 58 respondents. This was followed by respondents who were college graduates. Additionally, seven respondents, or 12.07 percent, were either at the college level or high school undergraduates. This indicates that respondents from Barangay Sta. Justina has a relatively high educational attainment. The distribution of respondents by civil status shows that 40 respondents, or 68.97 percent, are married, 15 respondents, or 25.86 percent, are single, and three respondents, or 5.17 percent, are widowed.

The distribution of respondents by family size indicates that out of 58 respondents, 16, or 27.59 percent, have two males in the family, 13, or 22.41 percent, have three males, and nine, or 15.52 percent, have four males. Additionally, 15 respondents, or 25.86 percent, have four females in the family, while 12 respondents, or 20.69 percent, have two or three females in the family. The distribution of respondents by their main source of income shows that 18 respondents, or 31.03 percent, are farmers, 12 respondents, or 20.69 percent, are homemakers, 9 respondents, or 15.52 percent, are construction workers, 8 respondents, or 13.79 percent, are fishers, 6 respondents, or 10.35 percent, are vendors, while 2 respondents, or 3.45 percent, are welders and cashiers, and 1 respondent, or 1.72 percent, is a driver.

The distribution of respondents by their other sources of income reveals that the majority are construction workers, with 28 respondents, or 48.28 percent. Fishermen and laborers each make up 11 respondents or 18.97 percent. Five respondents, or 8.62 percent, have no other income, 2 respondents, or 3.44 percent, are welders, and 1 respondent, or 1.72 percent, engages in direct selling as an additional source of income. The distribution of respondents by monthly income shows that 20 respondents, or 34.48 percent, have a monthly income of Php 4,501-5,500. Eleven respondents, or 18.97 percent, earn Php 3,500 and below, 10 respondents, or 17.24 percent, earn Php 6,501 and above, 9 respondents, or 15.52 percent, earn Php 5,501-6,500, and 8 respondents, or 13.79 percent, have a monthly income of Php 3,501-4,500.

Table 1. Respondent Characteristics

PROFILE	FREQUENCY	PERCENTAGE	RANK
Highest Educational Attainment			
College Graduate	13	22.41	2
College Level	7	12.07	4.5
High School Graduate	23	39.66	1
High School Undergraduate	7	12.07	4.5
Elementary Graduate	8	13.79	3
Civil Status			
Single	15	25.86	2
Married	40	68.97	1
Widow or Widower	3	5.17	3
Family Size			
Male			
1	5	8.62	5
2	16	27.59	1
3	13	22.41	2
4	9	15.52	3
5	3	5.17	6
6	8	13.79	4
7	2	3.45	7.5
8	2	3.45	7.5
Female			
1	9	15.52	4
2	12	20.69	2.5
3	12	20.69	2.5
4	15	25.86	1
5	6	10.34	5
6	1	1.73	7
7	3	5.17	6
Main Source of Income			
Farmer	18	31.03	1
Fishers	8	13.79	4
Vendor	6	10.35	5
Driver	1	1.72	8
Construction Worker	9	15.52	3
Welder	2	3.45	6.5
Homemaker	12	20.69	2
Cashier	2	3.45	6.5
Other Sources of Income			
Construction Worker	28	48.28	1
Fisherman	11	18.97	2.5
Welder	2	3.44	5
Laborer	11	18.97	2.5
Direct Selling	1	1.72	6
None	5	8.62	4
Monthly Income			
Php 3,500 and below	11	18.97	2
Php 3,500-4,500	8	13.79	5
Php 4,501-5,500	20	34.48	1
Php 5,501-6,500	9	15.52	4
Php 6,501 and above	10	17.24	3
Housing			
Own House	45	77.59	1
Rent a House	2	3.45	3
House/Land of relatives	11	18.98	2
Types of Dwelling			
Permanent	25	43.1	1
Semi-Permanent	21	36.21	2
Light Materials	12	20.69	3
Source of Water Supply			
With water facilities	34	58.62	1
Communal water facility	12	20.69	2
Potable water from grocery/water refilling station	5	8.62	4
Deep well	7	12.07	3
Total	**58**	**100**	

The data indicates that the majority of respondents live in their own house, with 45 respondents, or 77.59 percent. Eleven respondents, or 18.98 percent, live in a house or on land owned by relatives, and 2 respondents, or 3.45 percent, are renting a house. According to Ref. [14], housing is a paradigmatic example of a social determinant of health, influencing and being influenced by structural determinants such as social, macroeconomic, and public policies, politics, education, income, and ethnicity or race, all intersecting to shape the health and well-being of populations. Most respondents have a permanent type of dwelling, with 25 respondents, or 43.10 percent. Twenty-one respondents, or 36.21 percent, have semi-permanent dwellings, and 12 respondents, or 20.69 percent, live in light-material dwellings. The distribution of respondents by source of water supply shows that the majority have water facilities, with 34 respondents, or 58.62 percent. Twelve respondents, or 20.69 percent, use communal water facilities, 7 respondents, or 12.07 percent, rely on deep wells, and 5 respondents, or 8.62 percent, get potable water from grocery stores or water refilling stations.

B. Impact on the Community of the Extension Services Implemented by the College of Health Sciences

1. Impact on the Individual of the Extension Services Implemented by the CHS along with Knowledge

Table 2 discusses the impact of the extension services implemented by the CHS along with knowledge.

Table 2. Impact on the Individual of the Extension Services along Knowledge

INDICATORS	WM	VI	RANK
1. Enhanced awareness of different common illnesses, their causes, manifestations, and prevention	3.53	HI	3
2. Gained knowledge of proper hygiene and sanitation	3.62	HI	1
3. Helped to be more aware of environmental concerns	3.6	HI	2
4. Enhanced knowledge of when to respond during emergencies	3.4	HI	4
5. Knowledge of and involvement with the group has increased	3.13	MI	9
6. Empowered with concepts on gender and development	2.94	MI	10
7. Enhanced awareness of different gender concerns and their appropriate interventions	3.32	HI	7
8. Acquired more information on current issues in the community relevant to health.	3.36	HI	5.5
9. Increased knowledge of men's and women's health issues	3.19	MI	8
10. Enhanced awareness of the potential disasters that could occur in the community	3.36	HI	5.5
AVERAGE WEIGHTED MEAN	**3.34**	**HI**	

It is reflected in the table that among the 10 indicators, seven of them are rated as high impact by the respondents such as Gained knowledge on proper hygiene and sanitation; Helped to be more aware of environmental concerns; Enhanced awareness of different common illnesses, its causes, manifestations, and prevention; Enhanced knowledge when

to respond during emergencies; Acquired more information on current issues in the community relevant to health; Enhanced awareness on the potential disasters that could occur in community; and Increased knowledge on men and women health issues; with a weighted means of 3.62, 3.60, 3.53, 3.40 and 3.32 respectively. The remaining indicators were rated medium impacts such as Increased knowledge of men's and women's health issues; Knowledge of and involvement with the group increased; and Empowerment with concepts on gender and development with weighted means of 3.19, 3.13, and 2.94, respectively. The average weighted mean is 3.34 which is interpreted as High Impact.

2. Impact on the Individual of the Extension Services Implemented by the CHS along **with** Skills

The impact of the individual of the extension services implemented by the CHS along with skills is presented in Table 3.

Table 3. Impact on the Individual of the Extension Services along Skills

INDICATORS	WM	VI	RANK
1. Developed skills in providing transfer of knowledge to other people	3.43	HI	5.5
2. Became more competent in providing suggestions on the programs, projects, and activities that are beneficial to the community	3.45	HI	4
3. Gained the skills and confidence to deal with minor incidents and major emergencies	3.15	MI	7.5
4. Developed skills to provide first aid	3.0	MI	9
5. Acquired skills help me to become more effective in my profession	3.15	MI	7.5
6. Abled to teach other people the skills I learned	2.87	MI	10
7. Enhanced ability for decision-making skills	3.6	HI	1
8. Provided opportunities to meet other people with common interests	3.49	HI	3
9. Gave opportunities to make behavior changes and to enhance effectiveness in working with others	3.57	HI	2
10. Enabled me to find a job and become employed as a result of the skills learned	3.43	HI	5.5
AVERAGE WEIGHTED MEAN	**3.31**	**HI**	

The average weighted mean for the impact to the individual of the extension services implemented by the CHS along skills is 3.31 which is interpreted as High Impact. The table further reveals that from among the indicators, most of them are rated by the respondents as High Impact such as Enhanced ability for decision-making skills; Gave opportunities to make behavior changes and to enhance effectiveness in working with others; Provided opportunities to meet other people with common interests; Became more competent in providing suggestions on the programs, projects and activities that are beneficial to the community; Developed skills in providing transfer of knowledge to other people; and Enabled me to find a job and become employed as a result of the skills learned; with weighted means of 3.60, 3.57, 3.49, 3.45, 3.43, respectively. The three least indicators are

rated Medium Impact are the following: Gained the skills and confidence to deal with minor incidents and major emergencies; Acquired skills that helped me to become more effective in my profession; Developed skills to provide first aid; and Able to teach other people of the skills I learned with a weighted means of 3.15, and 3.00, respectively.

3. Impact on the Individual of the Extension Services Implemented by the CHS along Values and Attitude

Table 4 shows the impact on the individual of the extension services implemented by the CHS along with values and attitude. It is reflected in the table that all indicators are rated by the respondents as High Impact with an average weighted mean of 3.59. The top three indicators are the following: Helped to improve self-worth and everyday living; Helped to prevent and not indulge with vices (drugs, gambling); and Developed the spirit of obedience and respect with weighted means of 3.79, 3.72, and 3.66, respectively. The three least indicators are: Awakening the spirit of volunteerism in me; Gaining trust in my decisions in life, and Helping to understand and accept different sexual orientations, gender identities, and expressions with a weighted mean of 3.47 and 3.49, respectively.

Table 4. Impact on the Individual of the Extension Services along Values and Attitude

INDICATORS	WM	VI	RANK
1. Helped to improve self-worth and everyday living	3.79	HI	1
2. More productive and capable of making decisions	3.53	HI	7
3. Helped boost my confidence	3.55	HI	6
4. Developed willingness to help people without expecting anything in return	3.6	HI	5
5. Awaken the spirit of volunteerism in me	3.47	HI	10
6. Gained trust in my decisions in life	3.49	HI	8.5
7. Helped to understand and accept different sexual orientations, gender identities, and expressions	3.49	HI	8.5
8. Helped in promoting cleanliness at home	3.62	HI	4
9. Helped to prevent and not to be indulged in vices (drugs, gambling).	3.72	HI	2
10. Developed the spirit of obedience and respect	3.66	HI	3
AVERAGE WEIGHTED MEAN	**3.59**	**HI**	

C. Impact on the Community of the Extension Services Implemented by the College of Health Sciences

This section presents the possible impact to the community of the Extension Services implemented by the College of Health Sciences on the competencies developed along economic, social, and environmental.

1. Economic Impact on the Community of the Extension Services Implemented by the CHS.

Presented in Table 5 are the economic impact on the community of the extension services implemented by the CHS. It reveals that out of 10 indicators six are rated as High

Impact such as: Sending children to schools; Improving the health and nutritional status of the community; Helping in promoting health and wellness among residents; Sustaining family basic needs; Motivated the residents not to be indulged with vices; and Enabled the community to become more productive with weighted means of 3.60, 3.55, 3.51, 3.49 and 3.45, respectively. The indicators rated as Medium Impact are the following: Found job and became employed; Increased household income; Enabled to increase the income of the community because of the services conducted; and Bought appliances and other household gadgets with weighted means of 2.98, 2.79 and 2.74, respectively. The average weighted mean is 3.24 which is interpreted as Medium Impact.

Table 5. Economic Impact to the Community of the Extension Services

INDICATORS	WM	VI	RANK
1. Improved health and nutritional status of the community	3.55	HI	2.5
2. Helped in promoting health and wellness among residents	3.55	HI	2.5
3. Motivated the residents not to be indulged in vices	3.49	HI	5
4. Enabled the community to become more productive	3.45	HI	6
5. Found a job and became employed	2.98	MI	7
6. Increased household income	2.79	MI	8.5
7. Bought appliances and other household gadgets	2.74	MI	10
8. Enabled to increase the income of the community because of the services conducted	2.79	MI	8.5
9. Sent children to schools	3.6	HI	1
10. Sustained family's basic needs	3.51	HI	4
AVERAGE WEIGHTED MEAN	**3.24**	**MI**	

2. Social Impact on the Community of the Extension Services Implemented by the CHS

Table 6 shows the social impact on the community of the extension services implemented by the CHS. It can be noticed that all indicators are rated as High Impact with an average weighted mean of 3.46. The top three indicators are the following: Shaped residents' attitudes and enabled them to enhance the spirit of volunteerism; Increased participation in community affairs like meetings, elections/forums, emergencies, and other activities; Developed positive relationships and respond better to stress; and Developed the capacity in maximizing and valuing the importance of time with weighted means of 3.64, 3.57 and 3.55, respectively. The three least indicators are; Serving as an advocate when gender issues arise; Improving lifestyles of the residents such as engaging in regular physical activity (sports, Zumba, etc) and other diversional activities; and Helping the residents to easily deal with problems, issues, and concerns relevant health with weighted means of 3.26, 3.34 and 3.30, respectively.

Table 6. Social Impact on the Community of the Extension Services

INDICATORS	WM	VI	RANK
1. Shaped residents' attitudes and enabled them to enhance the spirit of volunteerism	3.64	HI	1
2. Developed positive relationships and respond better to stress	3.55	HI	3.5
3. Helped the residents easily deal with problems, issues, and concerns relevant to health	3.34	HI	8
4. Improved lifestyles of the residents such as engaging in regular physical activity (sports, Zumba, etc) and other diversional activities.	3.3	HI	9
5. Increased participation in community affairs like meetings, elections/forums, emergencies, and other activities	3.57	HI	2
6. Helped the community to mingle with other people and go out of our homes to enjoy life	3.43	HI	7
7. Increased members of volunteers for disaster preparation, fire drills, health, and wellness	3.49	HI	5
8. Served as an advocate when gender issues arise	3.26	HI	10
9. Developed skills in providing transfer of knowledge to other people.	3.47	HI	6
10. Developed the capacity to maximize and value the importance of time.	3.55	HI	3.5
AVERAGE WEIGHTED MEAN	**3.46**	**HI**	

3. Environmental Impact on the Community of the Extension Services Implemented by the CHS.

The data obtained on the environmental impact to the community of the extension services implemented by the CHS were also determined as shown in Table 7. All indicators are rated by the respondents as High Impact with an average weighted mean of 3.49. The top three indicators rated by the respondents are the following: Actively participated in *barangay rabus* (cleaning and beautification activity); Taught other members of the family to be considerate to their environment by showing them through examples; and Contributed to making the environment better by growing own fruits and vegetables at home with weighted means of 3.62, respectively. The three least indicators are Learning how to make a compost bin and put the organic waste in it; Serving as an advocate and talking to the community about the joy of being in green, clean, preserved places; Motivated to participate in tree planting and growing activities with weighted means of 3.30, 3.34, and 3.38, respectively.

D. Proposed Extension Implementation Framework to Enhance the Extension Services Implemented by the College Of Health Sciences

The researchers made use of the RE-AIM Implementation Framework to enhance the extension Services implemented by the College of Health Science. RE-AIM was originally developed as a framework for consistent reporting of research results and later used to

organize reviews of the existing literature on health promotion and disease management in different settings.

Table 7. Environmental Impact on the Community of the Extension Services

INDICATORS	WM	VI	RANK
1. Helped in promoting cleanliness in the community	3.51	HI	5
2. Actively participated in *barangay rabus* (cleaning and beautification activity)	3.62	HI	2
3. Increased number of households segregating waste	3.45	HI	6
4. Increased recycling, reusing, and reducing of materials in every household and the community	3.43	HI	7
5. Learned how to make a compost bin and put the organic waste in it	3.3	HI	10
6. Motivated to participate in tree planting and growing activities.	3.38	HI	8
7. Served as an advocate and talked to the community about the joy of being in green, clean, preserved places	3.34	HI	9
8. Taught other members of the family to be considerate of their environment by showing them examples	3.62	HI	2
9. Contributed to make the environment better by growing own fruits and vegetables at home	3.62	HI	3
10. Observed healthy lifestyle such as walking or biking instead of using gasoline to drive to improve health and reduce air pollution	3.6	HI	4
AVERAGE WEIGHTED MEAN	**3.49**	**HI**	

The acronym stands for Reach, Effectiveness, Adoption, Implementation, and Maintenance which together determine public health impact. Since the original paper in 1999, there have been approximately 700 publications on RE-AIM by a variety of authors in fields as diverse as aging, cancer screening, dietary change, physical activity, medication adherence, health policy, environmental change, chronic illness self-management, well-child care, eHealth, worksite health promotion, women's health, smoking cessation, quality improvement, weight loss, diabetes prevention, and practice-based research.

More recently, RE-AIM has been used to translate research into practice and to help plan programs and improve their chances of working in "real-world" settings. The framework has also been used to understand the relative strengths and weaknesses of different approaches to health promotion and chronic disease self-management-such as in-person counseling, group education classes, telephone counseling, and internet resources. The overall goal of the RE-AIM framework is to encourage program planners, evaluators, readers of journal articles, funders, and policy-makers to pay more attention to essential program elements including external validity that can improve the sustainable adoption and implementation of effective, generalizable, evidence-based interventions.

The goal of RE-AIM is to encourage program planners, evaluators, readers of journal articles, funders, and policy-makers to pay more attention to essential program elements

including external validity that can improve the sustainable adoption and implementation of effective, generalizable, evidence-based interventions. The five steps to translate research into action are A. Reach – The absolute number, proportion, and representativeness of individuals who are willing to participate in a given initiative, intervention, or program. B. Effectiveness (or Efficacy) – The impact of an intervention on important outcomes, including potential negative effects, quality of life, and economic outcomes.; C. Adoption – The absolute number, proportion, and representativeness of settings and intervention agents (people who deliver the program) who are willing to initiate a program.; D. Implementation – At the setting level, implementation refers to the intervention agents' fidelity to the various elements of an intervention's protocol, including consistency of delivery as intended and the time and cost of the intervention. At the individual level, implementation refers to clients' use of the intervention strategies. And; E. Maintenance – The extent to which a program or policy becomes institutionalized or part of the routine organizational practices and policies. Within the RE-AIM framework, maintenance also applies at the individual level. At the individual level, maintenance has been defined as the long-term effects of a program on outcomes after 6 or more months after the most recent intervention contact.

Conclusion

Results of the study showed a majority of the Respondents that most of the respondents were High School graduates, married, farmers and most of them were living in their own houses. Further, data shows that among the 10 indicators, seven of them are rated as high impact by the respondents such as Gained knowledge on proper hygiene and sanitation; Helped to be more aware of environmental concerns; Enhanced awareness of different common illnesses, their causes, manifestations, and prevention; Enhanced knowledge when to respond during emergencies; Acquired more information on current issues in the community relevant to health; Enhanced awareness on the potential disasters that could occur in the community; and Increased knowledge on men and women health issues. In addition, data showed that the impact to the individual of the extension services implemented by the CHS along skills is interpreted as High Impact. Lastly, the researchers made use of the RE-AIM Implementation Framework to enhance the extension Services implemented by the College of Health Science. The proposed plan was formulated taking into account the results of the study.

Conflict of Interest

The authors should declare that there is no conflict of interest.

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