

# State Of the Nation's Health



**Tony Leachon, MD**

**President, Philippine College of Physicians  
Foundation**

**President, USTMAA Philippines**



# Flow

1. Background
2. Shocking Lessons about PH health data
3. Millennium Development Goals : Status
4. Universal Health Care : Definition, challenges, issues and next steps
5. The Sin tax law passage : Journey and its Role in UHC
6. Philhealth Scam Updates
7. Choosing the Next President
8. Summary



# Disclosure:

- Internist -Cardiologist, Manila Doctors Hospital
- Vice President Medical Affairs, Warner Lambert ( 1993-2000)
- Preventive Health Advocate ( Author of EO 595) ;  
Lead Proponent Sin Tax Law
- Medical Director of Pfizer Philippines (2000-2011)
- President , Philippine College of Physicians,2014-2015
- Director of Information, Publications, and Public Affairs, University of the Philippines, Manila (June 2012- 2014)
- USTMAA President- 2015-2016





# MY HEROES

**Dr. Jose Rizal**

June 19, 1861 – Dec. 30, 1896  
National Hero

*Pilar Cueto Leachon*  
(Jan. 25, 1935 – Sept. 22, 2003)

*Marita Leachon*  
*Ramirez*  
(June 7, 1962 – June  
11, 2011)



# Silver Lining



One peso consultant  
of DOH on  
Noncommunicable  
Diseases Oct 2011 –  
October 2013



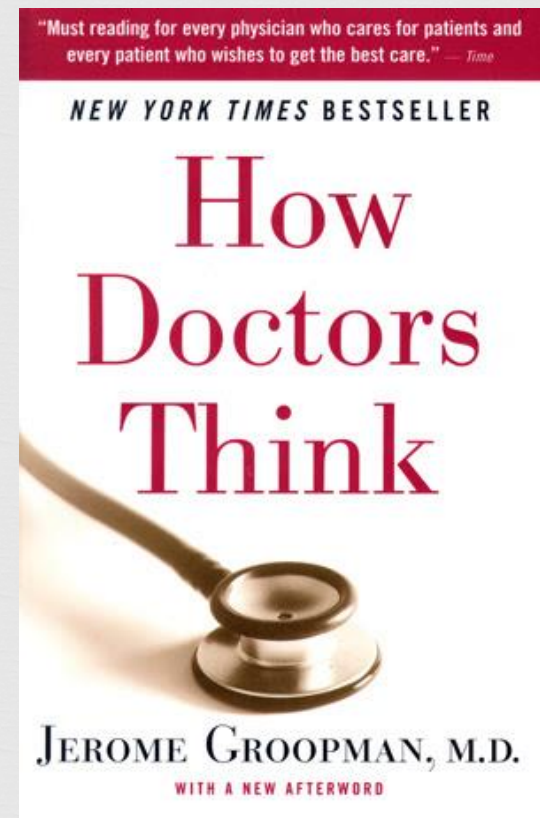


# Strategic Questions

## How Doctors Think

---

- ❧ 1. Where are we now ? Diagnosis ?  
*Phil in the ICU*
- ❧ 2. Where do we want to go ?  
*Towards UHC*
- ❧ 3. How do you get there ? *Eg Plan of Action*



# Top 10 Causes of Mortality, Philippines 2010

| Cause of Death                            | Number affected | Rate per 100,000 |
|---|-----------------|------------------|
| 1. Diseases of the Heart                  | 102,936         | 109.5            |
| 2. Diseases of the Vascular System        | 68,553          | 72.9             |
| 3. Malignant Neoplasms                    | 49,817          | 53.0             |
| 4. Pneumonia                              | 45,591          | 48.5             |
| 5. Accidents                              | 36,329          | 38.6             |
| 6. Tuberculosis, all forms                | 24,714          | 26.3             |
| 7. Chronic Lung Disease                   | 22,877          | 24.3             |
| 8. Diabetes Mellitus                      | 21,512          | 22.9             |
| 9. Nephritis/nephrotic syndrome/nephrosis | 14,048          | 14.9             |
| 10. Perinatal disease                     | 12,086          | 12.9             |



# Philippines

93 Million Population (2010,WHO )

## NCD mortality

| 2008 estimates   | males | females |
|--|-------|---------|
| Total NCD deaths (000s)                                | 175.7 | 133.9   |
| NCD deaths under age 65<br>(percent of all NCD deaths) |       |         |
| Age-standardized death rate                            |       |         |
| All NCDs   |       |         |
| Cancers  |       |         |
| Chronic respiratory diseases                           |       |         |
| Cardiovascular diseases and diabetes                   | 394.8 | 295.3   |

## Metabolic risk factors

| 2008 estimated prevalence (%) | males | females | total |
|-------------------------------|-------|---------|-------|
| Raised blood pressure         | 35.4  | 30.0    | 32.7  |
| Raised blood glucose          | 5.7   | 5.9     | 5.8   |
|                               |       | 28.4    | 26.5  |
|                               |       | 8.0     | 6.3   |
|                               |       | 44.5    | 41.8  |

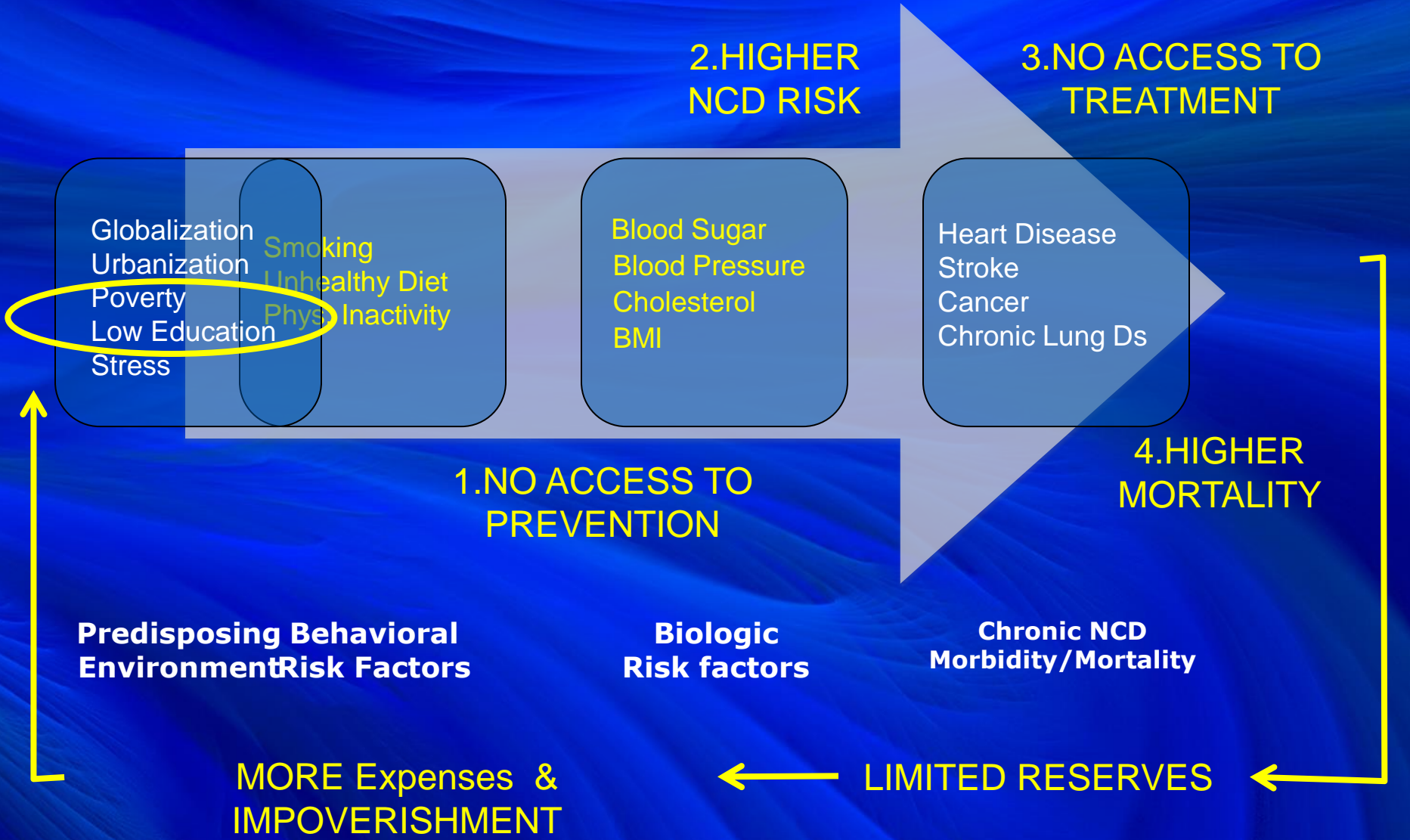
## **Lesson # 1 Silent EPIDEMIC**

**300,000 deaths in PH**

**800 deaths/day or 30 deaths /hour**

|                               | males | females | total |
|-------------------------------|-------|---------|-------|
| Current daily tobacco smoking | 34.7  | 7.7     | 21.2  |
| Physical inactivity           | 20.0  | 25.7    | 22.9  |



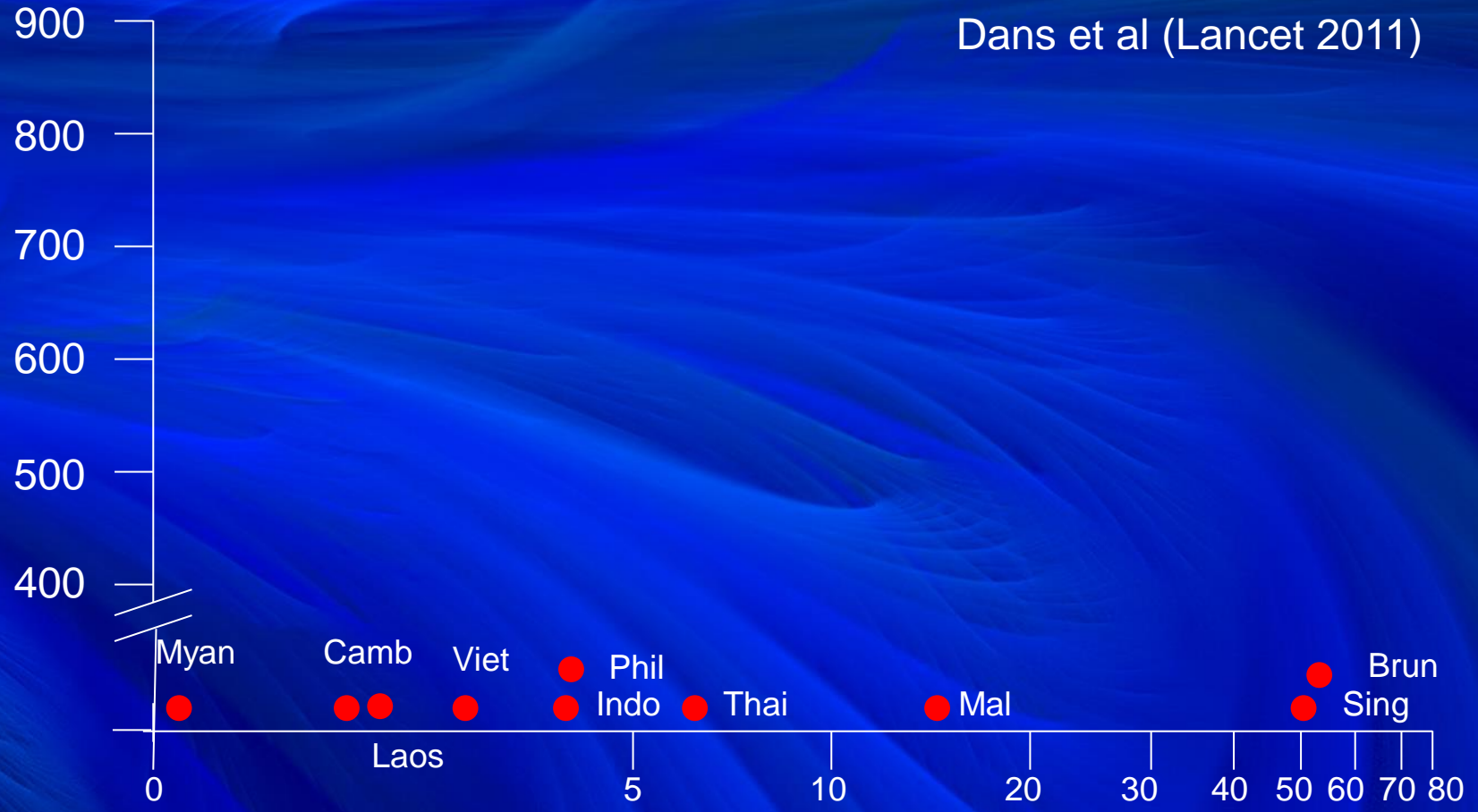


## Lesson #2

# NCDs: Diseases of the POOR

# NCD deaths per 100 thousand population

Dans et al (Lancet 2011)



**Gross National Income (International Dollars x 10<sup>3</sup>)**

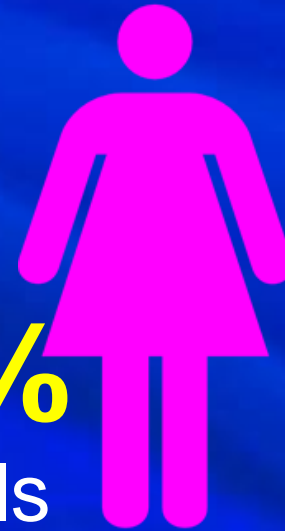


# Lesson # 3 NCDs: Diseases of the YOUNG

(Philippines: Highest in South East Asia)

17.5%

Girls



28.3%

Boys



SOURCE: WHO Report on global tobacco epidemic: Implementing smoke free environment. Geneva, Switzerland. WHO, 2009

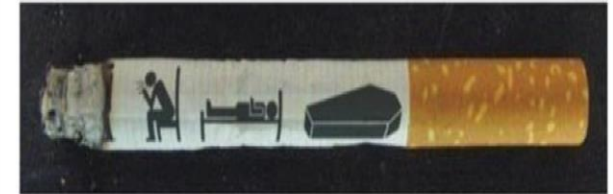


# ESTIMATED NO. OF DEATHS FROM CAD AND STROKE (ALL RISK FACTORS)

| RISK FACTOR | CAD DEATHS | CVD DEATHS | TOTAL DEATHS |
|-------------|------------|------------|--------------|
| DIAB        |            |            |              |
| CHOL        |            |            |              |
| OBESITY     | 14,840     | 20,207     | 35,047       |
| HPN         | 15,559     | 25,401     | 40,960       |
| SMOKING     | 19,315     | 29,184     | 48,499       |

Lesson # 4  
**Smoking is PH's top killer.**

#3 Smoking does NOT just cause cancer and lung diseases, it is also the number 1 cause of stroke and heart attack (~50,000 deaths per year). In fact it causes more stroke and heart attack than diabetes, hypertension, obesity and high cholesterol - National Nutrition and Health Survey, 2008





# Obesity in Young Filipinos rising

Sept 23, 2010 Manila Bulletin

26.6 per cent of Filipino adults were overweight in 2008 (6.3 % obese), a marked increase from 16.6 per cent in 1993.



# Unhealthy Diet



- **At the macro-level:**

- Increase supply of unhealthy food items
  - FDI on processed food manufacturing, importation outputs and retailing
- Urbanization in the Philippines is one of the highest in Asia (higher than the world average)
- Increasing middle-class leads higher purchasing power
- Increase consumer spending
- Increasing urban poor

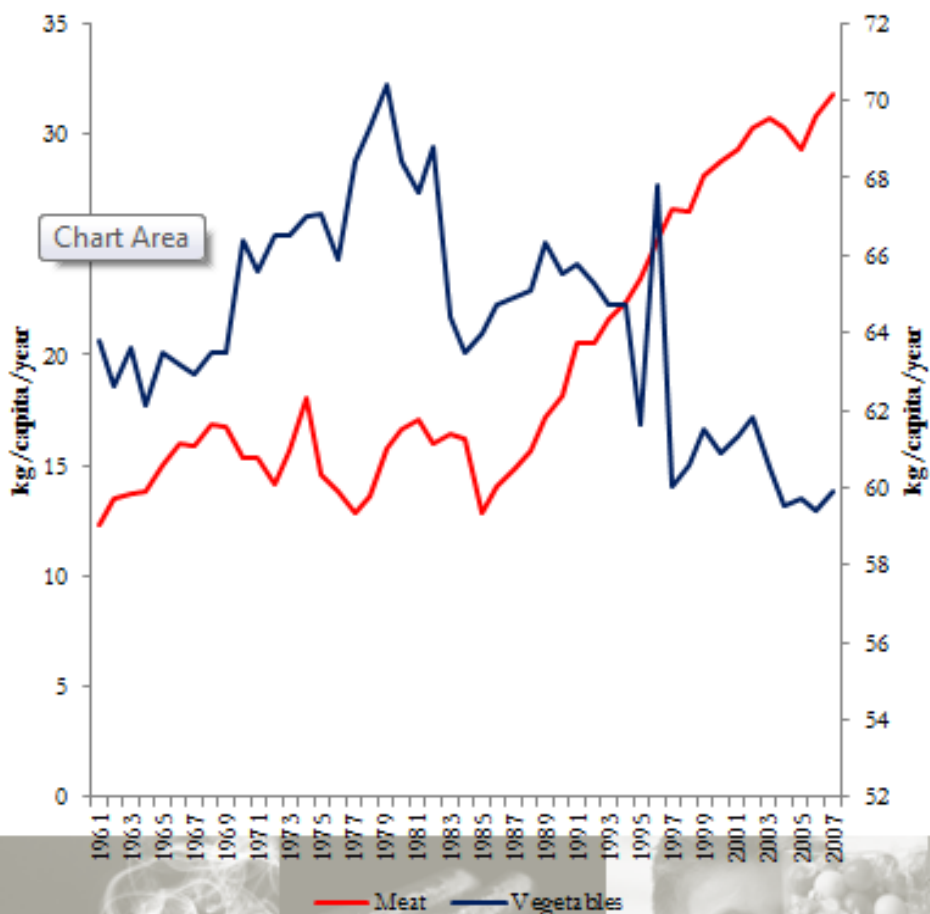


Valerie Gilbert T. Ulep 2008

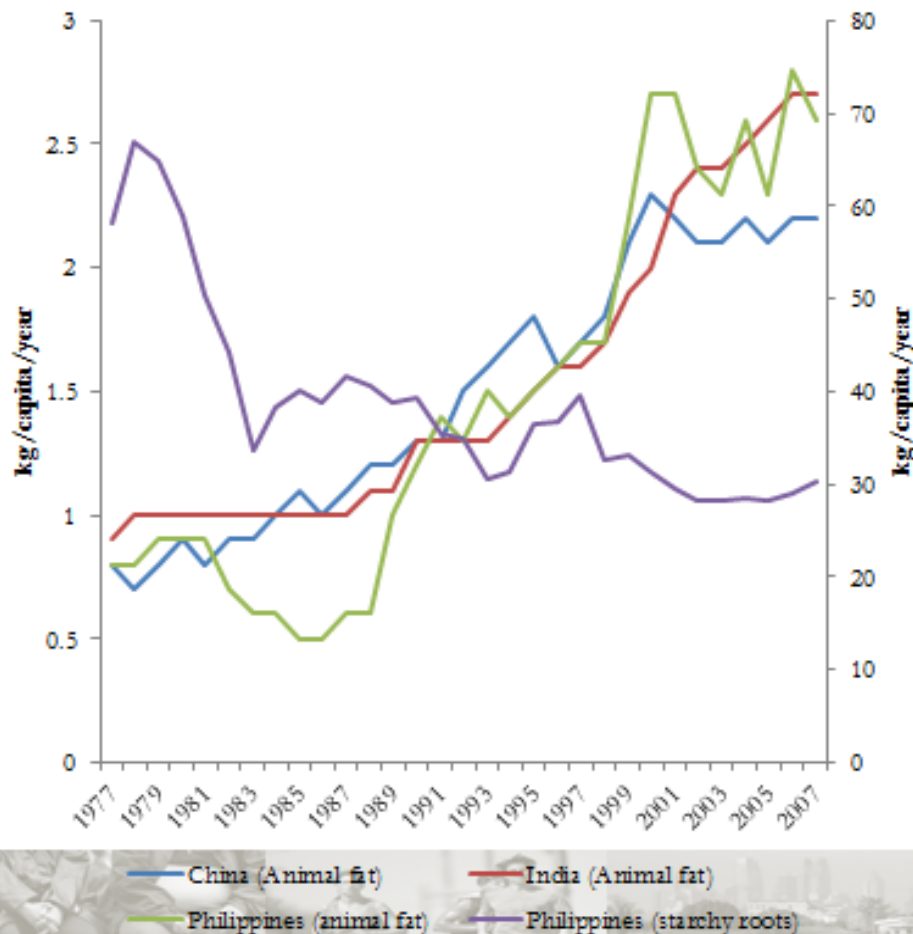
Philippine Institute for Development Studies

# Unhealthy Diet: Macro level

Supply kilogram per capita per year of meat and vegetable products, 1960-2007, Philippines



Supply kilogram per capita per year of animal fat and starchy root crops, 1960-2007, Philippines and selected emerging economies





# Counseling or Education for Risk Factor Modification

Ebrahim et al, Cochrane 2011

- > **55 Clinical Trials**
- > **163, 471 patients studied**
- > Did not affect longevity
- > Did not prevent heart disease

**Lesson # 5**  
**Education for general population is not effective.**

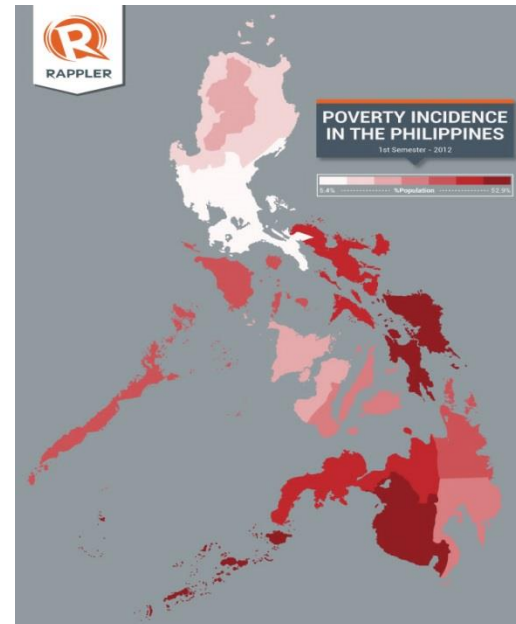
- > Did not lower smoking rates



# Universal Health Care(UHC)

## Republic Act 10606

- A government mandate aiming to ensure that every Filipino shall receive affordable and quality health benefits and services such as :
  - Human resources
  - Health facilities
  - Health financing



47.6% of deaths among Filipinos are unattended by a medical doctor or allied health provider.



# Health Human Resource, Philippines.

|  | Doctors | Nurses  | Midwives |
|--|---------|---------|----------|
| Active in Professional Regulation Comm. <sup>1</sup> | 66,000  | 500,000 | 74,000   |
| Employed in Government Facility <sup>2</sup>         | 2,838   | 4,576   | 17,000   |
| Ratio per 10,000 population <sup>3</sup>             | 0.2     | 0.4     | 1.7      |

<sup>1</sup> PRC database, 2014

<sup>2</sup> Philippine Statistical Yearbook, 2010.

<sup>3</sup> Total 2.3 HCW's/10,000 pop; **WHO recommends 24/10,000.**

# Supply of Health Care Workers' is Decreasing

1. We are #1 exporter of nurses
2. We are #2 exporter of doctors
3. ASEAN integration will open doors.





2003

| Income  | PhilHealth Utilization |
|---------|------------------------|
| Poorest | 18%                    |
| Poor    | 23%                    |
| Middle  | 24%                    |
| Rich    | 28%                    |
| Richest | 33%                    |

NDHS 2003

2013

| Income      | PhilHealth Utilization |
|-------------|------------------------|
| Poorest     | 33%                    |
| Poor        | 71%                    |
| High Middle | 48%                    |
| Low Middle  | 54%                    |
| Rich        | 70%                    |
| Richest     | 88%                    |

Faraon et al, 2013

# Good News and Bad News about the Philippine Health Situation

1. PhilHealth coverage has increased from 51% in 2010 to 88% in 2015 (PhilHealth) <sup>1</sup>
2. But PhilHealth utilization remains low, especially amongst the poorest (only 33%) <sup>2</sup>
3. The health budget increased from PhP28.7B in 2010 to PhP205B in 2015 <sup>3</sup>
4. But the number of Filipinos who die without seeing a HCW increased from 45% to 66% <sup>4</sup>
5. We are the number 1 exporter of nurses in the world <sup>5</sup>, and the number 2 exporter of doctors <sup>6</sup>
6. In the public sector,
  - There are only 5 HCW's per 10,000 population (ideal = 25)
  - There is only 1 doctor per 20,000 (ideal = 20) <sup>7</sup>

## Why healthcare workers leave <sup>1</sup>

1. Unemployment (unfilled positions for HCW's)
2. Underemployment (underpaid for workload)
3. Misemployment (job orders and casuals)
4. Unjust working conditions (eg - politicalization of appointments, non-issuance of magna carta benefits)

## Why healthcare workers stay <sup>2</sup>

1. To serve the country
2. To be with their family

# Summary

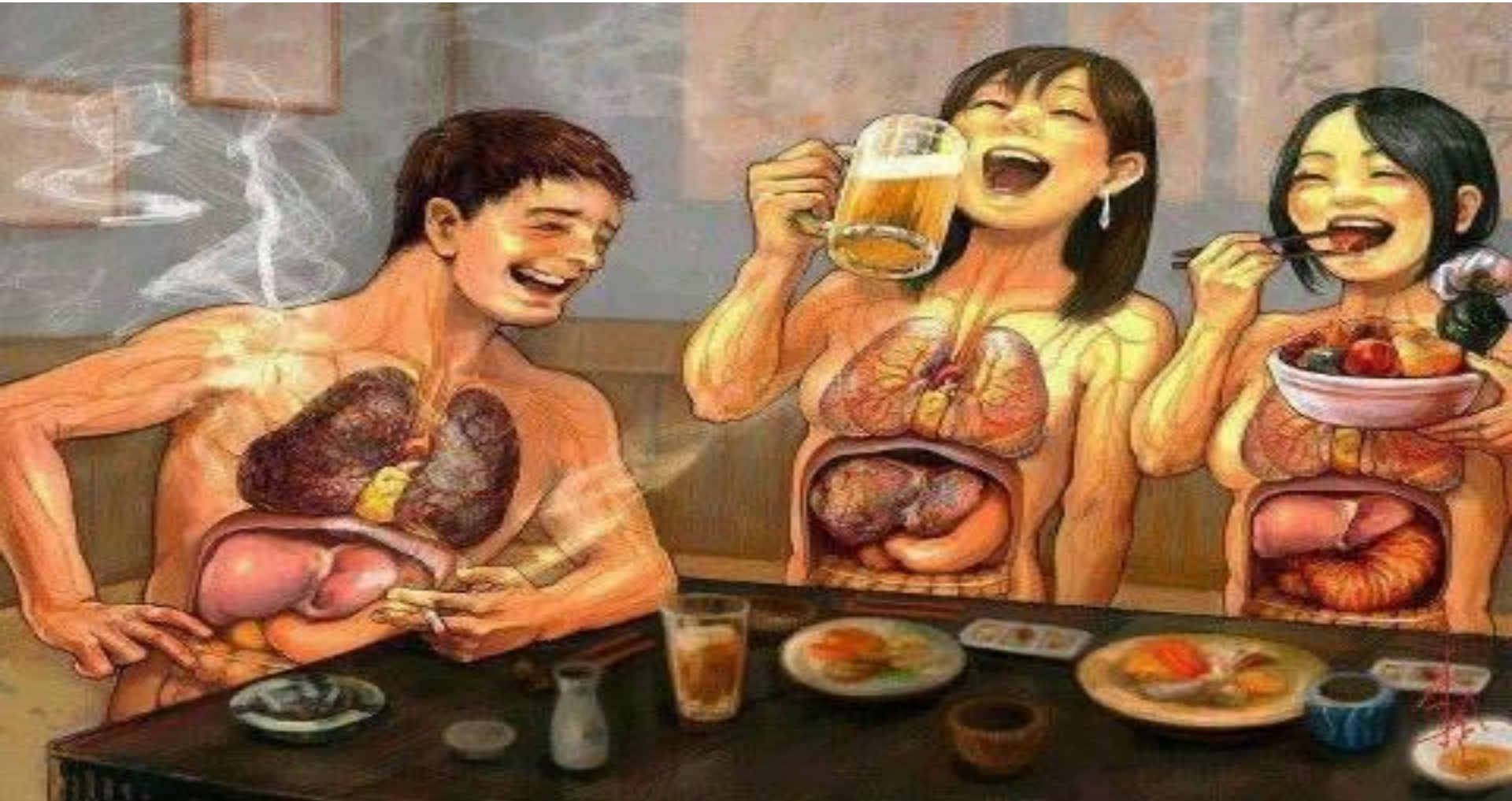
- Despite the rising budget and increasing Philhealth coverage, healthcare is deteriorating.
- The deterioration is mainly due to a shortage of healthcare workers caused by massive migration
- Healthcare workers who stay (especially those in rural areas) are patriots who want to serve the country.
- The government need to take better care of those who care for our health.

**Walang kalusugang pangkalahatan, kung walang mag-aalaga sa taong bayan! – Coalition for Primary Care**



# Why tax sin products ?

## Health and Revenue Goals



# Multi Sectoral Approach: A must !





# Media Power in Advocacy

To Inform, To Influence, & To Inspire





# Congress Committee Hearing

## White Coat Army - Feb 2012





# Congress Committee on Ways & Means

## Chair: Cong Emilio Abaya







# Lower House Plenary Debates :

## We won after 16 years vs Tobacco Industry!

October 2012



# Recto's Resignation : Turning Point

15 October 2012



facebook.

twitter



# Advocacy and Power of Media



- Facebook
- Twitter
- Prints
- TV
- Radio



facebook.

twitter



# Recto's Resignation : Turning Point

15 October 2012



facebook.

twitter



# Turning Point : Senate Oct 2012

## Recto Morris





# Working with Sen Franklin Drilon

Nov 2012



**Sec Ona with Med Org  
Leading the Way in Sin  
Tax Lobbying Nov 2012**



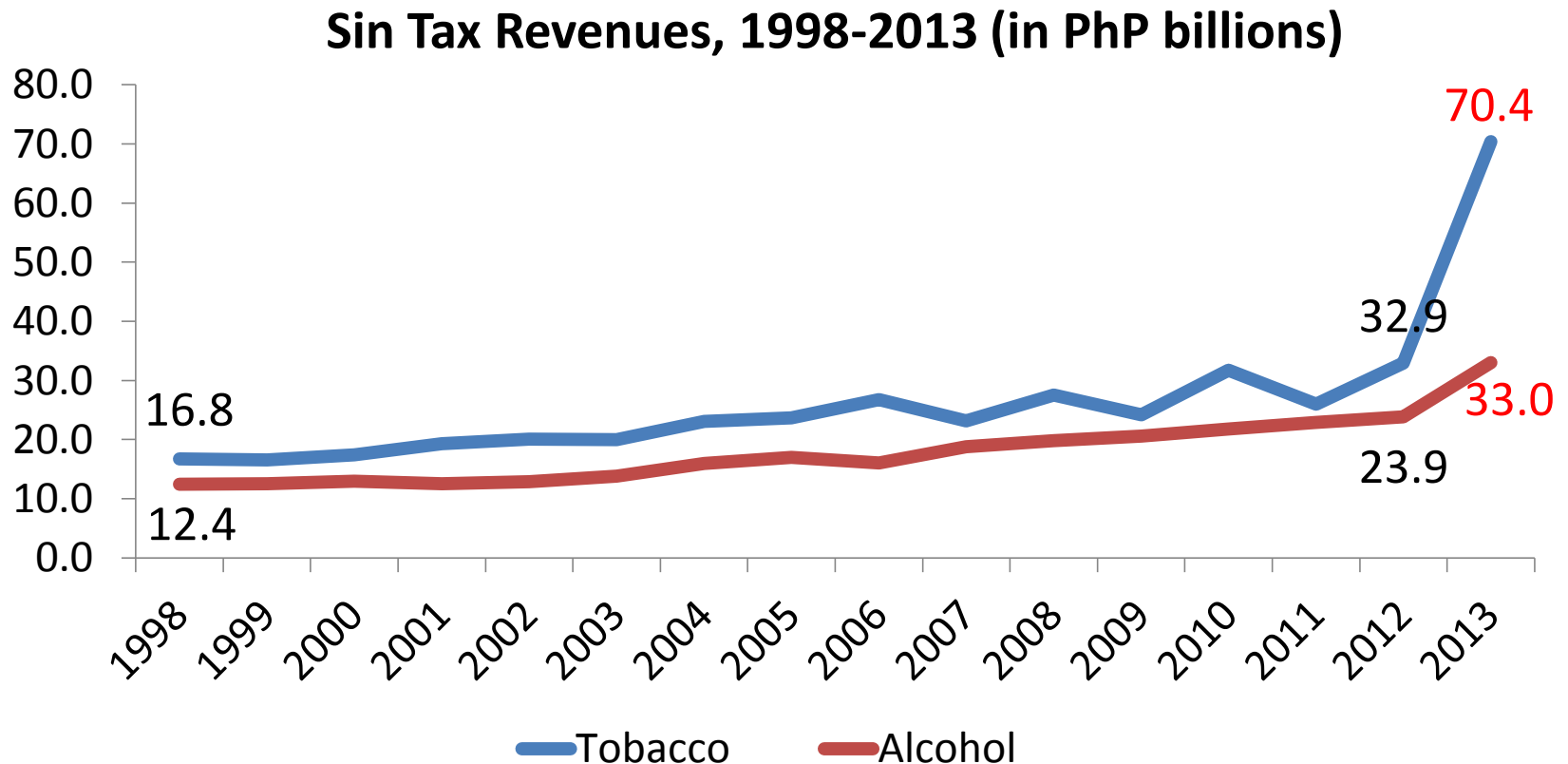




**Sin Tax on tobacco & alcohol Approval at Malacañan  
Dec 20, 2012**

# What the Sin Tax Law has already achieved

- Revenue generation





# Sin Tax Law Benefits (2013)

## CONCLUSIONS ( Metrics of Success)

1. Prevalence of smoking among adult Filipinos went down from **31.0%** in 2008 to **25.4%** in 2013.
2. There are **3.2 million less smokers** in the country because of the Sin Tax Law.
3. The drop is partly from people who stopped smoking. It is **mostly from people who avoid starting** to smoke.
4. Approximately **32,000 deaths** were averted.
5. Health benefits were greatest in **price sensitive populations** – the poor, rural folk, the very old, and the very young.



# Sin Tax Funds to PhilHealth

- **Republic Act No. 10351 (or the Tobacco and Alcohol Tax), signed by President Aquino on Dec. 29, 2012**
  - gives the government the financial capacity to cover the full subsidy of the premium coverage of 14.7 million poor Filipino families (or more than 45 million Filipinos), amounting to **P37 billion for 2015** and an increase of the Department of Health budget to P103 billion (an increase never received before).

# Philhealth loses P2b in false claims — TG

Macon Ramos-Araneta

Jul. 09, 2015 at 12:01am

SUBJECTING a blind person to a laser operation he did not need was among the 'modus operandi' employed by unscrupulous doctors a to defraud the state-run Philippine Health Insurance of billions of pesos paid by its members.

Senate Blue Ribbon committee chairman Senator Teofisto Guingona said a blind man testified Wednesday at the resumption of the hearing on the P2-billion dubious claims of hospitals and clinics with Philhealth, for eye operations, that he was lured into undergoing an eye surgery.

The blind man, who was among those 'gathered' by the so-called seekers of eye clinics, said he was given false hopes by the doctor who conducted a laser operation on him.

"So we see here that some persons and institutions systematically got Philhealth funds like what I said, one of them-- through hakot' patients," said Guingona.

On the second day of the hearing, Guingona admitted they saw signs of attempts to use Philhealth for the advantage of certain individuals and companies.

"They get the money of Philhealth which are public funds. This is very important for the public because the funds are used to help the poor. And yet, we see what happened. People are being used here as tools to get Philhealth funds. Others were operated although not needed. There were also ghost doctors. This means that the doctor who conducted the operation was different from the doctor who filed the claims for payment from Philhealth "he said



MANILA DOCTORS HOSPITAL  
COMMITTEE ON MEDICAL EDUCATION AND TRAINING (COMET)  
IN COOPERATION WITH THE DEPARTMENT OF INTERNAL MEDICINE

# DOH/PhilHealth Leaders at Senate Hearing





# FRAUD IS A GROUP CRIME

COA questions P1.7-B PhilHealth bonuses, allowances  
By Michael Punongbayan (The Philippine Star) | Updated January 29, 2015 - 12:00am

Tweet 2 Share 203 googleplus 1 Email 2

2000



## COA hits PhilHealth for P1.71B in unauthorized bonuses

February 4, 2015 8:45pm

Tags: Commission on Audit, Philhealth

The Commission on Audit has questioned some P1.761 billion in bonuses that the Philippine Health Insurance Corporation (PhilHealth) gave its officers and employees, saying such bonuses have not been authorized.



MANILA DOCTORS HOSPITAL  
COMMITTEE ON MEDICAL EDUCATION AND TRAINING (COMET)  
IN COOPERATION WITH THE DEPARTMENT OF INTERNAL MEDICINE

# REBUILD



1. Vision and strategic plan for the next 5 to 10 years
2. Strong governance system with great external audit and internal control system



STRONG GOVERNANCE

# Leading our Leaders



**Pres BS Aquino**



**DOH Sec Janette Garin**



# Choosing the Next President

- **Core Values**
  - Integrity , compassion, respect for people, agility , empathy , excellence in execution
  - puts premium on health and education
- **Skills Set**
  - Academic background, track record
- **Passion**
  - Fire in the belly

# Choosing the Next President



- Walk with The Punisher
- August 28, 2015  
Mayor Rodrigo Duterte
- He's not running 😞

# Choosing the next President





# Why Change Hurts ?

*Ketan Lakhani, South Africa*

