

**CORDILLERA ADMINISTRATIVE REGION  
HEALTH PROFILE  
CY 2015**

**DEMOGRAPHICS**

Total Land Area	1,961,110 ha
Provinces	6
Cities	2
Municipalities	75
Barangays	1,187
Dialects	Ilocano, Ibaloy, Kankanaey, Kalanguya, Ifugao, Kalinga, Itneg, Isneg
Projected Population (2015)	1,762, 500

Geographical Background

The Cordillera Administrative Region (CAR) was established on July 15, 1987 through Executive Order No. 220 issued by President Corazon C. Aquino. It is comprised by the following provinces: Abra, Apayao, Benguet, Ifugao, Kalinga, Mt. Province and the Chartered city of Baguio, officially known as the Summer Capital of the Philippines. It's rugged terrain and breath – taking topography have been home to the sturdy and industrious indigeneous tribes collectively called the Igorot, while its climate has bred an equally unique culture distinct from that of the country's lowland colonized regions. It is located in the north – central part of Luzon and is bounded by Ilocos Norte and Cagayan in the north, Pangasinan and Nueva Ecija in the south, Cagayan Valley in the east and Ilocos Region in the west. It is the country's only land – locked region. It has a mountainous topography and dubbed as the "Wathershed Cradle of North Luzon" as its host major rivers that provide continuous water for irrigation and energy for Northern Luzon.

The region's land area of 1,829,370 hectares accounts for 6.1 percent of the total land mass of the Philippines. As of 2010, the region has a total of 275,769 hectares of Alienable and Disposable Land and 1,553,599 hectares of Total Forest Land.

Population

The population estimate of 1,762,500 for the year 2015 had an increase of 145,633 from the 2010 census of 1,616,867. The annual population growth rate is 1.70%<sup>a</sup>. It is the smallest region in terms of population size among the other regions in the Philippines. Apayao Province has the least population of 119,542 which constitutes to 7% of the total population of CAR. Meanwhile, Benguet has the largest population of 438, 725 which constitute to 25% of the total population of the region.

Table 1. Land Area, Population and Number of Municipalities and Barangays by Province

Province/ City	Population (2015)	# of Municipalities	# of Barangays
<b>CAR</b>	<b>1,762,500</b>	<b>75</b>	<b>1,187</b>
Abra	248,434	27	303
Apayao	121,372	7	135
Benguet	447,442	13	140
Ifugao	207,961	11	185
Kalinga	217,140	7 & 1 city	152
Mt. Province	161,383	10	144
Baguio City	358,770		128

### HEALTH FACILITIES and HEALTH PERSONNEL

CAR has a total of 795 health facilities which includes hospitals, primary care facilities, rural health centers (RHU) and barangay health stations (BHS).

In terms of the health workers in CAR, it has a total of 8, 387 health workers. The ratio of doctors to the population is 1 is to 17, 450. This surpasses the target ratio of 1 doctor is to 20, 000 population

Table 2a. List of Health Facilities in CAR

Province	# of Gov't Hospital	# of Private Hospital	# of Primary Care Facilities (Infirmary)	# of RHU	# of BHS
ABRA	1	2	7	27	99
APAYAO	2	0	5	7	71
BENGUET	3	2	6	13	134
IFUGAO	2	0	5	11	130
KALINGA	1	2	9	11	98
MT. PROVINCE	4	1	2	10	107
BAGUIO CITY	1	4	2	16*	
<b>CAR</b>	<b>14</b>	<b>11</b>	<b>36</b>	<b>95</b>	<b>639</b>

\*called as District Health Center with 22 satellite clinics in the barangays

Table 3a. Number and Ratio of Health Personnel per Province

Area	MD		Dentist		PHN		Midwives		Nutritionist	
	Total	Ratio	Total	Ratio	Total	Ratio	Total	Ratio	Total	Ratio
C A R	101	17,450	32	55,078	280	6,295	672	2,623	11	160,227
Abra	23	10,801	0	0	164	1,515	137	1,813	0	0
Apayao	7	17,339	3	40,457	14	8,669	60	2,023	1	121,372
Benguet	15	29,830	6	74,574	26	17,209	129	3,469	1	447,443
Ifugao	11	18,906	5	41,592	12	17,330	142	1,465	7	29,709
Kalinga	12	18,095	8	27,143	25	8,686	78	2,784	1	217,140
Mt. Province	10	16,138	5	32,277	17	9,493	103	1,567	0	0
Baguio City	23	15,599	5	71,754	22	16,308	23	15,599	1	358,770

Table 3b. Number and Ratio of Health Personnel per Province

Area	Med. Technologist		Sanitary Engineer		Sanitary Inspector		Active BHW	
	Total	Ratio	Total	Ratio	Total	Ratio	Total	Ratio
C A R	69	25,543	1	1,762,500	96	18,359	7,125	247
Abra	7	35,491	0	0	26	9,555	2,265	110
Apayao	7	17,339	0	0	10	12,137	600	202
Benguet	12	37,287	0	0	13	34,419	1,112	402
Ifugao	17	12,233	0	0	10	20,796	776	268
Kalinga	10	21,714	0	0	13	16,703	1,166	186
Mt. Province	6	26,897	0	0	13	12,414	1,096	147
Baguio City	10	35,877	1	358,770	11	32,615	110	3,262

## NATALITY STATISTICS

The numbers of live births in a population are measured in natality rates. Natality is most often measured in terms of period rates that describe the childbearing experience a population on an annual (or other time period) basis.

A live birth is usually defined as any product of conception that shows any sign of life after complete birth. Such signs of life include a heart beat, respiration, crying, pulsation of the umbilical cord, or movement of the voluntary muscles.

The crude birth rate relates live births to the total population (of both sexes and all ages) for a specific interval of time, usually one year.

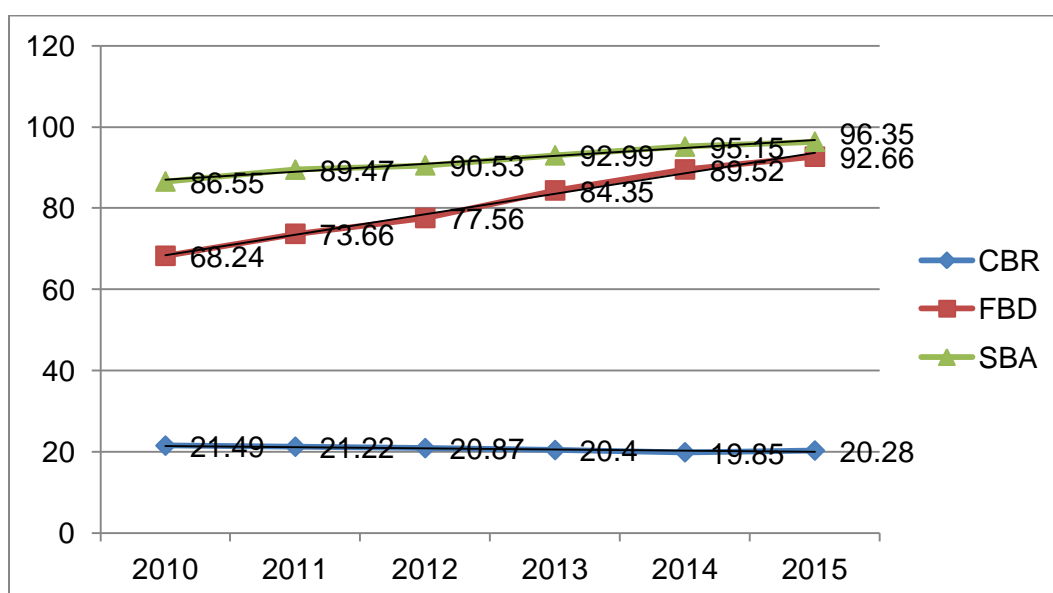
It can be seen from Figure 2 that the crude birth rate (CBR) of CAR had a steady trend while the rates of facility based delivery (FBD) and births attended by skilled birth attendant (SBA) were significantly increasing from 2010 to 2015. The MDG target for FBD and SBA which is 90% was surpassed by the region.

Table 4 shows the crude birth rate of the provinces of CAR. It can be seen that the CBR of Abra, Baguio City and Ifugao is decreasing. Meanwhile, the provinces of Apayao and Kalinga has an increasing trend. Benguet province has a decreasing trend from 2010 – 2014 but it significantly increases in 2015. Mountain Province has a stagnant rate throughout the six years.

Table 5 shows the facility based delivery (FBD) rate of the provinces of CAR. It can be gleaned from the table that all of the provinces has an increasing trend. For 2015, it can be seen that all of the provinces had surpassed the NOH target of 85% (2015). Meanwhile, Benguet, Baguio City and Kalinga had surpassed the Millenium Development Goal target of 90%.

Table 6 shows the percentage of live births attended by skilled birth attendants like doctors, nurses and midwives. For 2015, it can be seen that all of the provinces had surpassed the 90% target of MDG and NOH.

**Figure 2. Natality of CAR**



**Table 4. Crude Birth Rate per Thousand Population**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	21.52	20.34	19.52	19.44	18.37	16.59
Apayao	18.41	15.85	18.80	17.71	20.18	21.55
Benguet	16.40	17.73	15.61	15.18	14.40	18.63
Ifugao	20.38	19.43	18.48	18.63	16.27	15.04
Kalinga	16.35	19.41	21.13	19.26	19.44	20.41
Mt. Province	19.65	18.82	18.29	18.43	18.50	18.37
Baguio City	34.73	31.44	31.18	30.86	30.55	28.27
CAR	21.49	21.22	20.87	20.40	19.85	20.28

**Table 5. Facility based delivery rate in CAR**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	70.63	71.77	72.67	79.82	81.66	89.99
Apayao	54.18	58.74	56.46	81.59	84.59	89.79
Benguet	70.28	76.93	77.23	81.57	88.75	94.55
Ifugao	57.67	60.23	71.77	74.02	79.21	82.42
Kalinga	32.00	41.71	59.58	78.12	93.61	92.09
Mt. Province	61.14	59.15	62.06	67.97	74.17	81.00
Baguio City	97.98	97.44	99.23	99.20	99.43	99.38
CAR	68.24	73.66	77.56	84.35	89.52	<b>92.50</b>

**Table 6. Percentage of live births attended by skilled birth attendant**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	90.82	90.01	85.77	94.28	96.16	98.03
Apayao	71.76	76.92	81.42	90.63	89.98	93.42
Benguet	81.41	84.93	86.78	87.81	91.64	95.89
Ifugao	80.93	85.14	85.29	83.89	87.08	90.28
Kalinga	89.23	91.21	93.98	95.17	99.84	97.56
Mt. Province	80.89	82.18	82.33	86.06	88.86	92.04
Baguio City	98.23	97.53	99.36	100.00	99.50	99.41
CAR	86.55	89.47	90.53	92.99	95.15	<b>96.35</b>

## MORTALITY STATISTICS

In the vital statistics mortality refers to the frequency of deaths over a period of time. These measures are among the most widely used statistics in epidemiology, largely because they are among the most accurately counted events in all of our health statistics.

For the year 2014, there were a total of 12, 108 deaths in the region. Kalinga has the highest number of death of 4,711 and Apayao has the least number of deaths of 573.

The crude death rate represents the risk of dying for a randomly selected individual from the entire population of a designated area. Computed from total deaths due to all causes and total population, it measures the decrease in a population due to death.

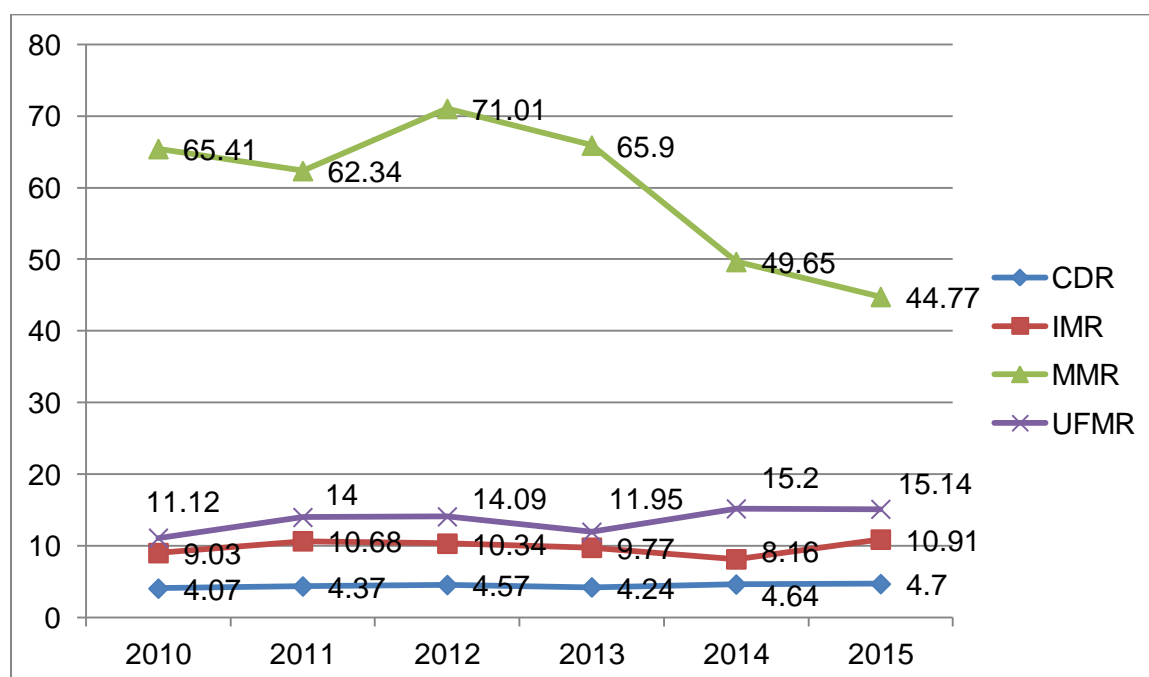
It can be gleaned from Figure 3 that the death crude rate (CDR) in CAR has a steady trend at 4% from 2010 to 2015. In Table 7, it can be seen that Baguio City has the highest CDR while Ifugao has the lowest.

For infant mortality rate, it has a decreasing trend from 2010 to 2014 but it increases by about 2% on 2015. Although there is an increase, CAR has achieved the NOH target which is 22 per 1,000 LB. All of the provinces is has a rate lower than the target for 2015. Apayao has the highest IMR while Ifugao has the lowest. (Table 8)

Maternal mortality rate (MMR) has a decreasing trend from 2010 – 2015. CAR has surpassed the NOH target of 52 per 100,000 LB and the MDG target of 50 per 100, 000 LB. In addition, the provinces of Benguet, Kalinga and Ifugao as well as Baguio City has a rate lower than the target for 2015. Meanwhile, the provinces of Abra and Apayao have high MMR. (Table 9)

Under – five mortality rate (per 1,000 livebirths) had increased from 2013 to 2014 and remains to be steady at 15% on 2015. These rate is lower than the NOH target which is 26.7 per 1,000 LB. All of the provinces and city has achieved this target except for Apayao that has a rate of 32 per 1,000 livebirths.

**Figure 3. Mortality Rates of CAR**



**Table 7. Crude Death Rate per Thousand Population**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	4.83	5.75	6.06	6.17	6.68	5.98
Apayao	3.04	2.83	3.47	3.65	4.79	4.66
Benguet	2.32	3.14	3.34	3.47	3.51	3.23
Ifugao	3.32	3.61	3.81	1.79	3.48	3.08
Kalinga	3.33	3.20	3.13	2.72	3.05	3.80
Mt. Province	5.56	5.44	5.54	4.79	4.77	5.49
Baguio City	6.37	6.16	6.34	6.19	6.19	6.77
<b>CAR</b>	<b>4.07</b>	<b>4.37</b>	<b>4.57</b>	<b>4.24</b>	<b>4.64</b>	<b>4.70</b>

**Table 8. Infant Mortality Rate per 1,000 live births**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	3.38	10.71	13.19	11.22	14.19	11.65
Apayao	8.78	9.45	10.25	12.35	12.01	19.89
Benguet	7.92	6.45	8.05	12.61	1.73	7.56
Ifugao	10.96	11.25	10.29	11.17	7.21	7.36
Kalinga	8.63	7.78	8.86	5.32	3.12	13.54
Mt. Province	12.26	16.48	14.38	12.80	19.33	15.18
Baguio City	11.82	13.14	10.04	7.51	8.78	9.76
<b>CAR</b>	<b>9.03</b>	<b>10.68</b>	<b>10.34</b>	<b>9.77</b>	<b>8.16</b>	<b>10.91</b>

**Table 9. Maternal Mortality rate per 100,000 livebirths**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	19.87	41.19	21.27	190.60	22.18	145.60
Apayao	263.50	248.76	123.05	127.77	165.7	114.72
Benguet	14.67	71.61	64.40	46.91	62.94	11.99
Ifugao	24.35	53.56	27.81	54.51	0	31.98
Kalinga	83.52	68.68	144.27	22.17	49.24	45.13
Mt. Province	175.08	68.66	105.19	69.18	70.27	0.00
Baguio City	43.79	28.77	56.83	16.38	37.34	29.58
<b>CAR</b>	<b>65.41</b>	<b>62.34</b>	<b>71.01</b>	<b>65.90</b>	<b>49.65</b>	<b>44.77</b>

**Table 9. Under – Five Mortality Rate per 1,000 livebirths**

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	11.52	12.56	15.53	14.40	31.05	16.02
Apayao	9.66	12.44	11.89	17.46	16.98	32.89
Benguet	9.98	7.88	15.13	12.78	17.78	15.11
Ifugao	6.57	15.53	14.46	6.27	10.81	12.15
Kalinga	9.19	19.00	12.78	6.43	3.45	17.15
Mt. Province	14.88	18.54	19.28	21.79	23.89	7.42
Baguio City	14.30	15.15	12.41	1.08	12.32	12.52
<b>CAR</b>	<b>11.12</b>	<b>14.00</b>	<b>14.09</b>	<b>11.95</b>	<b>15.2</b>	<b>15.14</b>

**Table 10. Leading Causes of Morbidity in CAR (2015)**

	<b>Disease</b>	<b>Total</b>	<b>Rate per 100,000 Pop</b>
1	Upper Respiratory Tract Infection (URTI/AURTI)	138,141	7837.79
2	Hypertension	27,523	1561.59
3	Urinary Tract Infection	24,615	1396.60
4	Acute Respiratory Infection (ARI/ALRTI)	18,775	1065.25
5	Wound	17,086	969.42
6	Acute Bronchitis	16,663	945.42
7	Pneumonia	10,798	612.65
8	Acute Gastroenritis (AGE)	7,553	428.54
9	Diarrhea	6,855	388.94
10	Cough	6,815	386.67

**Table 11. Leading Causes of Mortality in CAR (2015)**

	<b>Disease</b>	<b>Total</b>	<b>Rate per 100,000 Pop</b>
1	Cardiovascular Diseases	803	45.56
2	Cancer (All forms)	759	43.06
3	Pneumonia	629	35.69
4	Heart Diseases	519	29.45
5	Hypertension	381	21.62
6	Kidney Diseases	318	18.04
7	Myocardial Infarction	214	12.14
8	Diabetes	156	8.85
9	Accidents and Trauma	150	8.51
10	Stroke	93	5.28

## **CHILD HEALTH**

Children represent the future, and ensuring their healthy growth and development ought to be a prime concern of all societies. Newborns are particularly vulnerable and



children are vulnerable to malnutrition and infectious diseases, many of which can be effectively prevented or treated. (WHO)

### National Immunization Program

Table 7 shows the percentage of fully immunized child in CAR from 2010 – 2015. It can be observed from the table that FIC rates in the provinces and in the region remains to be lower than the MDG and NOH target of 95%.

Table 12. Percentage of fully immunized child in CAR

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	83.54	76.45	69.65	68.26	71.87	62.09
Apayao	75.69	56.37	65.56	68.18	69.87	70.73
Benguet	67.21	69.27	70.86	73.43	68.23	64.12
Ifugao	78.10	73.44	72.15	68.83	72.81	70.67
Kalinga	77.01	73.07	70.46	68.92	79.40	99.46
Mt. Province	59.98	65.53	69.20	68.72	65.77	64.44
Baguio City	47.22	43.77	77.45	87.60	78.10	90.44
<b>CAR</b>	<b>68.28</b>	<b>64.88</b>	<b>71.55</b>	<b>73.57</b>	<b>72.55</b>	<b>74.8</b>

## **MATERNAL HEALTH**

Maternal health is the health of women during pregnancy, childbirth, and the postpartum period. It encompasses the health care dimensions of family planning, preconception, prenatal and postnatal care in order to reduce maternal morbidity and mortality.

### Prenatal and Postnatal Care

Figure 4 shows the percentage of pregnant women with at least 4 prenatal visit (ANC), post partum women with at least 2 postpartum visits (PNC) and contraceptive prevalence rate of the region. The NOH target for ANC and PNC is 85% on 2015. It can be noted that CAR has not achieved this target for both. Although, the ANC and PNC were low, it can be seen that ANC has an increasing trend from 2010 to 2015. PNC has an increasing trend also from 2010 to 2014 but it went down on 2015 by about 5%. Baguio City has the lowest percentage while Benguet has the highest for both indicators on 2015.

The contraceptive prevalence rates (CPR) for 2015 which is 50.51% is lower than the NOH target of 63% for the year 2015. Despite of this, it can be seen that the trend is increasing. On 2015, Apayao has the highest rate of 74.69% which exceeded the NOH target while Baguio City has the lowest rate.

Figure 4. ANC, PNC and CPR of CAR

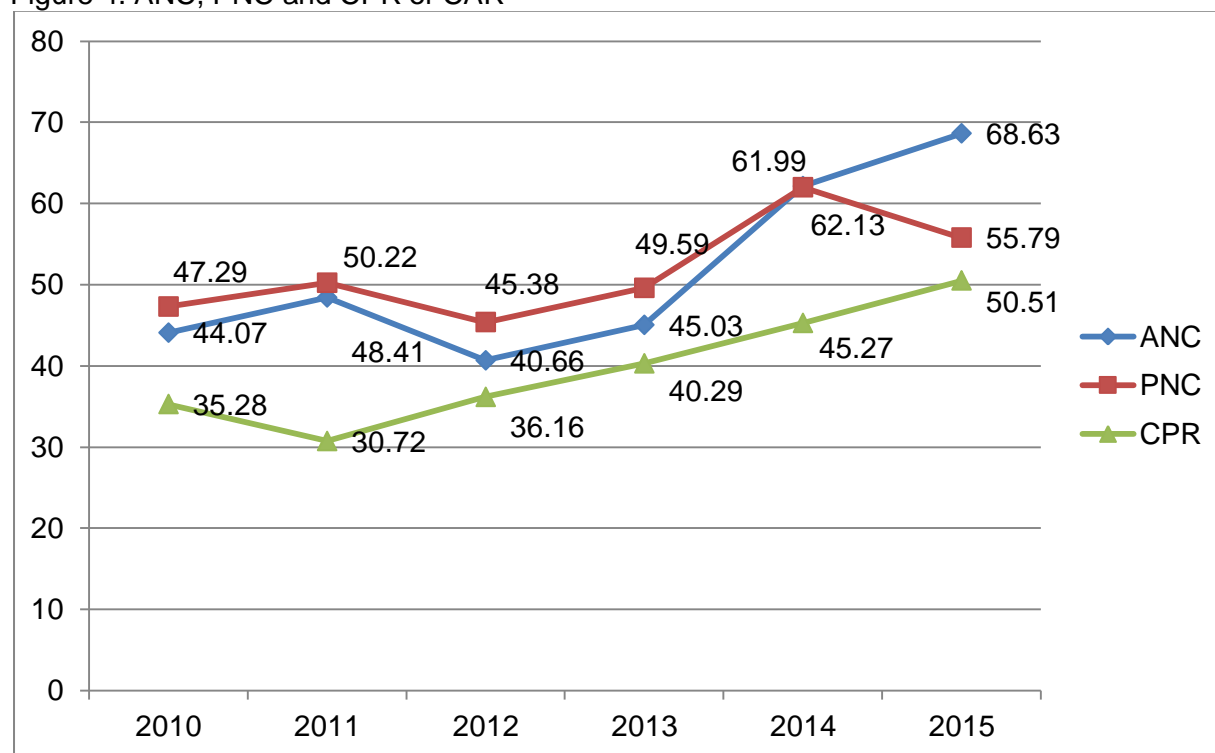


Table 13. Women with at least 4 prenatal visit

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	44.50	50.25	69.70	57.26	84.52	85.29
Apayao	44.20	38.04	38.48	46.80	54.92	56.73
Benguet	53.92	62.74	49.75	49.14	71.93	112.88
Ifugao	68.22	56.95	40.89	47.17	104.83	59.11
Kalinga	47.12	48.33	41.14	44.53	69.64	77.88
Mt. Province	34.82	30.44	28.70	30.30	37.76	39.57
Baguio City	18.27	37.53	15.20	36.79	18.25	18.92
<b>CAR</b>	<b>44.07</b>	<b>48.41</b>	<b>40.66</b>	<b>45.03</b>	<b>62.13</b>	<b>68.63</b>

Table 14. Women with at least 2 postnatal visit

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	42.55	49.10	41.18	46.58	56.49	52.45
Apayao	52.89	45.82	50.27	48.19	61.05	60.88
Benguet	53.10	63.20	56.39	57.79	66.37	71.97
Ifugao	63.62	59.97	48.99	57.78	116.67	60.77
Kalinga	64.42	64.67	57.88	56.79	76.14	71.96
Mt. Province	46.84	49.81	52.47	51.50	54.94	55.29
Baguio City	18.94	22.03	19.74	32.27	23.35	23.77
<b>CAR</b>	<b>47.29</b>	<b>50.22</b>	<b>45.38</b>	<b>49.59</b>	<b>61.99</b>	<b>55.79</b>

Table 15. Contraceptive Prevalence Rate

Province/ City/ Region	2010	2011	2012	2013	2014	2015
Abra	28.12	25.16	36.00	40.17	50.27	52.89
Apayao	58.57	26.17	51.06	58.78	69.41	74.79
Benguet	38.52	35.65	41.40	47.24	47.22	56.67
Ifugao	50.27	47.91	48.12	49.70	49.41	56.77
Kalinga	40.04	37.39	33.76	40.46	61.85	63.74
Mt. Province	36.46	36.31	40.57	42.98	47.13	48.51
Baguio City	13.87	13.52	17.13	18.37	17.73	22.24
<b>CAR</b>	<b>35.28</b>	<b>30.72</b>	<b>36.16</b>	<b>40.29</b>	<b>45.27</b>	<b>50.51</b>

## ENVIRONMENTAL HEALTH

Environmental health is one of the 8 Millennium Development Goals of the Philippines which is “Ensure Environmental Sustainability”. This includes access to safe water and sanitary facilities.

It can be seen from Table 16 that the percentage of households with access to safe water and household with sanitary toilet facilities slightly increased from 2014 to 2015.

Table 16. HH with access to safe water and sanitary toilet facilities

Province/ City/ Region	HH with Access to Safe Water (%)		HH with Sanitary Toilet Facilities (%)	
	2014	2015	2014	2015
Abra	0	37.62	78.49	83.85
Apayao	0	0	50.28	72.57
Benguet	71.2	69.81	81.15	87.28
Ifugao	0	0	75.33	78.19
Kalinga	53.13	10.53	67.84	67.74
Mt. Province	0	31.57	84.84	86.18
Baguio City	93.02	93.85	95.77	97.98
<b>CAR</b>	<b>42.48</b>	<b>44.52</b>	<b>79.53</b>	<b>83.95</b>