

THE IMPACT RATING 2026

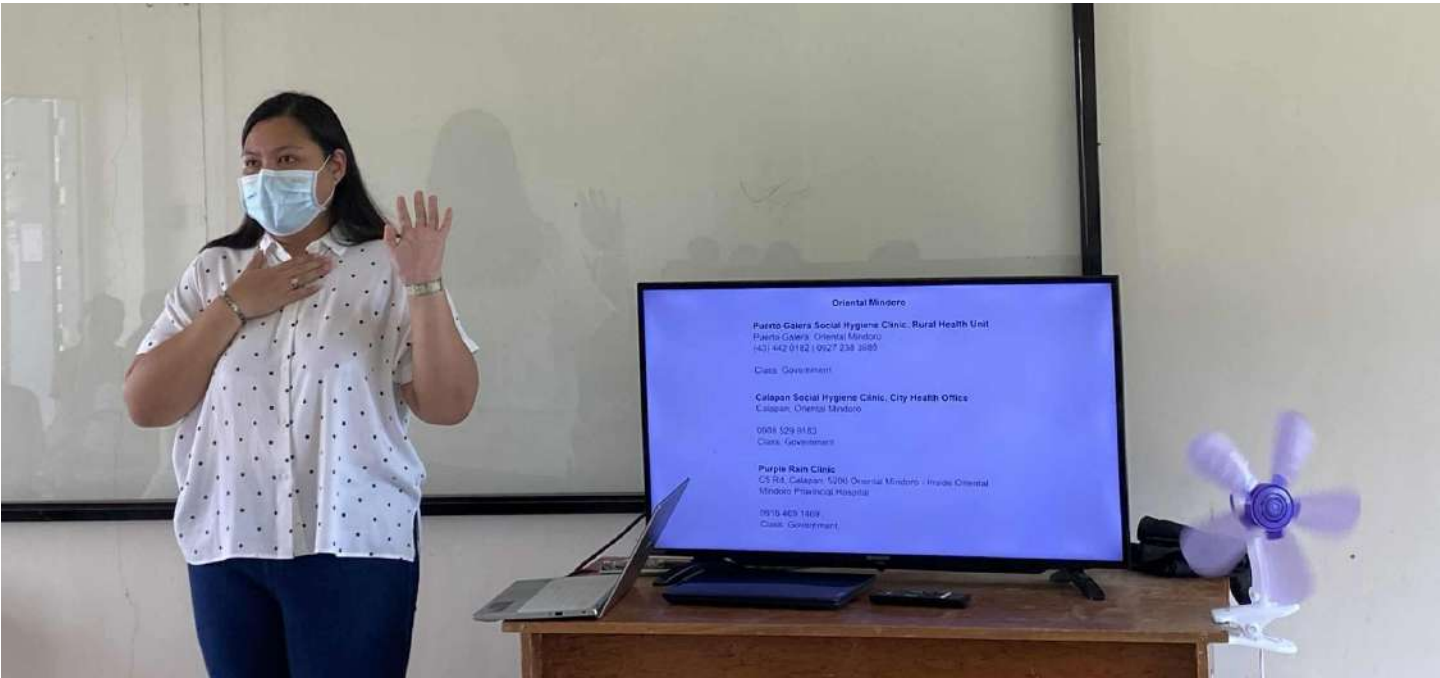
SDG 3

SDG 3.3.4 : Sexual and Reproductive Health Care Services for Students

- Women and Men Health Month
- Speaker about Reproductive and Sexual Transmitted Diseases









MEDICAL AND DENTAL UNIT SERVICES

1. Medical and Dental Services

The clinic is open from 8:00 am to 8:00pm during weekdays and during Saturdays from 8:00am to 5:00pm.

MEDICAL SERVICE

Medical services in a university setting aligned with the Sustainable Development Goals (SDGs) provide health support that extends beyond immediate care, promoting overall health, resilience, and sustainability within the campus community. This approach not only improves individual health outcomes but also contributes to broader SDGs by fostering a supportive, inclusive, and health-conscious environment.

❖ Patient Consultation

Patient consultations play a crucial role in promoting health and well-being in alignment with Sustainable Development Goals 3 (SDG 3) and can create a foundation for health awareness, prevent disease, and support the holistic well-being of students and staff, contributing to SDG 3's overarching goals. This approach builds a healthier, more resilient, and knowledgeable campus community.

- Offer consultations that focus on early detection, prevention, and education to reduce the onset of illnesses and improve overall health outcomes.
- Make mental health consultations an integral part of campus healthcare to support students, staff, and faculty in managing stress, anxiety, and other mental health issues and recognize the significance of mental health as a component of overall well-being.
- Educate and support students on sexual health, reproductive choices, and family planning through confidential and non-judgmental consultations.
- Address lifestyle factors such as diet, physical activity, and substance use through individualized counseling to support long-term well-being.
- Ensure consultations are inclusive and address the unique health needs of diverse groups, including indigenous groups, minority groups, and those with disabilities.
- Provide guidance on managing chronic conditions such as diabetes, asthma, and hypertension, as well as information on lifestyle modifications to prevent NCDs.

- Ensure the patient receives quality healthcare, addressing both physical and mental health, while promoting preventive measures.
- To assess health status. Understanding the patient's history, current conditions, symptoms and its treatment.

❖ **Provide First Aid and Emergency Care**

First aid and emergency care are vital services that contribute to Sustainable Development Goal 3 (SDG 3), "Promote Health and Well-being," by ensuring rapid response, minimizing harm, and reducing mortality from injuries, accidents, and sudden health issues. targets of reducing mortality, improving health equity, and fostering a proactive approach to public health and well-being.

- Provide rapid response and care for medical emergencies to minimize injury severity, prevent fatalities, and promote a safer campus.
- Foster a campus culture that prioritizes health, safety, and emergency preparedness.
- Address and reduce injury and illness on campus through preventative and responsive measures.
- Immediate treatment for injuries and acute illnesses.
- Ensure emergency care and first aid are gender-sensitive, addressing unique needs.
- Ensure all students, staff, and visitors can access first aid and emergency services within the campus.
- Ensure that emergency care services are accessible to everyone on campus, including those with disabilities or language barriers.

❖ **Blood pressure checking and monitoring**

Blood pressure monitoring is an essential service aligned with Sustainable Development Goal 3 (SDG 3), "Promote Health and Well-being." Regular monitoring and management of blood pressure among students, faculty, and staff help prevent long-term health issues and promote a healthy campus environment.

- Identify high blood pressure and related health risks early among students and staff to prevent long-term complications.
- Detecting hypertension/ hypotension to reduce the risk of complications such as stroke, heart attack and kidney diseases through early detection and management.

- Educate students and staff about the importance of maintaining healthy blood pressure levels and managing cardiovascular health.
- Assist individuals with known conditions, such as hypertension, diabetes, or obesity, in managing their blood pressure and improving health outcomes.
- Empower students and staff to make healthier lifestyle choices that contribute to long-term blood pressure management.
- Encourage students and staff to take proactive steps to monitor and maintain their health through preventive screenings.
- Promote long-term well-being among students and staff, supporting their academic and professional achievements by maintaining good health.

❖ **Capillary blood glucose test**

Capillary blood glucose testing in a university setting aligns with Sustainable Development Goal 3 (SDG 3), "Promote Health and Well-being," by helping students, staff, and faculty monitor their blood glucose levels, manage diabetes, and prevent health complications. And it can also create a supportive, health-focused campus environment. This not only addresses individual well-being but also contributes to the broader goals of SDG 3 by fostering a healthier, more resilient, and aware university community.

- Identify individuals with undiagnosed diabetes or prediabetes to prevent disease progression and complications.
- Helping individuals to monitor their blood sugar levels to maintain target ranges.
- Enable students and staff with diabetes to manage their condition effectively to maintain stable glucose levels and reduce health risks.
- Educate the campus community on the importance of blood glucose control and the risks associated with high sugar intake, poor diet, and inactivity.
- Help students make informed choices about their diet, exercise, and other lifestyle factors that affect blood glucose levels.

❖ **Provision of medicine**

The provision of medicines is aligned with Sustainable Development Goal 3 (SDG 3) on promoting health and well-being aims to support a healthy, productive, inclusive campus community, prevents the escalation of health issues, and supports overall well-being. This approach directly contributes to SDG 3 by making quality healthcare accessible, equitable, and supportive of long-term health and productivity.

- Ensuring effective treatment to enhance patient health and quality of life.
- Provide easy and affordable access to essential medications for students, staff, and faculty to address both chronic and acute health needs.
- Assist individuals with chronic health conditions, such as diabetes, asthma, and hypertension, in managing their medication needs effectively.
- Educate students and staff on the correct use, potential side effects, and safe storage of medications to prevent misuse and promote safety.
- Empower individuals to make informed decisions regarding their medications and overall health.
- Ensure that access to necessary medications helps students and staff maintain health, focus, and productivity, supporting academic and work performance.

❖ **Giving immunizations (Anti-flu, ATS and Tetanus Toxoid)**

The provision of immunizations, such as anti-flu, ATS (anti-tetanus serum), and tetanus toxoid, in a university setting directly supports Sustainable Development Goal 3 (SDG 3) by promoting health, preventing disease, and fostering a healthier campus community.

- Protect the university community from vaccine-preventable diseases, such as influenza and tetanus, and reduce the incidence of outbreaks on campus.
- Providing vaccinations to ensure compliance with health regulations.
- Make essential vaccines accessible and affordable to all students, faculty, and staff, ensuring equitable health protection.
- Prevent health-related absences among students and staff by reducing the incidence of flu and tetanus cases.
- Raise awareness of the value of vaccines in preventing illness, building immunity, and contributing to long-term well-being.
- Protect individuals from tetanus in cases of injuries, cuts, or wounds, which are common in active campus environments.

❖ **Nutritional Counseling/ Health Teaching**

Nutritional counseling and health teaching in a university setting are vital components in promoting health and well-being, directly aligning with Sustainable Development Goal 3 (SDG 3). These services support students, faculty, and staff in making informed decisions about their nutrition and lifestyle, which can

significantly impact their overall health, academic performance, and long-term well-being. Guidance on healthy eating and lifestyle choices.

- Encourage balanced nutrition among students and staff to support physical health, mental clarity, and energy levels, essential for academic success and well-being.
- Help students and staff manage or prevent common health issues such as obesity, hypertension, and diabetes through targeted nutrition education.
- Educate on the relationship between diet and mental health, highlighting how proper nutrition can help manage stress, anxiety, and depression.
- Respect and integrate diverse cultural dietary practices within health and nutrition counseling.
- Provide guidance on food safety, proper storage, and handling practices to prevent foodborne illnesses within campus residences.

❖ **Parental Engagement**

Parental engagement can play a significant role in supporting student health and well-being, aligning with Sustainable Development Goal 3 (SDG 3). By involving parents in the health-related aspects of their children's university experience, institutions can foster a supportive environment that promotes overall wellness.

- Educate parents about the health resources and services available to students at the university, empowering them to support their children in utilizing these services.
- Communication with families regarding student health.
- Involve parents in understanding mental health challenges that students may face and how they can provide support.
- Engage parents in promoting healthy lifestyle habits, such as nutrition, physical activity, and stress management, to support their children's well-being.
- Ensure that parents are aware of and can help their children access health and counseling services available on campus.
- Foster a partnership where parents can help their children make informed health decisions that align with their personal values and well-being goals.

❖ **Wellness Programs**

A wellness program is aligned with Sustainable Development Goal 3 (SDG 3) aims to enhance health, prevent illness, and support the well-being of students, faculty, and staff. These programs are comprehensive, focusing on various aspects of physical, mental, emotional, and social health to create a healthier campus community.

- Promoting physical activity and mental well-being.
- Encourage regular physical activity, healthy eating, and preventive health behaviors to reduce the risk of chronic diseases.
- Provide resources and services to support mental health, helping students and staff manage stress, anxiety, and other mental health concerns.
- Raise awareness of the importance of preventive health measures to reduce the incidence of preventable illnesses.
- Build a health-conscious campus culture by providing education on wellness, self-care, and informed health decisions.
- Encourage positive lifestyle changes that enhance both physical and mental health.
- Integrate sustainability principles into wellness activities to promote a healthful and environmentally conscious lifestyle.

❖ **Physical assessment of students upon enrolment**

Conducting physical assessments of students upon enrollment in a university setting serves multiple purposes that align with Sustainable Development Goal 3 (SDG 3), which promotes health and well-being. These assessments can provide valuable insights into the health status of students, facilitating targeted interventions and fostering a healthier campus environment.

- For health screening - to identify any pre-existing health conditions that may affect participation in school activities.
- Gather initial health information to create a baseline for each student, enabling tracking of health changes over time.
- Detect potential health issues early, allowing for timely intervention and support.
- Create an environment that prioritizes health and well-being from the moment students enroll.
- Address health factors that may affect academic performance, ensuring that students are physically and mentally prepared for their studies.

❖ **Students tested positive in pregnancy test shall provide OB clearance prior to enrolment.**

Requiring students who test positive in a pregnancy test to provide obstetric (OB) clearance prior to enrollment in a university setting serves as a precaution to support both the health and academic needs of pregnant students. This practice aligns with Sustainable Development Goal 3 (SDG 3) to promote health and well-being by ensuring that pregnant students receive the medical care and support they need to pursue their education safely.

- To identify any potential health issues that could impact their well-being and participation in school activities.
- Encourage the student to adopt necessary preventive health measures to minimize risks associated with pregnancy in an academic environment.
- Prioritize the health and well-being of both the pregnant student and the developing fetus.
- Determine the student's ability to safely participate in classes, especially those involving physical activities or exposure to potential hazards.
- Ensure that the student receives emotional support and mental health resources to handle the added responsibilities of pregnancy.
- Equip students with the knowledge to make informed choices regarding their pregnancy and education.

❖ **Issuance of medical certificates for students who will undergo OJT and out-campus activities.**

Issuing medical certificates for students before they engage in on-the-job training (OJT) and other out-campus activities is an essential step in promoting health, safety, and overall well-being. This requirement aligns with Sustainable Development Goal 3 (SDG 3), which emphasizes health and well-being, by ensuring students are physically and mentally prepared for external environments that may introduce new challenges or risks.

- To confirm that the students are physically fit and free from health issues that could affect their performance or safety. It will also protect both the students and the organizations they will work with, ensuring that any pre-existing conditions are identified and managed appropriately.
- Educate students on the importance of occupational health, safety standards, and maintaining their well-being in different work environments.
- Integrate health and safety into the university's culture, reinforcing the importance of these factors in students' academic and professional lives.

- Acquaint students with the importance of health certifications in the professional world, preparing them for future occupational health requirements.

❖ **Provision of alcohol, facemask and disinfectant solution**

Providing alcohol, face masks, and disinfectant solutions in a university setting supports Sustainable Development Goal 3 (SDG 3) by enhancing health, safety, and well-being across the campus community. These measures aim to reduce the spread of infectious diseases, promote hygiene, and create a healthier environment for students, staff, and visitors.

- Ensure that all members of the university community feel safe and protected within campus facilities.
- Reduce transmission of infections, including respiratory viruses and bacterial pathogens, within the campus community.
- Protect students and staff who may be more vulnerable to infections, such as those with chronic illnesses or compromised immune systems.
- Emphasize preventive practices like regular hand sanitizing and mask-wearing when necessary, promoting habits that students can carry into other public settings.

❖ **Implementation of UV light and misting disinfection**

Implementing UV light and misting disinfection in a university setting aligns with Sustainable Development Goal 3 (SDG 3) by actively reducing the spread of pathogens, maintaining campus hygiene, and ensuring a healthy environment for students, staff, and visitors.

- Reduce the presence of harmful microorganisms in high-traffic areas to protect the university community from infectious diseases.
- Create a consistently clean and safe environment that reduces anxiety around health risks, promoting a sense of safety.
- Prevent cross-contamination by targeting high-touch surfaces, such as doorknobs, desktops, and bathroom areas.
- Promote a culture of health, hygiene, and well-being by maintaining a visibly clean and sanitized campus.

DENTAL SERVICES

Providing dental services in a university setting is essential for promoting overall health, enhancing quality of life, and supporting Sustainable Development Goal 3 (SDG 3) by addressing oral health as a critical component of well-being. Accessible dental care on campus benefits students, staff, and faculty, contributing to preventive health, reducing the burden of dental issues, and promoting a culture of comprehensive wellness.

❖ Dental Consultation

Providing dental consultations in a university setting plays a vital role in promoting health and well-being, aligning with Sustainable Development Goal 3 (SDG 3). Dental consultations on campus support early detection, preventive care, and health education, helping students and staff maintain good oral health as part of overall wellness.

- For early detection – regular visits help to identify dental issues early such as cavities and gum disease before they become more serious.
- Identify oral health problems at an early stage to prevent further complications.
- Foster proactive dental care habits that reduce the likelihood of developing oral health issues.
- Educate students and staff about how oral health impacts other aspects of physical health.
- Help students and staff maintain or improve their self-confidence by addressing dental concerns.
- Minimize the impact of dental pain and discomfort on academic focus and attendance.
- Instill the importance of regular dental check-ups and long-term oral health care.

❖ Provision of medicine for dental patients

The provision of medicine for dental patients in a university setting supports Sustainable Development Goal 3 (SDG 3) by ensuring access to essential medications, promoting health, and managing dental conditions effectively. By making necessary medications available on campus, universities can help alleviate pain, prevent infection, and support students and staff in maintaining optimal oral health.

- Alleviate pain and discomfort associated with common dental issues, allowing students and staff to focus on their studies and work.

- Address and prevent oral infections that can worsen and impact overall health.
- Educate students on the importance of medication adherence and good oral hygiene to prevent future issues.
- Minimize dental-related absences by addressing oral health issues promptly and effectively.
- Provide medications to alleviate the financial burden on students and staff who may have limited access to dental care.
- Support preventive health by providing medications that help manage chronic oral conditions and promote oral hygiene.

❖ **Oral Prophylaxis**

Oral prophylaxis (professional dental cleaning) in a university setting contributes significantly to health and well-being, aligning with Sustainable Development Goal 3 (SDG 3). By offering oral prophylaxis services on campus, universities can foster preventive dental care, educate students on the importance of oral hygiene, and promote long-term health.

- To maintain oral health.
- Encourage regular dental cleanings to prevent the development of cavities, gum disease, and other oral health issues.
- Address oral health concerns that may cause discomfort, pain, or bad breath, impacting social and academic life.
- Make dental cleaning services affordable or free for students and staff who may lack access to regular dental care.
- Foster a culture of oral health awareness and provide education on proper hygiene techniques.
- Prevent oral health issues that can lead to pain and academic distractions, supporting students' ability to focus on studies.

❖ **Tooth Extraction**

Tooth extraction, when necessary, is an important dental procedure that contributes to overall health and well-being in a university setting. Aligning with Sustainable Development Goal 3 (SDG 3), which aims to ensure healthy lives and promote well-being for all at all ages.

- To relieve pain – extracting a damaged or infected tooth can alleviate severe pain that may result from decay, infection or trauma.
- Alleviate acute pain caused by problematic teeth, such as those affected by decay, infection, or crowding.

- Reduce the risk of spreading infections from decayed or abscessed teeth to surrounding tissues or systemic health.
- Provide accessible dental extraction services to students who may face barriers in seeking care elsewhere.
- Instill the importance of maintaining oral health and seeking timely dental care.

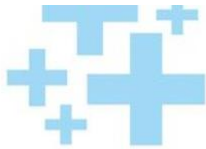
❖ **Tooth Restoration**

Tooth restoration plays a critical role in promoting oral health and overall well-being, aligning with Sustainable Development Goal 3 (SDG 3), which focuses on ensuring healthy lives and promoting well-being for all individuals.

Providing tooth restoration services in a university setting, institutions can effectively support SDG 3 by promoting oral health, preventing dental problems, and enhancing students' overall well-being.

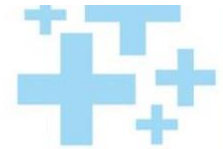
- To prevent further damage and to restore the ability to chew and speak properly and enhancing overall oral function.
- Address dental decay and damage to prevent the progression of oral health problems.
- Improve the functionality of teeth and enhance the aesthetic appearance of students' smiles.
- Alleviate pain associated with dental decay or damaged teeth through restorative procedures.
- Foster a culture of preventive care and routine dental visits among students.
- Minimize the impact of dental issues on students' academic performance.
- Ensure equitable access to restorative dental care for all students, regardless of socioeconomic background.

The importance of medical and dental services extends beyond immediate healthcare needs. These services are crucial for promoting health, preventing disease, and fostering an environment where students can thrive academically and socially. By aligning with the Sustainable Development Goals, particularly SDG 3, universities contribute to the health and well-being of their communities, supporting a healthier, more equitable future for all.



University Clinic Team

Medical and Dental Services



Marianne P.



**Neden Grace D.
Hora, DMD**



**Mary Lou G.
Recamara, RN**



**Lawrence
Esteban, RMT, MD**



Minsu MaincampusClinic

4.7K friends • 339 mutual



 Friends

 Message



Health Advisory and Sign-Posting



Women's Health Seminar
March 18, 2024



Narrative Report Women's Health Seminar

The Women's Health Seminar held at the Audio Visual Room on March 18, 2024 from 9:00 am to 11:30 am, was a significant event attended by all female faculty and staff members of MinSU Bongabong Campus.

The event began with registration facilitated by Mr. Winchester L. Roxas, a staff of WGAD from 8:45 to 9:00 am. Following the registration, attendees were welcomed with an opening prayer and National Anthem of Women All Cast through an Audio Visual Presentation, setting patriotic and reverent atmosphere.

Dr. Mylene C. Briñosa delivered warm welcome remarks, expressing gratitude for the participation of all female faculty and staff members. Her words set a tone of inclusivity and appreciation for the importance of women's health.

Dr. Ciedelle Piol-Salazar, the Campus Executive Director delivered an enlightening message, emphasizing the significance of prioritizing women's health and well-being. Dr. Salazar's message underscored the importance of preventive care and self-care practices.

The guest speaker, Dra. Trina Ysabel Nuestro- Espiritu, was introduced by Ms. Kris Ann C. Degala, a member of the WGAD Secretariat. Dra. Espiritu conducted the session proper, providing valuable insights and information on various aspects of women's health. Her expertise and engaging presentation style captivated the audience and fostered meaningful discussions.

After the informative session, Ms. Jessamae V. Recto, the WGAD Coordinator, delivered closing remarks, expressing appreciation for attendees' participation and emphasizing the importance of ongoing support for women's health initiatives. Ms. Recto then surprised all female faculty and staff by announcing her personal contribution to pamper them with free hot oil treatment, manicure, pedicure and haircut as part of the celebration of Women's Month. The lucky recipients would be selected through draw lots, adding an element of excitement and anticipation to the event.

Following the announcements and giving of free vouchers, attendees had the opportunity for a photo session with the guest speaker, fostering camaraderie and networking among participants. Additionally, food packs were distributed to all the attendees as a token of appreciation for their participation and support.



Mindoro State University

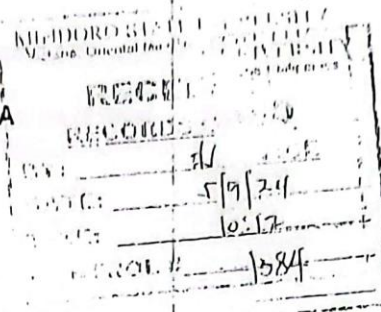
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May 8, 2024

DR. CHRISTIAN ANTHONY C. AGUTAYA
OIC-Office of the University President
This University



Sir:

Warmest Greetings!

Mothers play a pivotal role in shaping our lives, offering guidance, support and unconditional love. Mother's Day is celebrated in various forms and traditions across different cultures and communities. It's a day dedicated to expressing love, gratitude and appreciation for the maternal figures in our lives. The celebration of Mother's Day holds deep cultural and emotional significance in societies around the world.

Relative to this, the Women, Gender and Development Unit, would like to request your approval to conduct a short program for our faculty and staff specifically mothers on May 13, 2024 at 8:00am - 9:30am at the University Auditorium.

Attached are the program of activities and proposed budget for the said program.
Thank you very much and God Bless!

Very truly yours, |

CHRISTINE A. LUZON-GERMAN

Director for Women, Gender and Development Unit

Certified Allotment Available: *[Signature]*

ROVELYN P. ROXAS

SAO-Finance/Acting Budget Officer III

[Signature]
Recommending Approval

DR. NEMESIO H. DAVALOS

Vice President for Academic Affairs

JOELENE C. LEYNES

Vice President for Admin and Finance

Approved: |

DR. CHRISTIAN ANTHONY C. AGUTAYA

OIC-Office of the University President



PROGRAM OF ACTIVITIES

May 13, 2024 /8:00am -9:30am
MinSU Auditorium

Prayer
National Anthem
Panunumpa sa Watawat ng Pilipinas
MinSU Hymn
Panunumpa ng Lingkod Bayan

Welcome Message	- WGAD Director
Inspirational Message	- OIC, Office of the University President
Video Presentation	- Mother's Day Celebration
Serenade / Song	- Representative from MinSU Brass Band
Gifts of Appreciation	- WGAD TWG

PROPOSED BUDGET

Main Campus	80 @ Php 100.00 (mini-rechargeable fan)	8,000.00
Calapan Campus	73 @ Php 100.00 (mini-rechargeable fan)	7,300.00
Bongabong Campus	47 @ Php 100.00 (mini-rechargeable fan)	4,700.00
	Grand Total	20,000.00

-05-504

Mother's Day Celebration
May 13, 2024

