
3 GOOD HEALTH
AND WELL-BEING



UP MANILA'S COMMITMENT TO GOOD HEALTH AND WELL-BEING

Guided by the principles of honor and excellence in the service of the nation, the University of the Philippines Manila (UP Manila) continues to lead in the global pursuit of Sustainable Development Goal 3 (SDG 3) - Good Health and Well-Being.

As the country's premier Health Sciences Center, UP Manila is deeply committed to advancing the 2030 Agenda for Sustainable Development. From August 2022 to July 2023, the university's initiatives, programs, research, partnerships, and policies significantly contributed to both national and global health, reinforcing its role as a key player in promoting the well-being of people.



PIONEERING RESEARCH IN HEALTH AND WELL-BEING

UP Manila has consistently made significant strides in scientific research. Over the past academic year, the university's two flagship journals—Acta Medica Philippina and the Philippine Journal of Health Research and Development (PJHRD)—achieved remarkable milestones. Acta Medica Philippina, an international peer-reviewed journal dedicated to general medical and health sciences, and the PJHRD, which focuses on environmental and human health, further establish UP Manila's reputation as a leading research institution. Together, these journals garnered 287,820 views, reflecting their widespread impact.

In 2022, the university produced 368 research articles, with 265 of these cited in various academic works, contributing to a total of 5,130 citations and an h-index of 27. This scholarly output highlights UP Manila's vital role in shaping global health discourse. The university's contribution to research on good health and well-being was particularly notable, with a total of 623 papers published between August 2022 and July 2023, all of which included at least one UP Manila author. This growing body of work further solidifies the university's position as a key player in global health research.



STRENGTHENING THE HEALTH WORKFORCE

At the close of Academic Year 2022-2023, UP Manila celebrated a significant achievement: the graduation of 1,123 students in health-related fields, out of a total of 1,423 graduates. This milestone marks a vital contribution to the health workforce, ensuring that the country continues to benefit from highly trained and competent health professionals.



FOSTERING MEANINGFUL COLLABORATIONS FOR HEALTH AND WELLNESS

UP Manila's commitment to SDG 3 extends beyond its academic walls through strategic collaborations and partnerships. Here are some of the notable initiatives from the past year.



INTERNATIONAL SCIENTIFIC CONFERENCE IN NURSING 2023

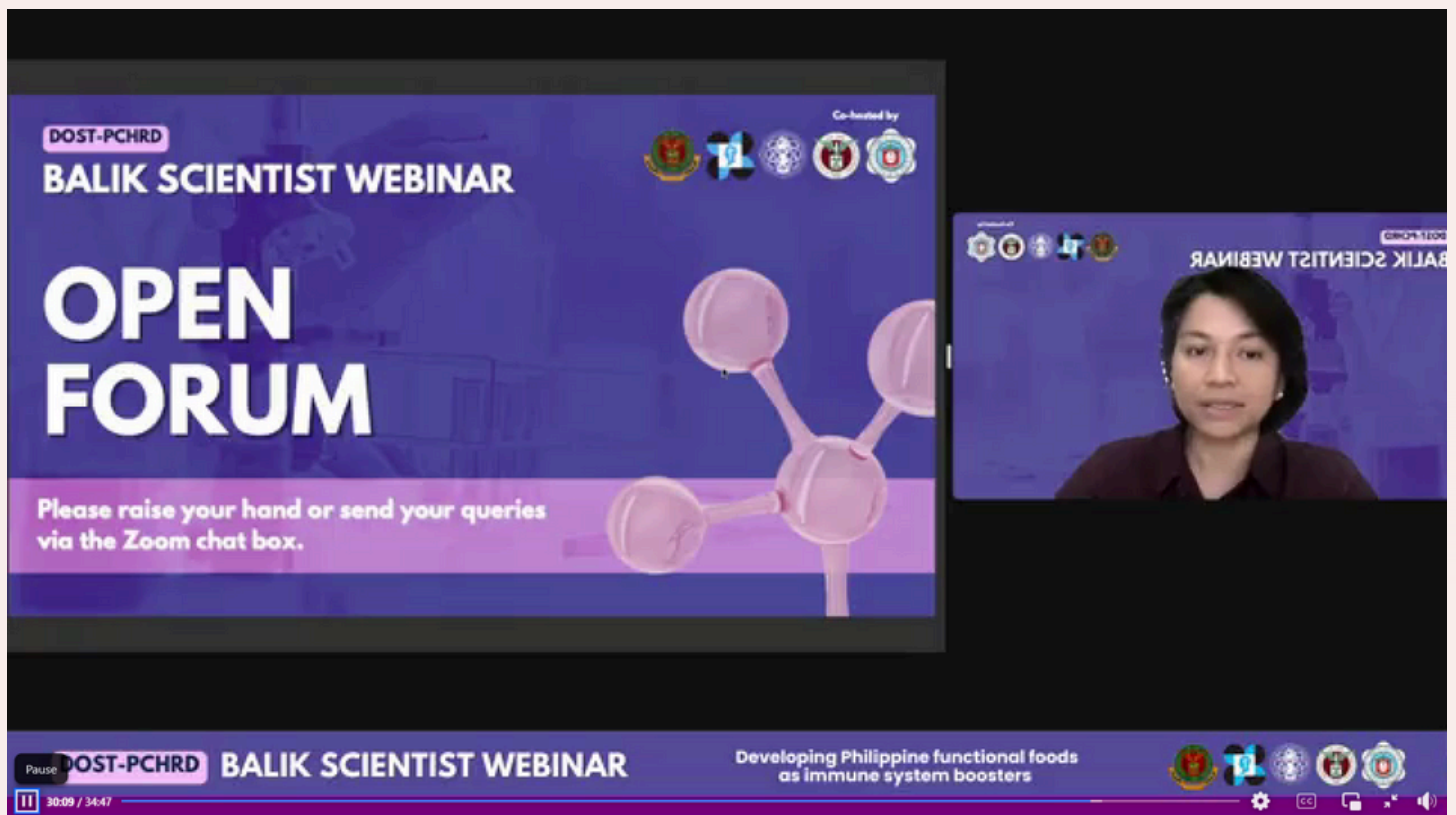
Held at the Rizal Park Hotel in Manila on April 12, 2023, this conference, themed "The Future of Nursing," brought together esteemed higher education institutions and hospitals. Co-hosted by prominent organizations like Cardinal Santos Medical Center, Far Eastern University, and St. Luke's Medical Center, the event highlighted the evolving landscape of nursing and its critical role in global health.



DOST BALIK SCIENTIST WEBINAR



On October 28, 2022, the UP Manila College of Arts and Sciences (CAS) hosted a webinar titled "Developing Functional Food as an Immuno-Based Personalized Intervention." Led by Dr. Myra O. Villareal, the event explored functional food research and its implications for sustainable development. This initiative, supported by various UP organizations and national institutions like DOST, showcased UP Manila's commitment to advancing health research.



AMIGA INTER-LGU HEALTH COLLABORATION

In partnership with the provincial government of Cavite, UP Manila renewed its collaboration with AMIGA (made up of the five municipalities of Alfonso, Mendez, Indang, General Emilio Aguinaldo, Amadeo) Inter-LGU Health Council, focusing on the prevention and control of hypertension and diabetes. Through the implementation of the PhilPEN strategy in pilot barangays, the program aimed to increase the proportion of controlled hypertensive and diabetic patients by 25%. An evaluation of the partnership from August 2022 to January 2023 provided valuable insights into further strengthening community health initiatives.



NATIONAL INSTITUTES OF HEALTH (NIH) AND DEPARTMENT OF HEALTH (DOH) PARTNERSHIPS

During the NIH's 25th anniversary conference on February 27, 2023, UP Manila and the DOH signed two key Memoranda of Understanding (MOUs). The first MOU established the Institute of Health Promotion (IHP), focusing on health promotion research and evidence-based policy advocacy. The second MOU expanded the National Practice Guidelines Program, further enhancing the quality of healthcare in the country.



CURRICULUM MAPPING OF PUBLIC HEALTH COMPETENCIES

On November 11 and 12, 2022, officials from the Department of Health and UP Manila came together at the Novotel Hotel in Quezon City to jointly review and strengthen strategies for Human Resources for Health (HRH) education and training. This workshop marked the 2nd Curriculum Mapping of Public Health Competencies in the Health Sciences, aiming to enhance the alignment of public health curricula with national health priorities.



LAUNCH OF HEALTH EQUITY AND LEADERSHIP PROGRAMS



On March 1, 2023, the UP Manila College of Public Health, in collaboration with the Zuellig Family Foundation (ZFF), launched two significant programs: the Program for Health Equity (PHE) and the Dr. Stephen Zuellig Program for Health Leadership and Governance (DSZPHLG). These initiatives, unveiled at the Ramon S. Ang Auditorium, aim to advance health equity and strengthen leadership and governance in the health sector, addressing critical gaps in the Philippine healthcare system.



53RD APACPH ANNUAL INTERNATIONAL CONFERENCE



UP Manila hosted the 53rd Asia-Pacific Academic Consortium for Public Health (APACPH) Annual International Conference on September 22 and 23, 2022. The event brought together leading academic institutions and stakeholders to address pressing public health challenges. The conference fostered collaboration and developed actionable plans for higher education institutions to support the achievement of the Sustainable Development Goals (SDGs).

INTERNATIONAL LINKAGES IN DENTISTRY



On March 22, 2023, Dean Michelle Segarra of the UP Manila College of Dentistry paid courtesy visits to the Deans of Chulalongkorn University Faculty of Dentistry and Tokyo Medical and Dental University Faculty of Dentistry. These visits were part of a strategic plan to forge international linkages with top-ranking universities in the region. The Memoranda of Understanding (MOUs) signed during these visits include faculty and student exchanges, cooperation in postgraduate education and training, joint conferences, and research collaborations.



SIMULATION-BASED EDUCATION (SBE) WORKSHOP

From February 20 to 24, 2023, 31 representatives from UP Manila, West Visayas State University, and Mindanao State University participated in a five-day workshop at the Adelaide Health Simulation of the University of Adelaide, Australia. This workshop was part of the project "Optimizing Simulation-Based Education (SBE) Training, Collaboration, and Research," which aims to develop SBE-centered teaching modules tailored to the Philippine context. These modules will serve as a roadmap for instructors delivering SBE, enhancing the quality of health education in the country.



EXTENDING HEALTH AND WELLNESS TO COMMUNITIES

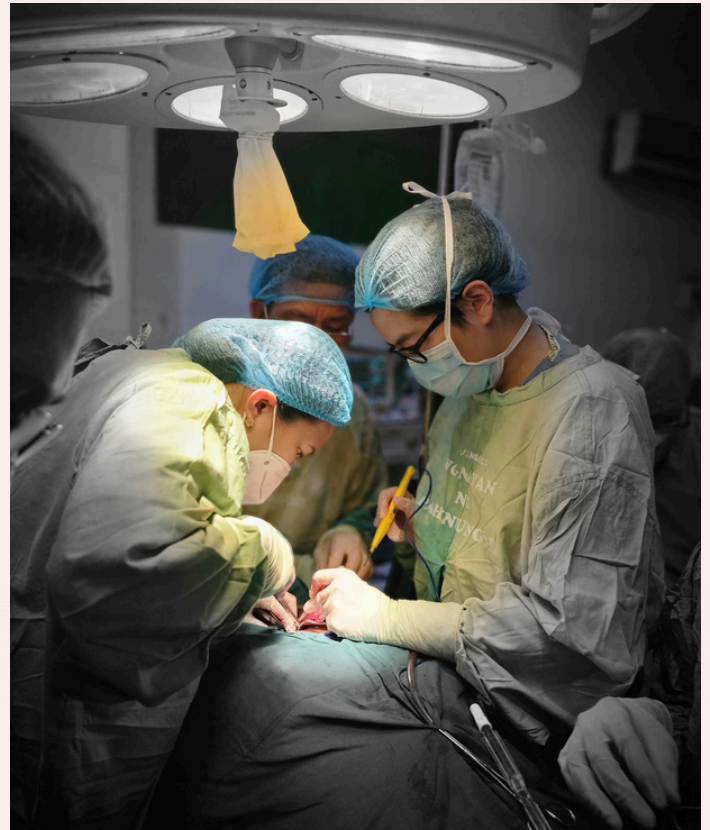
UP Manila has consistently delivered impactful outreach programs and projects in local communities, aiming to improve and promote health and well-being. These initiatives are crucial to advancing the university's commitment to SDG 3.





MEDICAL, DENTAL, AND SURGICAL MISSION IN VIRAC, CATANDUANES

From February 19 to 23, 2023, UP Manila, in partnership with the University of the Philippines Medical Alumni Society in America (UPMASA), the Local Government Unit of Virac, and the Provincial Government Unit of Catanduanes, conducted a comprehensive medical, dental, and surgical mission. The mission, led by UPMASA Mission Chair Dr. Anita Ortega-Jongco and UP Manila-Ugnayan ng Pahinungod Team Leader Dr. Eric SM. Talens, served 1,147 patients. Services included adult and pediatric medical consultations, dental procedures, minor and major surgeries, and diagnostic ultrasounds. This mission is part of a broader effort to address healthcare gaps in underserved communities while also promoting global health goals.



HOP IN AND LET'S GET MOVING PROGRAM

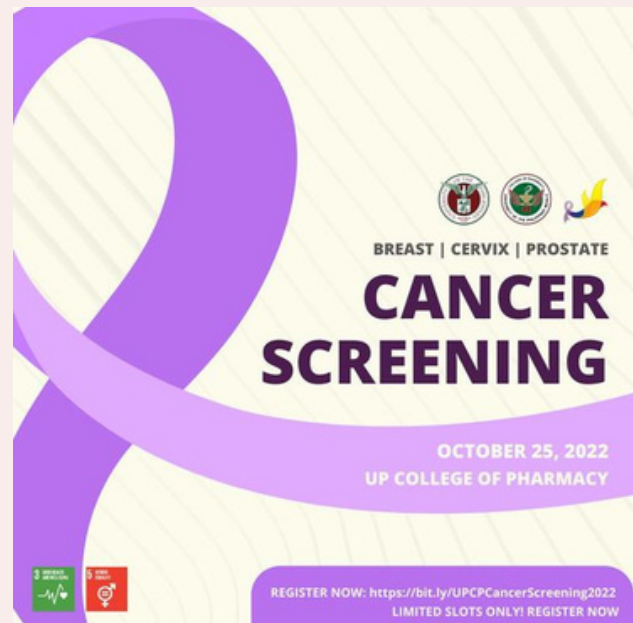
The Clinic for Therapy Services of the College of Allied Medical Professions initiated the "HOP In and Let's Get Moving" program in October 2022 to encourage physical activity and improve overall health. This eight to ten-week program offers regular exercise sessions led by physical therapists and interns, aimed at increasing participants' physical fitness and reducing disease risk. Sessions are held face-to-face on Fridays, with flexible time slots to accommodate various schedules.





BREAST AND CERVICAL CANCER SCREENING INITIATIVE

In celebration of Women's Month 2023, the UP College of Pharmacy's Gender and Development Committee, in partnership with the Philippine Cancer Society, organized a free breast and cervical cancer screening on March 1, 2023 at the Department of Education Manila Office, Arroceros Garden. This initiative highlights the university's commitment to women's health, providing essential cancer screening services to the community.



THYROID SURGICAL MISSION IN OCCIDENTAL MINDORO

From January 22 to 25, 2023, the UP Manila-Ugnayan ng Pahinungod Health Missions Program, in collaboration with the Rotary Club University District Manila and the Provincial Government Unit of Occidental Mindoro, conducted a transformative Thyroid Surgical Mission in Mamburao, Occidental Mindoro. The mission addressed the critical need for surgical care in the region, offering life-changing procedures to those affected by thyroid disorders.



DENTAL MISSION IN CALAUAG, QUEZON



In a collaborative effort with the Local Government Unit of Calauag, Quezon, the Department of Health, and Sangguniang Brgy. of Tiniguiban, UP Manila-Ugnayan ng Pahinungod spearheaded a Dental Mission from June 10 to 14, 2023. Led by Ugnayan ng Pahinungod Manila Director Dr. Eric SM. Talens, the mission provided dental care to the local population, addressing an essential aspect of public health. The mission was made possible through the support of sponsors, including Philusa Corporation and J-Chenny Enterprises.



These health-related projects demonstrate UP Manila's unwavering dedication to improving health outcomes across the Philippines. The university's outreach efforts not only deliver crucial healthcare services to underserved populations but also embody the spirit of collaboration and community empowerment that is vital to achieving Sustainable Development Goal 3.



FOSTERING A CULTURE OF SPORTS AND WELLNESS

UP Manila's commitment to health and well-being extends beyond academics and healthcare, embracing a holistic approach to wellness that includes physical fitness and sports. With the inauguration of the new UP Manila Sports Science and Wellness Center (SSWC), the university has provided the UP Manila community with enhanced access to sports facilities.

The center has formalized its reservation processes, utility and space rental charges, and guidelines for using the dance rooms, all of which are now accessible via the Department of Physical Education (DPE) website linked to the CAS website. This initiative is a significant step towards promoting an active and healthy lifestyle within the UP Manila community and the local community of the City of Manila, supporting both physical and mental well-being.



ADVANCING SEXUAL AND REPRODUCTIVE HEALTH CARE



UP Manila, through its partnership with the Philippine General Hospital (PGH), is at the forefront of providing comprehensive sexual and reproductive health care. The PGH Sexual and Gender Minority Clinic, launched in November 2021 under the Department of Obstetrics and Gynecology's Division of Sexual Health (DSH), offers specialized care for sexual and gender minorities. The clinic provides a range of services, including consultations, counseling for victims of sexual violence, management of morbidities related to gender-affirming treatments, and education on mental health issues associated with sexual health. By addressing the unique needs of sexual and gender minorities, UP Manila continues to uphold its commitment to inclusive health care for all.





PROMOTING GENDER INCLUSIVITY IN HEALTH CARE

University of the Philippines
International Nursing and Healthcare Forum, Inc.
(UPINHF)

2022 UPINHF ANNUAL INTERNATIONAL FORUM
Summer Webinar & Reunion

Gender and Sexuality: Advocacy in Healthcare

US / Canada:
Friday, August 12, 2022 5:00 - 7:00 PM Pacific 8:00 - 10:00 PM Eastern

Philippines:
Saturday, August 13, 2022 8:00 - 10:00 AM

TO REGISTER: <https://www.upinhf.org/summer-webinar>

SPEAKERS

Lorraine S. Evangelista Ph.D., RN, FAAN
Associate Dean of Research, School of Nursing, BHS 514
University of Nevada, Las Vegas

Jackie J. Baras, MSN, MBA, RN
Director, Perioperative Quality, Clinical Anesthesia and OR Techs & LGBTQIA+ Program/Robert Wood Johnson University Hospital, NJ
Immediate Past President, PNANJ

Alvin Cloyd H. Dakis, MHSS, RN, CLDP, CSSYB
Principal Consultant, and Managing Director AdGenderPH
Member, National Gender and Development Resource Pool,
Philippine Commission on Women Equity, Diversity, & Inclusion

Moderator:
Jenniffer T. Paguio, PhD, RN, FNYAM
Faculty, University of the Philippines College of Nursing

SUGGESTED DONATION: \$ 10.00
By Zelle: aabad220@gmail.com (UPINHF Account)
or
Mail Check to: Tony N. Abad, 220 Howard St., Dumont, NJ 07628

UPINHF is an accredited provider of Continuing Education by the California Board of Registered Nursing (CR Provider Number 16871). This activity has been designated to receive a maximum of 2 Contact Hours.

The Gender and Development (GAD) Committee of the UP College of Pharmacy (UPCP) is dedicated to promoting health across all genders. In 2022, the GAD Committee conducted cancer screenings with the aim of empowering individuals of all genders, both within and outside the university. This initiative reflects the college's commitment to providing equitable health care services, recognizing that health concerns transcend gender boundaries.

Furthermore, the University of the Philippines International Nursing and Healthcare Forum (UPINHF) hosted a webinar titled "Gender and Sexuality: Advocacy in Healthcare" on August 12, 2022. This event highlighted the importance of gender and sexuality education in healthcare, advocating for the integration of these critical aspects into health services to ensure that all individuals receive compassionate and comprehensive care.



PRIORITIZING MENTAL HEALTH

UP Manila recognizes the critical importance of mental health and continues to provide robust support for its students and staff. The Guidance and Counseling Program of the Office of Student Affairs offers comprehensive psycho-social and academic assistance, aiming to enhance students' academic skills, help them set career goals, manage healthy relationships, and address adjustment challenges. Through confidential one-on-one counseling sessions, students receive personalized support, guided by the philosophy that every individual is unique, important, and capable of personal growth.

In response to the evolving needs of its community, UP Manila has also made mental health services more accessible through technology. The LiftUP Mobile App Counseling Services, launched in August 2022, offers free telecounseling to all bona fide UP Manila students, ensuring that mental health support is just a click away. Additionally, the university has publicized flexible delivery options for mental health services through the Guidance and Counseling Program's social media pages, ensuring that students can access support in a way that suits them best.



To further assist students in finding the right mental health resources, the university updates and circulates the UP Directory of Mental Health Service Providers annually. This comprehensive directory includes entries from UP Manila's mental health professionals and partner organizations, offering a range of psychosocial support services in online, face-to-face, and hybrid settings. The directory ensures that students and staff have access to the mental health care they need, whether through free or paid services, and it aligns with the guidelines set by the Commission on Higher Education (CHED) on the flexible delivery of student services.



In addition to these student-focused initiatives, UP Manila is also committed to advancing mental health care within the healthcare profession. The UP College of Nursing, in collaboration with the UP-Philippine General Hospital, organized an Advanced Course in Mental Health and Psychiatric Nursing in the Inpatient Setting. This intensive 45-hour hybrid course equips nurses with post-basic competencies to provide evidence-based, quality care for patients with mental health and psychiatric issues. Through a combination of asynchronous learning, synchronous discussions, and in-person workshops, participants are trained in therapeutic communication, psychiatric assessment, intervention strategies, and community rehabilitation, among other critical skills.



SUSTAINING A SMOKE-FREE CAMPUS

UP Manila has been a staunch advocate for a smoke-free environment, strictly enforcing its No-Smoking Policy since 2007. The university continues to uphold this policy, with the 2017 memorandum serving as a reminder of its observance.

Throughout the campus, "No Smoking" signages are prominently displayed in offices and designated areas, reinforcing the university's dedication to creating a healthy and safe environment for all its students, faculty, and staff. This ongoing commitment aligns with UP Manila's broader efforts to foster a culture of health and well-being across the campus community.





Through these initiatives, research outputs, partnerships, and community engagement efforts, UP Manila exemplifies its commitment to SDG 3 and continues to lead the charge in promoting health and well-being across the nation. The university's ongoing endeavors underscore the vital role that academic institutions play in achieving sustainable health outcomes and improving the quality of life for all Filipinos.

In conclusion, UP Manila's comprehensive approach to health and well-being reflects a steadfast commitment to fostering sustainable health practices, ensuring that the vision of Good Health and Well-Being is not just a goal, but a reality for the communities it serves.

