

3 GOOD HEALTH AND WELL-BEING



This initiative highlights the University of Mindanao's commitment to advancing health, wellness, and sustainability through education, community outreach, and institutional policies. By integrating health promotion, preventive care, and partnerships with government and private sectors, the university actively contributes to building a healthier, more resilient society in line with the goals of SDG 3: Good Health and Well-Being.

HEALTH IN ACTION:

THE UNIVERSITY OF MINDANAO'S CONTRIBUTION TO A SUSTAINABLE AND HEALTHY SOCIETY



METRICS:

3.2 - Number graduating in health professions

3.3- Collaborations and health services



Table of Contents

1	3.2.1 - Number graduating in health professions (The University of Mindanao Commencement Exercises 2023–2024)
2	3.3.1 - Collaborations and health services (Drug-Free Workplaces: A Collaborative Training Initiative)
3	3.3.2 - UM Medical Mission: CHSE UMagapay
4	3.3.2 - Committed to Care 2.0 Project C2C: Classroom to Community
5	3.3.2 - "Superhero Hygiene: Power Up with Clean Hands and Bright Smile" program
6	3.3.3 - University of Mindanao: A Hub for Sports and Community Development
7	3.3.4 - Know your status: UM promotes free HIV Testing and Counseling
8	3.3.5 - Mental Health Awareness Week and Suicide Prevention Awareness Month Celebration
9	3.3.5 & 3.3.7 - Guidance Services and Testing Center: Promoting Mental Health and Well-Being
10	3.3.5 & 3.3.7 - The University of Mindanao Partners with Private Psychological and Counseling Service
11	3.3.6 - The University of Mindanao Smoke-Free Policy
12	References



The University of Mindanao Commencement Exercises 2023–2024

The University of Mindanao successfully conducted its Commencement Exercises for Academic Year 2023–2024, a celebration of academic excellence and perseverance. A total of 3,704 graduates were conferred their respective degrees across various disciplines, signifying the university's steadfast commitment to providing quality education and preparing globally competent professionals.

**3,704**

number of graduates

460

graduates in health professions

Of this number, 460 graduates hailed from the health professions, embodying the University's dedication to advancing health education and promoting the values of service, compassion, and community well-being. These graduates are envisioned to contribute meaningfully to the health sector, aligning with the university's active pursuit of the United Nations Sustainable Development Goal 3: Good Health and Well-Being.



Drug-Free Workplaces: A Collaborative Training Initiative



The training featured key resource speakers from the Philippine Drug Enforcement Agency (PDEA), the Department of Labor and Employment (DOLE), the City Anti-Drug Abuse Council (CADAC), and UM AVP Sitti L. Apadan. They shared valuable insights on the legal framework of drug-free workplaces, effective program implementation, and strategies for supporting employees affected by substance use.



The Community Extension Center of the University of Mindanao, in *partnership* with the City Anti-Drug Abuse Council (CADAC), successfully conducted a two-day Drug-Free Workplace Training.

52 participants across 23 private companies actively participated the event



This initiative highlights the joint effort of government, private, and academic sectors in building healthier and more resilient communities. Through inter-agency collaboration, the University of Mindanao reinforces its commitment to promoting good health, well-being, and decent work for all.

source: UM Drug-free Workplace



UM Medical Mission: CHSE UMagapay



120

residents have availed the
free medical services.



The College of Health Sciences Education (CHSE) launched this project to improve healthcare awareness among the Bagobo Tagabawa Indigenous Community in Barangay Catigan. The initiative responded to the community's concern over limited access to reliable health information and medical services, aiming to strengthen understanding of essential healthcare practices and preventive measures.



The CHSE UMagapay Medical Mission provides student volunteers with hands-on experience while fostering social responsibility and community service. Committed to promoting public health, CHSE continues to expand outreach and strengthen partnerships to make healthcare education and services more accessible—especially for indigenous communities.

source: UM Community Programs



Committed to Care 2.0 Project C2C: Classroom to Community



The Committed to Care 2.0 (C2C) is a flagship community engagement project of the College of Health Sciences Education (CHSE) launched in 2023 to combat malnutrition and poor health outcomes in vulnerable sectors of Davao City. Through outcomes-based learning and community collaboration, the project created a positive impact across four target barangays.

Project C2C focuses on communities in Davao City with high rates of malnutrition and nutrition-related diseases. In partnership with the City Health Office and local barangays, students co-design and implement programs that address specific health needs. Anchored on sustainability, relevance, and impact, Project C2C transforms classrooms into platforms for community empowerment and social accountability.



30

mothers with previously poor Infant and Young Child Feeding (IYCF) practices showed significant improvement, scoring 75% and above in post-tests after nutrition education sessions using student-designed IEC materials.

20

families who initially lacked knowledge on management for lifestyle-related conditions exhibited increased awareness and understanding after targeted sessions.

50

Percent of mothers showed improved knowledge and skills, as Barangay Nutrition Scholars (BNS) reported notable improvements in child-feeding practices.

source: UM Community Programs



Superhero Hygiene: Power Up with Clean Hands and Bright Smile program



The Superhero Pledge, in which children committed to promoting and embracing hygienic behaviors in their homes and communities, was a program highlight. This symbolic pledge embodied the initiative's goal of developing young health champions who improve their peers' overall well-being.



This significant community outreach effort, coordinated by BPE students from the University of Mindanao as part of their BPE 311 Coordinated School Health Program and BPE 312 Personal, Community, and Environmental Health courses, sought to promote vital hygiene habits among Grade 3 students.



The "Superhero Hygiene" program reflects a proactive effort to promote public health. By imparting essential hygiene knowledge, the initiative supports disease prevention, reduces the risk of illness, and fosters healthier school environments.

source: UM Community Programs



University of Mindanao: A Hub for Sports and Community Development



(Photo courtesy of Sunstar Davao)

The University of Mindanao not only provides top-tier training venues for young athletes, but also serves as a prominent host for regional and national sporting events. In March 2024, UM's Matina Gymnasium was the site of the 87th Araw ng Dabaw Inter-Collegiate Men's & Women's Volleyball League, featuring 29 collegiate teams across Davao City.

UM's prominence as a sports hub was further underscored during the DAVRAA Meet 2024, when Mary Jane Pagayon of Davao City claimed the first gold medal in the secondary girls' 3,000-meter run on April 2 at the university's track oval—signifying both her personal triumph and UM's role in fostering athletic excellence.



(Photo courtesy of UM Primum)

sources:

[Sunstar Davao \(DAVRRA 2024\)](#)

[Philboxing \(Inter-Collegiate Volleyball League\)](#)

Beyond competition, UM's facilities support DepEd student-athletes preparing for national events and also double as evacuation centers for nearby communities during flooding. These multifaceted uses demonstrate the university's commitment to sports development, community service, and holistic well-being.



Know your status: UM promotes free HIV Testing and Counseling



The initiative was held at the UM Matina Gym and UM Bolton Gym last November 8-10, 2023, promoting awareness, early detection, and prevention of HIV within the university community. This collaborative effort reflects UM's commitment to advancing health education and supporting the United Nations Sustainable Development Goal 3: Good Health and Well-Being, by fostering a safe, informed, and health-conscious campus environment.



In its continuing commitment to promote health awareness and preventive care, the University of Mindanao Center for Health Services, in partnership with the Olympus Community Center, spearheaded a free HIV testing and counseling activity for students and employees.



188

individuals voluntarily
availed the HIV Testing
and Counseling

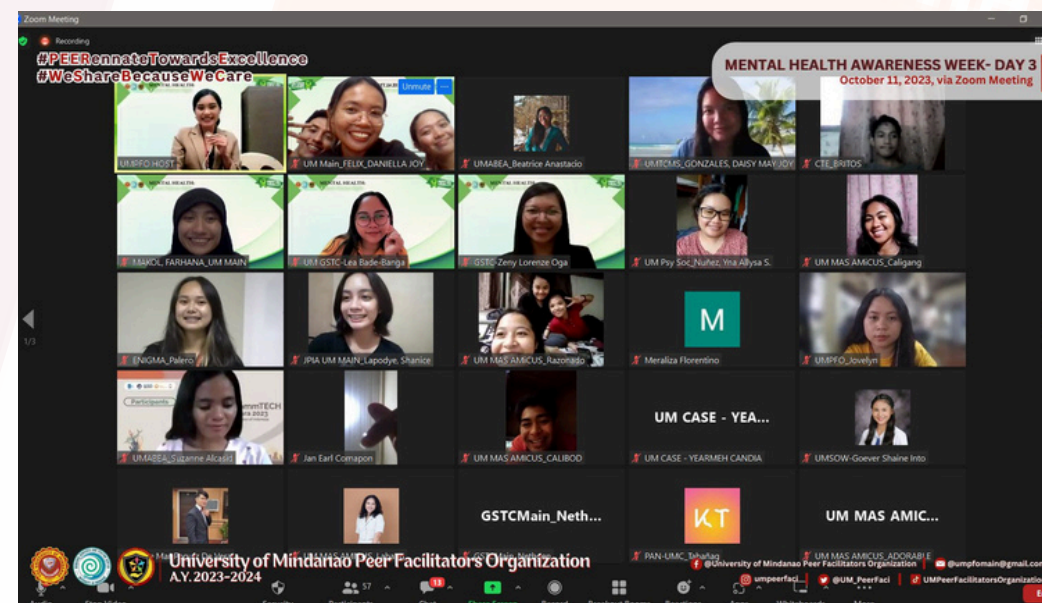


Mental Health Awareness Week and Suicide Prevention Awareness Month Celebration



The University of Mindanao Peer Facilitators Organization (UMPFO), in collaboration with the Guidance Services and Testing Center (GSTC), spearheaded the Mental Health Awareness Week and Suicide Prevention Awareness Month Celebration held on October 9–13, 2023 through Zoom and at the ROTC Field.

The week-long event aimed to raise awareness about mental health, promote emotional resilience, and encourage students to engage in open conversations about mental well-being. Activities provided a platform for sharing experiences, fostering peer support, and highlighting available mental health services at the university.



This initiative reinforces the university's commitment to SDG 3: Good Health and Well-Being, by promoting a supportive and inclusive environment that prioritizes the psychological wellness of its students.



Guidance Services and Testing Center: Promoting Mental Health and Well-Being



The top concerns among students included stress and time management, academic anxiety, low self-confidence, financial difficulties, and sleep issues. Meanwhile, 478 employees underwent mental health screening, with 50 referred for counseling—reflecting UM’s commitment to holistic well-being. Through sustained testing, counseling, and enrichment programs, the GSTC continues to promote mental health awareness and advance SDG 3: Good Health and Well-Being within the university community.

The University of Mindanao Guidance Services and Testing Center (GSTC) continues to play a vital role in supporting the mental health and overall well-being of students and employees. For Academic Year 2023–2024, a total of 6,309 students underwent psychological testing, with increasing engagement in counseling services compared to previous years.

6,309

students underwent psychological testing

478

employees participated in mental health screening



The University of Mindanao Partners with Private Psychological and Counseling Service



The University of Mindanao, through its Guidance Services and Testing Center (GSTC), has established a partnership with Ms. Ronadora Evardo-Deala, a registered Guidance Counselor and licensed Psychologist, to strengthen the university's mental health support services.

Under the consultancy agreement effective August 1, 2024, to July 31, 2025, Ms. Deala provides counseling and psychotherapy to referred students and employees, conducts mental health workshops, and assists in developing wellness initiatives across campuses.

This collaboration underscores the university's commitment to advancing mental health care and well-being, aligning with the goals of SDG 3: Good Health and Well-Being by ensuring accessible and professional psychological support within the UM community.





The University of Mindanao Smoke-Free Policy



Office of the President
Ground Floor, Research Tower Building
#1 Bolton St. Barangay 3-A, Poblacion, Davao City
Telefax No. (082) 221-7035
Phone No. (082) 227-5456 Local 105/110

SMOKE-FREE POLICY

Rationale

This Smoke-Free Policy of the University of Mindanao prohibits smoking within the campus grounds, including buildings and designated areas.

This policy is also in compliance of the Davao City Ordinance No. #0292-06, Comprehensive Anti-Smoking Ordinance that prohibits smoking in almost all public and enclosed places, with designated smoking areas for some establishments. This policy aims to create a smoke-free environment, including educational facilities, healthcare facilities, government offices, and public transportation. This city ordinance also includes provisions to protect minors from tobacco use, such as prohibiting the sale of cigarettes within 100 meters of learning facilities.

Scope

This policy extends to all individuals on campus including students, faculty staff, parents, visitors.

Guiding Principles

Protection from Secondhand Smoke. A primary goal is to shield non-smokers and individuals in enclosed spaces from the harmful effects of secondhand smoke.

Comprehensive Coverage. Smoke-free policies should apply to all indoor workplaces and open spaces, with limited exceptions.

Designated Smoking Areas (Limited). May allow designated outdoor smoking areas, these should be carefully regulated to minimize exposure to others.

Enforcement and Monitoring. Effective policies require robust enforcement mechanisms and ongoing monitoring to ensure compliance and identify areas for improvement.

Education and Awareness. Raising awareness about the dangers of smoking and the benefits of smoke-free environments is crucial for public support and compliance.

Collaboration and Engagement. Involve stakeholders to ensure implementation enforcement of smoke-free policies.

Legal and Policy Foundation. Smoke-free policies should be supported by strong legislation that is simple, clear, and enforceable.

Adaptability and Improvement. Policies should be regularly reviewed and updated to reflect new scientific evidence and best practices.

Setting a Good Example. Shows students that tobacco use is not acceptable and can have a positive impact on their future health decisions.

Page | 1

In support of the Davao City Government's No-Smoking Ordinance, the University of Mindanao implemented comprehensive smoke-free policies to promote a healthier and safer campus environment. The Smoke-Free Policy for Employees was first enacted in 2020, followed by the Smoke-Free Policy for Students in 2021.

To ensure continued alignment with public health standards, the policy was reviewed in 2024 and is now publicly accessible on the university's official website. This initiative reflects the university's strong commitment to fostering a smoke-free, health-conscious community in line with the goals of SDG 3: Good Health and Well-Being.

source:

The University of Mindanao | Smoke-free Policy



Health in Action: The University of Mindanao's Contribution to a Sustainable and Healthy Society

References:

- <https://umindanao.edu.ph/governance/policies/file/vw7hi0qr3dgubxhx7zi8z5fcj44govpt>
- <https://umindanao.edu.ph/sdg/document/Anti-Drug%20Campaign%20TrainingSeminar.pdf>
- <https://umindanao.edu.ph/sdg/document/Community%20Outreach%20Programs.pdf>
- <https://www.sunstar.com.ph/davao/davao-citys-mary-jane-pagayon-bags-first-davraa-meet-2024-gold-medal>
- <http://m.philboxing.com/news/story-169544.html>