
3 GOOD HEALTH
AND WELL-BEING



UP MANILA ON GOOD HEALTH AND WELL-BEING

The University of the Philippines Manila (UP Manila), driven by an unwavering commitment to excellence, proudly assumes a leading role in the global pursuit of Sustainable Development Goal 3 (SDG 3) - Good Health and Well-being. Starting from the Academic Year 2021-2022 (August 2021 - July 2022), UP Manila's efforts, programs, services, support, partnerships, collaborations, and policies champion the cause of national and global health through its pursuit of the people's good health and well-being.



RESEARCH ADVANCEMENTS IN HEALTH AND WELL-BEING

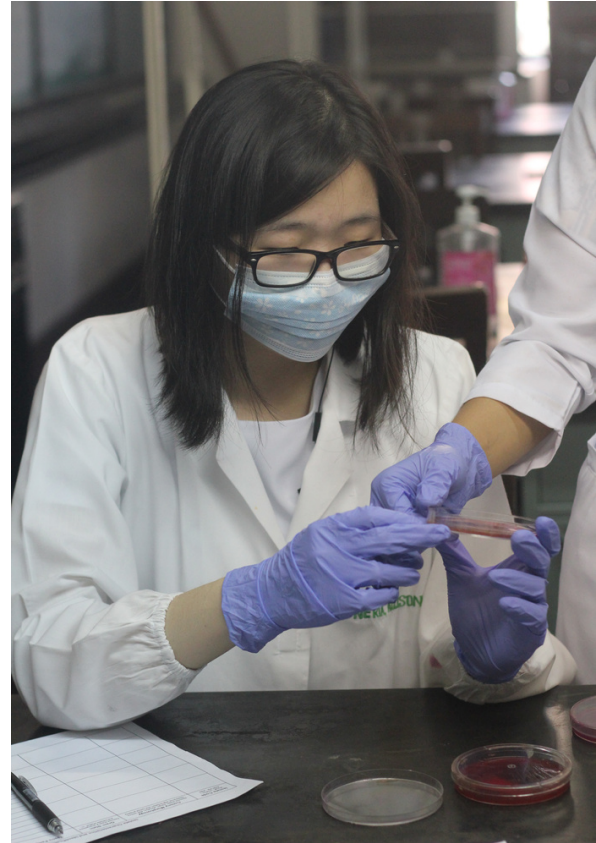
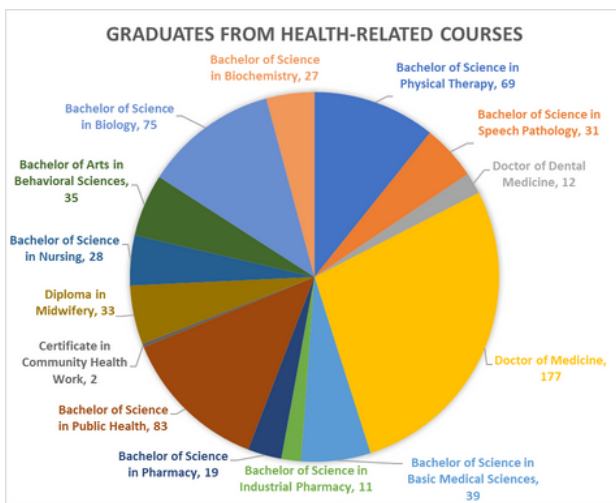
UP Manila continues to make a significant impact in the realm of scientific research. In the year 2022 alone, the University achieved remarkable milestones by publishing an additional 632 research articles in Web of Science and 835 in Scopus. These contributions signify UP Manila's consistent efforts to advance research that is not only substantial but also highly relevant to the scientific community. Notably, these endeavors culminated in an impressive 5,057 paper views in Acta Medica Philippina and an astonishing 52,129 in the Philippine Journal of Health Research and Development (PJHRD) in the same year.

Furthermore, the quality and significance of UP Manila's research have garnered well-deserved recognition, as evidenced by the acquisition of 1,350 citations in Web of Science and 1,772 citations in Scopus for the articles published in 2022. These accolades reflect UP Manila's continuous commitment to advancing knowledge and driving positive change in the field of health and well-being, both nationally and globally.



GRADUATES IN HEALTH PROFESSIONS

At the conclusion of a demanding academic year, AY 2021-2022, UP Manila celebrated the graduation of 673 professionals in health-related fields out of a total of 840 graduates, marking a significant contribution to the health workforce.



NATIONAL PATIENT SAFETY CONGRESS

UP Manila’s commitment to health extends to policy and practice improvements, as demonstrated by the collaborations across its colleges to host the 3rd National Patient Safety Congress. The two-day event was dedicated to advocating for policy and practice changes that prioritize the safety of human resources for health, with a profound impact on both patient and healthcare worker safety.



This initiative aligns with Sustainable Development Goal 3 (Good Health and Well-being), 4 (Quality Education), and 8 (Decent Work and Economic Growth). It also aligns with the “Caring for those Who Care” initiative, the 2022 ILO-WHO Guide for the development and implementation of occupational health and safety programs for health workers, and the WHO Global Patient Safety Action Plan 2021-2030, aimed at eliminating avoidable harm in healthcare. ([Link](#)).



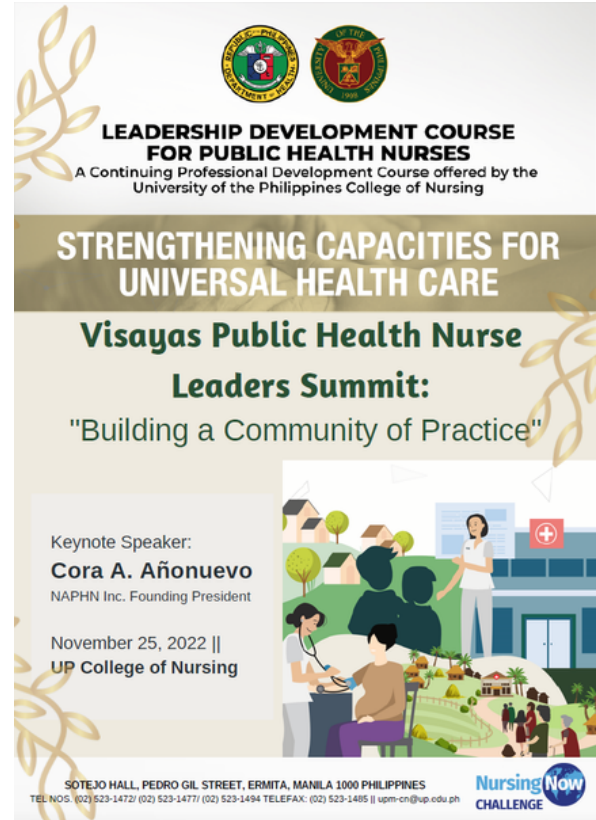
COMMUNITY OF PRACTICE REPORT BY CHDP

The Community Health Development Program (CHDP) at UP Manila actively engages with local government units and multi-sectoral groups on various projects. These projects encompass a wide range of activities, including health education, disease prevention, community health worker training, and health program development. Anchored on the primary care approach, these projects support the universal health care initiative while emphasizing the significance of community-university partnership and collaborations ([Link](#)).



UP MANILA COLLEGE OF NURSING'S COMMUNITY PARTNERSHIPS

The UP Manila College of Nursing (CON) collaborates with the Department of Health to conduct capacity-building activities for nurses in areas such as public health, gerontology, and mental health. These initiatives include a Leadership Development Course for Public Health Nurses, Leadership Development Course for Midwives, Public Health Nurses Geriatrics Training for Primary Health Care Providers, and an e-Learning course on the Mental Health Gap Action Program - Intervention Guide for Nurse Educators. These programs empower students to actively engage with the community, promoting healthcare as a shared endeavor



(Sources: [1](#), [2](#), [3](#), [4](#), [5](#)).



PANDEMIC RESPONSE INITIATIVES

In response to the COVID-19 pandemic, UP Manila has been actively involved in local public health interventions, significantly contributing to the health and safety of the Filipino people. Faculty members have played pivotal roles as co-investigators in the WHO Solidarity Trial for COVID-19 Treatments and as lead implementers of the Solidarity Trials Vaccines (STV) project. UP Manila serves as a partner institution for the conduct of various Solidarity clinical trials for therapeutic interventions for COVID-19 infections, emphasizing its commitment to the nation's pandemic response.

The Health Policy Development Hub at UP Manila has been instrumental in guiding the Philippines' pandemic responses by preparing a pandemic response playbook, influencing national health policies. These initiatives have received national recognition, with a Presidential Merit Award for the outstanding contributions to the Philippines' pandemic response.

On the global stage, UP Manila's contributions have also been acknowledged, with recognition from the Philippines News Agency for its role in the WHO Solidarity Trial. These contributions highlight UP Manila's dedication to combatting the pandemic and exemplify resilience and collaboration in the face of a global health crisis.

(Sources: [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#))



HEALTH OUTREACH HIGHLIGHTS

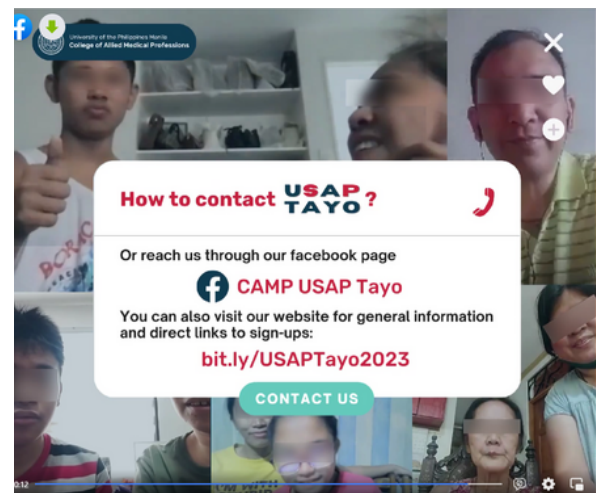
The UP Manila’s Ugnayan ng Pahinungod conducted a successful relief mission in Limasawa Island, Southern Leyte, providing medical supplies, hygiene packs, drinking water, and assistance to those affected by Super-typhoon Odette last 27-30 December 2021. Funding came from University of the Philippines Medical Alumni Society of America (UPMASA), with additional support from donors responding to the call for donations by the Ugnayan ng Pahinungod - System office.



“USAP Tayo” is a free online speech pathology consultation service offered by UP Manila’s Department of Speech Pathology, CAMP. The program aims to enhance accessibility to speech pathology services, particularly during the ongoing pandemic and has been operational since October 2021.

(Sources: [1](#), [2](#), [3](#))

The College of Allied Medical Professions (CAMP) has a long-standing partnership with KAISAKA, implementing a Community-Based Rehabilitation Program for KAISAKA members. This collaboration includes direct patient services, inclusive education, and advocacy for the rights of the persons with disabilities (PWD).



PROMOTING SEXUAL HEALTH AND WELLNESS

The University of the Philippines - Philippine General Hospital (UP-PGH) Department of Obstetrics and Gynecology introduced the groundbreaking Division of Sexual Health (DSH) on 29 November 2021, marking a significant milestone as the first of its kind in the country. The DSH promotes holistic well-being, addressing sexual and reproductive health conditions. It aligns with the World Health Organization's definition of sexual health, emphasizing respect, safety, and positive experiences.

The UP-PGH Sexual and Gender Minority Clinic, operational since November 2022, provides free services for trans health care. Located in the Outpatient Department Room 134, its' open to new patients from 8:00 am to 2:00 pm.

(Sources: [1](#), [2](#), [3](#))

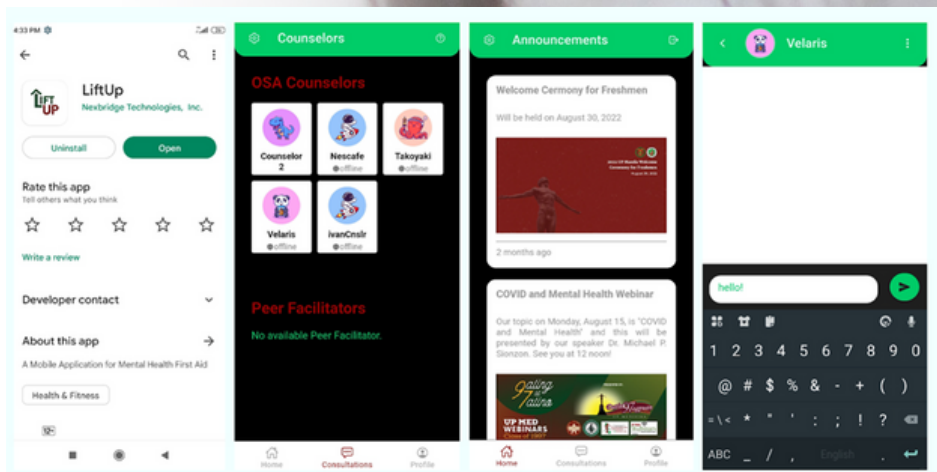
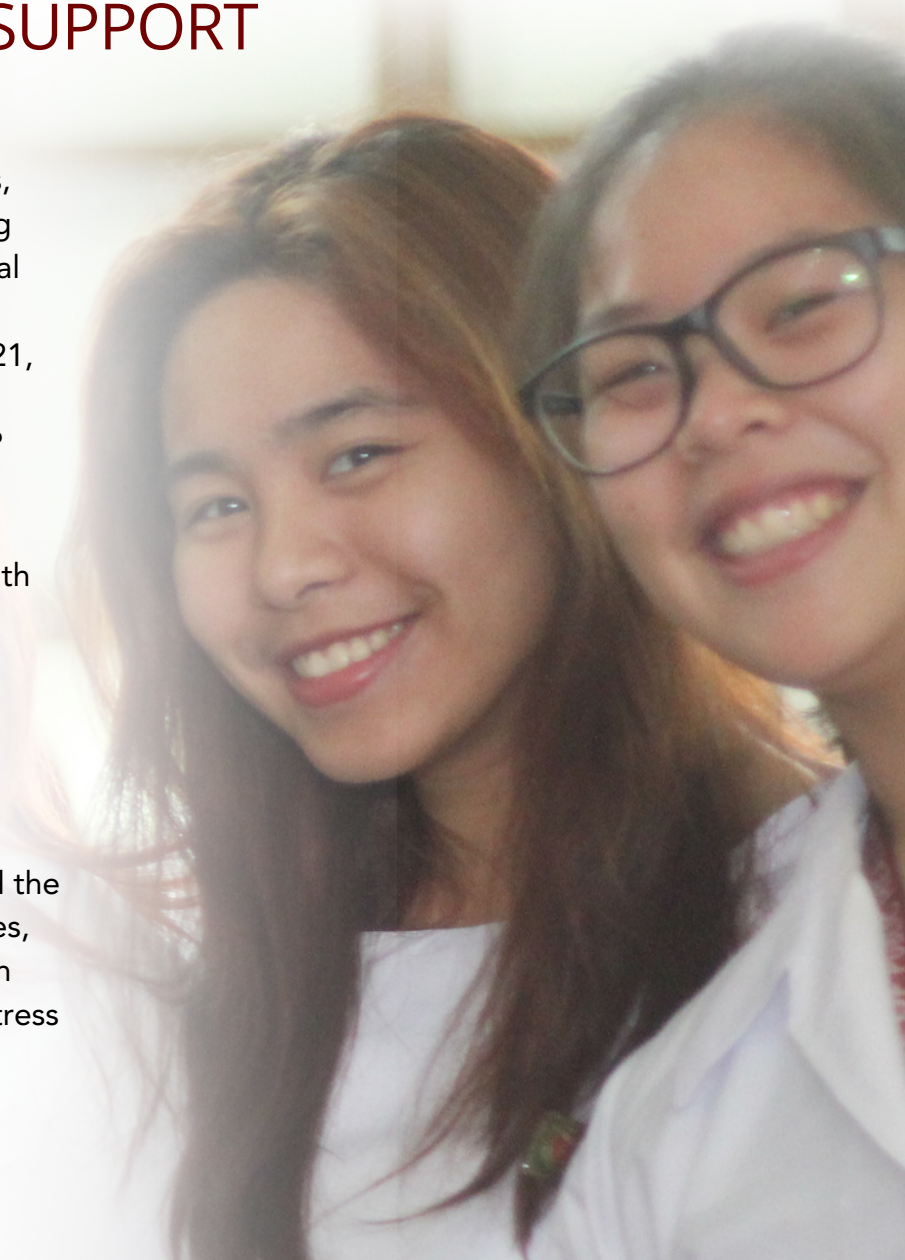


MENTAL HEALTH SUPPORT

UP Manila’s Office of Student Affairs, through its Guidance and Counseling Program (GCP), has expanded mental health services for students. These services, accessible since August 2021, include flexible delivery options promoted via social media. The GCP employs the 2021 Mental Health Referral Protocol for Psychiatric Consultation, facilitating mental health screenings using the Patient Health Questionnaire (PHQ).

Furthermore, UP Manila offers telecounseling through the LiftUP Mobile Counseling Services app, downloadable from Google Play and the Apple Store. Alongside these services, the university conducts mental health campaigns, educating students on stress management, coping, and self-care strategies.

(Sources: [1](#), [2](#), [3](#), [4](#), [5](#))



A SMOKE-FREE UNIVERSITY

The University enforces a “no smoking policy,” in all its campuses and buildings across the archipelago. All chancellors have been tasked to implement and maintain this policy.

The “no smoking policy” is in accordance with Executive Order No. 26, s. 2017, entitled Providing for the Establishment of Smoke-Free Environments in Public and Enclosed Places, the Clean Air Act of 1999, and the Tobacco Regulation Act of 2003.

(Sources: 1, 2)