



Misamis University
PHILIPPINES



24
25 UN Sustainable
Development Goals
Report

GOOD HEALTH & WELL-BEING

3





GOOD HEALTH & WELL- BEING

SGD 3 projects of Misamis University were undertaken mainly by paramedical colleges of Nursing, Midwifery and Radiologic Technology, the College of Medical Technology and College of Dentistry with support from the administration, other colleges, and in partnership with International funding agencies, national agencies, LGUs, and the communities and sectors. These health and wellness initiatives include medical and dental outreach, oral health education with tooth extraction, feeding to identified malnourished children, and urban gardening by the College of Agriculture and Forestry.



GRADUATES OF THE HEALTH PROFESSION



1,329
GRADUATES

AY 2024-2025 Graduates



341
HEALTH GRADUATES

AY 2024-2025 Graduates

28

Master of Arts in Nursing

11

Master in Nursing

21

Doctor of Dental Medicine

167

Nursing

20

Radiologic Technology

69

Medical Technology

25

Psychology



CONTRIBUTION TO UN SDG 3: HEALTH OUTREACH AND SERVICES

ANNUAL-MEDICAL DENTAL OUTREACH 2024-2025

162

patients received primary healthcare including vital signs monitoring and medicine distribution

48

residents benefited from blood typing, random blood sugar tests, and hemoglobin checks

300

dengue awareness materials distributed and prevention classes conducted

35

dental kits donated; fluoride applications provided for young learners

25

tooth extraction

30

elementary students recieved on oral health awareness

77

blood typing

25

random blood sugar

25

hemoglobin level



YOUNG FARMERS FROM MISAMIS UNIVERSITY PROMOTE SUSTAINABLE VERTICAL GARDENING FOR COASTAL RESIDENTS OF BARANGAY BARRA, TUDELA, MISOCC



On May 14, 2025, third-year Bachelor of Science in Agriculture (BSA) students from the College of Agriculture and Forestry of Misamis University, Philippines, conducted a community extension activity through an on-site lecture and field demonstration on Vertical Gardening at the Barangay Barra Covered Court, Tudela, Misamis Occidental. The half-day event gathered 30 coastal residents and barangay officials, who actively participated in the hands-on learning session.



MISAMIS UNIVERSITY AND LILAC STRENGTHEN PARTNERSHIP THROUGH WATER SYSTEM ASSESSMENT



Continuing the partnership and collaboration, the Linusas-Laburak Cooperative (LILAC) and Misamis University's College of Engineering and Technology and Misamis University College of Medical Technology conducted joint extension activities through a cumulative inspection, monitoring, and an assessment of water quality and pipes in Barangay Stimson Abordo, Ozamiz City on December 3, 2024. Faculty, staff, and students of MU and the LILAC Board of Directors participated in the community engagement.

LILAC was established in 2008 as a component of the Save Labo River Project (SLRP), an initiative spearheaded by Misamis University in collaboration with the DENR and CARE Philippines' AWESOME project. Funded by the Philippines–Australia Community Assistance Program (PACAP) under the Australian Agency for International Development (AusAID), the cooperative was created to supply water to the upland barangays of Ozamiz City.



Oral Health

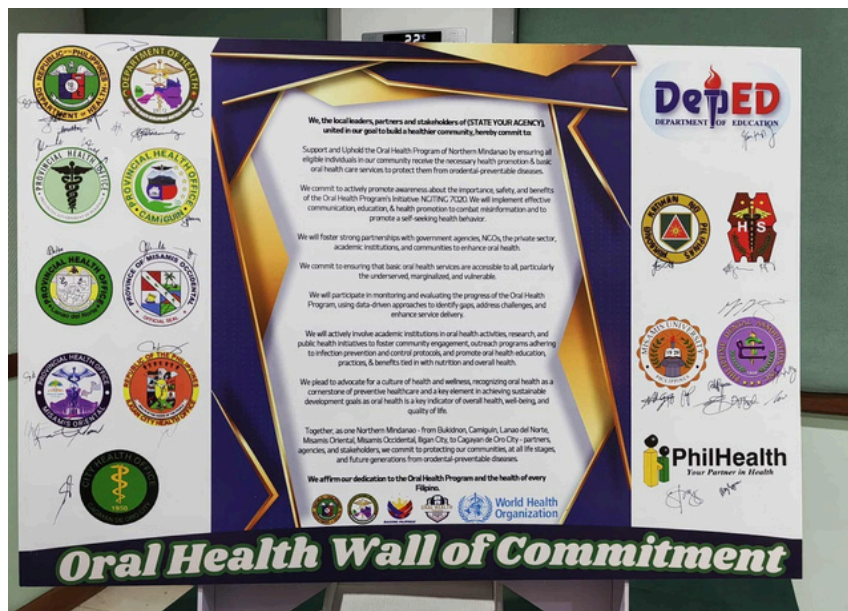
2024 Community Joint Extension



The College of Dentistry advocated for the oral health of the young and their parents. They gave an interactive Communication Education and Public Awareness - Information, Education, and Communication (CEPA-IEC) on the importance of oral health and donated 35 dental kits. The recipients were 35 daycare and kindergarten pupils in the community. The discussion was followed by the conduct of fluoridation to help in preventing cavities.



STRENGTHENING HEALTH RESEARCH AND COMMUNITY WELL-BEING COLLABORATIONS



NORTHERN MINDANAO CONSORTIUM FOR HEALTH RESEARCH AND DEVELOPMENT
c/o Department of Science and Technology Regional Office X
J.V. Serña Street, Carmen, Cagayan de Oro City, 9000
Tel./Fax No: +63(88) 858-6790 | 0917-857-9121




CERTIFICATE OF MEMBERSHIP

This certificate recognises

MISAMIS UNIVERSITY

as an active and valued member of the Northern Mindanao Consortium for Health Research and Development (NorMinCoHRD). As a member institution, Misamis University has consistently demonstrated a strong commitment to the goals and objectives of NorMinCoHRD, contributing to the advancement of health research and development initiatives in the Northern Mindanao region. The abovementioned has been a member of the consortium since 2023.

Given this 27th day of November, 2025.


SULPICIO HENRY M. LEGASPI JR., MD, MPH, FPSMS, CESO IV
Chair, NorMinCoHRD and
Director IV, DOH CHD-NM



CONTRIBUTIONS TO UN SDG 3: HEALTH OUTREACH AND SERVICES

RESPONSIVE ACTION FOR INTEGRATED NURTITION - SUSTAINABLE AND UNIFIED NUTRITION (RAIN-SUN) PROGRAM

- nutrition support to **19** undernourished children in Barra Elementary School
- **120** days of feeding
- home gardening
- medical check-ups to beneficiaries
- milk & vitamin supplementation





SPORTS, FITNESS, AND COMMUNITY WELL-BEING

- Host Department of Education (DepEd) and inter-private school competitions
- Summer Fun

FACILITIES

- Swimming Pool
- Basketball Court
- Basic Education Playground
- Covered Court
- HT Feliciano Gymnasium





MISAMIS UNIVERSITY'S COMMITMENT TO GOOD HEALTH AND WELL-BEING



Misamis University maintains a fully equipped clinic that provides free medical and dental check-ups, health consultations, medicines, and regular health information awareness campaigns for students, faculty, and staff. The University also ensures access to family health and well-being services through its campus clinic, which is staffed by a licensed physician and two registered nurses who deliver professional and confidential medical support.

The clinic actively conducts information drives and awareness activities on family health and well-being, empowering students to make informed choices and practice responsible health behaviors. Students with concerns related to family health and well-being may avail of private consultations with the clinic's medical personnel, ensuring both confidentiality and quality care.

By maintaining an on-site health facility, Misamis University guarantees that comprehensive health services are easily accessible to all students. This initiative highlights the University's proactive commitment to safeguarding student well-being by integrating health education, medical consultation, and professional care within the campus environment.




STUDENTS' MENTAL HEALTH AND WELLNESS PROGRAMS

- **29** specialized mental health seminars across colleges
- **390** students availed counselling services
- university wide peer facilitator workshops

ANNOUNCEMENT!!!
College of Criminology

Mental Health and Wellness Seminar

Mind Matters: Nurturing Mental Health and Wellness in College Life




Mr. ARNEL L. FILARCA, RGC, RPm
Resource Speaker

FIRST-YEAR 8:00 AM- 12:00 NN
SECOND-YEAR 1:00 PM- 5:00 PM

DATE: April 10, 2025


MU INSTRUCTIONAL MEDIA CENTER



ANNOUNCEMENT!!!
College of Criminology

Mental Health and Wellness Seminar

Mind Matters: Nurturing Mental Health and Wellness in College Life



Ms. Joni Ruth T. Pacong, RPm
Resource Speaker

THIRD YEAR 8:00 AM- 12:00 NN
FOURTH YEAR 1:00 PM- 5:00 PM

DATE: April 11 2025

MU INSTRUCTIONAL MEDIA CENTER

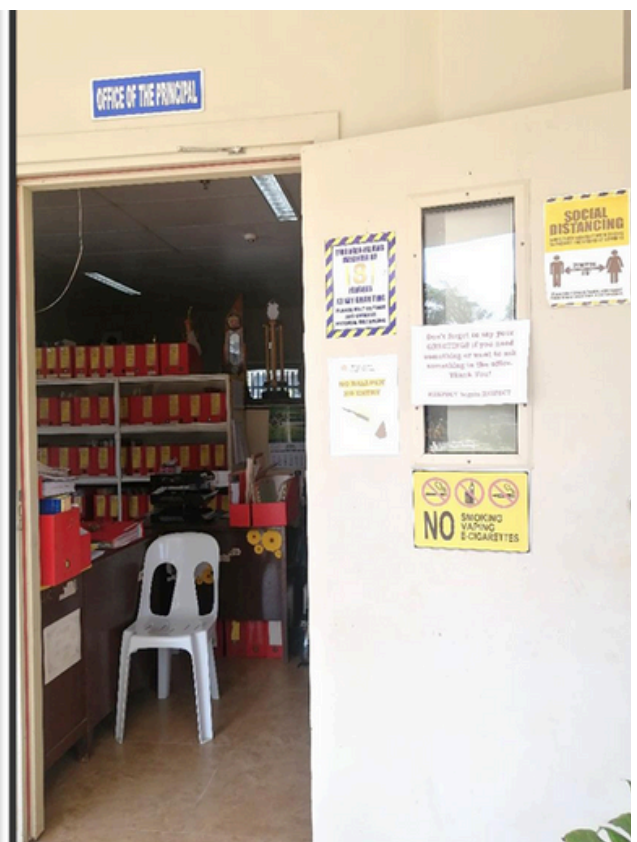
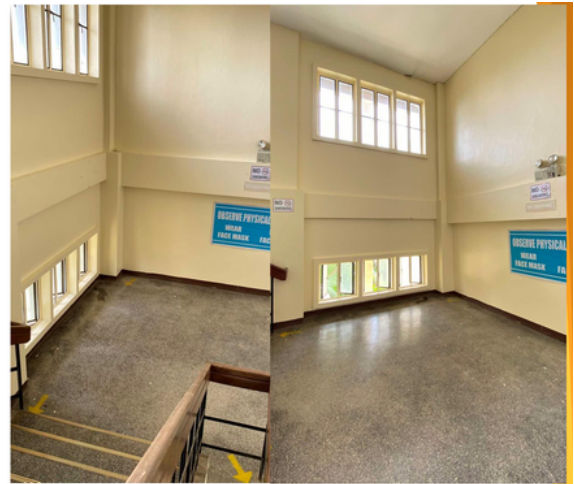
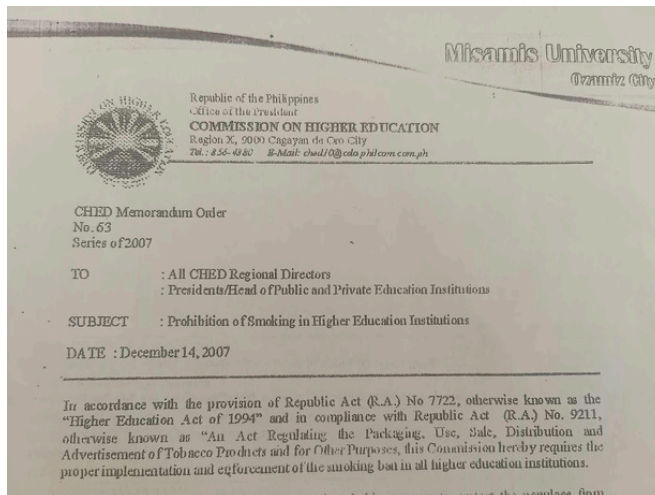


<https://facebook.com/muaidance>





SMOKE-FREE CAMPUS GOVERNANCE





FACULTY AND STAFF WELLNESS PROGRAMS

MU TEAMBUILDING 2025: MU GOES TO DAHILAYAN FOREST PARK



Deans and Department Heads during dinner.
Presentations



I-CARE Group

Misamis University recently held a comprehensive team-building activity at Dahilayan Forest Park, bringing together faculty and staff to strengthen camaraderie, foster collaboration, and promote mental well-being and personal growth


FACULTY & STAFF SEMINARS ON STRESS MANAGEMENT





The seminar on Stress Management among Staff members, conducted by Misamis University in coordination with the Human Resource Department, offered a gentle and welcoming space where staff could step away from their usual tasks and reflect on their own well-being. The program recognized the many pressures that staff encounter each day, including assisting students, supporting faculty, and handling administrative duties. Through thoughtful discussions and shared experiences, the seminar reminded participants that caring for themselves is just as important as the work they do for the institution



**SUSTAINABLE
DEVELOPMENT GOALS**

 mu@mu.edu.ph

 088 521 0431 local 135

 /MisamisUniversity

 H.T. Feliciano Street, Ozamiz City