JOSÉ RIZAL UNIVERSITY

SDG 3 – GOOD HEALTH AND WELL-BEING

Institutional Accomplishment Report | 2025

1. Executive Summary

José Rizal University (JRU) upholds its commitment to promoting human health, wellness, and quality of life as essential foundations of academic excellence, institutional development, and sustainable communities. In alignment with United Nations Sustainable Development Goal 3 (Good Health and Well-Being)**,** the University implements health-related initiatives that strengthen preventive healthcare, disease awareness, mental health support, access to essential medical services, and community engagement.

Through the collaborative efforts of the Medical and Dental Clinic (MDC), Guidance and Testing Office (GTO), Student Development Office (SDO), and Community Development Office (CDO)**,** JRU promotes an integrated approach to physical, mental, and social well-being. These offices contribute to the delivery of health education, medical and dental services, psychological support, wellness advocacy, and community outreach programs that address the diverse health needs of students, employees, and surrounding communities.

Strategic partnerships with healthcare institutions such as Our Lady of Lourdes Hospital, Philippine Red Cross, and community organizations like Love Yourself, Inc., further strengthen the University's capacity to extend health promotion initiatives beyond the campus. These collaborations encourage preventive health practices, responsible health decisions, volunteerism, and greater awareness of public health concerns.

Through coordinated institutional programs and sustained community partnerships, JRU reinforces its commitment to creating a healthier, safer, and more resilient Rizalian community**,** demonstrating that promoting health and well-being is both an institutional responsibility and a meaningful contribution to sustainable development.

2. Institutional Commitment to SDG 3

JRU upholds its commitment to fostering a safe, healthy, inclusive, and supportive learning and working environment where the well-being of every member of the University community is valued. Through an integrated institutional approach, JRU promotes human health and wellness by strengthening preventive healthcare, health education, accessible medical and dental services, mental health support, and community outreach initiatives.

Recognizing that physical, mental, and emotional well-being are essential to academic success, employee productivity, and overall quality of life, the University continues to advance programs that encourage healthy lifestyles, disease prevention, early intervention, and responsible health practices.

These initiatives reinforce JRU's commitment to United Nations Sustainable Development Goal 3 (Good Health and Well-Being)**,** particularly in promoting mental health, preventing diseases, and improving access to essential healthcare services. Through sustained health advocacy and collaborative efforts, JRU strives to build a healthier, more resilient, and compassionate Rizalian community where individuals are empowered to thrive academically, professionally, and personally.

3. Institutional Programs and Accomplishments

3.1 Blood Donation Program

Jose Rizal University (JRU) demonstrates its commitment to promoting human health, community well-being, and social responsibility through collaborative healthcare initiatives. In partnership with the Philippine Red Cross–Rizal Chapter, the University conducted a voluntary blood donation activity in March 2025, recording 69 successful blood donors from the Rizalian community.

The initiative aimed to support the availability of safe and adequate blood supplies for patients requiring lifesaving transfusions due to medical emergencies, surgical procedures, and other health conditions. It also

promoted awareness of the importance of voluntary blood donation while encouraging students and employees to actively participate in humanitarian and community health initiatives.

Through this partnership, JRU contributed to strengthening community healthcare support, fostering a culture of volunteerism, and reinforcing the importance of collective responsibility in addressing public health needs.

This institutional initiative supports United Nations Sustainable Development Goal 3 (Good Health and Well-Being), particularly Target 3.8, which emphasizes access to quality essential healthcare services. By supporting voluntary blood donation and collaborating with an established healthcare organization, JRU contributes to broader efforts to improve the availability of essential blood products and support healthcare delivery.

The successful participation of 70 blood donors out of 127 registered volunteers reflects the University's continuing commitment to health promotion, humanitarian service, and meaningful community engagement, reinforcing its role as an educational institution that actively contributes to a healthier and more compassionate society.

2025 Performance Indicators from January to December 2025

Indicator	Accomplishment	Primary Evidence	Responsible Office
Number of blood donation activities	1 activity	Blood Donation Documented Program	Community & Development Office
Successful blood donors	70 blood donors	Blood Donation Report	Community & Development Office
Student participants	104 students	Blood Donation Attendance	Community & Development Office
Employee participants	23 employees	Blood Donation Attendance	Community & Development Office
Partner organizations	1organization	Blood Donation Documented Program	Community & Development Office

3.2 Medical and Dental Healthcare Services

Recognizing that good health is fundamental to academic success, workplace productivity, and overall quality of life, the JRU Medical and Dental Clinic (MDC) demonstrates its commitment to promoting human health and well-being by providing accessible medical and dental services to students and employees.

Through its campus healthcare services, the University supports preventive healthcare, early identification of health concerns, and timely medical assistance. These services include medical consultations, initial emergency care, health assessments, dental services, and the dissemination of essential health information to encourage health awareness, disease prevention, and responsible health practices.

Beyond addressing immediate health concerns, these initiatives contribute to creating a safe, healthy, and supportive learning and working environment. By facilitating access to appropriate healthcare assistance, MDC helps students and employees manage health-related concerns that may affect their academic performance, professional responsibilities, and daily activities.

The University's medical and dental services also reinforce the importance of preventive care, personal hygiene, oral health, and early intervention in reducing health risks and promoting healthier lifestyles among members of the Rizalian community.

These institutional efforts support United Nations Sustainable Development Goal 3 (Good Health and Well-Being), particularly Target 3.8, which promotes universal health coverage and access to quality essential

healthcare services. By providing campus-based healthcare support, JRU contributes to improving access to basic health services and strengthening a culture of health awareness, prevention, and wellness.

Through its continuing commitment to accessible medical and dental services, JRU affirms that a healthy University community is essential to sustaining educational excellence, employee well-being, and institutional development.

2025 Performance Indicators from January to December 2025

Indicator	Accomplishment	Primary Evidence	Responsible Office
Students receiving medical consultations	18,171 students	Medical Consultation Census	Medical & Dental Clinic
Employees receiving medical consultations	1,867 employees	Medical Consultation Census	Medical & Dental Clinic
Dental consultations	186 students and employees	Dental Consultation Record	Medical & Dental Clinic
Emergency medical assistance cases	64 students and employees	ER Referral Report	Medical & Dental Clinic
Health education activities	15 activities	Health Education Materials and documented health-related activities	Medical & Dental Clinic

3.3 Mental Health and Psychological Well-Being

JRU recognizes that mental health is essential to students' academic success, personal development, and overall well-being; the Guidance and Testing Office (GTO) continues to strengthen its commitment to fostering a mentally healthy, resilient, and supportive learning environment.

Through various mental health awareness seminars, wellness programs, and accessible on-site and online counseling services, the University promotes psychological well-being and encourages students to seek professional guidance when facing academic pressure, emotional distress, personal challenges, and other mental health concerns. These initiatives aim to equip students with healthy coping strategies, strengthen emotional resilience, reduce mental health stigma, and provide timely psychosocial support. These initiatives are provided free and are accessible to our students.

Recognizing the important role of families in promoting student well-being, the GTO also conducts parenting seminars and mental wellness webinars to strengthen collaboration between the University and parents. These activities empower parents with practical knowledge and strategies to recognize emotional and behavioral concerns, provide appropriate support, and foster positive communication with their children. Through this collaborative approach, JRU promotes a supportive environment that extends beyond the classroom and into students' homes.

These institutional initiatives directly contribute to United Nations Sustainable Development Goal 3 (Good Health and Well-Being), particularly Target 3.4, which emphasizes the promotion of mental health and well-being. By integrating preventive mental health education, accessible counseling services, psychosocial support, and family engagement into its student development programs, JRU reinforces its commitment to promoting holistic wellness and creating an inclusive, compassionate, and health-conscious academic community.

For the 2025 institutional reporting period, the Guidance and Testing Office shall validate and consolidate the actual mental health programs and counseling services delivered, supported by corresponding accomplishment reports, participation data, counseling utilization statistics, and other relevant documentation. These evidence-based measures will help assess program reach, identify areas for improvement, and demonstrate the University's measurable contributions toward achieving SDG 3.

2025 Performance Indicators from January to December 2025

Indicator	Accomplishment	Primary Evidence	Responsible Office
Counseling Utilization	284 students	Counseling Monitoring Record	Guidance & Testing Office
Referral Services Provided	18 students	Counseling Monitoring Record	Guidance & Testing Office
Mental Wellness Seminar	19 activities	Documented Activity Programs, seminar materials	Guidance & Testing Office
Parenting programs on mental wellness webinar	5 activities	Documented Activity Programs, webinar materials	Guidance & Testing Office

Through its continuing mental health advocacy and student-centered support services, JRU affirms that promoting mental wellness is not merely an institutional responsibility but an essential investment in students' well-being, academic success, and future development.

3.4 Community Health and Hygiene Outreach

Jose Rizal University (JRU) extends its commitment to human health and well-being beyond the campus through community outreach initiatives that address essential health and sanitation needs, particularly among children and vulnerable populations. These efforts reflect the University's dedication to social responsibility, preventive healthcare, and the promotion of healthier communities.

As part of its community engagement initiatives, JRU conducted an outreach activity at Bahay Tuluyan in Barangay Hulo, Mandaluyong City**,** providing sanitation kits to 30 children on April 16, 2025**.** This initiative aimed to promote personal hygiene, encourage healthy daily practices, and improve access to basic sanitation supplies essential for maintaining cleanliness and preventing communicable diseases.

Beyond the distribution of sanitation kits, the activity highlighted the importance of proper hygiene in protecting children's health and reducing exposure to preventable illnesses. By addressing basic sanitation needs, JRU contributed to creating a more supportive environment for children's physical health, personal dignity, and overall well-being.

The initiative supports United Nations Sustainable Development Goal 3 (Good Health and Well-Being), particularly Target 3.3**,** which includes combating communicable diseases. It also complements SDG 6 (Clean Water and Sanitation) by promoting access to essential hygiene resources and encouraging responsible sanitation practices.

The distribution of 30 sanitation kits to 30 child beneficiaries represents a measurable institutional contribution to community health promotion. While the activity's long-term health outcomes have not been assessed, the initiative demonstrates JRU's efforts to address immediate hygiene needs and support preventive health practices among children.

Through sustained community outreach and meaningful engagement with vulnerable populations, JRU reinforces its commitment to SDG 3 by extending health promotion beyond the University and contributing to healthier, safer, and more resilient communities.

4. Consolidated SDG 3 Evidence Matrix

SDG 3 Area	JRU Initiative	Required Evidence	Responsible Office
Health partnerships	Blood donation program	MOA, certificates, activity reports	Community Extension / Organizing Unit
Medical services	Campus healthcare	Clinic reports, health education materials	Medical and Dental Clinic
Mental health	Counseling and Mental Health Related Activities	Program reports and counseling case records	Guidance and Testing Office
Health education	Preventive health campaigns	Program reports, health education materials	Medical Clinic / Concerned Offices
Community health	Hygiene and sanitation outreach	Accomplishment reports, photos	Community Extension / Academic Units
Preventive health	Anti-smoking policy published in Student Handbook SY2024-2025; posted Ordinance No. 671, Series of 2017	Policies, awareness materials	Concerned Administrative Offices

5. Monitoring and Evaluation

Jose Rizal University (JRU) shall strengthen the documentation, monitoring, and evaluation of its health-related initiatives through an Annual SDG 3 Accomplishment and Impact Report led by the SDG 3 committee head. This report shall consolidate implemented programs, beneficiaries served, institutional partnerships, and measurable outcomes. Data gathered from concerned offices will support evidence-based assessment, continuous improvement, and sustainable program implementation. Through systematic reporting, JRU reinforces its accountability and commitment to advancing SDG 3: Good Health and Well-Being, ensuring meaningful and measurable contributions to the University community and society.

6. Recommendations

1. Establish a consolidated annual SDG 3 reporting mechanism.
2. Document beneficiaries and measurable outcomes of health-related initiatives.
3. Strengthen partnerships with hospitals, healthcare providers, and community organizations.
4. Expand preventive health and mental health awareness activities.
5. Maintain organized evidence files for THE Sustainability Impact Ratings and other institutional assessments.

7. Conclusion – Transforming Commitment into Action for a Healthier Rizalian Community

A healthier future begins with collective action, sustained commitment, and meaningful institutional initiatives. José Rizal University (JRU) continues to demonstrate its dedication to United Nations Sustainable Development Goal 3 (Good Health and Well-Being) through accessible healthcare services, mental health advocacy, preventive health programs, voluntary blood donation, and community outreach initiatives. These collective efforts reflect the University's commitment to protecting human health, promoting wellness, and fostering a safe, inclusive, and resilient community.

Moving forward, JRU shall strengthen interdepartmental collaboration, expand strategic partnerships, and enhance the systematic documentation, monitoring, and evaluation of health-related initiatives. Every concerned office has a vital role in ensuring that health initiatives are not only implemented but also documented, assessed, and continuously improved to address the evolving needs of students, employees,

and surrounding communities. Through evidence-based reporting and measurable outcomes, the University aims to ensure continuous program improvement, sustainable health interventions, and greater community impact.

The call to action is clear: strengthen partnerships, expand access to health services, empower communities, and measure the difference we make. By transforming institutional commitments into evidence-based programs and meaningful outcomes, JRU can further advance SDG 3, enhance its performance in sustainability assessments, and reinforce its responsibility as an institution committed to education, health, and sustainable development.

At JRU, promoting good health and well-being is more than an institutional responsibility—it is a shared commitment to protecting lives, empowering individuals, and building a healthier future for every Rizalian and the communities we serve.