

2023



ACCOMPLISHMENT REPORT

3 GOOD HEALTH
AND WELL-BEING



PANGASINAN STATE UNIVERSITY

SDG 3 – Good Health and Well-Being Accomplishment Report

Pangasinan State University (PSU) is dedicated to promoting Sustainable Development Goal (SDG) No. 3, which aims to ensure healthy lives and improve well-being for all ages. Acknowledging the important role of health in sustainable development, PSU has actively conducted a variety of initiatives focused on improving community health and fostering wellness.

✓ Relevant Programs and Activities

3.2 Number Graduating in Health Professions

Metric 3.2.1 Proportion of Graduates in Health Professions

- **Total Number of Graduates (2023):** 6,615
- **Number of Graduates in Health Professions:** 169
- **Proportion of Graduates in Health Professions:** 2.6%

Pangasinan State University (PSU) demonstrates a strong commitment to producing qualified health professionals, contributing to the broader healthcare workforce and meeting local and national needs.

3.3 Collaborations and Health Services

Metric 3.3.1 Current Collaborations with Health Institutions

PSU has established partnerships with health institutions at local and national levels to support health outcomes and expand service reach.

- **Local Collaborations:**
 - **PSU and PNP-Alaminos:** Supporting health and well-being initiatives for indigenous communities in Sitio Baito, Sual, Pangasinan.
 - **Medical and Health Talks:** Conducted regularly in collaboration with local barangay health centers to educate communities on health issues, including elder health, breast cancer awareness, and HPV vaccination.
 - **Community-Based Training for Mental Health Awareness:** PSU, in collaboration with the Provincial Health Office of Mt. Province and Pansigedan Advocacy Cooperative, conducted a Peer Facilitator's Training program, equipping educators and health workers with tools to support mental health among peers.



- **National Collaborations:**

- **Philippine Army:** Community-based training with the Philippine Army in Davao De Oro, focusing on mental health, well-being, and resilience.
- **Department of Science and Technology (DOST):** Health programs in Umingan, providing free medical consultations, health talks, and guidance on nutrition and kidney health for local communities.





- **Global Cooperation:**

- **Mindfulness in Education:** During the 2023 Summer Counselor Conference, PSU's Guidance Services Coordinator, Ms. Beverly Fernandez, led an impactful session titled "*Appreciating the Here and Now: Mindfulness Applied in Class.*" Ms. Fernandez shared practical mindfulness techniques to enhance the educational experience, helping educators integrate emotional awareness, focus, and student-teacher connection in classrooms to American Counselors.. This session underscores PSU's commitment to contributing to global mental health best practices in education, bridging local expertise to global well-being standards.



Appreciating the Here and Now: Mindfulness Applied in Class

Counselor Bev

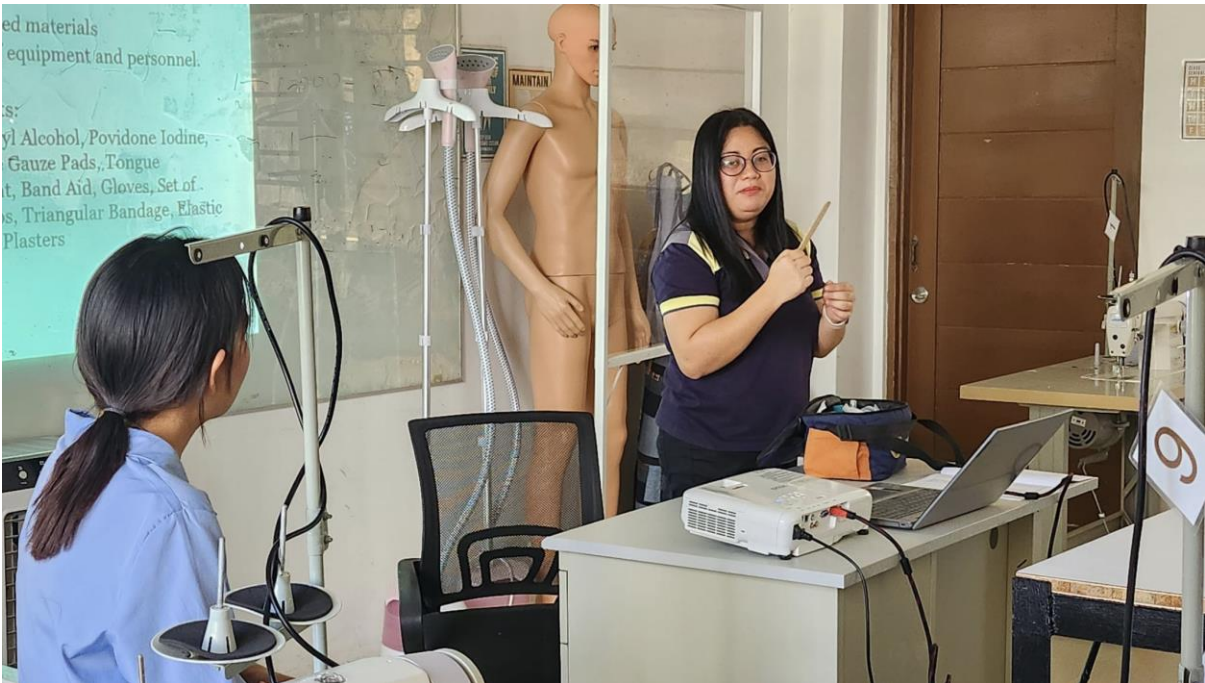
2023 Summer Counselor Conference

Inspire. Connect. Rejuvenate.



Metric **3.3.2** **Health** **Outreach** **Programmes**
PSU has implemented comprehensive outreach programs targeting various demographics to improve health awareness and well-being:

- **Medical Missions:**
 - **Project 3K (Kaligtasan, Kalusugan, at Kaalaman)** provided health services to salt farmers in Western Pangasinan, focusing on nutrition, disease prevention, and safety measures.
- **Community Education and Support:**
 - **Adopt-a-Sitio Program:** Ongoing since 2022, this initiative supports Sitio Mapita locals, including PWDs and mentally challenged residents, through health assessments, mental health assistance, and community engagement activities.
- **Mental Health and Wellness Education:**
 - **Career Guidance and Community Mental Health Seminars:** Regular seminars, such as those at Mangaldan National High School, equip students and community members with information on mental health resources, career planning, and wellness strategies.









Metric 3.3.3 Shared Sports Facilities

PSU extends the use of its sports facilities to the local community to promote physical well-being and healthy lifestyles.

- **Free Access:** Local schools and community groups have free access to PSU's sports facilities, encouraging widespread participation in physical activities.

Metric 3.3.4 Sexual and Reproductive Health Care Services for Students

PSU provides comprehensive sexual and reproductive health services to students, including:

- **Free Access to Information and Services:** In collaboration with the university's health professionals, lectures on reproductive health, family planning, and vaccinations (such as HPV) are provided to students to encourage proactive health management.



December 13, 2023: *Lectures*
<https://www.facebook.com/PSUBCNursingGuild>
bayambang@psu.edu.ph

COMMUNITY GENERAL ASSEMBLY
DECEMBER 6, 2023 | BGRY, BANI ELEMENTARY SCHOOL, BAYAMBANG, PANGASINAN

Nursing Guild
Academic Year 2023-2024
Media and Journalism Committee



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Metric 3.3.5 Mental Health Support for Students
PSU is dedicated to promoting mental wellness among its student body through counseling services, educational programs, and accessible support resources.

- **Flexible Counseling Options:** The Guidance Services Office provides both in-person and online counseling to meet the diverse needs of students, enhancing accessibility and timely support.
- **Psychological Assessments:** Conducted for over 3000 OJT and practice teaching students to assess their readiness and resilience, ensuring they are mentally prepared for professional roles.
- **Mental Health Awareness Campaigns:** Through a series of infographics on topics such as self-care and stress management, PSU has made mental health resources readily available across its campuses, fostering a culture of openness around mental well-being.









Metric

3.3.6

Smoke-Free

Policy

PSU enforces a strict **no-smoking policy** across all campuses, contributing to a healthier environment for students and staff.



PSU
PANGASINAN STATE UNIVERSITY
Region's Premier University of Choice

NO SMOKING !



Campus Management STRICTLY PROHIBITS all types of smoking (cigarettes, smokeless tobacco, electronic cigarettes, and the like) among all employees, students and visitors inside the Campus, anchored on RA 9211 (Tobacco Regulation Act of 2003) to protect non-smokers from secondhand and thirdhand smoke.

*"IMPLEMENTATION OF THE POLICY GUIDELINES ON CAMPUS ENERGY EFFICIENCY,
SOLID WASTE MANAGEMENT AND POLLUTION CONTROL MEASURES IN SUPPORT TO
"GREEN PSU FOR A GREENER FUTURE" PROGRAM
CAMPUS ENERGY EFFICIENCY, SOLID WASTE MANAGEMENT AND POLLUTION CONTROL OFFICE
Office Advisory No. 1, Series 2024*



Metric 3.3.7 Mental Health Support for Staff
In addition to supporting students, PSU provides staff with mental health resources, promoting overall well-being through various initiatives.

- **Workplace Wellness Programs:** The university organizes wellness weeks and workshops focusing on mental health, resilience, and wellness, such as the “Tea Talks” series and events like “Mental Health in the Workplace.”



REDMI NOTE 9
VIOLA S. FERRER



✓ **Research Outputs and Community Extension Projects in 2023**

Title of Research	Date Finished	Name of Researchers
Bangus (Chanos Chanos) Farming: Preparing for SMART Farming and Predictive Analysis using Artificial Intelligence Tools	2023	Dellosa, R.M.
Stress and Depression among Elementary and Secondary School Teachers in the Philippines during the COVID-19 Pandemic	2023	Orlanda-Ventayen, C.C.
Digitalizing Teaching and Learning in Light of Sustainability in Times of the Post-Covid-19 Period: Challenges, Issues,	2023	Norouzi Larsari, V.N., Wildová, R., Dhuli, R., Sario, J.A., Lanuza, M.H.



and Opportunities		
Development of Academic Burnout	2023	Fernandez, B. Santos, A.
Workplace Burnout Among Employees of Pangasinan State University	2023	Fernandez, B. Santos, A.
Verbal Intelligence of Education Students	2023	Fernandez, B. Santos, A.

Title of Extension Activity	Date Conducted	Beneficiaries
"Herbal Gardening" Theme:Mga benepisyo ng halamang gamot tungo sa mainam na kalusugan (Institute of Nursing)	December 14,2023	Students and Teachers of Bani Elementary School
Project Life: "Learning the Importance of Family Through Education"	December 07, 2023	Students of Tanolong National High School

✓ **Number of Graduates from Health Professions in 2023**

Programs	Year 2023
1. Bachelor of Science in Nutrition and Dietetics	17
2. Bachelor of Science in Nursing	102
3. Bachelor of Science in Social Work	50
Total	169