



Metric 3.3

Saint Louis University

Partnering with government and non-government institutions in support of the local community



3 GOOD HEALTH
AND WELL-BEING



Indicator 3.3.2



Saint Louis University

Reaching out a helping hand, patronizing health and wellness



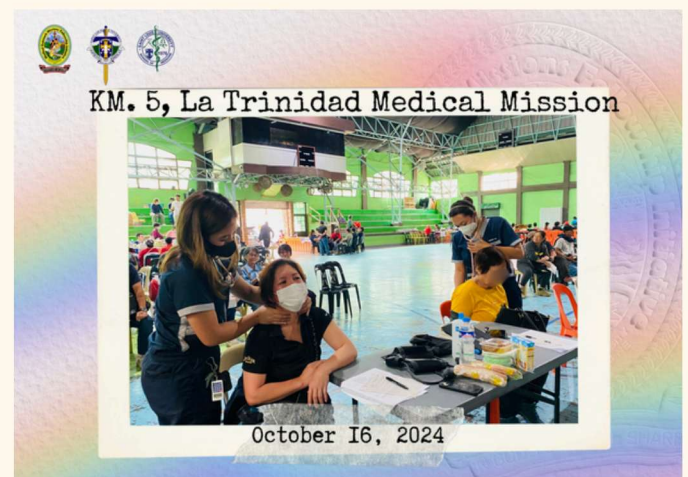
3 GOOD HEALTH AND WELL-BEING



Health Outreach Programs

The emphasis on community health and wellness at Saint Louis University is rooted in a Louisian's unwavering duty and overall commitment to love and serve their communities, or "Amare et Servire." A Lousian's Human Agency for volunteerism is enabled by this call for well-being. The delivery of health outreach programs that aim to improve and promote wellness strategies such as physical and mental hygiene, nutrition, family planning, health monitoring, and other health related activities exemplifies the embodiment of the core value of Social Involvement.

Furthermore, Saint Louis University empowers students to take a stand and make a difference in the call for globalized positive health and welfare through various health outreach programs. This empowerment can be seen in the realized impact of the various programs offered in various local communities. Certainly, SLU's collaboration with its students and local communities has created opportunities for disadvantaged people to receive necessary health care services.



3 GOOD HEALTH AND WELL-BEING



The Rotaract Club of Baguio SLU-SOM Promotes General and Public Health Awareness Through a Medical Mission Initiative

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/03/13/rotaract-club-of-baguio-slu-som-raises-general-health-and-public-health-awareness-with-medical-mission/>



On 24 February 2024, the Rotaract Club of Baguio SLU School of Medicine, in partnership with the Junior Chamber International (JCI) Baguio City Chapter, organized a medical mission at Malcolm Square, Baguio City. Under the supervision of Dr. Brenda Lee Villanueva and Dr. Karla Anjeli Villanueva, medical student Rotaractors facilitated the event to advance general and public health awareness. Despite adverse conditions such as elevated temperatures and an open-air setting, the Rotaract Club of Baguio SLU-SOM delivered medical services and distributed essential medications to 250 individuals, including senior citizens, children, and infants. Participants also received access to HIV screening and blood donation services.

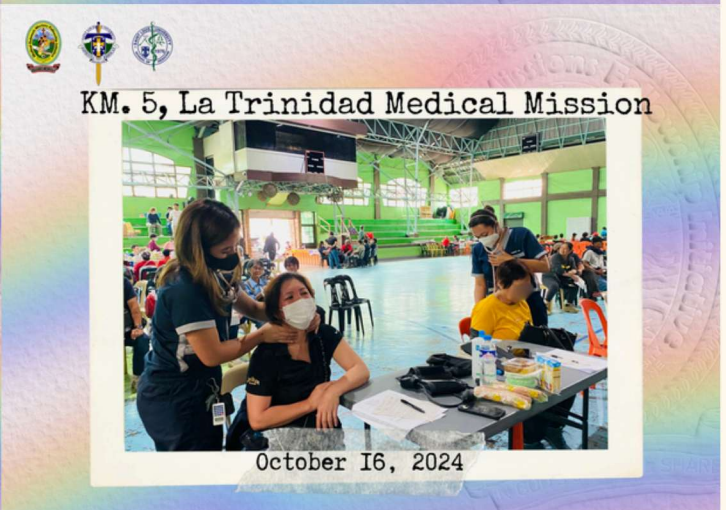
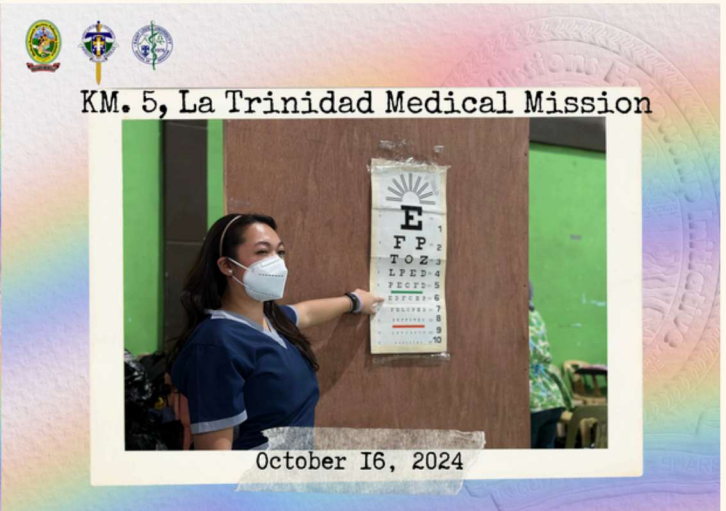
The medical mission aligns with Sustainable Development Goal (SDG) 3: Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all age groups. The initiative serves as a health outreach program, as defined by Indicator 3.3.2, by providing medical services, essential medications, and public health interventions such as HIV screening and blood donation to 250 community members. Additionally, the program highlights effective collaboration between the university-affiliated Rotaract Club of Baguio SLU – School of Medicine and the Junior Chamber International (JCI), with student volunteering serving as a primary delivery mechanism (Indicator 3.3.2).



MOMFI, Hedcor, and Aboitiz Foundation Bring Accessible Healthcare to La Trinidad Community

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/10/16/slu-momfi-conducts-medical-outreach-mission-at-km-5-la-trinidad/>



MOMFI (Medical Outreach Missions Fellowship Initiative), together with Hedcor and Aboitiz Foundation Inc., held a medical mission on October 16, 2024, at KM5, La Trinidad, serving 250 residents. Hedcor is a subsidiary of Aboitiz Power Corporation, one of the country's leading power companies. The initiative offered free medical consultations, EENT services, and essential medicines to meet immediate health concerns and improve access to basic healthcare in the community. This partnership responded to local health needs by offering on-site assessment, treatment, and guidance for common illnesses affecting adults and children.

Beyond direct care, the mission also promoted health awareness by educating residents on proper medication use, illness prevention, and when to seek further medical attention. These efforts contributed to improved well-being and empowered families with essential knowledge to manage their health more effectively.

The medical mission directly aligns with SDG 3: Good Health and Well-being, which focuses on ensuring healthy lives and promoting well-being at all ages.



Bringing Healthcare Closer: A 3-Day Medical Mission in Santol and San Gabriel, La Union

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/11/04/momfi-and-rotary-club-of-san-fernando-city-north-hold-medical-and-surgical-mission-in-la-union/>



From November 2 to 4, 2024, the Medical Outreach Missions Fellowship Initiative (MOMFI), in collaboration with volunteers, medical professionals, and the Rotary Club of San Fernando City North, delivered essential healthcare services to the remote communities of Santol and San Gabriel, La Union. MOMFI provided free general check-ups, surgeries, circumcisions, and additional medical services to more than 200 individuals with limited access to healthcare.

On the first day, the team served patients from geographically isolated barangays in Santol, enabling families with limited access to hospitals to receive immediate medical attention. The mission continued in San Gabriel on the second and third days, offering the same comprehensive services and reinforcing MOMFI's commitment to improving local health outcomes. The coordinated effort delivered timely diagnosis, treatment, health guidance, and follow-up instructions, directly addressing unmet health needs across both municipalities.

The medical mission conducted by MOMFI and its partners exemplifies action aligned with Sustainable Development Goal 3: Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all ages.



MOMFI Collaborates with Rotary, La Union Infirmary Eagles, and Armed Forces for Medical and Dental Mission in Villa Maria

Published in the Saint Louis University Website:

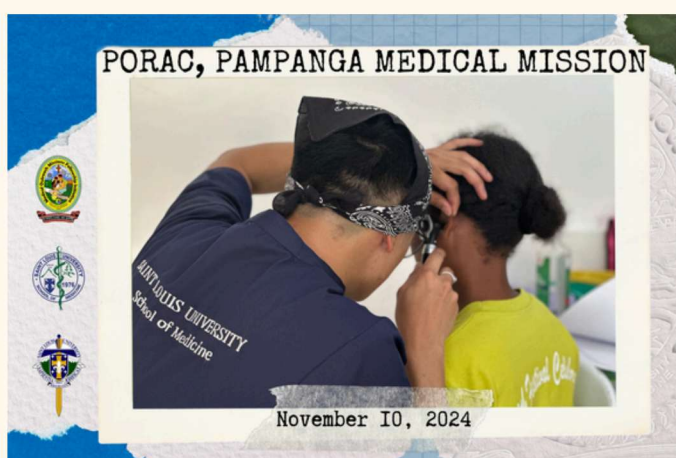
<https://www.slu.edu.ph/2024/11/10/medical-and-dental-mission-brings-care-to-villa-maria-porac-pampanga/>



On November 10, 2024, Saint Louis University's Medical Outreach Missions Fellowship Initiative (MOMFI), together with volunteer health workers, medical consultants, and partner organizations, carried out a medical and dental mission in Villa Maria, Porac, Pampanga. Working in collaboration with the Rotary Club of San Fernando City, the La Union Infinity Eagles Club, and the Armed Forces of the Philippines, the mission provided essential healthcare services to underserved Aeta communities in the area.



The team attended to 101 adults and 94 children, offering free medical consultations, dental services, minor surgical procedures, and 19 circumcisions. In addition to clinical care, MOMFI delivered health-promotion activities, including educational sessions on proper toothbrushing and handwashing for children, and a focused discussion on teenage pregnancy for adolescents. These sessions supported preventive health awareness and encouraged safer health practices among community members.



This initiative, implemented by MOMFI and its partners, demonstrates strong alignment with Sustainable Development Goal 3: Good Health and Well-being, which emphasizes ensuring healthy lives and promoting well-being for all ages.

MOMFI Serves Once Again: Adivay Medical Mission Providing Care and Hope to Benguet Communities

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/11/24/momfi-serves-once-again-conducts-adivay-medical-mission/>



Adivay is an annual agri-tourism festival that highlights Benguet's history, culture, arts, trades, and industries. As part of this community-wide celebration, a medical mission was conducted on November 24, 2024, a medical mission was conducted at the Benguet State University Closed Gym, to extend essential healthcare services to residents and festival participants. The event, organized by MOMFI members including doctors, interns, and medical students, provided essential healthcare services to underserved populations.

A total of 336 patients received free consultations, medicines, and vitamins, comprising 49 pediatric and 287 adult cases - underscoring the mission's broad reach among individuals with limited access to primary healthcare. The initiative was facilitated by the La Trinidad Valley Eagles Club under the Cordillera Eagles Region 1, whose support enabled the smooth delivery of vital health services directly to the public. The mission offered immediate relief for common medical conditions, strengthened preventive health awareness, and promoted responsible health-seeking behavior.

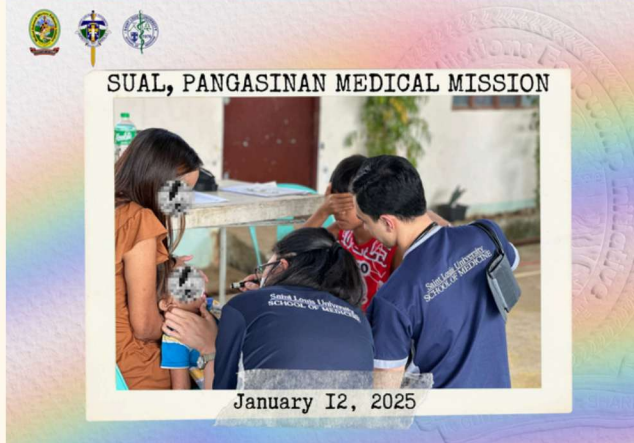
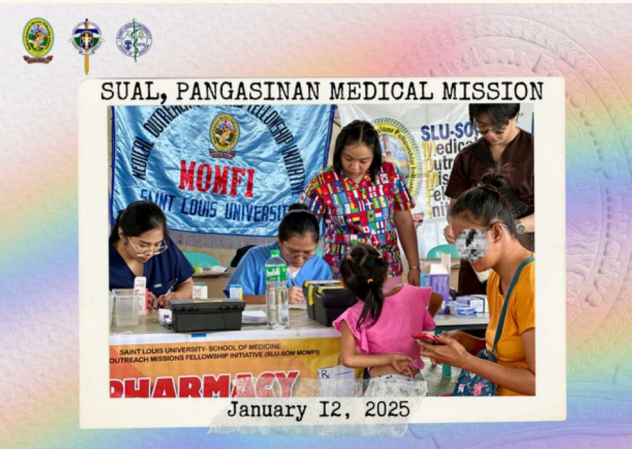
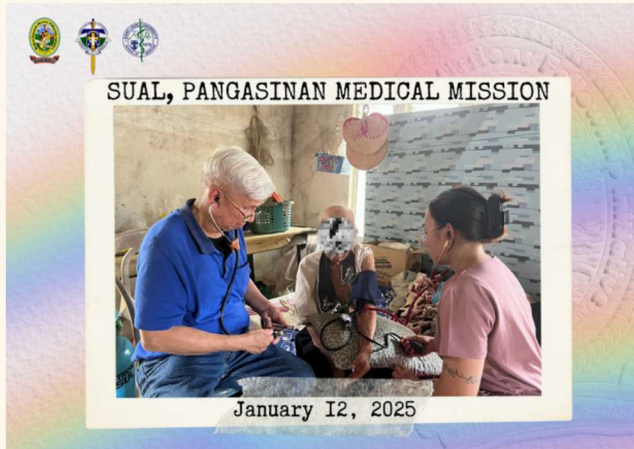
This initiative aligns with Sustainable Development Goal 3: Good Health and Well-being by providing essential services directly to the community.



Bringing Care, Sharing Hope Healing Communities with MOMFI

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/01/12/momfi-leads-a-transformative-medical-mission-in-brgy-baybay-norte-sual-pangasinan/>



On January 12, 2025, MOMFI conducted a medical mission in Brgy. Baybay Norte, Sual, Pangasinan, in partnership with the Rotary Clubs of San Juan, Angeles, and San Fernando City North. The activity aimed to provide accessible healthcare to underserved populations, addressing the need for medical support in communities located far from major urban health facilities.

A total of 262 patients—179 adults and 83 children—received free medical check-ups, consultations, dental examinations, and basic treatments. Common diagnoses were upper respiratory tract infections, hypertension, and cervical muscular strain, which reflect the prevalent health challenges in these communities. Beyond providing medical services, the mission fostered community engagement, offered hope, and empowered individuals through compassionate care. This collaboration among organizations and community members demonstrates the potential for collective action to improve health outcomes and strengthen community resilience.

This medical mission aligns with Sustainable Development Goal 3: Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all ages.



Bridging Cultures with Care: MOMFI's Medical Mission in Sagada Fosters Health and Community Bonds

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/02/02/momfi-holds-a-medical-mission-in-sagada-mt-province/>



On February 1 and 2, 2025, Saint Louis University's Medical Outreach Missions Fellowship Initiative (MOMFI) conducted a health outreach mission in Sagada, Mountain Province, as part of the community activities during the Etiq Festival. During the two-day initiative, MOMFI provided consultations, free medications, and health education to more than 300 residents of Poblacion, addressing a range of general health needs.

In addition to delivering medical services, outreach also fostered meaningful engagement with residents, allowing volunteers to better understand local health needs and provide culturally sensitive care. This initiative exemplified holistic care and the importance of building connections based on respect and understanding. MOMFI continues to prioritize underserved communities, emphasizing that healthcare encompasses both treatment and the empowerment of individuals through accessible, high-quality care.

The MOMFI medical mission aligns with Sustainable Development Goal 3: Good Health and Well-being, which focuses on ensuring healthy lives and promoting well-being for all ages.



Healing in BayBay, Aguilar: A Collaborative Medical Mission of Compassion and Care

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/02/15/momfi-provides-vital-healthcare-services-to-baybay-aguilar-pangasinan/>



On February 15, 2025, MOMFI conducted a medical mission in Brgy. BayBay, Aguilar, Pangasinan, in partnership with the Mistah Foundation. The Mistah Foundation, a Philippine-based charitable organization composed primarily of University of the Philippines Los Baños (UPLB) students, alumni, and supporters, focuses on health services, education, and social support to advance sustainable development and improve quality of life. The mission aimed to deliver essential healthcare services to residents of this remote and closely connected community. A total of 295 patients, including 192 adults and 103 pediatric patients, received care. The team provided health screenings, consultations, and health education to increase awareness and promote wellness. Barangay officials facilitated the organization of activities and ensured efficient operations, which contributed significantly to the mission's success.

The medical mission aligns with Sustainable Development Goal (SDG) 3: Good Health and Well-being, which emphasizes ensuring healthy lives and promoting well-being for all ages. This initiative functions as a health outreach program (Indicator 3.3.2) by providing health screenings, consultations, and health education to 295 residents of the remote Brgy. BayBay community, with the objective of improving local health outcomes. The collaboration among MOMFI, the Mistah Foundation, and local Barangay officials demonstrates effective partnerships and health service delivery designed to enhance equitable healthcare access and leverage student volunteer programs.



MOMFI's Medical Outreach in Barangay Happy Hollow: Promoting Preventive Care, Community Connection, and Holistic Health

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/05/10/momfi-conducts-medical-mission-to-the-residents-of-happy-hollow-baguio-city-benguet/>



On May 10, 2025, the Medical Outreach Missions Foundation, Inc. (MOMFI), in collaboration with the SLU Department of Pharmacy and under the guidance of SLU-CEOPO, conducted a healthcare mission in Barangay Happy Hollow, Baguio City. The initiative provided free medical consultations, essential medications, and medication counseling to residents aged 40 to 80, with an emphasis on preventive care and timely treatment for at-risk populations. The team of physician-volunteers, alumni pharmacist-MDs, SLU student interns, and researchers delivered immediate health services while also facilitating human connections and holistic learning experiences. This mission demonstrated MOMFI's commitment to health equity, community engagement, and education by ensuring that underserved residents received necessary care and support to improve overall well-being and health literacy.

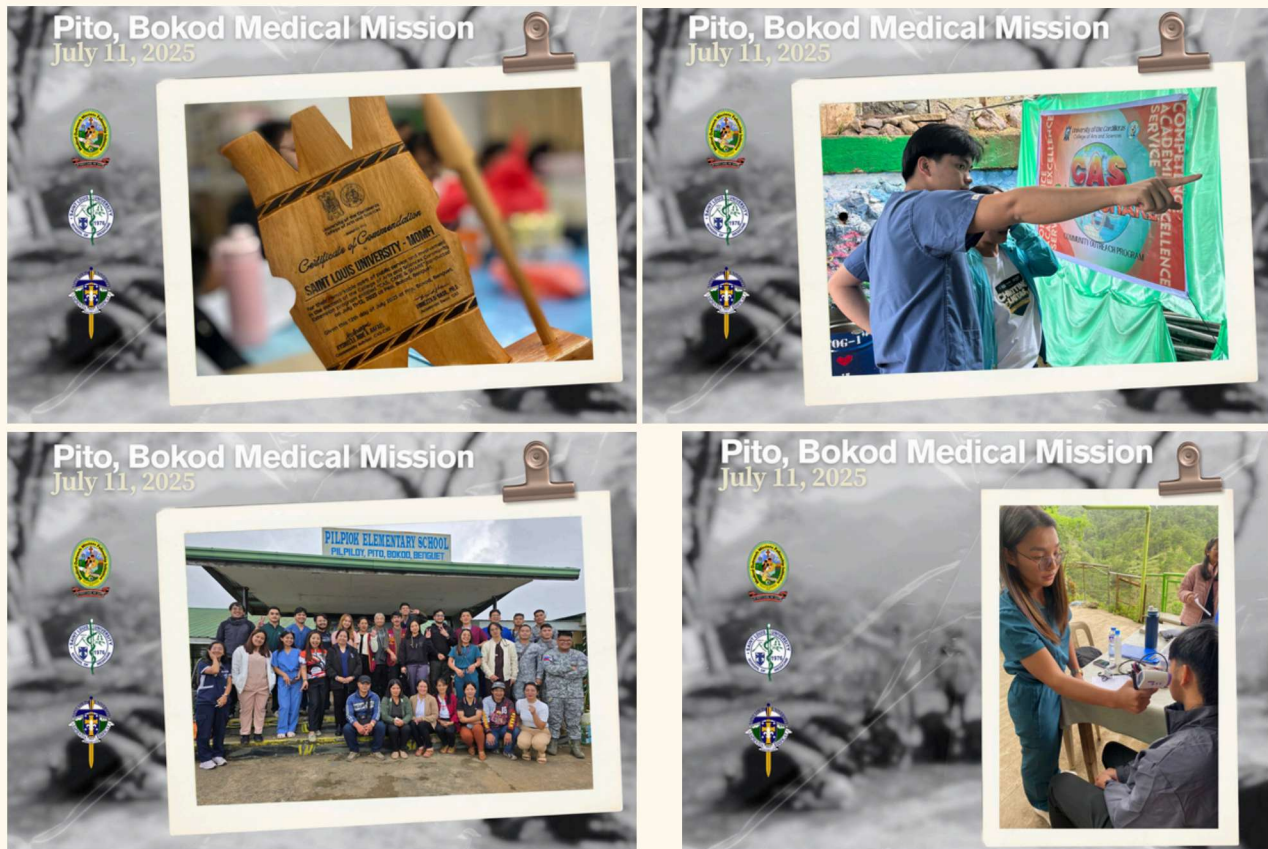
The healthcare mission conducted by MOMFI and the SLU Department of Pharmacy aligns with Sustainable Development Goal 3: Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all ages. This initiative serves as a health outreach program (Indicator 3.3.2) by providing free medical consultations, essential medications, and medication counseling to residents, thereby promoting health and well-being in the local community. Additionally, the event highlights collaboration between MOMFI and the university's Department of Pharmacy, with active participation from SLU student interns and physician-volunteers in a student volunteering program (Indicator 3.3.2).



Healing in the Highlands: MOMFI Collaborates with Universities and the Philippine Air Force to Bring Healthcare to Pito, Bokod

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2025/07/11/momfi-conducts-health-mission-in-the-highlands-of-pito-bokod-benguet/>



On July 11, 2025, MOMFI extended its mission of accessible healthcare to Pito, Bokod, Benguet, a remote highland community with limited medical access. This medical mission aimed to bridge the healthcare gap by providing free consultations, medicines, and health education to those in need, emphasizing the importance of equity in health services. A total of 142 patients were served through the dedicated efforts of doctors, medical students, and volunteers. The initiative was successful through collaborative efforts among MOMFI, the University of Baguio, the University of the Cordilleras, and the TOG 1 unit of the Philippine Air Force, all united by a shared goal of serving with compassion and purpose.

The medical mission in Pito, Bokod, Benguet, aligns closely with SDG 3: Good Health and Well-being, which focuses on ensuring healthy lives and promoting well-being for all ages. By delivering free consultations, medicines, and health education to 142 patients in a remote community with limited medical access, the initiative functions as a direct Health outreach program (Indicator 3.3.2) intended to improve community health. Crucially, the effort exemplifies effective Collaborations and health services through the partnership between MOMFI, the University of Baguio, the University of the Cordilleras, and other organizations, utilizing doctors and medical students in a student volunteering program (Indicator 3.3.2) to enhance equitable healthcare delivery and support the education of health professionals.



DepEd Pangasinan Division Office II Organizes Seminar on Sports Management and Accreditation of Technical Officers

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/02/26/deped-pangasinan-division-office-ii-organizes-seminar-for-sports-management-and-organization-and-accreditation-of-technical-officers/>



The Department of Education Pangasinan Division Office II organized a three-day seminar and workshop at Mangaldan National High School from January 31 to February 2, 2024. Approximately eight hundred participants representing various sports disciplines and municipalities attended. Saint Louis University (SLU) provided support for the event, underscoring its commitment to advancing sports education and community development. The program addressed topics including sports organization, management, and the accreditation of technical officials. The seminar aimed to equip educators with essential skills to promote sports excellence and professionalism, while fostering collaboration among participants.

This initiative strongly aligns with SDG 3: Good Health and Well-being by promoting physical activity and sports excellence. Specifically, it corresponds directly with Indicator 3.3.2: Health outreach programs. The seminar provided educators with training to promote sports and encourage physical activity, which falls explicitly within the metric's scope of delivering projects to improve or promote health and well-being related to sports, exercise, and other health and well-being topics in the local community.



Saint Louis University's IECEP-SLU SC Empowers Vulnerable Children through Project Spark

Published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/04/02/iecep-slu-sc-ignites-learning-and-community-harmony-with-project-spark/>



On March 23, 2024, the Institute of Electronics Engineers of the Philippines – Saint Louis University Student Chapter (IECEP-SLU SC) conducted “Project Spark: Illuminating Futures with a Festive Heart” at Helping Hands Healing Hearts Ministries in Baguio. This initiative demonstrated a commitment to student-led community service and holistic well-being. The outreach program was designed to inspire learning, strengthen community bonds, and nurture a Christian environment among orphaned children supported by the ministry. As a CICM Advocacy activity, Project Spark aligned with the principles of Justice, Peace, and the Integrity of Creation by emphasizing fairness, environmental responsibility, and peaceful coexistence.

The program supported Sustainable Development Goal (SDG) 3 (Good Health and Well-being) by prioritizing mental health and emotional support for children who have experienced trauma or loss, ensuring their overall wellness through engaging activities and emotional care. The program strongly aligns with Indicator 3.3.2: Health outreach programs. This indicator measures activities where projects are delivered in the local community (in this case, Helping Hands Healing Hearts Ministries in Baguio) to improve or promote health and well-being. The initiative fits explicitly into this criteria as a student volunteering program led by the IECEP-SLU SC, focused on providing "mental health and emotional support for children who have experienced trauma or loss", which falls under the category of addressing "other health and well-being related topics".

