SAINT LOUIS UNIVERSITY

SDG

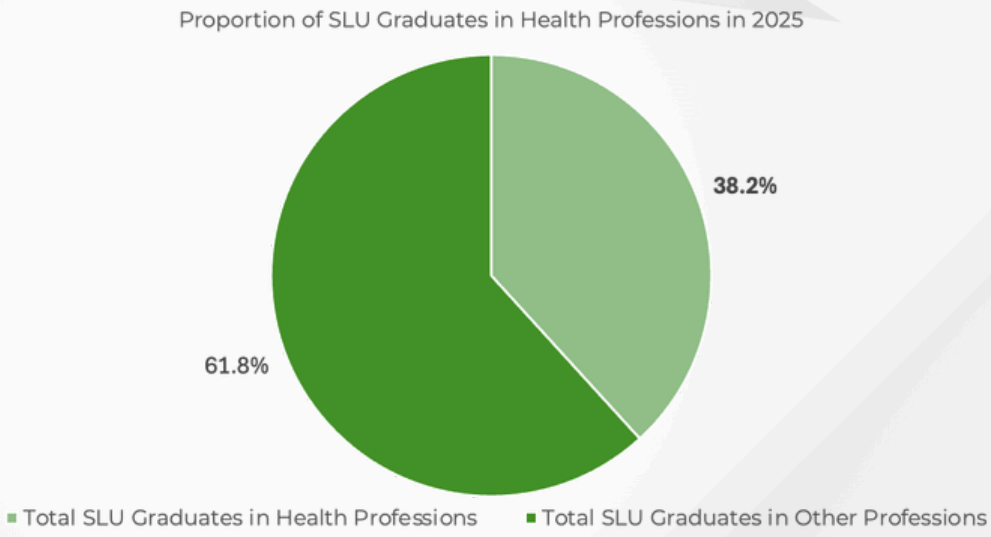
3 GOOD HEALTH AND WELL-BEING



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SUBSTANTIAL CONTRIBUTIONS TO HEALTH PROFESSIONS

SLU advocates good health and well-being through its health professions education with 1,759 graduates.



To address essential human resource demands in healthcare across the Cordilleras and Northern Luzon, SLU produced 1,759 health professions graduates in 2025. Of the 4,602 total graduates, 38.2% earned degrees in health professions and related fields, ranging from undergraduate programs in Nursing, Medical Laboratory Science, Pharmacy, Radiologic Technology, Biology, and Psychology to relevant graduate programs including Doctor of Medicine with 115 graduates.





CULTIVATING LOCAL AND GLOBAL HEALTH AND WELL-BEING

SLU actively sustains and constantly seeks strategic and high-impact partnerships at home and across borders to advance public health, clinical education, and healthcare resources.

To deepen international healthcare partnerships, foster medical innovation and continuously cultivate the next generation of medical leaders, SLU, through SLU Sacred Heart Medical Center (SLU SHMC) and the School of Nursing, Allied Health, and Biological Sciences (SONAHBS), collaborated with Catholic Kwandong University-International St. Mary's Hospital (CKU ISMH), Korea, and Huachiew Chalermprakiet University (HCU), Thailand, in 2026. Such partnerships build on prior international agreements with the University of Texas Health Science Center (USA), Katholieke Universiteit Leuven (Belgium), and Bangchalong Health Promotion Hospital (Thailand). With these institutions, SLU enables international student mobility and professional exchanges and engages in benchmarking activities to encourage international knowledge exchange and cross-cultural training.





Moreover, SLU actively strengthens the Philippine health sector by forging meaningful partnerships with other universities and health-professions institutions. Through SONAHBS, SLU engaged in academic dialogues on best practices in health professions education with De La Salle Medical and Health Sciences Institute (DLSMHSI), Cavite, in February 2026 and with Notre Dame of Marbel University (NDMU), South Cotabato, in November 2025. These dialogues strengthen inter-institutional networks, promote innovation, and elevate academic quality across Philippine regions. Lastly, SLU provided avenues for local trainings on research and on medical emergency response. In November 2025, SLU, with the Cordillera Regional Health Research and Development Consortium (CRHRDC), Department of Science and Technology - Cordillera Administrative Region (DOST-CAR), and Philippine Health Research Ethics Board (PHREB), hosted and conducted a research training on health research



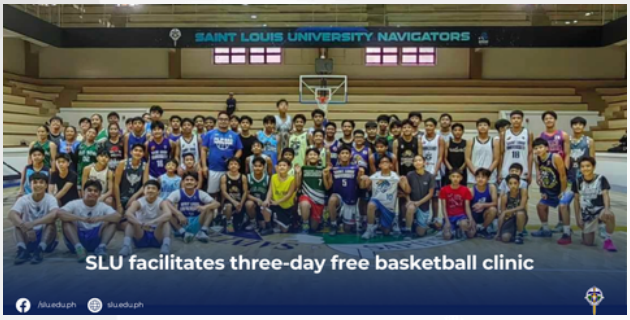
ethics, research participants protection, and evidence-based health policy formulation. SLU, through the Health Services Unit (HSU), also conducted a hands-on cardiopulmonary resuscitation (CPR) training on 25 August 2025, which prepared participants to perform CPR and earn certification. Collaborations across local, national, and global institutions create a well-grounded network to consistently progress healthcare and healthcare education.

SLU delivers comprehensive medical missions on primary, specialized, and preventive care to bridge critical healthcare gaps in local and underserved communities.



Through the SLU Medical Outreach Missionary Fellowship Initiative (MOMFI) and the School of Medicine (SOM), SLU collaborates with regional organizations and local government units to provide medical, dental, hygiene, and reproductive health services.On 13 September 2025, SLU MOMFI partnered with the Pampanga Mega Central Rotary Club and the Philippine Dental Association of North Luzon for the LINGAP KAPWA Medical Mission in Angeles City, providing clinical intake, minor surgery, obstetrics, and dental care to approximately 1,000 residents. Similarly, on 1 May 2026, SLU medical clerks and healthcare professionals coordinated with the Local Government Unit of Sudipen, La Union, to execute a multi-departmental medical, surgical, and physical therapy mission aimed at alleviating travel burdens for rural agricultural communities. Furthermore, SLU expands its health equity initiatives to reach geographically isolated indigenous communities. On 16 November 2025, SLU MOMFI and local partners traveled overnight to Sinacbat, Bakun, Benguet, establishing clinical and pharmacy stations to evaluate and treat complex medical conditions. Building on this commitment to indigenous rights and reduced inequalities, SLU-SOM MOMFI and the YATS Foundation conducted a two-day mission in December 2025, in Sitio Inararo, Porac, Pampanga, delivering interactive hygiene workshops and direct consultations for the Aeta community.

Recognizing the need for non-judgmental care for institutionalized populations, SLU student volunteers conducted a targeted health intake and physical examination mission for Persons Deprived of Liberty (PDLs) at the Baguio City Women's Jail on 1 December 2025.
At the grassroots level, SLU mobilized student volunteers to Irisan, Baguio City, on 19 April 2026, to execute sterile outpatient surgical workflows and reproductive health education in partnership with local barangay health workers. Through these sustained, community-based clinical engagements, SLU continuously shapes competent, socially accountable health leaders while driving localized progress toward global health goals.



SLU empowers community youth through sports.

Demonstrating its commitment to community health and well-being, SLU shares its campus athletic infrastructure with the local public by hosting accessible grassroots sports programs. In June 2026, the SLU Center for Sports Development opened the Prince Bernhard Gym to provide a free, three-day basketball clinic for 70 young student-athletes from various schools across Baguio and Benguet. The clinic provided young athletes with expert mentorship from SLU coaches and players to enhance their core basketball mechanics and cultivate strong camaraderie and sportsmanship. By utilizing its university sports facilities to deliver expert-led athletic mentoring and promote physical fitness, SLU ensures that local communities have shared, equitable access to high-quality institutional spaces that foster active and healthy lifestyles.

SLU implements specialized pedagogical initiatives, campus-based testing programs, and rigorous institutional policies towards sexual and reproductive health care services for students.

Through a multifaceted approach integrating academic innovation and public health partnerships, SLU addresses critical health priorities for both its student body and the broader community. Demonstrating innovation in reproductive health pedagogy anchoring on the Philippine Obstetrical and Gynecological Society (POGS-AHIP) and the PREPARE Advocacy Framework, SLU School of Medicine's Department of Obstetrics develop evidence-based digital advocacy media for adolescent sexual and reproductive health during the 2025–2026 Academic Year. The Medical Class Batch 2027 integrated obstetrical knowledge into digital community platforms across Northern Luzon, successfully merging

clinical education with public health communication excellence to support both SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education). Further expanding campus-based preventive care, SLU coordinated with the Department of Health - Cordillera Administrative Region (DOH-CHD-CAR) National AIDS-STI Prevention and Control Program to execute Project NAMNAMA ("LuwisyaKNOW: Your Status") from February 10 to 11, 2026. This two-day HIV advocacy initiative deployed free, confidential HIV screening booths and specialized counseling, alongside educational symposia. By facilitating early testing, distributing Information, Education, and Communication (IEC) materials, and reducing disease stigma, SLU actively fosters informed health decision-making among its campus youth. In addition to pedagogical and screening initiatives, SLU institutionalizes reproductive and maternal health rights through workplace policies. On 17 November 2025, the City Government of Baguio formally recognized SLU as a Mother-Baby Friendly Institution. This certification ensures that SLU is an inclusive university where women are fully supported in exercising their maternal health rights alongside their academic and professional pursuits. Through these strategic engagements, SLU sustains a comprehensive ecosystem of care that directly contributes to students sexual and reproductive health.



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SLU consistently implements multi-level mental health support and psychological safety for students.

SLU has dedicated spaces for mental health for students. The Talged Center, established on 23 July 2024, at the Fr. Hugo Delbaere Building, provides an inclusive and dedicated "third space." The center provides students, as well as faculty and other employees, with a secure physical environment for relaxation, reflection, and community connection, thereby addressing holistic social and emotional needs beyond the classroom. Complementing center, SLU's Center for Counseling and Wellness (CCW) maintains year-round accessible care in the university, delivering comprehensive psycho-academic interventions, confidential one-on-one counseling, and specialized support services to all university levels. In addition, to proactively foster a campus culture of empathy



and emotional resilience, SLU deploys targeted educational campaigns and interactive psychosocial programs. During Mental Health Month, SLU mobilized the "Wear Blue" solidarity campaign alongside "Sip and Nibble" Destress Zones in October 2025, which provided warm beverages and snacks to promote mindfulness and self-care. Expanding its digital advocacy, SLU observed Suicide Prevention Awareness Month in September 2025, by publishing the "Change the Narrative on Suicide: Build Hope, Spread Compassion" digital media campaign across official platforms to raise mental health awareness. SLU also facilitated the April HILOM Series, delivering virtual reflective writing workshops, guided meditation, and interactive "Kwentuhan" sessions to help students manage anxiety and enhance self-awareness in an online modality. Beyond direct clinical support, SLU actively builds systemic institutional resilience through peer-driven crisis intervention networks. Throughout the 2025–2026 Academic Year, the CCW partnered with the Supreme Student Council (SSC) to execute comprehensive Psychological First Aid (PFA) capacity-building training for student leaders and volunteers. By equipping the student body with proactive crisis response protocols and foundational PFA principles, SLU establishes a sustainable, decentralized peer support system and a "circle of confidence" that elevates community care and institutional readiness.

SLU stands as a stronghold for a clean and smoke-free educational environment.

Adhering to Republic Act 9211 and the Presidential Advisory of 3 October 2007, SLU strictly implements a smoke-free policy to all buildings, campuses, parked vehicles, and auxiliary units within SLU property. The university administration and security personnel execute this directive through continuous monitoring and specific handbook sanctions, shielding students, employees, and visitors from the documented hazards of second-hand smoke and vapor. This regulatory framework integrates several



disciplinary actions with preventive health promotion, ensuring a consistently safe and legally compliant educational space. Parallel to strict policy enforcement, SLU drives active behavioral change and health literacy through targeted public health initiatives. Spearheaded by the Center for Counseling and Wellness (CCW), SLU marked World No Tobacco Day on 31 May 2026 with a digital advocacy campaign themed, "Every puff is a gamble. Your health should never be the stake". Deployed across campus digital media, the campaign engaged the student body and staff by promoting four actionable pillars: abstaining from tobacco and vape products, protecting one's body, advocating for smoke-free spaces, and establishing peer support for cessation. Through the integration of campus security measures and peer-driven cessation advocacy, SLU directly fosters long-term respiratory health and addiction prevention.

SLU fosters a supportive and resilient workplace.

Together with the mental health services offered by SLU's Center for Counseling and Wellness (CCW), SLU strengthens institutional psychological safety by training its workforce in specialized crisis response protocols. On 18 September 2025, SLU-CCW led the university-wide "Hope for Tomorrow" Psychological First Aid (PFA) workshop during the UPSTART 2025 assembly. This two-phase intervention engaged faculty and academic leaders through foundational clinical lectures and hands-on crisis simulations. By institutionalizing these intervention tools, SLU empowers its staff to competently assess and mitigate student psychological distress through a proactive, compassionate teaching infrastructure.

