

3 GOOD HEALTH AND WELL-BEING

MMSU's Commitment

Promote good health and holistic well-being among all University stakeholders and communities through education, research, training, and advocacy for improved quality life.

GREEN SPACES FOR A WHOLISTIC ENVIRONMENTAL HEALTH



This annual tree planting program of MMSU is to gradually build green walls composed of native tree species to provide shades and serve as windbreaks. With the goal to increase the canopy on-campus, it will create an environment conducive for walking, meditation, and nature-connection activities. Additionally, green spaces have been proven to boost serotonin and dopamine levels in the brain, contributing to happiness and well-being.

Indigenous Food Plants and Probiotics Project (January 2023 – December 2026)

Probiotics and Functional Asian Summit



The Indigenous Food Research Consortium based in Mariano Marcos State University hosted the first-ever Probiotics and Functional Foods Asian Summit with the theme "FLAM: (From Farm to Lab, Accelerated to the Market): Harnessing Probiotics and Functional Foods in Bridging Health and Nutrition

Divides". This summit tackles novel research methodologies and advanced technologies on the development of probiotics and functional foods toward the promotion of health and nutrition. The project's goal is to enhance the development and advocacy of native food plants and to enhance the methods for formulating and advancing probiotic products like beverages, probiotic food, and pharmaceutical formulation to make these healthy food materials accessible and available at the local level.

Highlights

	2019	2020	2021	2022	2023
Number of students in Medicine	91	103	100	128	129
Number of students in allied health programs (Nursing, Physical Therapy, Pharmacy)	702	721	889	1,333	1,324
Number of graduates	2,826	1,145	546	2,478	2,901
Number of graduates in health professions	311	111	40	330	299
Number of health-related outreach programs	Not tracked	Not tracked	Not tracked	10	37
Number of trainees in health-related outreach/extension programs	Not tracked	Not tracked	Not tracked	811	1567
Number of recipients of health services (Number of health services provided)	12,555	4,994	15,424	9,424	820

Key Activities and Accomplishments

1. *Trainings/Seminars/Conferences*

- **Awareness Building on Occupational safety and Health.** The university launched its awareness building to protect the welfare of its employees. Dubbed "Championing MMSU Occupational Safety and Health Toward Quality Workspace" aimed to increase the employee's knowledge in ensuring physical and mental health, and in preventing occupational injuries and illnesses in their work environment.
- **Mental Health and Values Formation.** In celebration of the mental health week, MMSU organized an overall welfare activity for the employees of the university. Activities included are webinar on Mental Health Assessment and Mental Health First Response for Employees and Students.
- **Celebration of sportsmanship, camaraderie, and social interaction.** The annual university-wide sports and culture and the arts competition is an opportunity for students and faculty to focus on physical wellness through sports and showcase of talents. Additionally, this big event provides an avenue for the MMSU community to

bond and engage therefore reduces the feeling of loneliness therefore improving the psychological well-being of the MMSU community.

- **Conduct Training on Disability Sensitivity.** This program dubbed IGNITE and DISCOVER was conducted in line with the National Disability Prevention and Rehabilitation (NDPR) month celebration. IGNITE stands for Innovative Gathering for Nurturing Inclusive Teaching Environments, while DISCOVER means Disability Inclusion Strategies, Concepts, Outputs, Valuable Experiences and Researches.

2. *Research & Extension Projects*

- **Establishment of Health Tourism Hub in MMSU.** Mariano Marcos State University (MMSU) is paving the way for the development of a health and wellness tourism hub at its main campus, starting with a tree-planting activity at the Biodiversity Conservation Learning Center and Leisure Park on January 13. Administrators, faculty, staff, and students planted 120 seedlings, including 28 native tree species and two bamboo species, in preparation for the transformation of the park into a hub designed to promote physical and spiritual well-being. This initiative aligns with MMSU's ongoing commitment to environmental preservation, with tree planting being a long-standing tradition and advocacy of the university. The envisioned health and wellness tourism hub aims to offer a peaceful sanctuary for those seeking to rejuvenate their minds and bodies.
- **Project PEDIA-GERIA Tricks.** The Mariano Marcos State University (MMSU) - College of Health Sciences (CHS), Department of Pharmacy has launched a dedicated project aimed at enhancing care processes for pediatric and geriatric patients, particularly in relation to medication adherence. Recognizing the complexities surrounding adherence in these populations—such as age, cognition, caregiver involvement, and social influences—the project emphasizes the vital role of healthcare professionals and pharmacists in ensuring rational drug therapy. It incorporates key interventions like healthcare support, skills development, and proper tool utilization, along with efforts to strengthen social and familial relationships. By addressing these factors, the project seeks to transform negative behaviors and attitudes into positive ones, ultimately improving health outcomes for these vulnerable groups. The initiative features four main activities: PharmaTEACH, PharmaLISTS, PharmaTREATS, and PharmaPLANT, each targeting specific concerns related to medication adherence and the use of herbal plants.
- **CHS-CBR Program 3.0.** The Mariano Marcos State University (MMSU), through its Community-Based Rehabilitation (CBR) program led by the Department of Physical Therapy of the College of Health Sciences (CHS-DPT), continues to spearhead community services that focus on improving the quality of life for local residents, particularly individuals with disabilities. The program addresses broader health concerns, including healthcare management, health dynamics, and community engagement, while recognizing the impact of various health determinants and indicators. With these challenges, MMSU aims to foster local health development by promoting inclusivity, responsiveness, and resilience, especially for those with special needs and disabilities.
- **Project ANDUR.** As part of the pre-disaster preparedness initiative under Project ANDUR, the Mariano Marcos State University-College of Arts and Sciences, through its Department of Social Sciences, capacitated both psychology and non-psychology faculty members to deliver psychosocial services to survivors of natural and man-

made calamities. This training equips faculty members with the necessary skills to respond to future calls for help from disaster-affected areas in Ilocos Norte. The project is set to become an annual extension activity, demonstrating the university's commitment to community resilience and mental health support in times of crisis.

- **Project Sappuyot Salun-At.** Amid the ongoing COVID-19 pandemic and the rising prevalence of lifestyle-related conditions, the Department of Education (DepEd) Schools Division of Ilocos Norte has partnered with the Mariano Marcos State University (MMSU) College of Health Sciences (CHS) Department of Nursing to conduct wellness lectures and screening sessions for its employees. This initiative, titled Sappuyot Salun-at ti MMSU ken DepEd, aims to promote health and wellness by addressing key lifestyle-related health concerns. The program will include lectures and screening sessions designed to educate and assess DepEd employees on various health issues, offering guidance on improving lifestyle habits to enhance overall well-being. The partnership, including support from the MA Nursing program, responds to DepEd's commitment to fostering healthier workplace environments, particularly in light of the pandemic's impact on physical and mental health.

Relevant Researches and Projects in SDG 3: Good Health and Well-Being

Title	Researcher/s	Fund Source
Epidemiology of Internal Parasites in Ilocos Norte	M Bagot	GAA
A cross-sectional Study on the Readiness of Community-Based Clinics in City of Batac, Ilocos Norte to Universal Health Reform	P Jr Joves, PN Agcaoili	GAA
Analysis of Trace Elements in Ilocos Moringa Oleifera and Corchorus Olitorius Using Atomic Absorption Spectrophotometry	K Damo, JP Cadiz	GAA
Comparative Glycopeptide Analysis of Two Breed of Porcine Colostrum by Liquid Chromatography Mass Spectrometry	J Asuncion, C Remoroza, D Domingo, DM Fronda, JP Cadiz, R Villena, M Bagot	GAA
Carbohydrate and Protein Hydrolytic Activities and Stress Tolerance of Putative Probiotic Isolates	S Baranda, AJ Racho, M Olivar, JZ Fabia, MJT Agcaoili, PJ Gann, SG Jalani, S Agrupis, D Bucao	GIA
Whole Genome Sequence Analysis and In-vitro Probiotic Characterization of Plant Derived Lactic Acid Bacteria	JZ Fabia, MJT Agcaoili, RJ Pascual, S Baranda, AJ Racho, M Olivar, SG Jalani, PJ Gann, S Agrupis, D Bucao	GIA
Carbohydrate and Protein Hydrolytic Activities and Stress Tolerance of Putative Probiotic Isolates	S Baranda, AJ Racho, M Olivar, JZ Fabia, MJT Agcaoili, PJ Gann, SG Jalani, S Agrupis, D Bucao	GIA
Phenotypic Characterization of Putative Lactic Acid Bacteria Isolated from Plant and Animal Sources of Ilocos Norte for Probiotic Application	D Bucao, SG Jalani, MA Batuyong, J Cariaga, JZ Fabia, AJ Racho, M Olivar, S Agrupis	GIA