

REPORT OF SDGs 3: GOOD HEALTH AND WELL BEING

**Promoting Health and Well-Being: University Efforts in
Addressing Diseases and Health Issues**



**UNIVERSITAS SYIAH KUALA
SUSTAINABILITY REPORT
2023**

3 GOOD HEALTH AND WELL-BEING



Promoting Health and Well-Being: University Efforts in Addressing Diseases and Health Issues

Promoting health and well-being across all age groups is crucial for sustainable development. It is vital to eliminate a variety of diseases and tackle ongoing and emerging health challenges. We are examining how universities address specific health issues and support their communities.

1. Collaborations and health services

USK builds strategic partnerships with local, national, and international health organizations to improve community health and well-being. Locally, it collaborates with most hospitals in Aceh, including a Tripartite Agreement with the Faculty of Medicine, Aceh Mental Hospital, and RSUDZA. Nationally, USK's Pharmacist Professional Education Program partners with top pharmaceutical companies and the Indonesian Army Pharmacy Institute to provide students with professional experience. Internationally, USK expands its network, as shown by the Faculty of Veterinary Medicine's partnership with the Vets4Welfare Foundation in the Netherlands, reflecting USK's commitment to advancing animal welfare practices.

2. Health Outreach Program

USK's health outreach programs aim to enhance community well-being and access to healthcare. Working with local health organizations, these programs address health issues through education, prevention, and direct services. Activities include health screenings, vaccinations, workshops, and awareness campaigns on nutrition, mental health, and disease prevention. Faculty and students actively engage in these efforts, gaining hands-on experience while positively impacting the community. These initiatives reflect USK's dedication to promoting health and well-being in the region.

of Dentistry conducted educational sessions in Gampong Jawa, Banda Aceh, to promote oral health awareness and teach proper handwashing techniques to the children of waste pickers.

3. Share sports facilities

USK provides a range of sports facilities to encourage physical activity and well-being among students and the community. These include multipurpose fields, basketball and volleyball courts, and indoor gyms, accommodating various athletic interests. The facilities are frequently used by student organizations, clubs, and community groups, creating a shared, supportive environment. USK also hosts sports events and competitions, inviting participation from different faculties and local schools, which fosters community bonds and promotes healthy living.



4. Sexual and reproductive health care services for students

Universitas Syiah Kuala (USK) provides extensive sexual and reproductive health services to promote awareness, education, and access to essential resources for students and staff. The Taskforce for the Prevention and Handling of Sexual Violence (PPKS) offers a confidential complaint service for students facing or witnessing harassment, ensuring guidance and support for a safe campus environment. Additionally, USK's health facilities offer private counseling and medical services, including access to contraceptives, STI screenings, and pregnancy care. By partnering with local health organizations, USK expands service availability and outreach. These initiatives create a supportive setting for students, enhancing well-being and fostering academic success.



5. Mental health support

USK prioritizes mental health for students and staff, offering resources to support well-being and academic success. Key among these is the counseling center, where professionals provide confidential support, therapy, and assessments. The Psychology program's Integrated Counseling and Psychology Service Unit (UPKPT) further ensures access to psychological support for all students and staff. USK also runs mental health workshops, awareness campaigns, and peer support programs, promoting education on coping skills and reducing stigma. Through these comprehensive mental health services, USK fosters a healthy, supportive campus environment.



6. Smoke-free policy

USK has reinforced its commitment to a healthy, sustainable campus by updating its No-Smoking Zone or *Kawasan Tanpa Rokok* (KTR) policy, supporting its Green and Eco-Friendly Campus initiative. New no-smoking signs have been installed to remind students and staff of the smoking ban, in line with Aceh's tobacco control law (Qanun No. 4 of 2020) and USK's Rector's Regulation No. 5 of 2015, which make the campus a smoke-free zone. These policies aim to reduce secondhand smoke exposure, discourage smoking, and support public health.

USK's No-Smoking Taskforce monitors compliance, ensuring all tobacco ads, promotions, and sponsorships are restricted on campus. They also run awareness campaigns to foster a culture of health and environmental responsibility, showing USK's dedication to sustainable development. Additionally, the USK Senate is reviewing a new regulation proposed by the Rector, aligning with Aceh's KTR law, to further strengthen non-smoking policies across the campus.

