



3 GOOD HEALTH AND WELL-BEING



“Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development. There is an urgent need to fully eradicate a wide range of diseases and address many different persistent and emerging health issues.”

-THE Impact Rankings

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Number of	
Graduates	6,050
Graduates in health professions	1,302

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2.2
 Citation Impact

RESEARCH IN NUMBERS (2016-2023)

 **928**
 publication



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1 Free Health Screening for Academic Community through Institutional Posbindu

Medical School (FK) at Universitas Sebelas Maret held **routine Institutional Development Post (Posbindu)** activities for the FK UNS academic community on Friday, 12 Mei 2023. Taking place at the FK UNS Auditorium, this activity was attended by dozens of academics who wanted to check their health. The activity is a **workplace screening program focused on early detection of Non-Communicable Diseases (NCDs)**. In this service, FK UNS academics who have their health checked will receive blood pressure checks, weight and height measurements, abdominal circumference measurements, blood sugar level checks and free consultations on health problems. FK UNS itself is one of ten consortium members from Europe and Southeast Asia who **have a research project called Scaling-Up NCD Interventions in South-East Asia (SUNI-SEA)** which focuses on preventing and controlling NCDs.

2 Nutrition Counseling for Pregnant Women with Chronic Energy Deficiency



The activity **Nutrition Counseling for Pregnant Women with Chronic Energy Deficiency** is targeted at 2 pregnant women who have chronic energy deficiency conditions who live in Gawan Village. This counseling prioritizes **the importance of knowing the signs and symptoms** of chronic energy deficiency as well as the nutrition that can be given to prevent chronic energy deficiency. Apart from providing counseling to pregnant women, **preventive programs** also carried out through Youth Posyandu with **adolescent reproductive health** as the main theme. Considering that there is still a high incidence of early marriage in Gawan Village, the KKN 237 Team is providing education regarding the importance of maintaining reproductive health and achieving balanced nutrition as a form of prevention against risk factors for chronic energy deficiency in the future.



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3 | Social Service Located in Trosemi Village

The Medical Education Study Program at Universitas Sebelas Maret held a **Social Service activity** on 27-29 October 2023. This activity was attended by around 200 FK UNS Medical Education students Class of 2023. Located in Trosemi Village, Gatak District, Sukoharjo Regency, this Social Service was filled with various activities such as **Health Counseling, Health Check Clinics, Bazaars and Distribution of Basic Foods**. The aim of this activity is to provide new students with the opportunity **to experience direct interaction with the community** and get an idea of how doctors work to serve the community so that later they can implement the knowledge they have gained from college to help the community in solving health problems.



4 | Strengthening Maternal Resilience in Optimizing the Growth and Development of Toddlers and Stunting Prevention

Lecturers from the Undergraduate Study Program and Professional Education for Midwives as well as Doctoral Students in Public Health Sciences at Universitas Sebelas Maret carry out research and community service activities with the theme "Strengthening Maternal Resilience in Optimizing the Growth and Development of Toddlers and Stunting Prevention".

It is hoped that this activity can increase the resilience and toughness of mothers who have stunted children so that they are empowered to improve their children's welfare and health.

