

SDGs' REPORT 2026 · SDG 3

Good Health and Well-being

UNESA is treating patients in disaster zones, running free health checks and counselling, working with hospitals and universities, and opening its sports facilities to the public.



UNESA's health team takes a resident's blood pressure at the temporary health post in Reo, Manggarai, East Nusa Tenggara, after the earthquake, September 2026.

SDG 3 AT A GLANCE

Health care for campus, community and crisis zones

SDG 3 asks universities to educate health workers, work with health institutions, and improve the health and well-being of their students, staff and neighbours. This report sets out what UNESA did on each of these in 2025 and 2026. It covers the smoke-free policy, partnerships, health education, health services on campus, mental health, outreach, disaster response and sport.

HOW UNESA WORKS ON SDG 3

The Faculty of Medicine and the Faculty of Psychology lead most of UNESA's health partnerships and outreach. The Sub-Directorate of Crisis Mitigation Center (SMCC), part of the Directorate for the Prevention and Handling of Strategic Issues (PPIS), leads disaster response and mental health support for students and staff. The Faculty of Sport and Health Sciences, the Faculty of Vocational Studies and the Badan Pengelola Usaha (BPU) run sport and fitness facilities. The SDGs Center coordinates SDG reporting.

This report is one of seventeen: UNESA publishes an SDGs' Report for each SDG. Each report links to the full evidence pages, with every source, at sdgscenter.unesa.ac.id.

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SDG 3 online: every evidence page, with its sources, under SDG metrics at sdgscenter.unesa.ac.id

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POLICY AND GOVERNANCE

A smoke-free campus, backed by clear rules

UNESA protects the health of students, staff and visitors with a Rector's regulation that makes its rooms and areas smoke-free. Every unit has a named role in applying it.

8 Nov 2023
date Rector's Regulation Number 31 of 2023 on the Smoke-Free Area was set

5
activities banned in the smoke-free area: producing, selling, advertising, promoting and using cigarettes

7 m
least distance of a designated smoking spot from the wall of any building

6 months
how often the task force and unit heads report their oversight to the Rector

WHAT THE REGULATION SAYS

Rector's Regulation Number 31 of 2023 declares UNESA's rooms and areas a smoke-free area. In it, producing, selling, advertising, promoting and using cigarettes are banned. Every head of a unit must designate a smoke-free area in that unit and put up signs. Any smoking spot must be a separate area outdoors, at least seven metres from the wall of a building, so that smoke stays away from classrooms, offices and walkways.

WHO LOOKS AFTER IT

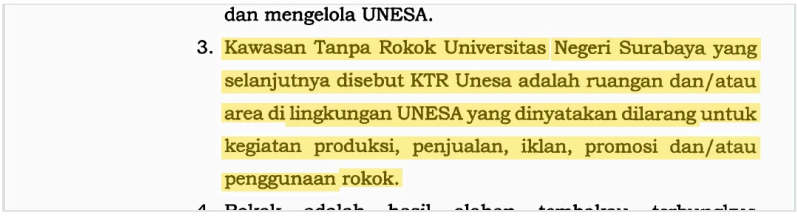
A special committee for the smoke-free area and a monitoring task force carry out the regulation. They work under each head of unit and are coordinated by the Vice-Rector for Student Affairs. The task force and unit heads report their results to the Rector every six months, as Article 13 requires.

PUTTING IT INTO PRACTICE

On 25 June 2026 PPIS and SMCC brought together the Section II heads of all faculties to discuss occupational safety and the smoke-free regulation. The meeting clarified who is responsible for what and gave faculties room to compare how they apply the rules, with signs, supervision and reporting as the shared tools.

HEALTH WORK IS SHARED

Health work at UNESA is led by the units with the expertise. The Faculty of Medicine and the Faculty of Psychology lead most health partnerships and outreach. SMCC leads crisis response and counselling support. The Faculty of Sport and Health Sciences leads sport and fitness. The pages that follow show what each unit did in 2025 and 2026.



dan mengelola UNESA.

3. Kawasan Tanpa Rokok Universitas Negeri Surabaya yang selanjutnya disebut KTR Unesa adalah ruangan dan/atau area di lingkungan UNESA yang dinyatakan dilarang untuk kegiatan produksi, penjualan, iklan, promosi dan/atau penggunaan rokok.

4. Rokok adalah hasil olahan tembakau terbungkus

IN THE POLICY

Rector's Regulation Number 31 of 2023 on the Smoke-Free Area within Universitas Negeri Surabaya, set on 8 November 2023. Article 1 point 3 defines the smoke-free area as the rooms and areas where producing, selling, advertising, promoting and using cigarettes are banned. Highlight added.

HEALTH PARTNERS

Working with hospitals, health offices and universities, from Surabaya to Hong Kong

UNESA's health faculties keep partnerships at three levels. Each one is active in 2025 or 2026 and leads to teaching, research or services for people.

3

levels of partners: local, national and global

2 days

visiting professor from The Hong Kong Polytechnic University, 3 and 4 February 2026, with a joint research roadmap

4 weeks

clinical and research exchange for three medical students at Khon Kaen University, 7 September to 2 October 2026

1

signed research agreement with BRIN and RSU Bunda on tuberculosis detection with artificial intelligence

LOCAL

The Faculty of Psychology teaches in the Surabaya City Health Office's JIRONA programme on adolescent mental health, at two schools on 15 and 16 April 2026. The Faculty of Medicine ran free health checks with Puskesmas Lidah Kulon from 7 to 9 October 2025, and Campus 5 in Magetan did the same with Puskesmas Maospati in February and September 2026.

NATIONAL

The Artificial Intelligence programme works with RSU Bunda in Jakarta and the National Research and Innovation Agency (BRIN) on an AI model that estimates the chance of tuberculosis from lung images. On 28 June 2025 UNESA signed an agreement with RSUD dr. Moewardi Surakarta for student internships, teaching by hospital staff and joint research. On 23 September 2026 the Faculty of Medicine hosted an immunisation workshop with the East Java Provincial Health Office and UNICEF.

GLOBAL

Visitors and partners from Hong Kong, the United Kingdom, Thailand and Australia worked with UNESA's faculties in 2025 and 2026. The hybrid International Conference on Biomedical Innovation for Sustainable Health on 8 and 9 August 2026 brought speakers from Hong Kong, Japan, the Netherlands and Indonesia. In April 2026 researchers from the Faculty of Sport and Health Sciences planned work with Loughborough University on physical activity and brain health.

HEALTH PARTNERSHIPS IN 2025 AND 2026

DATE	PARTNER	WHAT HAPPENED	LEVEL
28 Jun 2025	RSUD dr. Moewardi Surakarta	Cooperation agreement: student internships, teaching by hospital staff, joint research	National
7-9 Oct 2025	Surabaya City Health Office, Puskesmas Lidah Kulon	Free health checks for students, lecturers and staff	Local
3-4 Feb 2026	The Hong Kong Polytechnic University	Workshop for midwifery lecturers, lecture for dentistry students, joint research plan	Global
7-9 Aug 2026	University of Manchester, UK	Guest lecture on cardiovascular health; speaker at the biomedical conference	Global
23 Sep 2026	East Java Health Office and UNICEF	Immunisation listening workshop at the Faculty of Medicine	National, global

HEALTH PROFESSIONS EDUCATION

Teaching the next generation of health workers

UNESA's health programmes learn beside patients and communities. Students cover public events, serve in outreach, and are taught by clinical partners and visiting experts.

7,393
graduates in calendar year 2025, across all programmes

70
eleventh-grade students taught balanced nutrition at SMKN 4 Madiun, with pre- and post-tests, 4 August 2025

2
programmes, Nursing and Midwifery, provided medical cover at a children's swimming event on 2 May 2026

PROGRAMMES AND GRADUATES

UNESA graduated 7,393 students in calendar year 2025. The health programmes sit mainly in the Faculty of Medicine, which teaches medicine, dentistry, nursing, midwifery and physiotherapy, and in the Faculty of Psychology and the Faculty of Sport and Health Sciences. Nutrition Science lecturers and students take nutrition teaching into schools and sports clubs.

LEARNING WITH PARTNERS

Hospital and university partners teach UNESA's students directly. The agreement with RSUD dr. Moewardi Surakarta opens internship and clinical practice placements beyond the Faculty of Medicine, including for nutrition students. In February 2026 a visiting professor from Hong Kong gave midwifery lecturers a research workshop and first-year dentistry students a guest lecture. In August 2026 a professor from Manchester lectured on cardiovascular health.

LEARNING BY SERVING

Nursing and Midwifery students and lecturers staffed the medical team at the TGSA Fun Swimming event for children aged 4 to 15 on 2 May 2026. Nursing students ran the GERAK physical activity session for health volunteers at Puskesmas Bangkingan on 18 May 2026. Faculty of Medicine staff took part in the Reo health post after the September 2026 earthquake, and a Faculty of Medicine team screened 200 migrant workers in Hong Kong.

HEALTH PROGRAMMES AT WORK, 2025 AND 2026

PROGRAMME	FACULTY	WHAT STUDENTS AND LECTURERS DID
Nutrition Science	Sport and Health Sciences	Taught 70 students at SMKN 4 Madiun on 4 Aug 2025; nutrition education for East Java Kabaddi athletes in June 2026
Nursing	Medicine	Medical team at the TGSA swimming event, 2 May 2026; GERAK session at Puskesmas Bangkingan, 18 May 2026; heart health campaign at Car Free Day, May 2026
Midwifery	Medicine	Health and safety support at the TGSA event; research workshop with a visiting professor, 3 Feb 2026
Dentistry	Medicine	Guest lecture by a visiting professor for first-year students, 4 Feb 2026
Medicine	Medicine	Emergency health post at Reo, 3 to 7 Sep 2026; three students on exchange at Khon Kaen University; migrant worker screening in Hong Kong, 31 May 2026
Psychology	Psychology	JIRONA school sessions, 15 and 16 Apr 2026; Sedjiwa free counselling; peer counsellor training, 28 and 29 Aug 2026

HEALTH ON CAMPUS

Free health checks for the people who study and work at UNESA

UNESA brings health services to its own campuses: check-ups with local health centres, screening, a health insurance desk for staff, and talks on reproductive health open to all.

Thousands

of students, lecturers and staff had free checks at the Faculty of Medicine, 7 to 9 October 2025

24–26 Nov

free checks at Ketintang with the Surabaya City Government in 2025, with HPV DNA screening among the services

2

free check-ups at Campus 5 with Puskesmas Maospati: 7 February and 8 to 10 September 2026

19 May

2026 talkshow on adolescent reproductive health, open to students and the public in person, on Zoom and on YouTube

CHECK-UPS WITH HEALTH CENTRES

From 7 to 9 October 2025 the Faculty of Medicine and Puskesmas Lidah Kulon ran free checks in the faculty lobby at Lidah Wetan. They covered teeth, eyes, hearing, height, weight, waist size, blood pressure, uric acid and cholesterol. The health centre entered every result in Satu Sehat, the national health record, so any health service in Indonesia can read it. From 24 to 26 November 2025 a three-day programme at Ketintang, run with the Surabaya City Government, the Faculty of Medicine and SMCC, served students across faculties and included HPV DNA screening.

CAMPUS 5 AND FITNESS TESTS

UNESA Campus 5 in Magetan held free health check-ups with Puskesmas Maospati on 7 February 2026 and again from 8 to 10 September 2026, when the health centre's own staff gave a range of examinations on campus. On 4 December 2025 the Faculty of Sport and Health Sciences held health and fitness tests with Kimia Farma.

REPRODUCTIVE HEALTH INFORMATION

On 19 May 2026 the Social Studies Education programme held its SDG's Series talkshow on Good Health and Well-being with the East Java office of the National Population and Family Planning Board (BKKBN). The board presented its Youth Information and Counselling Centres, where trained peer educators and counsellors give reproductive health education and HIV and drug-abuse awareness, and its family support programme for adolescents.

EARLY DETECTION OF CANCER

In August 2026 a UNESA nursing lecturer proposed ONCO-CKG, which would add breast and cervical screening to Indonesia's free health check at health centres and posyandu, with an app that sorts people by risk and links them to nurses. UNESA researchers also reported in July 2026 on anticancer drug candidates from tropical plants, tested against cervical and breast cancer cells.



A health centre worker checks a student's blood pressure at the free health check-up held by UNESA Campus 5 with Puskesmas Maospati, Magetan, September 2026.

MENTAL HEALTH SUPPORT

Counselling and mental health care for every student and member of staff

UNESA offers free counselling to all students and builds mental health skills among students and staff, with units that run all year, not single events.

Every
UNESA student can book free counselling through Sedjiwa, online or in person

128
newly appointed lecturers briefed on mental health and anti-violence, 8 April 2025

2 days
of peer counsellor training with SaPPA-ABK, 28 and 29 August 2026, to support students with disabilities

2
orchestra and opera evenings for mental health awareness, 10 October 2025 and 10 October 2026

FOR STUDENTS

The Faculty of Psychology runs Sedjiwa (Sahabat Peduli Jiwa), reported on 14 March 2026. Students register online, choose a session time and are contacted to meet a peer counsellor or a trained professional counsellor, online or in a private counselling room. The service is free for all UNESA students. In September 2026 the Faculty of Social and Political Sciences and SMCC opened a Talk to Us space on weekdays from 08:00 to 16:00, with a pledge of confidentiality.

BUILDING SKILLS

In April 2025 SMCC held a self-improvement and self-love training with a mindfulness session on emotional stability, stress, concentration and sleep. In May 2026 Campus 5 trained its counselling teams and student peer counsellors. On 4 April 2026 psychology students learned Preksha meditation and box breathing in a session with Preksha International and the Honorary Consulate of India in Surabaya.

FOR STAFF

Staff can book UNESA's professional psychological consultation, online or in person, on weekdays from 08:00 to 15:00. PPIS briefed 128 new lecturers on mental health on 8 April 2025 and ran a Working Happily training with the Faculty of Psychology on 30 July 2025. On 4 May 2026 the AKRAB induction for new lecturers included a stress management session led by the head of SMCC. New staff can also take mental health screening at the Faculty of Psychology's Assessment Center.

THE WHOLE CAMPUS

On World Mental Health Day, 10 October 2025, the Faculty of Psychology staged an orchestra and opera at Lidah Wetan for the academic community, attended by university leaders. It closed Mental Health Month 2026 with an opera and talk show on the family as a safe space on 10 October 2026.

MENTAL HEALTH PROGRAMMES, 2025 AND 2026

DATE	PROGRAMME	FOR	LED BY
8 Apr 2025	Mental health and anti-violence briefing	128 new lecturers	PPIS
30 Jul 2025	Working Happily mental health training	Lecturers	PPIS, Psychology
14 Mar 2026	Sedjiwa free peer and professional counselling (reported)	All students	Psychology
4 May 2026	AKRAB induction with a stress management session	New lecturers	PPIS, SMCC
28-29 Aug 2026	Connect and Care peer counsellor training	Student peer counsellors	Psychology, SaPPA-ABK
8-18 Sep 2026	Talk to Us counselling space	Students	FISIPOL, SMCC

COMMUNITY OUTREACH

Health education in villages, schools, parks and abroad

UNESA students and lecturers take health education to the places where people live, study and work, in partnership with local health centres.

52
mothers at a stunting prevention session in Kaumrejo village, Malang, 8 and 9 May 2026

200
Indonesian migrant workers screened for blood pressure and body mass index in Hong Kong, 31 May 2026

17
community-health programmes in UNESA's assisted villages in 2025

27 of 31
Kabaddi athletes improved their nutrition knowledge after a session in June 2026

VILLAGES AND HEALTH CENTRES

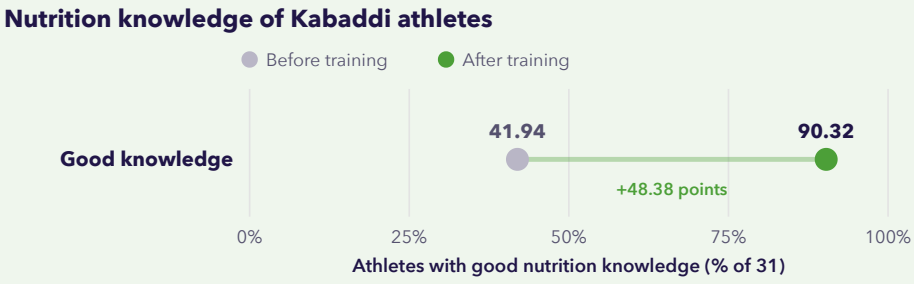
Communication students ran a child nutrition workshop with Puskesmas Manding at Kasengan village on 9 May 2026, using cassava leaves and tempeh, and the BESEK stunting session for 52 mothers in Kaumrejo. Nursing students taught light exercise to health volunteers at Puskesmas Bangkingan on 18 May 2026. In September 2026 lecturers taught village cadres in Gresik to turn chicken liver and moringa leaves into snacks that help prevent anaemia.

SCHOOLS

The Faculty of Psychology gave mental health, drug abuse and violence prevention sessions with a pre-test, teaching and screening at MTs Hasyim Asy'ari on 15 April 2026 and SMA Labschool Surabaya on 16 April 2026. In June 2026 Nutrition Science lecturers taught East Java's Kabaddi athletes sports nutrition.

PARKS AND PUBLIC PLACES

On 25 May 2025 and 14 June 2026 the Faculty of Psychology took free counselling and mental health games to Taman Bungkul, Surabaya. A Weight Loss Challenge on 2 May 2025 gave the public a baseline fitness test, education sessions and training. In August 2026 a team worked with Universiti Teknologi Malaysia on fitness screening and nutrition education in Johor Bahru, and on 9 October 2026 psychologists held a stress management session with the online motorcycle-taxi community.



Source: UNESA Nutrition Science programme, sports nutrition education for East Java Kabaddi athletes, June 2026.



A Faculty of Psychology lecturer teaches secondary school students about mental health at MTs Hasyim Asy'ari Surabaya, 15 April 2026, in the city health office's JIRONA programme.

DISASTER RESPONSE

Treating patients and healing trauma after floods, eruptions and earthquakes

When disaster struck between October 2025 and September 2026, UNESA's doctors, psychologists and students reached affected communities within days.

4
emergencies answered: the Sidoarjo prayer-hall collapse, the Semeru eruption, the Aceh floods and the NTT earthquake

100+
residents of Supiturang, Lumajang, given free health checks after the Semeru eruption, November 2025

11
volunteers sent to Pidie Jaya and Bireuen, Aceh, for five days from 10 December 2025

70
pregnant women screened by ultrasound at the Reo post, 3 to 7 September 2026

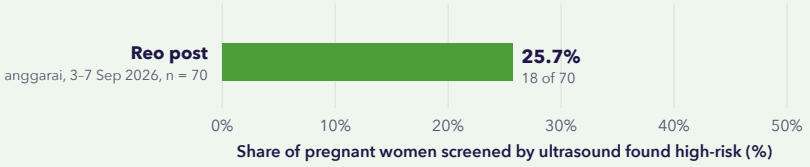
COUNSELLING, PLAY AND CARE

On 2 October 2025 an SMCC team of lecturers, psychologists and students counselled victims, families and residents after the Al-Khoziny prayer hall collapse in Sidoarjo. Children took part in drawing and play to ease trauma. In Aceh the team organised medical screening, play-based support for children and spiritual sessions for parents, and distributed food, medical supplies and clothing with the provincial government. Donations for the mission reached almost Rp200 million by 9 December 2025.

REO, MANGGARAI, SEPTEMBER 2026

After the earthquake damaged health facilities in Reo, the Faculty of Medicine set up a temporary health centre from 3 to 7 September 2026. It offered basic emergency obstetric and newborn care, general consultations, emergency training for local midwives, and instruments and medicines for five assistant health centres and six village birthing clinics. With two medical associations, the team screened 70 pregnant women by ultrasound and treated about 100 patients. The Faculty of Psychology gave psychosocial support to communities, students and teachers.

High-risk pregnancies caught at the Reo emergency post



Sources: HARIAN DISWAY (7 Sep 2026); TIMES Indonesia and IDN Times (8 Sep 2026).

DISASTER RESPONSE, OCTOBER 2025 TO SEPTEMBER 2026

DATE	PLACE	WHAT UNESA DID	LED BY
2 Oct 2025	Buduran, Sidoarjo (prayer hall collapse)	Counselling and play-based trauma healing for victims, families and residents	SMCC
Nov 2025	Supiturang, Lumajang (Semeru eruption)	Free health checks for 100+ residents, counselling, disaster education, medicine and food	Medicine, SMCC
10-14 Dec 2025	Pidie Jaya and Bireuen, Aceh (floods)	Medical screening, children's psychosocial activities, spiritual support, food and supplies	Medicine, Psychology, SMCC
3-7 Sep 2026	Reo, Manggarai, NTT (earthquake)	Temporary health centre, newborn and obstetric care, ultrasound, midwife training; psychosocial support for communities	Medicine, Psychology

ACTIVE LIFE AND SPORT

Sports facilities and events open to the public

UNESA opens tracks, gyms, pools and halls to its neighbours and holds public events that make exercise part of everyday life.

Daily

public access to the Athletika track from 05:00 to 22:00, extended on 31 May 2026 through 31 July 2026

Thousands

joined the UNESA Medic Run on 30 August 2026

MURI

record for yoga with disability-adapted movements, 21 June 2026

17 Nov 2025

opening of the UNESA 5 Cup football competition for senior high school students from across East Java

FACILITIES FOR THE COMMUNITY

The Athletika track at the Lidah Wetan campus is a standard athletics track, lit for evening use. On 31 May 2026 UNESA announced free public access every day from 05:00 to 22:00 through 31 July 2026 and invited outside sports communities, families and institutions to use it. The Vocafit gym, launched by the Faculty of Vocational Studies on 10 September 2025, serves the general public and trains athletes. The Achilles Gym Hub at Campus 2 welcomes students, staff and the public, and the UNESA Science Center swimming pool hosted community Aquarobic and Yogalates sessions on 5 and 23 August 2026. Clubs and schools can book the sports halls, and the Pandesa Riding School is open to the public.

EVENTS FOR HEALTH

The UNESA Medic Run, held by the Faculty of Medicine at Lidah Wetan on 30 August 2026 under the theme Run for Health, Run for Humanity, drew thousands of runners. On International Yoga Day, 21 June 2026, thousands joined a mass yoga session that set a MURI record with postures adapted so people with and without disabilities could take part together. The Faculty of Sport and Health Sciences held a Sports Day with SMA JAC on 19 August 2026, where students tried handball and floorball, and Campus 5 hosted the UNESA 5 Cup on its own field.



Runners on the course of the UNESA Medic Run at the Lidah Wetan campus, Surabaya, 30 August 2026.

SOURCES

The 66 documents behind this report

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About this report

UNESA's SDGs' Report on SDG 3, Good Health and Well-being, covering activities in 2025 and 2026. It is one of seventeen reports, one for each SDG. The full evidence pages, with every source, are at sdgscenter.unesa.ac.id.