



Philippine Normal University
The National Center for Teacher Education

Policy Brief Series

A Special Series on Policy Research | Issue 9 | 2017

Health and Safety Awareness for Holistic Higher Education



Source: https://www.ccp.edu.ph/students/CCPjw_HS/index.php?STRAND=gas.php

In relation with the aims of higher education to provide holistic education for tertiary students, this policy brief explores the integration of health and safety awareness in its curriculum and programs. Policy implications and recommendations regarding this are given.

In accordance with the university's goals of promoting holistic development among the students, research on how knowledgeable tertiary students are with regard to the common health and safety-related issues, their health practices, as well as how these can be integrated in the curriculum and be observed in schools are conducted. Findings of these studies indicated students' high awareness on common health concerns. They are widely familiar with respiratory diseases, what causes it, and how to prevent it (Ayuste et al., 2013). Further, they are cognizant about smoking's negative effects on health as well as policies related to this (Abulon, 2013).

However, there are also areas where more information dissemination and health promotion need to be done such as regarding breast cancer (Fetalvero, Limson, Mariñas, & de la Cruz, 2014) and proper nutrition (Mancao, de Lara, Rodriguez, & Castro, 2014). Some studies also focused on development of health and safety programs, which can be integrated in the curriculum and applied in the tertiary school setting (Fetalvero et al., 2014; Mancao et al., 2014; Gomez & Cabilao-Valencia, 2015).



For further information, please contact:

Educational Policy Research and Development Center (EPRDC)

Tel No: 317-1768 loc 751 | Email: eprdc@pnu.edu.ph | URL: www.pnuresearchportal.org

Here is a summary of policy recommendations for these issues:

1. Higher education institutions (HEIs) should design and implement health programs for their students, faculty members, and staff. This can be done by through proper coordination and cooperation among the Office of Administrative Services, Office of Student Services, and the university clinic (Ayuste et al., 2013). The respective roles of each of these offices and the process on proper implementation of health programs must be clear.
2. Awareness campaigns regarding health must be done regularly. These can include activities such as poster campaigns and observation of health care day (Ayuste et al., 2013). To increase students' health awareness, this should also be integrated in the curriculum in courses such as Science and NSTP (Abulon, 2013; Ayuste et al., 2013; Fetalvero et al., 2014)
3. With regard to unhealthy practices such as smoking, aside from having policies banning such vices and penalizing those who are not able to comply, assistance and incentives should also be given to those who are willing to give up their unhealthy habits (Abulon et al., 2013).
4. The university canteen must be aware of the nutritional needs of the students. Policies with regard to providing only health foods must be made (Mancao et al., 2014).
5. Disaster education programs must be part of the curriculum. Programs that aim to develop competencies of students, faculty members, and staff with regard to dealing with disasters must be designed and implemented (Gomez & Cabilao-Valencia., 2015).

REFERENCES:

Ayuste, T. O. D., Belmi, R. M., Butron, B. R., Duad, V., Evangelista, E. V., Evangelista, L. T., . . . Tondo, J. E. (2013). Common respiratory problems, health profile and level of awareness among PNU students:

Basis for designing a primary preventive health care program. *The Normal Lights*, 7(2), 118-142.

Abulon, E. L. R. (2013). Common respiratory problems, health profile and level of awareness among PNU students: Basis for designing a primary preventive health care program. *The Normal Lights*, 7(1), 31-53.

Fetalvero, L. R., Limson, B. M., Mariñas, R. B., & de la Cruz, C. U. (2014). Knowledge about breast care and breast cancer, and breast care practices of a sample of Philippine Normal University women: Basis for curricular integration and health program. *The Normal Lights*, 8(1).

Mancao, M. C. T., de Lara, G. O., Rodriguez, R. C., & Castro, L. A. (2014). The nutritional status of PNU students. *The Normal Lights*, 8(2).

Gomez, M. A. C., & Cabilao-Valencia, M. (2015). Competencies to contend with hazards and disasters. *The Normal Lights*, 9(2).



For further information, please contact:

Educational Policy Research and Development Center (EPRDC)

Tel No: 317-1768 loc 751 | Email: eprdc@pnu.edu.ph | URL: www.pnuresearchportal.org