

Faculty of Engineering UGM Owns Integrated Development Post of Non-Communicable Disease

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Dean of Faculty of Engineering UGM, Prof. Ir. Nizam, M.Sc., Ph.D., inaugurated the school's Integrated Development Post of Non-Communicable Disease (IDP of NCD) on Friday (10/12).

Nizam stated it was an effort to promote healthy living to all engineering academic community, including students, staff, and lecturers. The inaugural activities included free medical examinations, counseling and educational program on healthy lifestyle, as well as the inauguration of Health Promotion University (HPU) ambassadors.

The establishment of IDP of NCD is expected to encourage all academics to live a healthy lifestyle, thereby preventing the emergence of non-communicable disease risks.

"This is in line with one of our visions, namely to realize a healthy and prosperous academic community," he said.

Nizam reported results of tracer study on graduates showed that many of them failed to get jobs due

to health factors. Therefore, the faculty seeks to encourage its students to live a healthy lifestyle.

To support healthy lifestyle promotion on campus, Engineering UGM has built several exercise facilities for its community. Some of them are jogging tracks, basketball and volleyball courts, rock climbing, table tennis arena, and so on. Moreover, it also provides a cafeteria with *halal* and healthy food and maintains a smoke-free campus environment.

Meanwhile, representative of HPU UGM team, Dr. Supriyati, explained Engineering UGM's IDP of NCD is the first integrated development post inaugurated at UGM to bring healthy lifestyle changes to its academic community.

"Hopefully, there will be integrated development post in each faculty and work units within UGM to promote and encourage healthy lifestyle both physically, mentally, and spiritually," he said.

On this occasion, free health checks were also carried out, including examination of body mass index, blood sugar, blood pressure, cholesterol, and uric acid. Later on, this health check will be done regularly every week as a screening effort to detect and treat diseases.

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