



## **SDG 3 - Good Health and Well-being**

### **Equator University of Science and Technology**

### **Times Higher Education Sustainability Impact Ratings 2026**

#### **3.3.4: Sexual and Reproductive Health Care Services for Students**

##### **Statement:**

The Equator University of Science and Technology (EQUaT) provides students access to sexual and reproductive health-care services including information and education services.

##### **Sexual and Reproductive Health Care Services at EQUaT**

The Equator University of Science and Technology (EQUaT) provides dedicated sexual and reproductive health care services to support the well-being of its students, faculty and staff. The university operates a specialized office on campus that offers counselling, awareness, and health services tailored to students' needs. In addition, the Masaka Regional Referral Hospital (MRRH) has established another reproductive health office accessible to EQUaT students.

Both services are available to students and the wider community, free of charge, ensuring equitable access to essential reproductive health care, education, and support. This initiative reflects EQUaT's commitment to promoting good health, well-being, and inclusivity within its academic and surrounding communities.

##### **Evidence:**

<https://equat.ac.ug/news/equat-opens-mental-health-and-sexual-reproductive-health-office-to-the-public>

##### **Awareness on World AIDS Day**

The Equator University of Science & Technology (EQUaT) joined the global community in commemorating World AIDS Day through a comprehensive outreach programme that combined awareness, education, and counselling. The event focused on equipping students and staff with accurate knowledge about the spread and prevention of HIV/AIDS, while also addressing the critical issue of stigma reduction against people living with the condition.

Facilitated by the University's counsellor, the sessions provided preventive health guidance, responsible lifestyle advice, and personal counselling for students and staff. The programme



created a safe space for dialogue, fostering compassion and empowering the university community with knowledge and psychosocial support.

This outreach directly contributes to SDG 3 (Good Health and Well-being) by enhancing community awareness, promoting preventive health practices, and supporting well-being.

**Evidence:**

<https://equsat.ac.ug/news/eqsat-commemorates-world-aids-day-with-awareness-and-counselling-sessions>

**Breast Cancer and Cervical Cancer Awareness**

The Equator University of Science & Technology (EQUSat) organized a health outreach event to commemorate World Cancer Day, raising awareness about breast, cervical, and other cancers. Medical experts shared practical guidance on prevention, early detection, lifestyle adjustments, and patient support.

The event included a movie screening to illustrate the real-life challenges faced by cancer patients, fostering empathy and community support. It reached students and community members, equipping them with knowledge and actionable strategies for cancer prevention and health promotion.

This outreach initiative aligns with SDG 3 – Good Health and Well-being by promoting health education, preventive care, and community well-being.

**Evidence:**

<https://equsat.ac.ug/news/eqsat-commemorates-world-cancer-day-with-awareness-seminar>