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3 GOOD HEALTH AND WELL-BEING

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“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	6.192
Graduates in health professions	927

“
6.5
 Impact Factor

RESEARCH IN NUMBERS (2024)

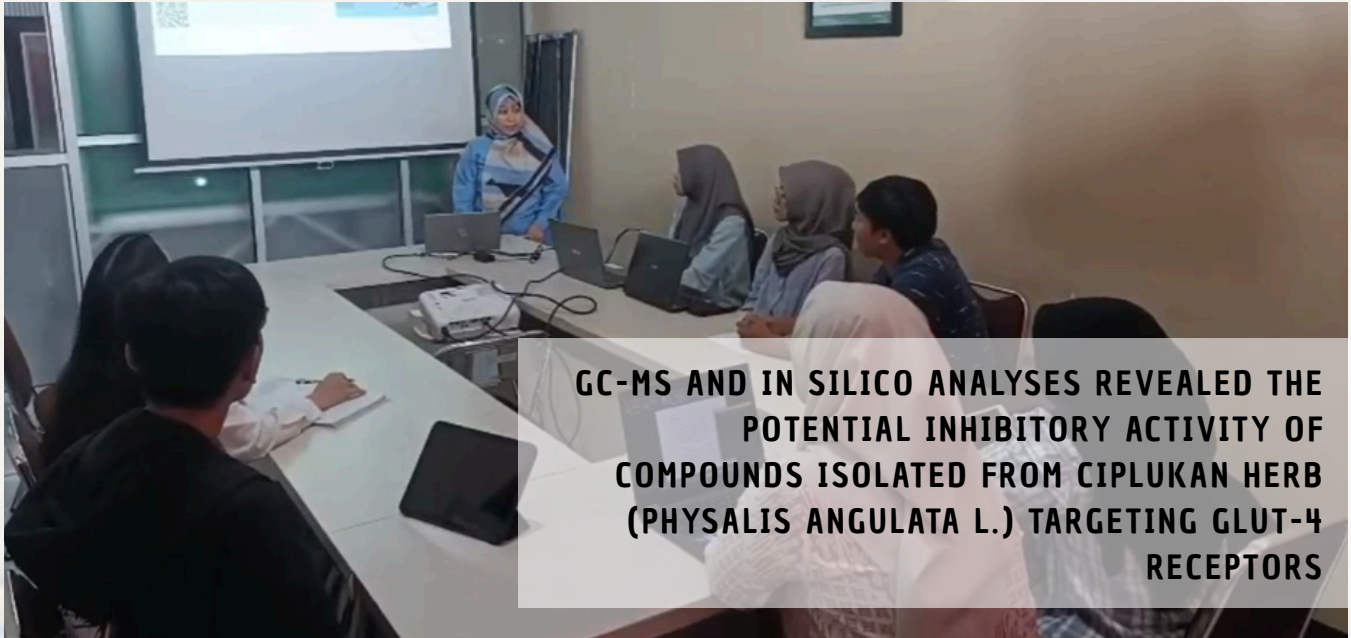


241
 publications



Universitas Sebelas Maret (UNS) is committed to disseminating and implementing the values of SDGs 1-17 through a wide range of education, research, and community engagement programs. One example of this commitment is the dissemination of this research on

SDG 3



GC-MS AND IN SILICO ANALYSES REVEALED THE POTENTIAL INHIBITORY ACTIVITY OF COMPOUNDS ISOLATED FROM CIPLUKAN HERB (PHYSALIS ANGULATA L.) TARGETING GLUT-4 RECEPTORS

RESEARCH ARTICLE

The study identified bioactive compounds from *Physalis angulata* L. (ciplukan) using GC-MS and molecular docking, revealing that **campesterol and stigmasterol showed strong binding affinity to the AS160/GLUT4 pathway**, which regulates glucose uptake. These findings suggest that **ciplukan compounds have potential as natural antidiabetic agents by enhancing GLUT4-mediated glucose transport**.

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GC-MS and *in silico* analyses revealed the potential inhibitory activity of compounds isolated from Ciplukan herb (*Physalis angulata* L.) targeting GLUT-4 receptors

Rita Rakhmawati^{1,2*}, Setyanto Tri Wahyudi^{3,4}, Mae Sri Hartati Wahyuningih⁵, Mustofa Mustofa⁶, Ahmad Hamim Sadewa⁷
¹Department of Medicine and Health Science Doctorate Program, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia.
²Department of Pharmacy, Faculty of Mathematics and Natural Sciences, Universitas Sebelas Maret, Surakarta, Indonesia.
³Bioinformatic and Biodiversity Community, MAIBH (Masyarakat Bioinformatika dan Biodiversitas Indonesia), Jakarta, Indonesia.
⁴Department of Physics, Faculty of Mathematics and Natural Sciences, IPI University, Bogor, Indonesia.
⁵Tropical Biopharmaca Research Center, IPI University, Bogor, Indonesia.
⁶Department of Pharmacology and Therapy, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia.
⁷Center for Herbal Medicine, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia.
^{*}Department of Biochemistry, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia.



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1 | UNS Care 2024: Expanding Access to Community Health Services

UNS Care 2024 represents a student-led initiative from Universitas Sebelas Maret (UNS) Surakarta **to improve access to health services for local communities.** The program took place in Kedokploso Hamlet, Pengkol, Nglipar, Gunungkidul, Yogyakarta. The initiative carried two main agendas. First, **a free health check-up** for Kedokploso residents, aimed at providing accessible basic health services directly to the community. Second, **a health education session** with the theme “Nutrition and Hypertension,” delivered by two qualified speakers: Dr. Martha Handoko, M.Kes., and Arinto Hadi, A.Md. Gizi, S.IP., M.Gizi.

UNS Care 2024 was a collaborative effort between students and several institutional partners, including the Student Executive Board (BEM) of UNS, UNS Hospital, the Faculty of Law BEM, and the Student Association of the Faculty of Sports (Himakor). **Through this program, communities gained easier access to healthcare services** by reducing barriers related to distance, infrastructure, and facilities—ultimately supporting improved public health and disease prevention.

2 | Self-Screening of Malnutrition Risk for Strengthening Family-Based Stunting Prevention

The Nutrition and Health Research Group of Universitas Sebelas Maret (UNS), in collaboration with Puskesmas Sambu, Boyolali Regency, developed **an innovative self-screening form for malnutrition risk.** This initiative was motivated by problem identification showing that family health efforts, one of the main pillars of stunting prevention had not yet fully met the targets at the partner health center.



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Several key issues were identified: the stunting prevalence reported by the health center in 2023 was 9.2%; the proportion of pregnant women experiencing chronic energy deficiency (CED) remained at 19.6%, exceeding the target of 11%, due to inadequate nutritional intake; the percentage of toddlers with increased body weight at the community health post (Posyandu) was only 69.93%, below the target of 86%, also due to insufficient nutrition; and the lack of knowledge among pregnant and breastfeeding mothers regarding stunting prevention led to poor childcare practices.

The community service program was carried out at Posyandu Mawar 4, Dukuh Sokawoyan, Candan Village, Sambu District, Boyolali. The activity **involved four lecturers from the Nutrition and Health Research Group** (Dr. Budiyantri Wiboworini, dr., M.Kes., Sp.GK; Dr. Yulia Sari, S.Si., M.Si; Nur Hafidha Hikmayani, dr., M.Clin.Epid., Ph.D; and Dr. Anik Lestari, dr., M.Kes), accompanied by five postgraduate students of Nutrition Science conducting fieldwork in Sambu District.

The partner representatives included the Head of Puskesmas Sambu, dr. Dwi Astuti Dian Andarwati; village midwife Elly Andriastuti, A.Md Keb; and nurse Ns. Nur Azizah, S.Kep. **The target participants were mothers or caregivers of toddlers, with a total of 56 individuals attending the event.**

3 Postgraduate Program UNS Public Health Partners with PADIMAS



The Community Service Group from the Postgraduate Program in Public Health of Universitas Sebelas Maret (UNS) Surakarta carried out **a community engagement program** at Jalan Gleges 23 Priobadan, Sriwedari Village, Laweyan District, Surakarta City on Tuesday, December 24, 2024. This activity was conducted in collaboration with the elderly group from Paguyuban Penyandang Diabetes Mellitus Surakarta (PADIMAS), which operates under the supervision of Klinik Pratama Jasmine 2.



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The primary focus of this initiative was **to provide education on Diabetes Mellitus and promote physical activity through diabetes exercise sessions led by the PADIMAS elderly group.** The program was implemented over two sessions, which included **health education on healthy lifestyle practices for individuals with Diabetes Mellitus, followed by structured exercise sessions and blood glucose monitoring.**

The results revealed a significant decrease in participants' blood glucose levels after engaging in physical activity, indicating the positive impact of diabetes exercise on blood sugar control. Additionally, **analysis of the education sessions showed an improvement in participants' knowledge of diabetes management.** This program is expected **to enhance health awareness and empower elderly individuals to manage their health through continuous education and regular physical activity.**

The partner representatives included the Head of Puskesmas Sambu, dr. Dwi Astuti Dian Andarwati; village midwife Elly Andriastuti, A.Md Keb; and nurse Ns. Nur Azizah, S.Kep. **The target participants were mothers or caregivers of toddlers, with a total of 56 individuals attending the event.**

4 Healthy Living with RS UNS at CFD Colomadu



Universitas Sebelas Maret Hospital (RS UNS) held a medical check-up and group exercise event during Car Free Day (CFD) Colomadu on Sunday, June 2, 2024. The activity aimed **to raise public awareness about health and promote the hospital's health services to the community.**

The medical check-up services provided included **blood pressure, blood sugar, and uric acid testing.** After the examination, visitors could consult with nurses from RS UNS and receive practical health advice. The event received a warm response from the public. This initiative reflects RS UNS's commitment to promoting preventive health and fostering closer engagement with the community.



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5 FK UNS Hosts the 2024 National HIV Research Network Meeting



The 2024 National HIV Research Network (JPHIV) Meeting, held in a hybrid format at Fakultas Kedokteran Universitas Sebelas Maret (FK UNS) Surakarta and via Zoom, successfully gathered more than 2,800 participants from various regions across Indonesia. With the theme **“Take the Right Path: Putting Human Rights at the Center to Achieve Optimal Health and Better HIV Outcomes,”** the event served as a collaborative platform connecting researchers, clinical practitioners, and HIV program stakeholders, offering an inclusive and interactive experience.

This event was a **joint collaboration** between FK UNS and Jaringan Penelitian HIV Indonesia (JPHIV-Ind), with support from Ministry of Health Republik Indonesia and UNAIDS Indonesia. Over **300 participants** attended the meeting in person at FK UNS, while an additional **2,500 participants joined virtually through an interactive online platform.** The hybrid format allowed for wider participation, overcoming geographical barriers and fostering stronger national collaboration in HIV research and advocacy.

6 48th Anniversary Celebration: UNS Promotes Healthy Living at Solo Car Free Day



To commemorate its 48th anniversary, Universitas Sebelas Maret (UNS) Surakarta, in collaboration with RS UNS and Bank Jateng, held a **community service event** during Car Free Day (CFD) on Jalan Slamet Riyadi, Solo on March 3, 2024. **The event featured a series of health-focused activities, including a healthy heart exercise session, a UNS Expo, and a health talk show.**

