

Access to physical health-care services including information and education services at ESPOL 2025

In the context of the QS Sustainability Ranking (Social Impact – Health and Well-being, HW2), ESPOL provides access to physical healthcare services through a **structured, institutionalized, and comprehensive health system**, coordinated by the Polytechnic Welfare Management (Gerencia de Bienestar Politécnico). This system integrates **medical care, preventive campaigns, early detection strategies, and health education initiatives** under a continuous and coordinated care model, ensuring sustained access, quality service delivery, and broad coverage for the university community, including children attending institutional childcare services.

During 2025, a total of **4,334 medical consultations** were provided, reaching students (64.59%), administrative staff (23.19%), and faculty members (12.22%), demonstrating inclusive and equitable access across the university population.

Medical services include **preventive consultations, routine check-ups, early diagnosis, and management of acute and chronic conditions**, particularly respiratory, digestive, and musculoskeletal conditions. These trends highlight the importance of sustained preventive and educational strategies within the institution.

All healthcare services are **free of charge**, eliminating financial barriers to access. Services are delivered through **scheduled appointments and walk-in care for urgent cases**. Appointments can be booked via the institutional website or through the **“MI ESPOL” mobile application**, ensuring accessibility and convenience. Services are available from **08:00 to 16:30** at the on-campus medical office located in the Polytechnic Welfare Building.

<https://www.bienestar.espol.edu.ec/salud-integral>

Integrated Health Promotion, Prevention, and Education Strategy

ESPOL implements a **structured health promotion and disease prevention strategy**, aligned with institutional planning. In 2025:

- **13 health promotion and prevention activities were conducted**
- **More than 1,500 participants attended these activities**

These actions are part of an **articulated institutional model**, where medical services, preventive campaigns, and health education are integrated as interconnected components rather than isolated initiatives.

Key Health Campaigns and Activities (2025)

Preventive and Screening Campaigns

- **Influenza Vaccination Campaign** – 928 beneficiaries
- **Colorectal Cancer Prevention Campaign** – 57 beneficiaries
- **Nutritional assessment and continuous monitoring at CDI Baby ESPOL**, including periodic evaluation of hemoglobin levels, weight, and height in children, enabling early detection of potential health or developmental issues and timely intervention
- **Diabetes prevention activities**, including glucose testing and awareness actions

https://www.instagram.com/p/DF5XXmetNr5/?img_index=2

<https://www.instagram.com/p/DOtEttUgfVY/?igsh=aWhndjd2aHg3Zig3>



Health Education and Awareness

- Talk on **seasonal diseases and tuberculosis** (47 participants)

- General health education and awareness activities

These initiatives strengthen health literacy and preventive behaviors within the university community.

https://www.instagram.com/p/DIJ2Lieu_sT/?img_index=1



Capacity Building and Healthy Lifestyle Promotion

- First Aid and Emergency Training – 100 participants
- Healthy nutrition fair
- World Heart Day Walk – 95 participants

These actions promote physical activity, healthy lifestyles, and community preparedness for emergencies.

<https://www.instagram.com/p/DLPwTIXtIn2/>

<https://www.instagram.com/p/DPO9Z4PjXsg/>



Impact and Institutional Contribution

Through this comprehensive model, ESPOL demonstrates:

- Wide, equitable, and free access to physical healthcare services
- Strong integration of care, prevention, and education
- Measurable impact through service delivery and outreach activities
- Alignment with SDG 3: Good Health and Well-being

This approach ensures that healthcare services are not only accessible but also **preventive, continuous, and impact-oriented**, fostering a strong culture of well-being and health awareness across the university community.

Prepared by:

- Jonathan Fuentes (Doctor)



- Johanna Barzola S.

Reviewed and Approved by:

- Ma. Ángeles Rodríguez Aroca