

# UPNVJ Faculty of Medicine Strengthens Pentahelix Synergy to Prevent Non-Communicable Diseases and Reduce Family Economic Burden

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Public Relations of UPNVJ - The Faculty of Medicine of the National Development University "Veteran" Jakarta (FK UPNVJ) strengthened its pentahelix collaboration in the prevention of non-communicable or degenerative diseases through education, consultation, and health checks for the community. The activity entitled "Pentahelix Collaboration Synergy in the Prevention of Degenerative Diseases through Education, Consultation, Physical Examination, Simple Laboratory Examination, and Ultrasound Examination for the Community" took place in the Multipurpose Hall of the Pangkalan Jati Village Office, Cinere District, Depok City, West Java. The program involved elements of universities, government, the business world, communities, and the media to raise public awareness of the importance of early detection. Through this activity, FK UPNVJ emphasized that the prevention of non-communicable diseases is not only related to individual health, but also affects the economic resilience of families.

The Dean of the Faculty of Medicine at UPNVJ, Dr. dr. Taufiq Fredrik Pasiak, M.Kes., M.Pd.I., MH, CIPA, stated that this activity is part of the university's contribution to supporting national health development. He stated that medical schools have an academic and social responsibility to provide knowledge that can be directly experienced by the public.

"This program is part of the commitment of the Faculty of Medicine UPN 'Veteran' Jakarta to support improving the quality of health of the Indonesian people as a contribution towards realizing Golden Indonesia 2045," said Dr. Taufiq.

Non-communicable diseases, such as hypertension and diabetes mellitus, are a major concern because they have the potential to trigger serious complications, including kidney failure, heart disease, stroke, and various other health problems. In addition to increasing the risk of death and disability, these diseases can also place a significant financial burden on families due to the need for long-term treatment. Therefore, health education and regular check-ups are crucial steps to reduce these risks early on.

As a form of strengthening inter-sectoral collaboration, this activity was also marked by the signing of a Cooperation Agreement by six parties. The parties consisted of the Dean of the Faculty of Medicine UPNVJ Dr. dr. Taufiq Fredrik Pasiak, M.Kes., M.Pd.I., MH, CIPA; Head of the Mental Health Team of the Depok City Health Office dr. Rien Pramindari, MKM; Head of Pangkalan Jati Village Danudi Amin, SE; President Director of PT Dwimitra Mandiri Sampurno Felix Ardhi; Head of the Pangkalan Jati Village Youth Organization Fuad Nuary; and Editor-in-Chief of NERACA Daily Firdaus Baderi, SE

The involvement of these various parties demonstrates that preventing non-communicable diseases requires sustained collaborative work. Universities play a role in providing expertise and medical personnel, the government strengthens policy support and public access, the business sector supports program sustainability, communities help reach residents, and the media plays a role in expanding public education.

The educational activity presented several speakers from the Faculty of Medicine, UPNVJ, namely Dr. dr. Maria Selvester Thadeus, M.Biomed., Sp.KKLP; apt. Wafa, S.Farm., M.Farm.; Herera Rahajeng, S.Si., M.Biomed.; and Apt. Ariska Deffy Anggarany, S.Farm., M.Farm. The speakers provided an understanding of risk factors, prevention, proper use of medication, and the importance of regular health checks.

In her presentation, Herera Rahajeng explained that non-communicable diseases are influenced not only by genetic factors but also by daily lifestyle. An unbalanced diet, lack of physical activity, and inappropriate medication use can increase the risk of hypertension, diabetes mellitus, and other degenerative diseases.

"Therefore, even if someone has no family history of hypertension or diabetes, these diseases can still occur if risk factors are not controlled," Herera explained.

Around 70 residents of Pangkalan Jati Village participated in the event. In addition to health education, participants also received free checkups, including height and weight measurements, blood pressure and pulse tests, blood sugar, cholesterol, and uric acid levels, abdominal ultrasounds, and health consultations with medical personnel and lecturers from the Faculty of Medicine, University of North Sumatra (UPNVJ).

Dr. Erna Harfiani, M.Si., Sp.KKLP, Deputy Dean for Student Affairs, Alumni, and Cooperation at the Faculty of Medicine, University of Nusa Tenggara Barat (UPNVJ), stated that this activity is part of her community service program, emphasizing prevention through education and early detection. She believes the public should develop the habit of regularly checking their health to identify potential illnesses early.

"Through this activity, we hope the public will increasingly understand the importance of maintaining a healthy lifestyle, undergoing regular health checks, and identifying risk factors for non-communicable diseases early so that more serious complications can be prevented," said Dr. Erna.

The 2026 Pentahelix Collaboration Program also strengthens the Faculty of Medicine, University of South Jakarta (UPNVJ) as a medical educational institution focused not only on education and research but also on community service that directly impacts the community. With a collaborative approach, the Faculty encourages the public to be more active in maintaining their health, reducing the risk of degenerative diseases, and preventing the burden of healthcare costs that can impact family well-being.

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