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Special Release

23 December, 2025

HEALTH ADVISORY 14: FEEDBACK FROM WELLNESS HEALTH CHECKS ONE-YEAR SUMMARY

The University community is hereby reminded of the magnanimous provision for Workplace Wellness Services approved by the University Management as part of the University's Institutional Journey of Health which was officially declared open in January 2024.

A. General

- (1) Poorer health seeking behavior among the male members of staff

B. Dental Unit

- (1) High level of inadequate oral hygiene practices
- (2) Delay in seeking dental intervention
- (3) Absence of dental preventive care including; diet, oral hygiene, biannual dental checks
- (4) High prevalence of dental ill health
- (5) The Dental Unit wishes to remind everyone that a healthy mouth translates to better health

C. Others: Non-Communicable Diseases (NDCs), raised intraocular pressure and infections were also noted. Appropriate treatment and referrals where required have been given.

Since the University Management is committed to health, UHS hereby appeals to all members of staff to maximize the wellness services and support other members of your families to patronize the UHS value packed services.

We also use the opportunity to encourage adherence to the principles of healthy living for everyone throughout the festive season and thereafter and wish the community joyous celebration and health filled 2026.

Thank you.

G. O. Saliu, *fspsp*, FNIM, FCIML, MANUPA, MAUA
Registrar and Secretary to Senate