

# GOAL

## 3 GOOD HEALTH AND WELL-BEING





# GOAL 3: GOOD HEALTH AND WELL-BEING

## COLLABORATIONS AND HEALTH SERVICES

In 2023, Mabalacat City College placed a significant emphasis on the health and well-being of its students, staff, and the surrounding community. Aligned with the United Nations' Sustainable Development Goal 3—Good Health and Well-Being—the college focused on creating accessible, inclusive health outreach programs. These initiatives aimed to equip individuals with the knowledge and resources needed to lead healthier lives. A key program within this effort was the BPED (Bachelor of Physical Education) First Aid Program, which directly addressed immediate health needs and empowered the campus community to respond effectively to emergencies.

The BPED First Aid Program has become a cornerstone of MCC's health outreach efforts. In 2023, the program trained over 500 students, staff, and local community members in basic first aid and emergency response. This initiative helped enhance campus safety and raised health awareness by providing participants with essential life-saving skills. The training focused on critical areas, including CPR, wound care, and injury management. By equipping participants with these skills, the program ensured that the community was better prepared to handle emergencies and fostered a culture of care and responsibility both on campus and in the surrounding area.

MCC's success with the BPED First Aid Program was largely due to its collaboration with external partners, such as local health institutions, non-profits, and emergency response groups. These partnerships were instrumental in providing the program with the expertise, resources, and support necessary for delivering high-quality training. Health professionals from local hospitals and organizations worked alongside MCC faculty and students to ensure that the training was comprehensive, up-to-date, and aligned with the latest emergency response protocols. These collaborative efforts not only strengthened the program but also contributed to building a stronger, more responsive community equipped to handle health crises.

The impact of the BPED First Aid Program has been significant. Participants who completed the program were better prepared to respond to health emergencies quickly, reducing response time and improving outcomes during critical situations. In 2023 alone, trained individuals helped in over 30 on-campus emergencies, ensuring timely intervention and care. Additionally, the skills learned in the program have proven valuable off-campus as well, with many participants reporting increased confidence in handling health emergencies in their daily lives. This program underscores the positive impact that health outreach initiatives can have on both individuals and the broader community, highlighting the importance of preparedness in responding to health challenges.

Through initiatives like the BPED First Aid Program, MCC continues to foster a culture of health awareness, safety, and mutual care. The strong collaboration with external partners has ensured that MCC's health outreach programs remain impactful, accessible, and comprehensive. As the college looks to the future, it remains committed to empowering its community with the necessary skills and resources to respond to health challenges effectively, ultimately contributing to the creation of a safer, healthier, and more resilient campus and community.





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MCC has long recognized the importance of nurturing the health and well-being of its students, faculty, staff, and the wider community. In 2023, the college continued to prioritize this goal by rolling out several impactful initiatives that aimed to support the physical, mental, and emotional health of its members. One of the most significant steps MCC took was opening its gymnasium to not just students and staff, but also to external organizations and local residents. This initiative allowed the college to provide a space where individuals from the broader community could engage in physical activities that promoted better health, fitness, and mental well-being. Through partnerships with local sports clubs, fitness groups, and community organizations, MCC offered a wide range of events, training programs, and fitness sessions for people of all ages and skill levels. This shared use of the gym not only encouraged a more active lifestyle among participants but also helped strengthen the bond between the college and its neighbors, fostering a sense of community and shared purpose around health.

The opening of the sports facilities had a profound and lasting impact on both the college and the surrounding community. Students and staff benefited from regular access to the gym, which reduced stress and improved both physical fitness and mental health. For the broader community, the gym became a place where people of all ages could come together, engage in healthy habits, and foster social connections. This initiative promoted a culture of physical wellness, encouraged healthier lifestyles, and helped create a more connected and supportive community. MCC also placed a strong emphasis on sexual and reproductive health in 2023 by organizing an HIV seminar to provide students with essential information on preventing HIV and maintaining sexual health. In collaboration with health organizations and experts, the seminar covered key topics such as HIV prevention, safe sex practices, and sexual health awareness. Beyond education, the seminar helped reduce the stigma surrounding sexual health issues, empowering students to make informed choices and encouraging responsible behavior. It also created a safe space where students felt supported and comfortable seeking out care and resources related to their sexual health.

Recognizing the growing importance of mental health, MCC introduced the Mental Health Break Program in 2023. This initiative provided students with structured breaks from academic pressures, allowing them the opportunity to relax, recharge, and learn practical techniques for managing stress and anxiety. Supported by partnerships with mental health professionals, local healthcare providers, and non-profit organizations, the program ensured students had access to expert advice and resources. Through workshops on mindfulness, relaxation, and emotional self-care, students gained valuable tools to support their mental well-being. The program played a key role in cultivating a campus culture where emotional health was just as important as academic success, helping to create a balanced and supportive learning environment.

MCC also implemented a Tobacco Control Policy in 2023 to promote a healthier campus environment. By reducing exposure to secondhand smoke, the policy encouraged both students and staff to make healthier lifestyle choices. For those who wanted to quit smoking, MCC partnered with external health organizations to offer smoking cessation programs and counseling. This initiative reinforced the college's commitment to a health-conscious campus and helped create a cleaner, safer environment for everyone. Additionally, the college extended its commitment to well-being by implementing a comprehensive wellness program for its employees. This program included health check-ups, fitness activities, stress management workshops, and counseling services aimed at promoting both physical and mental health. These resources supported employees in maintaining a healthy work-life balance, which contributed to higher job satisfaction and increased productivity. Through collaborations with health professionals and wellness organizations, MCC ensured that its employees had access to specialized services such as fitness classes, nutrition workshops, and counseling, all designed to promote overall health and well-being.



 Mabalacat City College



**MCC Safe SPACE:**

*Self Care is Self Love*