

University : National Chin-Yi University of Technology
Country : Taiwan
Web Address : www.ncut.edu.tw

[SDGs 17] Partnership for the Goals 全球夥伴

[17.3.3] Please indicate if your university publishes progress against SDG3

NCUT strengthens campus medical system to ensure physical and mental health of teachers and students

Dedicated hospital to protect school members' health

1. Adoption of Health Commission Regulations

The Health and Dietary Committee Regulations have been adopted, and the committee holds one meeting each semester to discuss and review annual health initiatives, school healthcare programs, and student health promotion efforts.

2. Adoption of the Review Measures for Entrusting Hospitals to Perform Health Check-ups

The Review Measures for Entrusting Hospitals to Perform Health Check-ups have been adopted, with a selection meeting held every two school years. The contract with the winning tenderer, Taichung Regional Hospital, is signed to carry out student health check-ups and enhance their well-being. The selected hospitals for the school years 2021-2022 were Taichung Armed Forces General Hospital and Jen-Ai Hospital - Dali.

3. Adoption of the Student Health Check-up Plan

The Student Health Check-up Plan was implemented, conducting annual health checkups for freshmen, consultations for checkup results, and follow-ups, along with health education for abnormal outcomes and diseases to enhance student well-being. In the school year 2022-2023, a total of 4,098 students took advantage of the health checkup, as depicted in below Figure.



Consultations with a doctor about checkup results



Freshmen health checkup

4. On-site psychiatric doctor service

To address the mental health needs of both teachers and students, we collaborate with the MOE mental health promotion plan. Our Consultation and Assistance Center includes a dedicated consultation room staffed by psychiatric doctors who address issues such as insomnia, emotional instability, mental and physical symptoms, and drug-related concerns. From 2021 to 2023, a total of 112 hours of consultations were provided to 50 individuals, the overall feedback reaches 100% satisfaction, as depicted in the below Figure



The promotion of the activity



Consultation Room

5. Nutritionist health advice

We enhanced health and nutrition knowledge among students and teachers by providing monthly health consultations with external nutritionist support. Individual consultations conveyed clear messages on dietary nutrition, maintaining a healthy body weight, and empowering individuals to take charge of their own health through positive eating, drinking, and regular exercise. A total of 16 consultations occurred from 2022 to 2023, with 582 attendees benefiting from these sessions, as shown in the below Figure.



Individual health consultation



Body fat content measurement

NCUT actively cooperates with government policies to build a smoke-free campus and protects the health of all faculty and students

The Legislative Yuan passed the amendment to the "Smoking Harm Prevention Law" on the third reading on January 12, 2023. The amendment includes provisions for a complete ban on smoking in colleges and universities, raising the smoking ban age to 20 years old, and other regulations. It is expected to be officially implemented from March 2023.

The Ministry of Education convened a meeting of all colleges and universities on February 10, 2023, to confirm the policy of a comprehensive ban on smoking in colleges and universities nationwide. Additionally, NCUT held a "Abolition of Smoking in Response to the Revision of the Tobacco Harm Prevention Law" District Meeting on February 15, 2023. It was decided that smoking would be banned from the beginning of the second semester of the 2022 school year, and the smoking area on campus would be abolished. Relevant penalties would be imposed on students found violating the regulations.

In addition to adhering to the Ministry of Education's smoke-free campus policy, NCUT also complies with local regulations to establish a smoke-free campus, aiming to safeguard students' health.

In response to the annual campus smoke hazard inspections conducted by the Taichung City Government Health Bureau, NCUT's Human Resources Office has instructed all units to enhance campus smoke hazard prevention education and awareness among their personnel according to their respective responsibilities. This proactive measure aims to prevent faculty, staff, students, and outsourced personnel from being penalized and to collectively maintain a healthy campus environment.

To reiterate:

1. Smoking is strictly prohibited in colleges and universities, including the use of e-cigarettes.

Smoking is not permitted anywhere on campus. Violators will face fines ranging from NT\$2,000 to NT\$10,000. Key areas of inspection include campus entrances, restrooms, stairwells, and other common areas to ensure no smoking and no discarded cigarette butts.

2. The campus must prominently display no-smoking signs at entrances, and smoking-related items are prohibited on campus. Failure to display clear no-smoking signs at entrances or to eliminate smoking-related items on campus will result in fines ranging from NT\$10,000 to NT\$50,000 for the responsible party, with a stipulated time frame for corrective action. Failure to comply within the specified time frame will result in further penalties. Key areas of inspection include offices, including staff offices of various departments (e.g., faculty research rooms and guard booths), where the installation of smoking-related equipment such as ashtrays or cigarette extinguishing devices is strictly prohibited.

Preventing drug abuse among teachers and students on campus

NCUT is actively committed to establishing a drug-free campus environment. Through educational initiatives, Chunhui counseling, and integrated education programs, NCUT endeavors to create a safe learning environment through diverse and creative activities. These efforts aim to enhance the anti-drug knowledge of both faculty and students while fostering a strong determination among students to stay away from drugs. NCUT's approach focuses on cultivating a correct understanding of drugs and instilling in students a firm resolve to reject substance abuse. The goal is to empower students to confidently say no to drugs and to encourage their peers to do the same, ultimately shaping them into healthy citizens with a strong sense of social responsibility.

The Implementation results of preventing drug abuse among teachers and students on campus

Year	Number of sessions	Number of participants
2021	3	341
2022	6	766
January-July, 2023	3	475



Drug Abuse Prevention Promotion



Anti-drug camp

Exclusive hospital to protect the health of teachers and students

(1.) Formulating the Articles of Association of the Health and Dietary Committee

NCUT has formulated the "Organization of the Health and Dietary Committee", which holds a meeting every semester to regularly review and review the annual health work plan, promote campus health care work, and promote student health.

(2.) To formulate regulations on entrusting hospitals to conduct health examination assessments

NCUT has established a regulation for entrusting hospitals to conduct student health check evaluations, holding a selection meeting every two academic years, and signing a student health check contract with the Taichung City regional hospital to improve student health. In the 2019-2021 academic year, the National Army Taichung General Hospital and Taichung Dali Renai Hospital won the bid respectively.

(3.) Develop an implementation plan for student health checks

NCUT has formulated a student health check implementation plan, conducted a health check for new students every school year, and provided physician consultation services for medical reports, as well as health education for abnormal physical examinations and disease tracking to improve students' health. In the 2019-2021 school year, a total of 5,892 freshmen underwent physical examinations.

(4.) Health consultation from a nutritionist

In order to strengthen the health and nutrition concepts of faculties and students and to enhance their health and nutrition knowledge, NCUT hires professional nutritionists to support the school's health and nutrition consultation activities every month. Self-health management ability, and implement

healthy eating and regular exercise habits to improve self-health quality. In the 2019-2021 school year, a total of 24 sessions with a total of 970 participants participated.

		
<p>Personal Nutrition Counseling</p>	<p>group nutrition counseling</p>	<p>Body Fat Check Service</p>

Health and Fitness Course

Regular exercise can improve the quality of life and delay the decline of physical function and disability caused by aging. Exercise can also improve work efficiency, and exercise during work has the same effect.

NCUT combines the development characteristics of the department to promote the correct concepts and methods of fitness and exercise for the faculty and staff of the school, and offers the "**Healthy Physical Fitness Enhancement Class**" course. To improve work efficiency, 3 courses were offered in 2021, and 122 faculty members participated. Course content includes:

- (1) Basic muscle strength training: muscle strength training for upper and lower limbs, focusing on horizontal push, horizontal pull, vertical push, and vertical pull of upper limbs, as well as push, pull and walking of lower limbs, combined with core training for body stability.
- (2) Cardiorespiratory endurance training: Improve your cardiorespiratory endurance and physical fitness through interval training.
- (3) Agility training: Use rope ladders and pyramids to train our feet and brains.



Fitness Course