



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 implements a comprehensive approach to SDG 3, addressing both on-campus health and well-being for students and staff and healthy lifestyle promotion for the surrounding community.

NCUT combines medical services, mental health support, lifestyle education, preventive health policies, and community outreach programs to foster a healthier, more resilient society.

1. On-Campus Health Promotion for Students and Staff

1.1 Campus Medical and Health Services

- **Health & Dietary Committee** – Meets each semester to review annual health initiatives.
- **Student Health Check-up Plan** – Annual check-ups for freshmen, result consultations, and follow-ups; 4,098 students served in 2023–2024.
- **Hospital Partnerships** – Contracts with Taichung Regional Hospital, Taichung Armed Forces General Hospital, and Jen-Ai Hospital for professional health services.

1.2 Mental Health Support

- **On-site Psychiatric Consultations** – 112 hours provided to 50 individuals (2022–2024) with 100% satisfaction.
- **MOE Mental Health Promotion Plan** – Counseling for insomnia, emotional distress, and substance-related concerns.

1.3 Nutrition and Lifestyle Education

- **Monthly Nutrition Consultations** – 16 sessions (2023–2024) with 632 attendees.
- **Fitness Courses for Staff** – 3 courses in 2024 with 154 faculty participants, covering muscle strength, cardio, and agility training.

1.4 Preventive Health Policies

- **Smoke-Free Campus** – Full ban on smoking and e-cigarettes; penalties for violations; compliance with Taiwan's amended Tobacco Hazards Prevention Act.



- **Drug Abuse Prevention** – Anti-drug education and camps:
 - 2022: 6 sessions / 766 participants
 - 2023: 8 sessions / 845 participants
 - Jan–Jul 2024: 4 sessions / 575 participants

2. Community Health Promotion for External Public

2.1 Senior University – Healthy Aging Programs

- **Physical Fitness:** “New Vitality Movement” (pickleball, golf, badminton, table tennis), “Home-Based Multi-Activity” for dementia prevention.
- **Nutrition & Culinary Skills:** “Healthy Cooking for Seniors” for age-appropriate diet preparation.
- **Mental Well-being:** “LOVE Life” emotional resilience program, “Tea and Life” relaxation activities.
- **Preventive Care:** “Chinese Medicine and Health” – TCM massage, acupuncture, and cupping for wellness.
- **Environmental Health:** Horticultural therapy, environmental education on recycling and energy saving.

2.2 NCUT Academy – Continuing Education Courses

- **Fitness & Movement:** Yoga, boxing aerobics, aerobic dance, basic strength training.
- **Mental Wellness & Creativity:** Floral art, aromatherapy handmade soaps, creative handicrafts.
- **Skill Development:** Financial literacy for seniors, digital skills for smartphone use, language classes.

2.3 Industry Talent Investment Program

- Workplace health and safety courses (Industrial Ventilation, Ergonomics, Exposure Assessment) to reduce occupational hazards.

3. Impact and Outcomes

Category	Scope	Measurable Impact
On-Campus Health Checks	Students	4,022 freshmen received annual health checks (2023–2024)
Mental Health Consultations	Students & Staff	112 hours / 50 individuals / 100% satisfaction
Nutrition Counseling	Students & Staff	16 sessions / 632 attendees (2023–2024)
Drug Prevention	Students	12 sessions / 1,788 participants (2022–2024)
Senior University Courses	Community	15+ health and lifestyle courses offered annually
NCUT Academy Fitness Programs	Community	Yoga, aerobics, and strength training for 100+ participants/year
Workplace Safety Courses	Industry Professionals	Multiple certification courses annually to reduce workplace health risks

NCUT’s SDG 3 actions demonstrate a holistic, two-pronged approach:

- **Inside the campus:** Comprehensive health systems, preventive policies, mental health care, and fitness programs for students and staff.
- **Outside the campus:** Accessible lifelong learning, senior wellness programs, and occupational health training for community members.

This integrated strategy ensures that health and well-being are promoted not only within the university but across the surrounding society, contributing to Taiwan’s public health goals and global sustainable development.

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 2023-2024, a total of 4,022 students took advantage of the health checkup, as depicted in below Figure.



Consultations with a doctor about checkup results



Freshmen health checkup



Freshmen health checkup

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 2022 to 2024, 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

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 2023 to 2024, with 632 attendees benefiting from these sessions, as shown in the below Figure.



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



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strong sense of social responsibility.



Drug Abuse Prevention Promotion



Anti-drug camp

Health and Fitness Course



Fitness Course