



## **Progress Report on SDG 3 Good Health and well being**

In 2024, the City College of Cagayan de Oro (CCCDO) demonstrated a strong institutional commitment to promoting health, safety, and overall well-being among its stakeholders, aligned with UN SDG 3: Good Health and Well-Being. Through a balance of preventive education, research engagement, and community-based partnerships, CCCDO integrated health and wellness into its academic and civic mission. Major programs such as the “Kaya’t Kaya: Gender and Sex Education in the Workplace” seminar and the Fire Safety Lecture and Drill contributed to the development of an informed, health-literate academic community. These initiatives cultivated not only knowledge of physical health but also mental and emotional preparedness, particularly among technical-vocational trainees and staff. In line with the Times Higher Education (THE) Impact Ranking indicators (3.2 and 3.4), CCCDO ensured that its employees, students, and community partners had access to inclusive health education, safety mechanisms, and responsive well-being policies.

### *Research and Scholarship on Health and Wellness*

The college’s research productivity significantly strengthened its global and regional presence under THE Impact Ranking indicator 3.1 (Research on Health and Well-Being). Two high-impact publications were recognized internationally: (1) “*Exploration on the Evolution of the Purpose of Fitness Testing Throughout Time: A Systematic Review*” (IJRP Journal, 2024) by Vargas, which traced the historical development of physical fitness testing as a holistic health tool; and (2) “*Influence of Self-Efficacy, Teachers’ Stress, and Demographics on the Teachers’ Work Commitment and Intention to Stay*” (Journal of Interdisciplinary Perspectives, 2024) by Potane and Borres, highlighting psychological well-being as a determinant of teacher retention and professional commitment.

Together, these studies advanced CCCDO’s contribution to scholarly discourse on physical and psychological health. The integration of wellness-focused research within the institutional agenda demonstrates a multi-disciplinary approach to well-being that aligns with national and global frameworks.

Table 1. CCCDO 2024 Research Publications on SDG 3

Publication Title	Authors	Journal	SDG 3 Focus	DOI
Exploration on the Evolution of Fitness Testing	Vargas, M.	E. IJRP	Physical fitness and health education	10.47119/IJRP10016011120247278
Influence of Efficacy, Stress, and Demographics	Potane, D., & Borres, C. J.	J. JIP	Psychological well-being and commitment	10.69569/jip.2024.0296

### Health Promotion and Community Outreach

CCCDO sustained partnerships with local and national agencies to conduct wide-reaching community health initiatives consistent with THE indicator 3.3 (Collaborations and Outreach). Among these were collaborations with the Philippine Information Agency (PIA-X) and the Commission on Population and Development (CPD-X) during the *Bagong Pilipinas Youth Forum* in November 2024, which empowered students to advocate for reproductive health, leadership, and responsible citizenship. The institution also engaged in the Fire Safety Lecture and Drill, which developed practical competencies in hazard prevention and emergency response.

Collectively, these engagements reflect CCCDO’s emphasis on proactive and participatory community well-being. Through continuous partnerships, the college reached more than 900 beneficiaries across training, forums, and advocacy events, fostering a culture of preparedness and resilience.

Table 2. 2024 CCCDO Health and Well-Being Outreach Activities

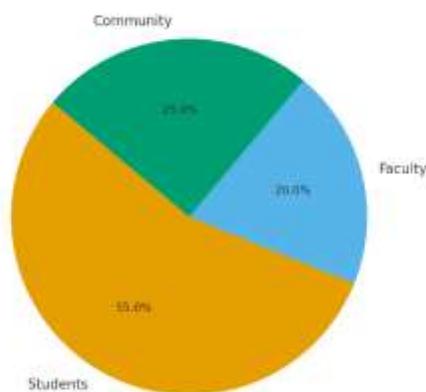
Activity	Date	Partner Agencies	Beneficiaries	Key Impact
Gender & Sex Education in the Workplace	Feb 14, 2024	City Health Office	250 trainees	Promoted gender sensitivity and safe workplace values
Fire Safety Lecture & Drill	Mar 2024	BFP-Puerto Station	180 staff/faculty	Enhanced emergency readiness
Bagong Pilipinas Youth Forum	Nov 29, 2024	PIA-X, CPD-X	500 students	Strengthened leadership and reproductive health awareness

Recognizing that well-being is central to quality education, CCCDO institutionalized programs promoting mindfulness, mental health, and safe learning environments. Notably, the study by Babia and Madronero (2024) titled *“Mindfulness, Health Habits, and*

*Systems Thinking: A Pathway to Achieving SDG 3 and SDG 4*” underscored CCCDO’s commitment to faculty wellness and systemic health promotion. The institution launched targeted initiatives, such as mindfulness sessions, campus safety audits, and faculty health monitoring programs. In line with THE’s 3.4 indicator, CCCDO also implemented policies ensuring psychological support for staff and students. Counseling access and stress management sessions were made available through the Guidance and Student Affairs Offices, fostering an environment of empathy and care. These collective actions portray CCCDO as a community of wellness where faculty and learners thrive together, both academically and personally.

Institutionally, CCCDO’s alignment with SDG 3 has transitioned from activity-based initiatives to a policy-driven health ecosystem. The Policy on Safety, Health, and Environmental Sustainability (SHES) provided the backbone for continuous improvement in safety standards, hygiene, and emergency response. With cross-cutting links to SDG 4 (education) and SDG 11 (sustainable communities), the college’s well-being framework is now embedded in curricula, research, and extension programs. CCCDO’s inclusion in the THE Impact Ranking pathways positions it as a regional model for higher education institutions leveraging wellness as a driver for inclusive development. Moving forward, the institution aims to scale its research collaborations, introduce a Campus Health Innovation Hub, and adopt AI-supported wellness tracking systems to sustain data-based policy decisions. These initiatives ensure that CCCDO’s progress on SDG 3 remains measurable, innovative, and globally relevant — embodying the institution’s mission of nurturing life, learning, and holistic development.

Distribution of Health Outreach Beneficiaries by Category (2024)



The pie chart shows that CCCDO’s 2024 health outreach program reached a balanced mix of internal and external stakeholders, with students comprising 55%, faculty 20%, and community members 25% of total beneficiaries. This distribution reveals that CCCDO’s wellness strategies are strategically grounded in student-centered engagement while still maintaining meaningful inclusion of faculty and partner communities. The high student participation underscores the institution’s success in

integrating health literacy and wellness advocacy into academic life through programs like gender and sex education, youth leadership forums, and reproductive health awareness initiatives. These initiatives align with THE Impact Ranking indicator 3.2 (health services for students and staff) by ensuring that learners receive direct exposure to preventive health education, leadership training, and safety awareness. Meanwhile, the 20% faculty engagement rate suggests a strong start in embedding faculty well-being within institutional priorities—an indicator of CCCDO’s recognition that educators’ physical and psychological health directly affect teaching quality and overall institutional resilience.

The inclusion of 25% community beneficiaries further strengthens CCCDO’s alignment with THE indicator 3.3 (collaborations and health outreach). This external reach demonstrates that the college’s efforts go beyond campus-based interventions and are rooted in genuine community service and local partnerships. Activities such as fire safety drills with the Bureau of Fire Protection (BFP–Puerto Station) and health forums with the City Health Office and CPD-X extended CCCDO’s influence into the public health sphere, particularly in preventive and awareness-based actions. The participatory approach—where students and faculty jointly serve as facilitators and learners—creates a ripple effect of shared responsibility, health literacy, and civic engagement. To further enhance impact for future THE evaluations, CCCDO could institutionalize impact monitoring mechanisms—tracking post-event behavior change, satisfaction, and policy influence—to quantify improvements in community well-being. This would transform the chart’s percentages into evidence of transformation, where CCCDO’s role as a higher education institution becomes not just an academic provider but a sustained catalyst for healthier, more empowered communities.