

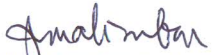
SUGAR REGULATORY ADMINISTRATION
North Avenue, Diliman, Quezon City

HEALTH AND WELLNESS PROGRAM 2016


Objective: To provide physical and mental care in sustaining a healthy well-being, to develop and adopt a comprehensive, unified, integrated and prevention control strategy against drugs and to ensure productive work environment for SRA employees.

Strategies	Activities	Time Table	Responsible Agency/Entity
Awareness /Education/Information	Lecture/Seminar on Different Types of Drugs and its Long term Effects on Psychological, Mental and Physical Health; other relevant topics	Yearly (March, 2016)	Dangerous Drugs Board (DDB)
	RA 9165 focusing on punishable acts and corresponding penalties	2 months (April, May 2016)	
Preventive Measures/Monitoring	Conduct drug test, chest x-rays to all SRA employees	Once a year/as need arises	SRA, DDB
	Blood pressure/Sugar Monitoring	Year-round	SRA
	Anti-Smoking Implementation	Year-round	
	Vaccination/s, Immunization	Once a year	
Work-Life Balance/Diverse Activities	Sports: Weekly Sports Activities/Yearly friendly games Zumba/Calisthenics	Year-round	SRA
	Physical Fitness Gym	Year-round	

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