



Republic of the Philippines
QUEZON CITY COUNCIL
Quezon City
22nd City Council

PR22CC-154

19th Regular Session

RESOLUTION NO. SP- **9157**, S-2023

A RESOLUTION STRONGLY URGING THE CITY GOVERNMENT TO ENHANCE ITS WELLNESS PROGRAMS FOR QUEZON CITY GOVERNMENT EMPLOYEES.

Introduced by Councilor ALY MEDALLA.

Co-Introduced by Councilors Bernard R. Herrera, Tany Joe "TJ" L. Calalay, Dorothy A. Delarmente, M.D., Joseph P. Juico, Nikki V. Crisologo, Charm M. Ferrer, Fernando Miguel "Mikey" F. Belmonte, Candy A. Medina, Dave C. Valmocina, Tatay Rannie Z. Ludovica, Godofredo T. Liban II, Kate Galang-Coseteng, Geleen "Dok G" G. Lumbad, Albert Alvin "Chuckie" L. Antonio III, Don S. De Leon, Wencerom Benedict C. Lagumbay, Atty. Anton L. Reyes, Edgar "Egay" G. Yap, Imee A. Rillo, Raquel S. Malañgen, Irene R. Belmonte, Nanette Castelo-Daza, Marra C. Suntay, Joseph Joe Visaya, Alfred Vargas, MPA, Ram V. Medalla, Shaira "Shay" L. Liban, Aiko S. Melendez, Mutya Castelo, Maria Eleanor "Doc Ellie" R. Juan, O.D., Kristine Alexia R. Matias, Eric Z. Medina, Emmanuel Banjo A. Pilar, Vito Sotto Generoso, Victor "Vic" Bernardo, Alfredo "Freddy" Roxas and Noe Dela Fuente.

WHEREAS, Section 15, Article 14 of the 1987 Philippine Constitution provides that "The State shall protect and promote the right to health of the people and instill health consciousness among them;"

WHEREAS, the Quezon City Government employees are the backbone of the City in providing services to the public;

WHEREAS, the Civil Service Commission issued Memorandum Circular No. 38, s. 1992 to the heads of national and local governments, including government-owned and/or -controlled corporations authorizing the allotment of one (1) hour each week for wellness and fitness programs, as well as health awareness programs for twenty (20) minutes daily;

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WHEREAS, the Quezon City Government currently has more than 5,000 employees and emotional stress, identified as one of the primary causes of high stress levels within these employees, is triggered by work-related stressor such as long hours of work, changes within the organization, tight deadlines, changes to duties, among others;

WHEREAS, it is imperative that employee wellness is made a priority by the government because studies have proven that it is a driver of significant productivity and has a direct benefit to the citizens whom the government employees serve;

WHEREAS, wellness and fitness activities include programs such as stress reduction, weight loss, exercise, nutrition education, health screening, and vaccination drives that can help improve the mental, physical, and overall wellness of City Government employees.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to strongly urge, as it does hereby strongly urge, the city government to enhance its wellness programs for Quezon City Government employees.

ADOPTED: January 23, 2023.



GIAN G. SOTTO
City Vice Mayor
Presiding Officer

ATTESTED:


Atty. JOHN THOMAS S. ALFEROS III
City Government Dept. Head III

CERTIFICATION

This is to certify that this Resolution was APPROVED by the City Council on Second Reading on January 23, 2023 and was CONFIRMED on January 30, 2023.


Atty. JOHN THOMAS S. ALFEROS III
City Government Dept. Head III
