

## Al-Turath University's Contribution to SDG 3: Good Health and Well-being

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**Committee:** Al-Turath University Health and Wellness Committee

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### Introduction

Al-Turath University (TU) is committed to supporting Sustainable Development Goal 3 (SDG 3): Good Health and Well-being. This goal emphasizes ensuring healthy lives and promoting well-being for all ages. Through health services, mental health support, community outreach, and partnerships with local healthcare providers, TU is dedicated to enhancing the health and well-being of its students, staff, and surrounding community.

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### Current Health Initiatives at Al-Turath University

#### 1. On-Campus Health Services

- TU provides an on-campus health clinic that offers essential medical services, including check-ups, emergency care, and preventive health education. These services are available to students, faculty, and staff, ensuring access to immediate healthcare when needed.



## **2. Mental Health and Counseling Support**

- TU has implemented mental health support through free counseling services offered by licensed therapists. The mental health team regularly organizes workshops and campaigns, including a “Mental Health Awareness Month,” aiming to reduce stigma and encourage mental wellness among the student body.

## **3. Preventive Health Education Programs**

- In collaboration with continuous education center at TU, the university conducts health workshops and seminars on topics like nutrition, fitness, and substance abuse prevention. These programs are part of TU’s broader commitment to educating students and staff on leading healthier lifestyles.

## **4. COVID-19 Response and Vaccination Program**

- In response to the COVID-19 pandemic, TU established comprehensive safety protocols and collaborated with local health authorities to facilitate a vaccination drive on campus. This initiative was aimed at safeguarding the university community and supporting public health.

## **5. Community Health Awareness Campaigns**

- TU frequently engages with the local community through awareness campaigns focused on public health issues, such as breast cancer awareness and general preventive care. These programs provide important information and resources to the community, helping to foster a health-conscious environment.

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## **Partnerships Supporting Community Health**

### **1. Collaboration with the University of Iowa Hospital**

- TU has partnered with the University of Iowa Hospital to develop public health education initiatives. This collaboration focuses on promoting health awareness and preventive practices among students and their families.

### **2. Local Healthcare Partnerships**

- TU works closely with local health organizations to facilitate health screenings and workshops, which are accessible to both students and local residents. These partnerships help TU extend its healthcare initiatives beyond the campus, ensuring broader community impact.
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## Programs for Specific Community Health Needs

### 1. Free Dental Clinics

- In partnership with the College of Dentistry, TU organizes free dental clinics where fourth- and fifth-year students provide dental care to underserved members of the community under supervision. This initiative improves access to oral healthcare and raises awareness about dental health.

<https://uoturath.edu.iq/en/2023/06/al-turath-university-college-of-dentistry-annual-community-service-initiative/>

### 2. Public Health Symposiums

- TU hosts annual symposiums on critical health topics such as women's health, mental health, and communicable diseases. These symposiums are open to the public and aim to address pressing health issues, providing valuable insights and solutions to participants.

### 3. Health Screenings in Local Schools

- TU collaborates with local schools to conduct health screenings, including vision and hearing tests. These screenings help identify health issues early, allowing students to receive timely care and support.

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## Evaluation and Impact Measurement

### 1. Student and Community Participation Metrics

- TU tracks participation rates in its health workshops, counseling services, and community health campaigns. For example, the mental health workshops in 2023 saw over 400 students participating, highlighting the program's reach and impact on student well-being.

### 2. Health Outcomes Monitoring

- Through the on-campus clinic, TU gathers anonymized health data on common ailments and issues to better adapt its health services. This data helps the university refine its health programs, ensuring that they meet the needs of students and staff effectively.

### 3. Vaccination Success Rates

- During the COVID-19 vaccination campaign, TU achieved a high vaccination rate among students and staff, contributing to a safer campus environment. This success reflects the effectiveness of TU's outreach and health promotion efforts.
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## **Recommendations for Enhancing SDG 3 Impact**

### **1. Expand Mental Health Resources**

- Increase access to mental health services by hiring additional counselors and expanding peer support programs to meet the rising demand for mental health care on campus.

### **2. Introduce Regular Mobile Health Clinics**

- TU could implement mobile health clinics in underserved areas of the local community, providing access to basic health screenings and preventive services.

### **3. Launch a Health Ambassador Program**

- By training students to act as health ambassadors, TU can expand its outreach efforts, promoting health practices across campus and in the local community.

### **4. Develop Online Health Resources**

- Create an online portal offering health education materials, virtual consultations, and wellness guides accessible to students and community members.

### **5. Foster More Research on Public Health**

- Establish research grants focused on public health issues to encourage faculty and student-led research projects that contribute innovative solutions for community health challenges.

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## **Conclusion**

Al-Turath University's commitment to SDG 3 is evident through its comprehensive health services, mental health support, community outreach, and partnerships with healthcare providers. By continuously enhancing these initiatives and implementing targeted recommendations, TU aims to build a healthier, well-informed campus and community, contributing to the well-being and resilience of all individuals it serves.