

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

Introduction

Al-Turath University (TU) continues to advance Sustainable Development Goal 3 (SDG 3): Good Health and Well-being, through a holistic approach that integrates health education, preventive care, mental wellness, policy development, and community engagement. As one of Iraq's leading academic institutions, TU's Faculty of Dentistry, Pharmacy, and Health Technologies lead the way in promoting healthy lifestyles and providing accessible healthcare services for students, staff, and the wider community.

The 2024 report builds on TU's previous achievements by highlighting major health-related initiatives, newly adopted health policies, and impactful awareness programs conducted throughout the year. These efforts reflect TU's strong commitment to ensuring a healthier campus and fostering a culture of well-being, aligned with international best practices and THE Impact Rankings. <https://uoturath.edu.iq/en/sustainabledevelopment/health/>

Institutional Health Policies and Governance

1. Smoke-Free and Tobacco-Free Campus Policy (2024)

In 2024, TU implemented its comprehensive 'Smoke-Free and Tobacco-Free Campus Policy' to safeguard public health and reinforce the university's responsibility toward sustainable well-being. This policy prohibits the use, sale, or advertisement of tobacco and nicotine products, including e-cigarettes, across all university facilities and vehicles. It aligns directly with SDG 3 (Good Health and Well-being) and the World Health Organization's Framework Convention on Tobacco Control. The policy also ensures the provision of free smoking cessation programs for students and staff, with professional counseling available through TU's Health and Wellness Office.

Policy link: <https://uoturath.edu.iq/wp-content/uploads/2025/11/Smoke-Free-Tobacco-Free-Campus-Policy.pdf>

2. Symposium on Non-Smoking Awareness and Health Promotion

To promote awareness and community participation, TU organized a symposium titled "Towards a Smoke-Free Campus: Health, Awareness, and Responsibility" in November 2025. The symposium, attended by students, faculty, and local health professionals, featured expert talks on the dangers of smoking, environmental pollution from tobacco, and the health benefits of a smoke-free lifestyle. It also introduced TU's new non-smoking policy and included the launch of the 'Breathe Clean, Live Better' campaign, which encourages students to take the Smoke-Free Pledge.

Read more: <https://uoturath.edu.iq/en/2024/11/no-smoking/>

Campus Health Services and Wellness Programs

1. On-Campus Health Clinic and Counseling Services

TU continues to operate its on-campus medical clinic, providing free healthcare, preventive check-ups, and first-aid services to students and staff. The clinic also collaborates with the Faculty of Pharmacy to run awareness campaigns on medication safety, nutrition, and vaccination.

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. In 2024, the **mental health** counseling unit expanded its reach by offering weekly mental wellness workshops and private sessions to support student emotional well-being.

2. Preventive Health Education and Awareness Campaigns

TU held several preventive health awareness campaigns and workshops, including seminars on mental health, nutrition, and the prevention of chronic diseases. The university collaborated with the Ministry of Health and the Swedish Center for Cognitive and Behavioural Therapy during its Environmental Education and School Health Workshop.

Community Engagement and Outreach

1. Annual Community Dental Services Initiative

TU’s College of Dentistry continued its annual free dental service program, offering free dental check-ups, cleaning, and treatments to low-income families and residents. This initiative not only enhances oral health in the local community but also provides valuable clinical experience for TU’s senior dental students under faculty supervision.

[\(https://uoturath.edu.iq/en/2023/06/annual-community-dental-services/\)](https://uoturath.edu.iq/en/2023/06/annual-community-dental-services/)

2. National Symposium: Gathering of Iraqi Dental Colleges.

In August 2025, TU hosted the *'National Gathering of Dental Colleges in Iraq'*, an academic forum that brought together deans and students from various dental faculties to exchange experiences and discuss advances in dental care, community outreach, and public health.

[\(https://uoturath.edu.iq/en/2025/08/al-turath-university-gathers-the-colleges-of-dentistry/\)](https://uoturath.edu.iq/en/2025/08/al-turath-university-gathers-the-colleges-of-dentistry/)

3. Health Science Research and Erasmus+ Collaboration

TU participated in the *Erasmus+ Conference on Sustainability and Innovation where faculty presented ongoing research related to health sciences, mental wellness, and sustainable healthcare practices. This collaboration strengthens TU's international research capacity and aligns with its mission to promote holistic well-being.

4. Al-Turath Medical Center: Comprehensive Health and Training Facility

Al-Turath University operates the Al-Turath Medical Center, a fully integrated healthcare facility providing round-the-clock medical services for students, staff, and the wider community.

The center includes Diagnostic Radiology, Cosmetic and Laser, Consultation Clinics, a Specialized **Medical Laboratory**, an Eye and Laser Treatment Unit, Dialysis Unit, Dentistry, Pharmacy, and Nursing Clinics, in addition to a 24-hour Emergency Department that ensures immediate response and continuity of care.

Within the Consultation Clinics Division, the center hosts two specialized units — a **Pediatrics Clinic** and a **Women's Health Clinic** — offering preventive and therapeutic medical services delivered by qualified physicians and supervised student interns.

A key component of the Medical Center is its **Student Clinical Training Unit**, designed to provide hands-on practical experience for students from the faculties of Dentistry, Pharmacy, and Health Technologies. This unit ensures that students have access to reproductive health services, supported by educational programs and awareness initiatives that promote informed and responsible health choices.

<https://uoturath.edu.iq/en/medical-center/>



5. 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.

6. 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.

<https://uoturath.edu.iq/en/2024/04/school-health/>

7. Annual Community Dental Services Initiative

- TU's College of Dentistry continues to organize free medical and dental campaigns offering examinations and treatments for low-income families and local residents, as part of its long-standing Community Dental Services Initiative. This activity is publicly documented on TU's official website

<https://uoturath.edu.iq/en/2023/06/annual-community-dental-services/>

8. Sports Can Fit Everybody

Al-Turath University (TU) shares its sports facilities with the local community, schools, and the general public. For example, as part of a Ramadan-community engagement initiative, TU opened its campus sports grounds for public use and hosted inter-community tournaments inviting families, youth, and adults. According to the university news article "Annual Ramadan Community Sports" (Nov 2024) on their website, the facilities are openly available for external participation.

<https://uoturath.edu.iq/en/2024/11/29006/>

Evaluation and Impact Measurement

1. Student and Community Health Participation Metrics

Participation in TU's health and awareness initiatives has grown significantly, with over 700 students attending health events in 2024. The mental health workshops reported a 25% increase in participation compared to 2023. More than 300 community members benefited from TU's free dental care programs, reflecting the university's expanding social impact.

2. Health Outcomes and Behavioral Change

Surveys conducted by the Health and Wellness Office in late 2024 show a noticeable decline in smoking prevalence among students and staff following the implementation of the Smoke-Free Policy. Furthermore, TU's awareness campaigns contributed to increased vaccination rates, improved nutrition habits, and better mental health awareness within the campus community.

Recommendations

- Expand the smoking cessation support programs and integrate digital health-tracking tools for student follow-up.
- Establish a permanent Student Health Ambassador Program to sustain awareness initiatives across faculties.
- Increase research funding for public health and preventive care in collaboration with international partners.
- Launch a TU Health Portal offering online counseling, health education materials, and event updates.
- Develop a long-term community health partnership plan with local hospitals and NGOs to broaden outreach impact.

Conclusion

Through a combination of strong institutional policies, effective health programs, and impactful community engagement, Al-Turath University (TU) continues to be a national leader in promoting health and well-being. The 2024 Smoke-Free Campus Policy and the accompanying awareness symposium represent key milestones in TU's ongoing journey to foster a safe, inclusive, and health-conscious learning environment. With continued collaboration, innovation, and student engagement, TU reaffirms its commitment to advancing SDG 3 and shaping a healthier future for all.