



SDG3: Good Health and Well-being



The University of Tabuk recognizes its vital role in promoting the health and well-being of society. It is home to four health colleges: the College of Medicine, the College of Pharmacy, the College of Applied Medical Sciences, and the College of Nursing. These colleges have produced distinguished Saudi professionals in medicine, pharmacy, nursing, and health sciences, while also contributing to high-quality research in these fields. The university has forged numerous partnerships and agreements with health institutions at both local and international levels, aimed at improving societal health, well-being, and overall quality of life.

In addition to its contributions to the broader community, the university prioritizes the health of its members, including students, staff, and faculty, through a wide range of policies, services, and activities. The university's medical administration provides free, high-quality health care. Furthermore, a clinical psychology unit supports and trains psychologists based on the scientist-practitioner model and offers evidence-based psychological services to individuals facing various psychological challenges.

The university also maintains diverse sports facilities, such as football fields and swimming pools, which are accessible to both the university community and the public. In addition, it offers sports programs designed for different segments of society.

The health colleges at the University of Tabuk contribute to public health by organizing health awareness campaigns, including blood donation drives, breast cancer awareness, and diabetes awareness initiatives.

As part of its commitment to promoting public health, the university introduced the Anti-Smoking Regulations in 2021, which prohibit smoking across all university facilities to combat smoking and mitigate its harmful effects on both smokers and non-smokers.

3.1 Research on health and well-being

The University of Tabuk actively contributes to achieving SDG 3, which focuses on ensuring healthy lives and promoting well-being for all. This is reflected in the university's research output, particularly in health-

related fields. Several of its recent publications focus on advancing knowledge and addressing critical health issues. For instance, recent examples of published research from 2023 include:

- **Abubakar, U., Al-Anazi, M., and Rodríguez-Baño, J. (2023).** Impact of COVID-19 pandemic on multidrug-resistant gram-positive and gram-negative pathogens: A systematic review. *Journal of Infection and Public Health*, 16(3), pp.320-331.
- **Sajjad, M., Ullah, F.U.M., Ullah, M., Christodoulou, G., Cheikh, F.A., Hijji, M., Muhammad, K., and Rodrigues, J.J. (2023).** A comprehensive survey on deep facial expression recognition: challenges, applications, and future guidelines. *Alexandria Engineering Journal*, 68, pp.817-840.
- **Hayat, P., Khan, I., Rehman, A., Jamil, T., Hayat, A., Rehman, M.U., Ullah, N., Sarwar, A., Alharbi, A.A., Dabool, A.S., and Daudzai, Z. (2023).** Myogenesis and analysis of antimicrobial potential of silver nanoparticles (AgNPs) against pathogenic bacteria. *Molecules*, 28(2), p.637.

These publications demonstrate the university's commitment to addressing global health challenges and contributing to advancements in healthcare and well-being.

3.3 Collaborations and health services

3.3.1 Current collaborations with health institutions

The University of Tabuk collaborates with local and global health institutions to enhance health and well-being outcomes

- **Local collaboration**

(Partnership Agreements 2: page 5, 8, 22, 24):

<https://www.ut.edu.sa/ar/administration/vrgssr/Partnerships-and-International/Documents/Partnership%20Agreements%202.pdf>

<https://www.ut.edu.sa/ar/administration/vrgssr/Partnerships-and-International/Pages/default.aspx>

- **National collaboration**

(Partnership Agreements 2: page 13):

<https://www.ut.edu.sa/ar/administration/vrgssr/Partnerships-and-International/Documents/Partnership%20Agreements%202.pdf>

(Partnership Agreements 1: page 11, 12):

<https://www.ut.edu.sa/ar/administration/vrgssr/Partnerships-and-International/Documents/Partnership%20Agreements%201.pdf>

- Meeting of deans of colleges of applied medical sciences

https://x.com/u_tabuk/status/1714628434855334082?s=12

- Meeting of deans of colleges of Medicine

https://twitter.com/U_Tabuk/status/1783493189422227853

- **Global cooperation**

<https://okathjordan.com/2022/11/02/%D9%88%D9%81%D8%AF-%D9%85%D9%86-%D8%AC%D8%A7%D9%85%D8%B9%D8%A9-%D8%AA%D8%A8%D9%88%D9%83-%D9%81%D9%8A-%D8%A7%D9%84%D8%B3%D8%B9%D9%88%D8%AF%D9%8A%D8%A9-%D9%8A%D8%B2%D9%88%D8%B1-%D9%85%D8%B3%D8%AA%D8%B4/>

https://x.com/u_tabuk/status/1588215122660573184?s=48

https://x.com/u_tabuk/status/1536475208009261065?s=12

Participation in research groups (page 107-122):

<https://www.ut.edu.sa/ar/Deanship/graduate-studies/Documents/%D8%A7%D9%84%D9%85%D8%AC%D9%85%D9%88%D8%B9%D8%A7%D8%AA%20%D8%A7%D9%84%D8%A8%D8%AD%D8%AB%D9%8A%D8%A9%20%D8%A7%D9%84%D9%85%D8%B9%D8%AA%D9%85%D8%AF%D8%A9.pdf>

Conducting joint research with international institutions

<https://www.ut.edu.sa/ar/administration/vrgssr/Social-Responsibility/Documents/%D9%82%D8%A7%D8%A6%D9%85%D8%A9%20%D8%A7%D9%84%D8%A7%D8%A8%D8%AD%D8%A7%D8%AB%20%D8%A7%D9%84%D9%85%D8%AC%D8%AA%D9%85%D8%B9%D9%8A%D8%A9.pdf>



معالي رئيس الجامعة أ.د. عبد الله الذيابي والوفد المرافق له خلال زيارتهم لـ **#الجامعة_الأردنية** ولقاء معالي رئيس الجامعة أ.د. نذير العبيدات وقيادات الجامعة، وجرى خلال اللقاء تجديد **#اتفاقية_التعاون**، والتي تهدف لتعزيز الشراكة القائمة بينهما في البرامج الأكاديمية والطبية والصحية.
@U_Tabuk

Translate post



3.3.2 Health outreach programmes

The University of Tabuk implements outreach programs and projects within the local community to enhance and promote health and well-being

- **Health and Hygiene Education Programs:**

https://twitter.com/event_ut/status/1754576428350226644

https://twitter.com/event_ut/status/1723651240700063867

https://twitter.com/event_ut/status/1715073881545859321

https://twitter.com/event_ut/status/1712044275863519327

https://twitter.com/event_ut/status/1638790155661193218

- **Nutrition Workshops:**

https://twitter.com/event_ut/status/1716116970762899953

https://twitter.com/event_ut/status/1709608772853776695

- **Family Planning and Reproductive Health:**

https://twitter.com/event_ut/status/1737798756500676884

- **Sports and Exercise Programs:**

https://twitter.com/event_ut/status/1751991909893980594

https://twitter.com/event_ut/status/1750405332013138322

https://twitter.com/event_ut/status/1749497888202199468

https://twitter.com/event_ut/status/1749497625789735339

https://twitter.com/event_ut/status/1765027524419916086

https://twitter.com/event_ut/status/1747934152060526729

https://twitter.com/event_ut/status/1747631965174403090

https://twitter.com/event_ut/status/1729140268895789064

https://twitter.com/event_ut/status/1700850687511310794

- **Well-being and Preventive Health**

https://twitter.com/event_ut/status/1767471338690576737

https://twitter.com/event_ut/status/1784894065449849268

https://twitter.com/event_ut/status/1755266392159379557

https://twitter.com/event_ut/status/1754880779635642831

https://twitter.com/event_ut/status/1732444185179853280

https://twitter.com/U_Tabuk/status/1729221838192984530

https://twitter.com/U_Tabuk/status/1728650701579149692

https://twitter.com/event_ut/status/1726115523950207020

https://twitter.com/event_ut/status/1725048259867975884

https://twitter.com/event_ut/status/1717467160459546739

https://twitter.com/event_ut/status/1716082585913225333

https://twitter.com/event_ut/status/1713507017438957628

https://twitter.com/event_ut/status/1712780561654092136

https://twitter.com/event_ut/status/1711692800536797535

https://twitter.com/event_ut/status/1658729871076474881

- **Ageing Well Initiatives:**

https://twitter.com/event_ut/status/1723973939704058173

https://twitter.com/event_ut/status/1719707393796280419

https://twitter.com/event_ut/status/1710652437315420644



3.3.3 Shared sports facilities

The University of Tabuk shares sports facilities with external parties at no cost.

https://drive.google.com/drive/u/0/folders/1jknf8MnkcZJ0hAEKo7b_75GTXI78aGc1

3.3.4 Sexual and reproductive health care services for students

The University of Tabuk offers students free access to sexual and reproductive health care services, including information and educational resources

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Pages/Specialized-clinics.aspx>

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Documents/Health%20services.pdf>

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عيادة أمراض الجهاز التنفسي
عيادة الأمراض العصبية والصرع
عيادة الأمراض الجلدية
عيادة طب كبار السن
عيادة الأمراض الروماتيزمية

وحدة تعزيز الصحة النفسية
عيادة علاج الإدمان
عيادة الإقلاع عن التدخين
عيادة طب الصداع والألم المزمن
عيادة الجراحة العامة
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عيادة الطب النفسي
قسم العلاج الطبيعي
عيادات طب الأسنان

3.3.5 Mental health support for students

The University of Tabuk provides students with free access to mental health support services

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Pages/Specialized-clinics.aspx>

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Documents/Health%20services.pdf>

تعلن الإدارة الطبية ممثلة بوحدة تعزيز الصحة النفسية عن إطلاق خدمة الإستشارات الهاتفية للصحة النفسية

من المؤشرات التحذيرية والأعراض المبكرة لإضطرابات الصحة النفسية التي ستساعدكم على إدراك احتياجكم أو احتياج أي شخص تعرفونه ..

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الحنن أو الإحباط
الانخفاض في مستوى الطاقة بشكل مستمر
الرغبة في النوم طويلاً وعدم الاستيقاظ
تغيرات جذرية في السلوك و تقلبات مزاجية حادة
الشعور بخوف مفاجئ لا يمكن تفسيره برفقه خفقان القلب

يمكنكم الآن طلب الاستشارة وبكل سرية عن طريق الاتصال على 014456 4000 من الأحد الى الخميس | 9 صباحاً - 3 مساءً

3.3.6 Smoke-free policy.

In 2021, the University of Tabuk issued an anti-smoking regulation that completely prohibits smoking on the university campus.

<https://www.ut.edu.sa/ar/Faculties/education-and-arts/Islamic-Studies/Documents/%D9%84%D8%A7%D8%A6%D8%AD%D8%A9%20%D9%85%D9%83%D8%A7%D9%81%D8%AD%D8%A9%20%D8%A7%D9%84%D8%AA%D8%AF%D8%AE%D9%8A%D9%86.pdf>

3.3.7 Mental health support for staff

The University of Tabuk provides staff with free access to mental health support services

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Pages/Specialized-clinics.aspx>

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Documents/Health%20services.pdf>