

# Good Health & Wellbeing

At the University of Tabuk, the health and well-being of our students, staff, and faculty are considered fundamental pillars of a supportive academic environment. In alignment with national strategies such as Saudi Vision 2030 and the university's strategic goals, we are committed to providing comprehensive, accessible, and inclusive health and wellness services both on campus and within the local community. This includes access to physical and mental health care, sexual and reproductive health services, and initiatives promoting healthy lifestyles. The following sections outline the services currently in place and provide evidence of our ongoing commitment to a healthy and thriving university community.

### **Promoting Healthy and Affordable Food Choices on Campus**

The University of Tabuk is committed to fostering a campus environment that supports the health and well-being of its community. A key aspect of this commitment is ensuring the availability of nutritious, balanced, and affordable food options for all students, faculty, and staff. Through partnerships with campus vendors and regular evaluation of food services, the university promotes access to meals that meet dietary needs and encourage healthy eating habits. These efforts align with national health priorities and support the overall academic and personal success of the university community.

The University of Tabuk has implemented a program to address student food insecurity. This initiative includes several key components:

- **Subsidized Meal Plans:** The university offers discounted meals for scholarship students. For more details, please refer to page 5 of the scholarship application file for non-Saudis. View the scholarship application here.  
<https://www.ut.edu.sa/ar/Deanship/student-affairs/Documents/%D8%B7%D9%84%D8%A8%20%D9%85%D9%86%D8%AD%D8%A9%20%D8%AF%D8%B1%D8%A7%D8%B3%D9%8A%D8%A9%20%D9%84%D8%BA%D9%8A%D8%B1%20%D8%A7%D9%84%D8%B3%D8%B9%D9%88%D8%AF%D9%8A%D9%8A%D9%86.pdf>

- **Educational Workshops and Cooking Classes:** The university organizes workshops and classes aimed at educating students about nutrition and cooking. More details can be found here.  
[https://x.com/event\\_ut/status/1655604354324262913?s=46](https://x.com/event_ut/status/1655604354324262913?s=46)
- **Meal Swipe Donation Program:** This program allows students to donate unused meal swipes to assist their peers in need. Additional information can be accessed through the following links:  
[https://x.com/event\\_ut/status/1773444688747372758?s=12](https://x.com/event_ut/status/1773444688747372758?s=12)  
[https://x.com/dsa\\_ut/status/1641564338178719745?s=12](https://x.com/dsa_ut/status/1641564338178719745?s=12)  
[https://x.com/dsa\\_ut/status/1768262307186921884?s=12](https://x.com/dsa_ut/status/1768262307186921884?s=12)  
[https://x.com/dsa\\_ut/status/1638147260025303040?s=12](https://x.com/dsa_ut/status/1638147260025303040?s=12)  
[https://x.com/dsa\\_ut/status/1639667563863916549?s=48](https://x.com/dsa_ut/status/1639667563863916549?s=48)  
[https://x.com/dsa\\_ut/status/1638936660540002304?s=48](https://x.com/dsa_ut/status/1638936660540002304?s=48)  
[https://x.com/dsa\\_ut/status/1770127359879864672?s=48](https://x.com/dsa_ut/status/1770127359879864672?s=48)  
[https://x.com/dsa\\_ut/status/1639706510119796744?s=48](https://x.com/dsa_ut/status/1639706510119796744?s=48)  
[https://x.com/dsa\\_ut/status/1640432956081688578?s=12](https://x.com/dsa_ut/status/1640432956081688578?s=12)

These initiatives demonstrate the university's commitment to supporting students facing food insecurity and ensuring they have access to nutritious meals.

The University of Tabuk implements targeted interventions to address hunger among students.

- **Meal Programs**

The university offers free or subsidized meal programs, particularly during special occasions such as Ramadan. More information can be found through the following links:

- [https://x.com/event\\_ut/status/1773444688747372758?s=12](https://x.com/event_ut/status/1773444688747372758?s=12)
- [https://x.com/dsa\\_ut/status/1641564338178719745?s=12](https://x.com/dsa_ut/status/1641564338178719745?s=12)
- [https://x.com/dsa\\_ut/status/1768262307186921884?s=12](https://x.com/dsa_ut/status/1768262307186921884?s=12)
- [https://x.com/dsa\\_ut/status/1638147260025303040?s=12](https://x.com/dsa_ut/status/1638147260025303040?s=12)
- [https://x.com/dsa\\_ut/status/1639667563863916549?s=48](https://x.com/dsa_ut/status/1639667563863916549?s=48)
- [https://x.com/dsa\\_ut/status/1638936660540002304?s=48](https://x.com/dsa_ut/status/1638936660540002304?s=48)
- [https://x.com/dsa\\_ut/status/1770127359879864672?s=48](https://x.com/dsa_ut/status/1770127359879864672?s=48)
- [https://x.com/dsa\\_ut/status/1639706510119796744?s=48](https://x.com/dsa_ut/status/1639706510119796744?s=48)
- [https://x.com/dsa\\_ut/status/1640432956081688578?s=12](https://x.com/dsa_ut/status/1640432956081688578?s=12)

- **Sustainable Agriculture Projects**

The university also engages in sustainable agriculture projects in partnership with various organizations. For further details, please refer to pages 37 and 42 of the documents available here.

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

- **Nutrition Workshops**

Additionally, the university organizes nutrition workshops to educate students about healthy eating practices.

[https://x.com/event\\_ut/status/1655604354324262913?s=46](https://x.com/event_ut/status/1655604354324262913?s=46)

- **Subsidized Meal Plans**

Furthermore, the University of Tabuk provides subsidized meal plans for scholarship students. For more details, see page 5 of the scholarship application file for non-Saudis available here.

<https://www.ut.edu.sa/ar/Deanship/student-affairs/Documents/%D8%B7%D9%84%D8%A8%20%D9%85%D9%86%D8%AD%D8%A9%20%D8%AF%D8%B1%D8%A7%D8%B3%D9%8A%D8%A9%20%D9%84%D8%BA%D9%8A%D8%B1%20%D8%A7%D9%84%D8%B3%D8%B9%D9%88%D8%AF%D9%8A%D9%8A%D9%86.pdf>

These interventions play a crucial role in alleviating hunger among students and fostering a supportive campus environment.

The University of Tabuk provides healthy and affordable food choices for all on campus, including a variety of fresh fruits and vegetables, and vegetarian options. The university's dining facilities ensure that meals are not only nutritious but also reasonably priced, making healthy eating accessible to students, faculty, and staff.

**Nutrition Administration Office**

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Pages/default.aspx>

**Requirements, Specifications, Standardization, and Quality in Food**

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%A7%D9%84%D8%AF%D9%84%D9%8>

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%A5%D8%AC%D8%B1%D8%A7%D8%A1%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B1%D9%82%D8%A7%D8%A8%D9%8A%D8%A9%20%D8%B9%D9%84%D9%89%20%D8%A7%D9%84%D9%85%D9%86%D8%B4%D8%A7%D8%AA%20%D8%A7%D9%84%D8%BA%D8%B0%D8%A7%D8%A6%D9%8A%D8%A9.pdf>

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%A5%D8%AC%D8%B1%D8%A7%D8%A1%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B1%D9%82%D8%A7%D8%A8%D9%8A%D8%A9%20%D8%B9%D9%84%D9%89%20%D8%A7%D9%84%D9%85%D9%86%D8%B4%D8%A7%D8%AA%20%D8%A7%D9%84%D8%BA%D8%B0%D8%A7%D8%A6%D9%8A%D8%A9.pdf>

**Ensuring Access to Physical Health-Care and Health Education Services**

The University of Tabuk prioritizes the physical health of its students, faculty, and staff by providing accessible, high-quality health-care services on campus. These services are designed not only to address immediate medical needs but also to promote long-term well-being through health education and preventive care.

The Medical Center includes specialized clinics in this field:

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

**Access to Sexual and Reproductive Health-Care Services and Education**

The University of Tabuk is dedicated to ensuring that students, faculty, and staff have access to comprehensive sexual and reproductive health-care services, as well as relevant information and education. By providing confidential and respectful medical care, the university supports the well-being of its community members in making informed choices about their sexual and reproductive health. In addition to clinical services, the

university offers educational programs, workshops, and awareness campaigns that cover topics such as family planning, sexual health, and safe practices. These initiatives are designed to empower individuals with the knowledge and resources they need to maintain a healthy and balanced lifestyle.

The Medical Center includes specialized clinics in this field:

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

The screenshot displays the website for the University of Tabuk Medical Administration. The main heading is "خدماتنا الصحية أقرب إليك .." (Our health services are closer to you ..). Below this, there is a list of specialized clinics categorized into "عيادات طب الأسرة" (Family Medicine Clinics) and "العيادات المتخصصة" (Specialized Clinics). The list includes services such as "وحدة تعزيز الصحة النفسية" (Mental Health Promotion Unit), "عيادة علاج الإدمان" (Addiction Treatment Clinic), "عيادة الإقلاع عن التدخين" (Smoking Cessation Clinic), "عيادة طب الصداع والألم المزمن" (Chronic Pain and Headache Clinic), "عيادة الجراحة العامة" (General Surgery Clinic), "عيادة جراحة المسالك البولية" (Urology Surgery Clinic), "عيادة جراحة المخ والأعصاب" (Neurology and Neurosurgery Clinic), "عيادة جراحة العظام" (Orthopedics Clinic), "عيادة الأمراض الاستقلابية والجنينية للأطفال" (Metabolic and Genetic Diseases Clinic for Children), "عيادة أمراض الجهاز الهضمي والكبد" (Gastroenterology and Hepatology Clinic), "عيادة الطب النفسي" (Psychiatry Clinic), "قسم العلاج الطبيعي" (Physical Therapy Department), "عيادات طب الأسنان" (Dentistry Clinics), "عيادات طب الأسرة" (Family Medicine Clinics), "العيادات المتخصصة" (Specialized Clinics), "عيادة طب الأطفال" (Pediatrics Clinic), "عيادة النساء والولادة" (Gynecology and Obstetrics Clinic), "عيادة العقم والإخصاب" (Infertility and Fertility Clinic), "عيادة الأمراض المزمنة" (Chronic Diseases Clinic), "عيادة العيون" (Ophthalmology Clinic), "عيادة الأنف والأذن والحنجرة" (ENT Clinic), "عيادة القدم الصماء والسكري" (Endocrinology and Diabetes Clinic), "عيادة أمراض الجهاز التنفسي" (Respiratory Diseases Clinic), "عيادة الأمراض العصبية والصرع" (Neurology and Epilepsy Clinic), "عيادة الأمراض الجلدية" (Dermatology Clinic), "عيادة طب كبار السن" (Geriatrics Clinic), and "عيادة الأمراض الروماتيزمية" (Rheumatology Clinic). The website also provides contact information: "من الأحد إلى الخميس 8 صباحاً - 4 مساءً" (From Sunday to Thursday, 8 AM - 4 PM) and "014456 4444".

### Access to Mental Health Support for Students and Staff

At the University of Tabuk, mental health is recognized as a critical component of overall well-being, and the university is committed to providing robust mental health support for both students and staff. The university offers a range of services aimed at promoting mental wellness, addressing psychological concerns, and providing assistance during times of personal difficulty. These services include confidential counseling, psychological assessments, and support groups, all of which are designed to create a safe and supportive environment. Additionally, mental health awareness campaigns and workshops are regularly organized to reduce stigma and equip the university community with tools for managing stress, anxiety, and other mental health challenges.

<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>

The poster is titled "تعلن الإدارة الطبية ممثلة بوحدة تعزيز الصحة النفسية عن إطلاق خدمة الإستشارات الهاتفية للصحة النفسية" (The Medical Administration, represented by the Mental Health Promotion Unit, announces the launch of a telephone counseling service for mental health). It lists symptoms such as "من المؤشرات التحذيرية والأعراض المبكرة لإضطرابات الصحة النفسية التي ستساعدكم على إدراك احتياجكم أو احتياج أي شخص تعرفونه .." (Warning signs and early symptoms of mental health disorders that will help you realize your need or the need of anyone you know ..). Symptoms include: "التوتر والضغط النفسي" (Stress and psychological pressure), "انخفاض في مستوى الطاقة بشكل مستمر" (Continuous decrease in energy levels), "تغيرات جذرية في السلوك و تقلبات مزاجية حادة" (Radical changes in behavior and acute mood swings), "الحنن أو الإحباط" (Loneliness or frustration), "الرغبة في النوم طويلا وعدم الاستيقاظ" (Long desire to sleep and inability to wake up), "الشعور بخوف مفاجئ لا يمكن تفسيره برفقه خفقان القلب" (Sudden feeling of fear that cannot be explained by heart palpitations). The poster also provides contact information: "بممكنكم الآن طلب الاستشارة وبكل سرية عن طريق الإتصال على 014456 4000 من الأحد إلى الخميس | 9 صباحاً - 4 مساءً" (You can now request consultation confidentially by calling 014456 4000 from Sunday to Thursday | 9 AM - 4 PM).