



3 GOOD HEALTH AND WELL-BEING



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NUMBER OF STUDENTS GRADUATING IN HEALTH PROFESSIONS

Number of graduates	8.980
Number of graduates in health professions	593

COLLABORATIONS AND HEALTH SERVICES

Our university has current collaborations with local or global health institutions to improve health & wellbeing outcomes. A protocol has been signed between the Ministry of Health and Sakarya University to improve health and wellbeing outcomes. According to this protocol, our faculty members and students who work for the Faculty of Medicine will also be employed in research activities, workshops, seminars, etc., that are carried out at the body of Ministry of Health (national) and also Sakarya Education and Research Hospital (local). According to this agreement, our faculty members working in health and our students studying in this field use public hospitals as research and application centers and share these areas with the hospitals' personnel. Some of our faculty members work on health-related issues within SETA studies' scope and project global health conditions. They contribute to the analyzes and reports on the policies of the world health organization.

Our university delivers outreach programs and local projects to improve or promote health & wellbeing, including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing-related topics. Sakarya University has both in-house and public training in many subjects such as health, family interaction, healthy aging, healthy nutrition, obesity, and the use of harmful substances. These trainings are organized face-to-face or online. Our students volunteer for the Red Crescent Blood Center vehicles and contribute to the city's blood donation activities. There are many student societies for a healthy life, healthy eating, and various sports activities such as mountaineering and archery, and they continue their public works throughout the year. Communities that do not carry out activities every year are assumed as passive and closed. Also, the patents of medical products and hygiene products developed within Sakarya

University are transferred to local companies, and thus support is provided to the local committee in terms of R&D.

Our university shares sports facilities with the local community, for instance, with local schools or the general public. Access to social and activity areas at Sakarya University is free and open to public use. Institutions or sports clubs that want to organize sports activities can benefit from Sakarya University activity areas. Social areas, show areas, and halls are also open to the use of institutions. Activities and under what conditions these areas can be used are stated in the Sakarya University Health Culture and Sports Association regulation. Sakarya University Health Culture and Sports Association was established in order to organize and manage all kinds of Sports, Cultural, and Art Activities in order to protect the physical and mental health of students and to evaluate their leisure time, and to evaluate the facilities and areas belonging to the university under this purpose. This unit is responsible for ensuring that university academic staff, civil servants, and the public can also benefit from these facilities to the extent possible.



Our university provides students access to sexual and reproductive health-care services, including information and education services

Providing basic health services at Sakarya University, Medico provides doctor and consultant support for sexual and reproductive health. Also, in-service training and training for students and the public are organized on sexual and reproductive health and family planning. There are many courses on sexual and reproductive health and family planning at undergraduate and graduate levels in addition to these services. Students in all departments can choose these courses.

Our university provides students and staff with access to mental health support. At Sakarya University, seminars on mental health are given within the scope of in-service training and training open to the public and students. The psychiatrists working within the Medico on campus are open to the service of students and the public. People can come here and get psychiatric support. Within the scope of health services, services are provided with two physicians and seven nurses, 1 of which is an institution physician. Within the scope of psychological counseling and guidance services, services are carried out with four psychologists and three support personnel.

Our university has a "smoke-free" policy. Smoking is allowed only in areas designated for smoking on campus. Warnings show that smoking is prohibited in several areas, especially around buildings, at the entrance of buildings, and in front of windows. Warning visuals are drawn on the floor in most of these areas where smoking is prohibited. Also, the smoking areas are designed to prevent smokers from being affected by cold and adverse weather conditions such as rain and snow. People can smoke in gazebos, which are defined as a smoking area, open on the side, without walls, but with a closed top. These areas are not located in crowded areas, thus preventing cigarette smoke from bothering non-smokers.

