



Report on Sustainable Development Goal 3

Good Health and Well-being

2024



Foreword

This report delves into the multifaceted initiatives and strategic efforts aligned with Sustainable Development Goal 3 (SDG 3), "Good Health and Well-being," as pursued by the Azerbaijan Technical University (AzTU). Through a series of structured questions and responses, the report highlights the university's commitment to fostering an environment conducive to physical, mental, and social health. This commitment extends not only to students and staff but also reaches into the broader community through various outreach, collaboration, and educational programs. The findings illustrate a proactive approach in aligning institutional policies with the global vision for enhanced health and well-being.

Introduction

In alignment with the United Nations' Sustainable Development Goals, SDG 3 emphasizes the importance of ensuring healthy lives and promoting well-being at all ages. The Azerbaijan Technical University (AzTU) has taken significant strides toward this goal, addressing various aspects of health and wellness within its academic and community settings. This report provides an overview of AzTU's policies and activities that aim to improve health outcomes, foster mental health support, encourage healthy lifestyle choices, and cultivate partnerships with health institutions.

The analysis includes specific metrics and qualitative insights on the university's programs in medical and mental health services, student and staff support systems, and community engagement. Through dedicated projects and policy enforcement, such as anti-smoking regulations and mental health initiatives, AzTU is contributing meaningfully to health outcomes. This report serves as a record of these efforts and as a foundation for evaluating and enhancing health initiatives within educational institutions.

References

[National Information Portal on Sustainable Development Goals of the Republic of Azerbaijan](#)

[AzTU Sustainability](#)

[AzTU SDG 3 Report / November 2023](#)

SDG 3 keywords - Good health and well-being

Access to clean water and sanitation	Dental	Increasing life expectancy	Preventable deaths	Treatment of substance abuse
Affordable medicines	Disability and family support	Indigenous	Polio	Tuberculosis
AIDS	Disability and inclusion	Infected	Premature mortality	Universal health coverage
Air contamination	Disability and politics of location	International health regulations	Reducing malaria	Universal health
Air pollution	Diseases	International health policy	Reducing mortality	Violence
Alcohol abuse	Family planning	Malaria	Reproductive health	Vaccines in developing countries
Antenatal care	Health	Maternal mortality	Road traffic accidents	Waterborne disease
Antiretroviral	Health in resource - constrained settings	Measles	Refugees and health services	WASH
Antiretroviral therapy	Health worker density	Medical	Soil pollution	Wellbeing
Biomedical	Healthy	Mental health	Soil contamination	Water, Sanitation and Hygiene for All
Bodily autonomy	Healthy lives	Mortality	Sexual and reproductive health - care	
Child deaths	Hepatitis	Mortality rat	Sexual health	
Contraceptive use	HIV	Narcotic drug abuse	Tobacco control	
Death rate	Improving mortality	Neonatal mortality	Treatment of substance abuse	

SDG 3 Targets

- **Increasing Health Professionals:** Tracking the proportion of graduates in health professions.
- **Collaborations for Health Services:** Partnerships with local, national, or global health institutions to improve health outcomes.
- **Community Outreach Programs:** Conducting programs on health topics like hygiene, nutrition, and exercise to promote well-being.
- **Sports Facilities Access:** Sharing sports facilities with the local community, including schools and the public.
- **Sexual and Reproductive Health Services:** Providing educational and healthcare services in sexual and reproductive health.
- **Mental Health Support for Students:** Access to mental health support and counseling services.
- **Smoke-Free Policies:** Implementing smoke-free policies on university campuses.
- **Mental Health Support for Staff:** Access to mental health resources and support for university staff.

Statistics and Their Indicators

- **Number of Health Graduates:** Measures the proportion of graduates in health-related fields.
- **Collaborations with Health Institutions:** Presence of active partnerships with health organizations.
- **Outreach Program Participation:** Number of community members engaged in health outreach initiatives.
- **Community Access to Facilities:** Extent of community access to sports and wellness facilities.
- **Sexual and Reproductive Health Access:** Availability of health services related to sexual health.
- **Mental Health Services Usage:** Access levels and engagement with mental health services for students and staff.
- **Smoking Policy Enforcement:** Compliance with smoke-free campus policies.
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SDG 3's Positive Impact on other SDGs

- **SDG 4 (Quality Education):** By promoting health and well-being, SDG 3 improves students' ability to participate effectively in educational activities, which supports SDG 4. AzTU's health initiatives, such as regular medical check-ups and awareness programs on mental health and substance abuse, contribute to a healthier student population. These efforts lead to higher attendance rates and better academic performance, as students are better equipped to handle academic stress and maintain focus.
- **SDG 8 (Decent Work and Economic Growth):** A healthy student population is crucial for the future workforce, enhancing productivity and economic growth, a key focus of SDG 8. By offering students mental health resources and ensuring access to sexual and reproductive health services, AzTU helps cultivate a resilient and mentally strong workforce that can contribute more effectively to the economy.

- **SDG 10 (Reduced Inequalities):** AzTU's health programs actively include disadvantaged communities, such as refugee and immigrant populations, by providing access to health and well-being resources. This inclusivity aligns with SDG 10, which seeks to reduce inequalities within and among countries, ensuring that health services are accessible to all, regardless of socio-economic status.
- **SDG 11 (Sustainable Cities and Communities):** AzTU's initiatives, like the "HEALTH LIFE" program, which includes physical activities and access to sports facilities, foster a culture of health and wellness within the community. By encouraging physical fitness and healthy lifestyles, AzTU contributes to SDG 11 by promoting sustainable, inclusive, and healthy communities.
- **SDG 16 (Peace, Justice, and Strong Institutions):** Health education programs that address substance abuse, human trafficking, and mental health contribute to a more informed and socially responsible student body, which supports SDG 16. AzTU's seminars on anti-drug awareness and positive mental health practices contribute to a safe and supportive campus environment, ultimately encouraging students to become active, responsible members of society.

Current situation

Healthcare Services and Collaborations

AzTU collaborates with national and local health institutions, including the "Baku General Health Center," to conduct regular medical check-ups and health consultations for students. These collaborations enable AzTU to provide high-quality health services, ensuring that students have access to preventive and emergency medical care. The cooperation with local polyclinics allows for swift response to health issues, improving the overall well-being of the student body.

Outreach and Awareness Programs

AzTU organizes numerous outreach programs that cover essential health topics such as substance abuse prevention, healthy lifestyle promotion, and sexual health education. These initiatives aim to raise awareness among students and local communities, with recent seminars addressing the dangers of drug use and promoting active living as a means of sustaining health. The "Healthy Youth - Healthy Future" campaign, in particular, underscores the university's commitment to preventive healthcare and long-term well-being.

Mental Health Support

Mental health has been a significant focus at AzTU, with programs led by the Student Youth Organization (STU) offering counseling and workshops on positive thinking, managing emotional exhaustion, and the

power of resilience. This approach helps mitigate mental health issues and offers students tools for managing stress and maintaining a healthy psychological balance, crucial for academic success and personal development.

Community and Student Engagement

AzTU has also embraced a community-oriented approach by opening its sports facilities to local residents and disadvantaged groups. Programs like "HEALTH LIFE" encourage physical activity, which benefits both students and community members. Additionally, AzTU's smoke-free policy within campus grounds promotes a healthy environment, aligning with public health goals.

Regulatory Compliance and Public Health Laws

AzTU's health initiatives are aligned with national health laws, such as the Law on Medical Insurance and regulations on narcotics and psychotropic substances, to ensure that health and well-being measures comply with Azerbaijan's national health strategies. This alignment not only supports institutional goals but also reinforces AzTU's role in promoting broader public health objectives within the community.

Future goals

- **Expanding Health Collaborations.**

AzTU aims to broaden its partnerships with more national and international health institutions to access advanced medical resources, improve student health services, and gain insights from best practices globally. This will include collaborative research opportunities and joint initiatives focused on preventive health and wellness education.

- **Enhancing Mental Health Support Programs**

Recognizing the importance of mental health, AzTU plans to increase its offerings by establishing a dedicated mental health center on campus. This center would provide comprehensive counseling, stress management workshops, and peer support programs to ensure students and staff have continuous access to mental health resources.

- **Incorporating Digital Health Solutions**

To keep up with modern health trends, AzTU aims to integrate digital health platforms, including telemedicine services and mental health apps, to provide students and staff with easy access to healthcare. These digital solutions could allow students to schedule consultations, access mental health resources, and participate in virtual health workshops, offering greater flexibility and accessibility.

- **Promoting a Healthier Campus Environment**

Building on its smoke-free policy, AzTU envisions a more holistic health policy on campus, including a broader focus on environmental health and nutrition. Initiatives under this policy could include on-campus nutrition workshops, more green spaces for relaxation, and eco-friendly practices to ensure a healthy and sustainable campus environment.

- **Strengthening Community Outreach Programs**

AzTU plans to expand its health education outreach efforts by engaging with a wider range of community members, especially disadvantaged groups. Future programs may cover more health topics like chronic disease prevention, elderly care, and nutrition. The university also aims to enhance its support for immigrant and refugee communities, promoting inclusivity and equity in access to health resources.

- **Tracking and Reporting Health Metrics**

AzTU intends to develop a more comprehensive system for tracking health metrics related to SDG 3, including the physical and mental health status of students and community members. Regular reporting on these metrics will enable the university to monitor progress, identify areas for improvement, and transparently communicate its achievements to stakeholders.

Conclusion

Azerbaijan Technical University's commitment to SDG 3 has led to significant strides in promoting health and well-being within its campus and the broader community. Through collaborations with health institutions, proactive outreach programs, and a focus on mental health, AzTU has created a supportive environment that prioritizes the well-being of students and staff. These efforts not only fulfill the objectives of SDG 3 but also positively influence other SDGs, promoting a healthy and inclusive community.

Looking forward, AzTU is dedicated to expanding its impact by pursuing innovative digital health solutions, enhancing community outreach, and developing a campus environment that supports holistic wellness. By setting clear future goals and maintaining transparency in its progress, AzTU continues to serve as a model for integrating sustainable health practices in educational institutions. Its commitment to continuous improvement and inclusivity ensures that AzTU will remain at the forefront of promoting health and well-being, contributing to a healthier, more sustainable future for Azerbaijan and beyond.