

IMU SDG PROGRESS REPORT

on **SDG-3 GOOD HEALTH AND WELL BEING**



3

GOOD HEALTH AND WELL-BEING

<div>1</div> <div>NO POVERTY</div> <div></div>	<div>2</div> <div>ZERO HUNGER</div> <div></div>	<div>4</div> <div>QUALITY EDUCATION</div> <div></div>	<div>5</div> <div>GENDER EQUALITY</div> <div></div>
<div>6</div> <div>CLEAN WATER AND SANITATION</div> <div></div>	<div>7</div> <div>AFFORDABLE AND CLEAN ENERGY</div> <div></div>	<div>8</div> <div>DECENT WORK AND ECONOMIC GROWTH</div> <div></div>	<div>9</div> <div>INDUSTRY, INNOVATION AND INFRASTRUCTURE</div> <div></div>
<div>10</div> <div>REDUCED INEQUALITIES</div> <div></div>	<div>11</div> <div>SUSTAINABLE CITIES AND COMMUNITIES</div> <div></div>	<div>12</div> <div>RESPONSIBLE CONSUMPTION AND PRODUCTION</div> <div></div>	<div>13</div> <div>CLIMATE ACTION</div> <div></div>
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SDG PROGRESS REPORT

ISTANBUL MEDENIYET
UNIVERSITY

**Istanbul Medeniyet University
Sustainability Office**

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SDG Icons

<https://www.un.org/sustainabledevelopment/news/communications-material/>

Sustainable Development Report Maps

<https://dashboards.sdgindex.org/map/>

SDG Statics

<https://unstats.un.org/sdgs/report/2024>

<https://sdgs.un.org/goals>

FOREWORD

The 17 Sustainable Development Goals adopted by the United Nations in 2015 with the mission statement “a blueprint to achieve a better and more sustainable future for all people and the world by 2030” have become guiding principles for all of us as countries, institutions, and individuals today. In this context, the new vision for universities has now shifted from the older scholastic concept of education solely oriented toward professional training to an understanding that prioritizes human and social responsibility. Therefore, universities are central to the achievement of sustainable development goals. Thus, as İstanbul Medeniyet University,

We always consider sustainable development goals in our university’s high-level strategies, organize our management and implementation processes in line with these principles, and follow up on our activities and process of sustainability through reports for continuous improvement. **(OPERATIONS)**

While we help our students gain professional and personal skills and qualifications, we are raising future leaders, decision-makers, entrepreneurs, teachers, and more importantly, individuals with the awareness of creating a better world through the sustainability trainings we include in our course contents. **(LEARNING)**

We carry out a wide range of activities and events to share our knowledge, experience, and best practices about the implementation of SDGs with our students, staff, and local community with the ultimate aim of building a more conscious society. **(EVENTS)**

In 2022, IMU Sustainability Office was established to assume the role to place “Sustainable Development Goals” in the center of our institutional practices, educational planning, and research activities and to lead toward the realization of these goals. IMU Sustainability Office plays a significant part in developing our institutional strategies for SDGs, planning and carrying out our related activities and reporting on our progress. In addition to its contribution to institutional development, the Office also organizes public training programs and workshops.

Our Sustainability Office has planned to create annual sustainability development goals progress reports that will include all the goals and all areas of activity of our university so that we can see our progress in achieving SDGs to create new and better strategies and the report you are reading has been issued for the year 2024 as a result of these efforts. I thank everyone who have contributed to the creation of the report and especially Res.Asst. Ayça ÇELİKBİLEK, Lect. Zehra SAVAN and Res.Asst. Furkan ERUÇAR, who have edited and published all the content for our SDG website and our reports. I hope that our efforts will inspire new ideas, actions, and collaborations to take action for a more sustainable and livable future.

Prof. Dr. Yaşar BÜLBÜL

Vice-Rector and Sustainability Office Coordinator
İstanbul Medeniyet University

The Times Higher Education Impact Rankings, which assesses the contribution of universities around the world to sustainable development goals, has been an important source of motivation for us to see our place in the world and measure our contribution with all the activities we carry out for sustainable development as a higher education institution. As Istanbul Medeniyet University, we were included in THE Impact Ranking for the first time in 2021 by applying with only 4 SDGs, while we applied with 11 SDGs for 2024, being ranked 601-800 in the global ranking. The table below shows IMU's continued rise on this ranking.

Sustainable Development Goals	THE Impact Rankings 2025	THE Impact Rankings 2024	THE Impact Rankings 2023	THE Impact Rankings 2022	THE Impact Ranking 2021
General Ranking	401-600	601-800	801-1000	1001+	1001+
SDG 1 No Poverty	801-1000	601-800	601-800	-	-
SDG 2 Zero Hunger	301-400	301-400	401-600	401+	301-400
SDG 3 Good Health and Well-being	401-600	301-400	301-400	401-600	401-600
SDG 4 Quality Education	801-1000	1001-1500	801-1000	801-1000	601-800
SDG 5 Gender Equality	1001-1500	801-1000	801-1000	-	-
SDG 8 Decent Work and Economic Growth	601-800	401-600	401-600	401-600	-
SDG 9 Industry, Innovation and Infrastructure	601-800	801-1000	601-800	601+	-
SDG 10 Reduce Inequalities	401-600	401-600	401-600	401-600	-
SDG 11 Sustainable Cities and Communities	401-600	601-800	401-600	601+	-
SDG 12 Responsible Consumption and Production	101-200	201-300	201-300	-	-
SDG 15 Life on Land	101-200	-	-	-	-
SDG 17 Partnerships for the Goals	301-400	401-600	601-800	1001+	601-800

3

GOOD HEALTH AND WELL-BEING



3 GOOD HEALTH AND WELL-BEING



We have made great progress against several leading causes of death and disease. Life expectancy has increased dramatically; infant and maternal mortality rates have declined, We've turned the tide on HIV and malaria deaths have halved.

Good health is essential to sustainable development and the 2030 Agenda reflects the complexity and interconnectedness of the two. It takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases, and emerging challenges such as noncommunicable diseases. Universal health coverage will be integral to achieving SDG-3, ending poverty and reducing inequalities. Emerging global health priorities not explicitly included in the SDGs, including antimicrobial resistance, also demand action.

But the world is off-track to achieve the health-related SDGs. Progress has been uneven, both between and within countries. There's a 31-year gap between the countries with the shortest and longest life expectancies. And while some countries have made impressive gains, national averages hide that many are being left behind. Multisectoral, rights-based and gender-sensitive approaches are essential to address inequalities and to build good health for all.

UN SDG

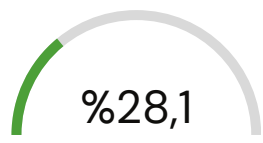
WORLD

1,8
MILLION

additional
healthcare workers
are needed.

5%

of the adult
population lives
with alcohol use
disorders



%28,1

the share of deaths
from infectious
diseases jumped to
the 2005 level in
2021

2
MILLION

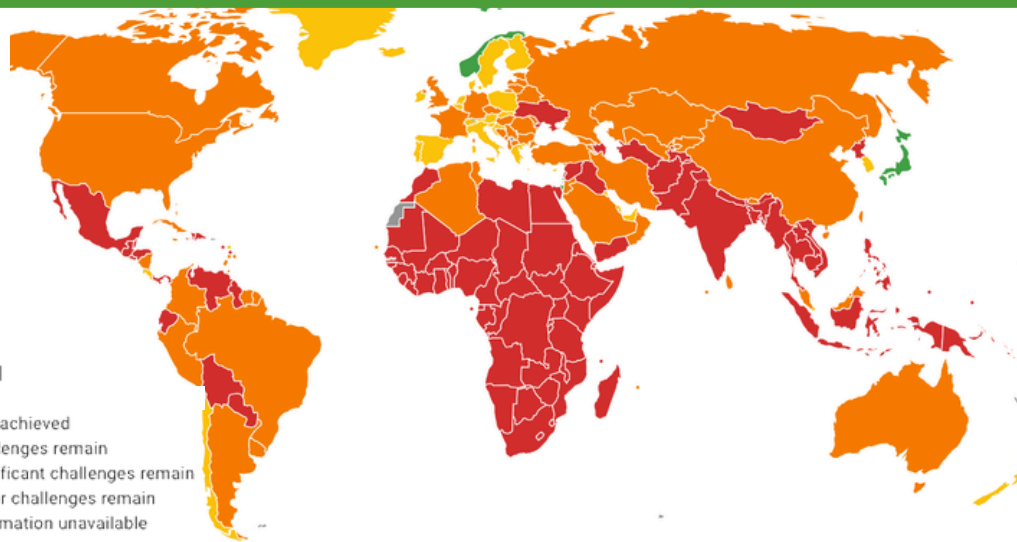
people were affected
by financial hardships
stemming from
healthcare expenses in
2019

47
COUNTRIES

eliminated at least
one neglected
tropical disease
since 2010

Legend

- SDG achieved
- Challenges remain
- Significant challenges remain
- Major challenges remain
- Information unavailable



TURKEY

401-600

"Good Health and Well Being" category
2025 ranking



free psychotherapy service for
all students, staff
and staff relatives



smoke-free policy
in campus buildings



“

4250+
STUDENTS

from local schools were
allowed to use our sport facilities

”

”

610
PEOPLE

benefited from free psychotherapy
services in 2024

“



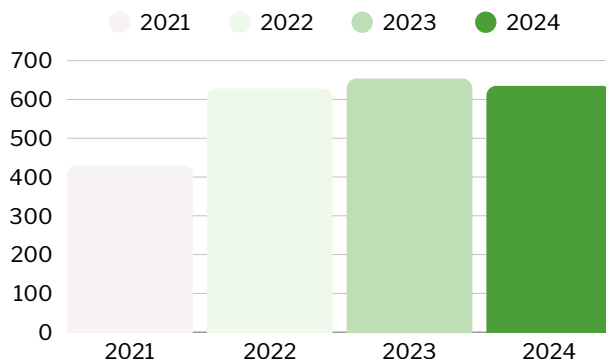
“

635
GRADUATES
in health professions
in 2024

”



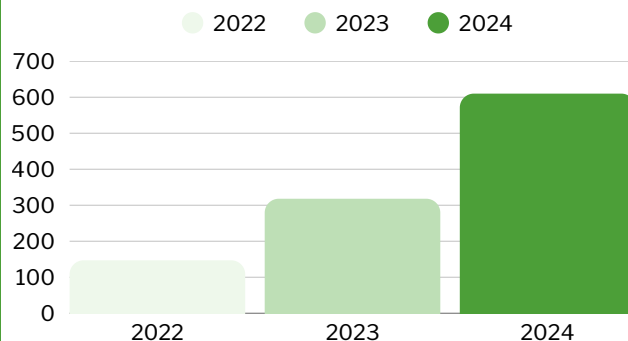
Number of Graduates in Health Professions



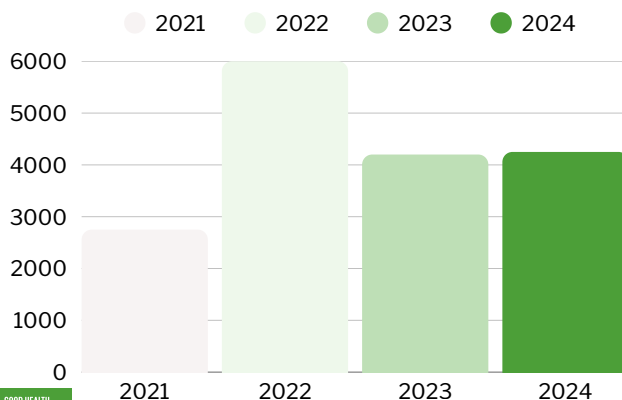
The number of students graduated from health-related departments maintained its level last 3 years. There was a big increase between 2021 and 2022 but after that the quotas of departments stayed relatively same.

IMU offer free psychotherapy and counseling services to all our students and staff. In 2024, IMU provided free Health, Psychology Counseling and Guidance services to a total of 610 campus community members. This number was 318 at 2023. Thus, there was a **92% increase in the number of people benefited from free psychotherapy services.**

Number of People Benefited from Free Psychotherapy Services



Number of Highschool Students Allowed to Use our Sport Facilities



The program supported 2,750 students in 2021 and grew to 4,250 students in 2024, representing a **54.5% increase** over four years. This reflects significant progress in expanding access to sports and physical activity opportunities, contributing to health, well-being, and inclusive community engagement.



OPERATIONS

Health and Mental Health Support

As Istanbul Medeniyet University, we attach great importance to ensuring that our students and staff are in good health and well-being and can always have access to good-quality healthcare services. Therefore, in Göztepe Süleyman Yalçın City Hospital, with which we have signed a collaboration protocol, our staff members are provided with primary **healthcare services** as well as free **sexual and reproductive healthcare services**.

All of us may sometimes find ourselves facing problems that are difficult to cope with. Some problems relating to school achievement, emotional relations, family, and work may undermine our cognitive, emotional, and physical resilience. And at this point, one may need psychological support. For stress-coping methods and resilience levels are different for all of us.

Thus, as Istanbul Medeniyet University, we offer free psychotherapy and counseling services to our students, staff, and staff relatives via our Psychotherapy and Counseling Center in the South Campus. In 2024, we provided free Health, Psychology Counseling and Guidance services to a total of 610 campus community members.



610
PEOPLE

benefited from free psychotherapy services in 2024



3 GOOD HEALTH AND WELL-BEING



IMU Psychotherapy and Counseling Center aims to:

- assist our students, staff, and staff relatives in their emotional, mental, and social development and academic problems, and
- support their ongoing psychological treatment particularly through cognitive behavioral psychotherapy with the approval and collaboration of the patient's doctor.

No health insurance is required for counseling visits and all our students, staff members, and staff relatives can use our counseling services by making an appointment through the system. No appointment is needed for emergency visits.

IMU carries out health screenings to ensure that the health status of employees is kept at a good level. In accordance with Article 15 of the OHS Law No. 6331, periodic health screenings, which are compulsory for the personnel working in order to protect them from occupational diseases and include Lung X-ray, Eye Test, Audiometry (Hearing Test), Electrocardiography (ECG) and Haemogram (Complete Blood Count) examinations, were carried out on 13.04.2023 at the North Campus. The health screenings are repeated every 5 years.



Health Screening for Our Staff

Smoke-free Policy

In accordance with the Law no 4207 on the Prevention and Controlling of the Harmful Effects of Tobacco Products the consumption of tobacco products is prohibited by law in all of our campus buildings. In addition, within the scope of "IMU Smoke-Free Campus Practices", the use of tobacco products in the open areas of our campuses is limited, and smoke-free areas with a distance of at least 15 meters have been designated around the buildings' entrances.

Sport Support and Shared Sports Facilities

In four campuses, Istanbul Medeniyet University has a total of 19 different sports facilities/fields along with their equipment: 2 artificial turf football fields, 2 tennis courts, 5 basketball/volleyball fields (1 indoors), 7 ping pong tables and equipment, 1 billiards table and equipment, 1 walking / running track and cycling track.

Our students and staff members can use all our sports facilities free of charge after making a reservation with the Department of Health, Culture and Sports. Local community can also use the sports facilities in our Göztepe South Campus after 17:00 by making a reservation. Moreover, as Istanbul Medeniyet University, we share our campus areas and the sports fields/facilities inside them with students from many local schools. Through the collaboration agreements we made, the students of many high schools were allowed to use our campus areas and sports facilities in 2024.



Sport Facilities in Our Campuses



Current Collaborations with Health Institutions

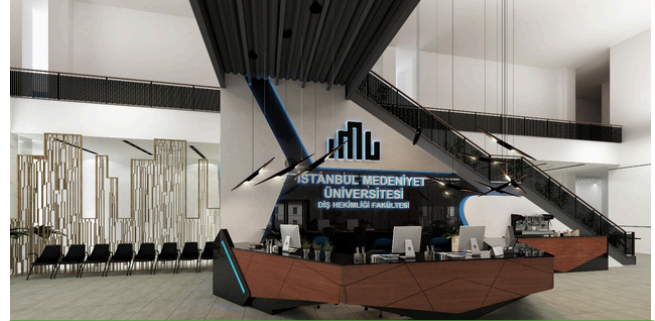
A collaboration protocol was signed between our university and the T.R. Ministry of Health concerning the assignment of the staff working in Ministry of Health Istanbul Prof.Dr. Süleyman Yalçın City Hospital and its related units for conducting theoretical and practical training for the students of IMU Faculty of Medicine and the students in the other health-related departments of the university and the theoretical and practical training activities for the instructors, lecturers, chief assistants, and specialists as well as the shared use of related facilities.



Prof.Dr. Süleyman Yalçın City Hospital

Istanbul Medeniyet University signed a protocol with Kartal District Directorate of National Education for the actualization of the School Health Implementation project.

IMU cooperated with the Social Security Institution in 2022 to expand the scope of basic health services and contribute to the goal of establishing a universal health insurance system that includes everyone's access to safe, effective, high-quality and affordable basic treatment and medicines. Thanks to this cooperation, people with any health insurance provided by the state began to receive free examination and treatment at Istanbul Medeniyet University Dentistry Practice and Research Hospital.



IMU Dentistry Practice and Research Hospital

In 2024, 12 new dental clinics opened in our Istanbul Medeniyet University Dentistry Practice and Research Hospital.

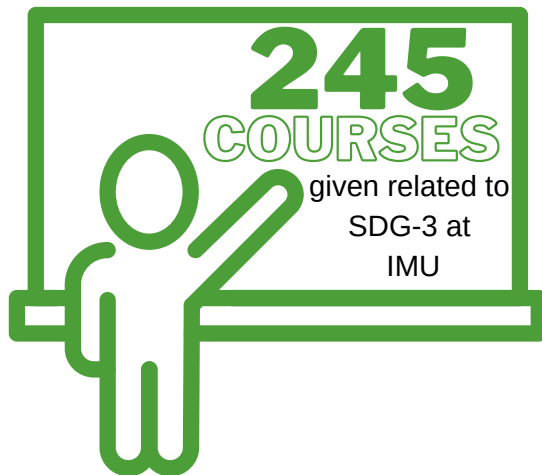


New Dental Clinics Opened in 2024

LEARNING

Learning processes are key in achieving SDGs. Thus, universities play a critical role both by training professionals who will prioritize SDGs in their future practices and by increasing local, national, and global capacity to successfully achieve SDGs. As Istanbul Medeniyet University, we are aware of our critical role and therefore, we primarily inform our students, the leaders and decision-makers of the future, about the Sustainable Development Goals through course contents, co-curricular activities and student club activities and strengthen their awareness. For this purpose, each of our faculties and departments prepares SDG-related course contents, including courses that address the Sustainable Development Goals holistically, as well as specific contributions that can be made by the expertise of the relevant professional field in which they provide training. In 2024, 245 bachelor degree courses related to SDG-3 were given at IMU.

Some of these are listed below.



Faculty	Course
Arts and Humanities	SOS225 - Health Sociology
	PSİ 414 - Selected Topics in Clinical Health Psychology
Dentistry	TEB104 - Anatomy
Education Sciences	ECE018 - Pediatric Health and First Aid
Health Sciences	SYB313 - Public Health
	SHB255 - Addiction and Social Work
	HEM113 - Health and Technology
	BES130 - First Aid
	HEM311 - Health Sociology
Law	HUK323 - Medical Law
Medicine	TFS213 - Public Health and Urban Design I
Political Science	MLY316 - Education and Health Policies in Turkey
	İKT339 - Health Economy
All - Elective	IMU056 - Healthy Living
Institute of Graduate Studies	Developmental Neurology

EVENTS

IMU

A training period in the **“General Surgery Assistant Training Program”**, which is jointly conducted by Istanbul Medeniyet University and Somalia Benadir University and coordinated by Istanbul Medeniyet University African Health Studies and Application Center (IMU MASAM), has been successfully completed in November 2024. Aiming to contribute to the development of Somalia’s health system by training new physicians and to increase the access to basic health services, 6 Somali residents who participated in the training programme and received intensive training from the faculty members of our university were entitled to receive the title of ‘Specialist Physician’ to serve as surgeons in their country. This collaboration aimed eliminating the surgeon shortage in Somalia which is a critical step to reduce the health risks in the region. The surgeons trained in this programme will continue to take steps towards solving public health problems by contributing to the development of the health system in Somalia.



“General Surgery Assistant Training Program”

Istanbul Medeniyet University the **“Pediatric Non-Pharmacological Pain Management Course”** on November 7-8, 2024, at the Göztepe North Campus in a hybrid format. Supported by the TÜBİTAK 2237-A Scientific Training Activities Support Program, the course was led by Prof. Dr. Aynur Aytakin Özdemir from the Department of Pediatric Nursing. The program aimed to enhance graduate students’ expertise in non-pharmacological pain management for pediatric patients, contributing to better health outcomes and well-being for children.

A total of 100 graduate students participated in the course, including 20 in-person and 80 online attendees from 33 universities across Turkey. The program featured 14 expert instructors from 12 leading universities, who provided comprehensive training on the importance, effectiveness, and application of non-pharmacological pain management techniques in pediatric care, covering physical, cognitive-behavioral, and supportive methods.



Pediatric Non-Pharmacological Pain Management Course



EVENTS

IMU

During the 2024 Plastic-Free July events, IMU Sustainability Club partnered with Jardin Naturel to move people away from single-use plastic packaging and oral care products containing microplastic, and to promote the use of sustainable alternatives such as natural-content tablet toothpastes. For this purpose, IMUSUS team visited the offices and social areas at campus to provide information about the health risks caused by plastic packaging and microplastic-containing oral care products, and distributed natural-contented and sustainable glass-packaged toothpaste tablets. Team, drew attention to the fact that toothpastes, which are an important part of daily personal care, should have clean content. The team, which stated that care should be taken to prevent the body from being exposed to toxic substances as much as possible while performing personal hygiene, conveyed the information that the toothpaste tablets are the waterless and therefore preservative-free version of traditional toothpastes in tubes and that the product content does not contain fluoride or SLS/SLES; thus, it contributes to the protection of public health as well as the environment.



Natural Skin Care Workshop with Aromatherapy

3 GOOD HEALTH AND WELL-BEING



On November 5, 2024, Istanbul Medeniyet University hosted the “Natural Health with Prof. Dr. İbrahim Adnan Saraçoğlu” event at the Cevizli Campus Conference Hall, organized by the Department of Health Management, the Health Management Student Community, and the IMU Alumni Association (İMÜDER). The event gathered faculty members, administrative staff, students, and alumni to emphasize the importance of maintaining health and well-being through natural nutrition and informed lifestyle choices.

The program began with opening speeches that highlighted the critical role of natural foods in sustaining a healthy life. Speeches underlined the responsibility of health managers to ensure the safe procurement, storage, and consumption of natural products within healthcare institutions. Following the opening, Prof. Dr. İbrahim Adnan SARAÇOĞLU delivered an interactive seminar, discussing the significance of natural health, nutrition based on scientific principles, and the value of local and national food production in supporting sustainable health outcomes.



“Natural Health with Prof. Dr. İbrahim Adnan Saraçoğlu” Evnet