SDG 3: Good Health & Well-being

UN Sustainable Development Goal Target: Ensure healthy lives and promote well-being for all at all ages.

EXECUTIVE SUMMARY - SDG 3: GOOD HEALTH & WELL-BEING

Heliopolis University (HU) actively advances SDG 3: Good Health & Well-being through an integrated model of higher education, scientific research, community development, and operational practice.

1. Key Institutional Achievements & Initiatives (2025)

- **Farmers' Health Project:** Screened 2,367 organic, biodynamic, and conventional farmers nationwide through physical exams, lab tests, and health recommendations.
- **Physiotherapy Support Program:** Provided free physiotherapy and rehabilitation services to 1,100 rural patients in Sharkia, supported by 185 transportation trips.
- **Rahma Women's Health Project:** Trained 12 community health coaches delivering a 12-week well-being program for female workers, addressing reproductive health, self-care, and wellness.
- **Media Fasting & Screen Awareness:** Initiative encouraging healthy digital habits among children, parents, and university students.
- **Preventive Screenings & Clinical Education:** Screened 1,392 HU staff/students and published 88 pharmaceutical and health-related research papers.

2. Key Performance Metrics & Data Summary

Performance Metric / Indicator	2025 Reported Value
Farmers Screened in National Health Campaign	**2,367**
Patients Treated in Rural Physiotherapy Program	**1,100**
Students Engaged in Health Screenings	**623 Pharmacy & PT Students**

3. Contributing University Faculties, Centers & Ecosystem Partners

- Integrative Health Center (IHC)
- Faculty of Pharmacy
- Faculty of Physical Therapy