



THE SUSTAINABILITY REPORT



SDG 3 — GOOD HEALTH & WELL-BEING

2025 / 2026



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1. Overview — SDG 3: Good Health and Well-Being

Gulf University demonstrates institution-wide commitment to SDG 3 (Good Health and Well-Being) through a coordinated framework of education, community outreach, health partnerships, research, and policy implementation. During AY 2025–2026, CECEC's own SDG Contribution Chart recorded SDG 3 activity across 14 pillar/event instances — the second-highest count of any SDG in CECEC's coverage, behind SDG 4 and SDG 17 (each 15) — spanning donations, health promotion events, sports, medical collaborations, and community services.

This includes a deepening, four-times-renewed partnership with Bahrain Specialist Hospital (World Health Day check-ups, Breast Cancer Awareness, World Diabetes Day, and a Sustainability Week health-screening pavilion) and continued collaboration with Al Salam Hospital, including a joint celebration of Bahraini National Doctor Day. At the institutional-policy level, Gulf University formally adopted a Smoke-Free Policy (Code GU-PL48SM, Version 1.1, effective July 2024), establishing a 100% smoke-free campus. GUSW2025 further reinforced this commitment, with SDG 3 the 2nd most-addressed goal across the programme (14 of 35 analysed activities, 40.0%), and ICSDI 2025 addressing SDG 3 in 5.3% of accepted papers.

2. Key Highlights for Academic Year 2025–2026

CECEC — Community Engagement and Continuing Education Center

- SDG Contribution Chart: SDG 3 recorded across 14 pillar/event instances in AY 2025–2026 — CECEC's 2nd-strongest SDG after Quality Education and Partnerships (15 each).
- Pillar 2 — Donations & CSR: Iftar Saim (700+ meals) — nutritious meals and improved workplace wellbeing support SDG 3.
- Pillar 4 — Social Engagement: 15 events including “Together from the Beginning” parenting programme, 4 Bahrain Specialist Hospital collaborations (World Health Day, Breast Cancer Awareness, World Diabetes Day, Sustainability Week health screening), President's Cup, and Yalla Nemshi walking event.
- Pillar 5 — Industry Collaboration: 14 partnership activities including Bahrain Specialist Hospital engagement and the Bahrain Special Olympics MOU.
- Pillar 6 — Community Services: 18 events including Al Salam Hospital's Bahraini National Doctor Day recognition and the Ministry of Interior's community safety/drug-prevention exhibition.

SDM-C — Sustainability and Development Makers Center

- GUSW2025 (2nd Edition): SDG 3 was the 2nd most-addressed goal — 14 of 35 analysed activities (40.0%).
- ICSDI 2025: SDG 3 represented in 5.3% of accepted conference papers.
- GUSW2025 Day 1 panel sessions: ‘AI and Blockchain Technologies in Sustainable Innovative Education’ and ‘Universities as Engines of Population Health: A Systems Approach to SDG Integration.’
- GUSW2025 Day 4: ‘Climate Change & Global Health Impact’ and marine-conservation sessions linking environmental and public health.
- GUSW2025 Day 5: Health Promotion Directorate talks on infectious diseases and winter diseases, plus the panel ‘Partners in Promoting Environmental Sustainability, Health, Equity and Sustainability in Communities.’



- GU-SFI (Sustainable Family Initiative): Good Health & Well-being is a direct contribution goal via healthier household lifestyle practices.
- GU Sustainability Club (GUSC): SDG 3 cited as a supporting SDG through student wellbeing and community leadership activities.

3. CECEC Pillar Contributions to SDG 3

CECEC's official SDG Contribution Chart confirms SDG 3 is addressed across 14 pillar/event instances, making it CECEC's third-most-referenced SDG overall. The table below summarises how each pillar contributes, based on CECEC's own per-pillar SDG tagging.

Pillar	2025–26 Achieved	Target	SDG 3 Contribution
Pillar 2 — Donations & CSR	2 initiatives (200% of target)	≥1 initiative	Iftar Saim: nutritious meals support physical health; bamboo distribution improves workplace wellbeing.
Pillar 3 — Resources & Facilities	3 events (150% of target)	≥2 events	Not SDG 3-tagged in CECEC's source report for this pillar (tagged SDG 4, 10, 11, 16, 17); included here for completeness only.
Pillar 4 — Social Engagement	15 events (187% of target)	≥8 events	World Health Day check-ups, Yalla Nemshi, President's Cup, Ghabga, Breast Cancer & Diabetes awareness, Sustainability Week health screening, and “Together from the Beginning” all promote wellbeing.
Pillar 5 — Industry Collaboration	14 activities (233% of target)	≥6 partnerships	Not SDG 3-tagged in CECEC's source report for this pillar (tagged SDG 4, 8, 9, 11, 16, 17); Bahrain Specialist Hospital engagement sits under Pillar 4.
Pillar 6 — Community Services	18 events (180% of target)	≥10 events	Tolerance events, National Doctor Day recognition, and the Ministry of Interior security/drug-prevention exhibition contribute to physical, mental, and social wellbeing.



4. “Together from the Beginning” — Health Awareness Programme for First-Time Parents

CECEC organized “Together from the Beginning” (معًا منذ البداية), a health awareness programme for first-time mothers and fathers among GU employees and students, delivered over three consecutive days (9–11 June 2026) in partnership with the Ministry of Health’s Health Promotion Management Directorate and primary healthcare centres. Each of the three workshops (Foundations of a Healthy Marriage; The Journey of Parenthood; Family Stability & Sustainable Wellbeing) accommodated 20–35 participants and combined expert lectures with interactive training. Effectiveness was measured through pre- and post-programme questionnaires.

Primary Pillar	Pillar 4: Social Engagement (secondary: Pillar 5: Industry Collaboration)
Dates	9, 10 & 11 June 2026 — 3 consecutive days
Format	3 workshops, one per day — lectures, interactive training & practical activities
Participants	20–35 per session — GU students and employees
Delivering Partners	Ministry of Health — Health Promotion Management Directorate; Primary Healthcare Centres
Evaluation	Pre- and post-programme questionnaires for all participants
Linked SDGs	SDG 3 — Good Health & Wellbeing SDG 4 — Quality Education SDG 5 — Gender Equality SDG 10 — Reduced Inequalities SDG 17 — Partnerships

5. GU Sustainability Week 2025 (GUSW2025) & ICSDI 2025

SDG 3 was the second most-addressed goal at GUSW2025 (2nd Edition), represented in 14 of 35 analysed activities (40.0%), behind SDG 13 — Climate Action (16 activities, 45.7%). Health-related programming ran throughout the five-day event:

- Day 1: panel sessions on ‘AI and Blockchain Technologies in Sustainable Innovative Education’ and ‘Universities as Engines of Population Health: A Systems Approach to SDG Integration.’
- Day 4: ‘Climate Change & Global Health Impact’ and marine-conservation sessions linking environmental and public health.
- Day 5: Health Promotion Directorate talks on infectious diseases and winter diseases, plus the panel ‘Partners in Promoting Environmental Sustainability, Health, Equity and Sustainability in Communities.’

At ICSDI 2025, SDG 3 was represented in 5.3% of accepted conference papers, alongside SDG 1, 4, 5, 10, and 16 at the same share.

6. Sustainable Family Initiative (GU-SFI) & GU Sustainability Club (GUSC)

SDM-C’s Sustainable Family Initiative (GU-SFI, January–June 2026, 211 participants) lists SDG 3 — Good Health and Well-being among its directly contributed goals, through its promotion of healthier household lifestyle practices as part of a holistic sustainability model.

The Gulf University Sustainability Club (GUSC) is not primarily built around SDG 3, but SDM-C’s own report notes that the Club’s activities — student leadership, stakeholder collaboration, and community engagement — provide secondary/supporting contribution to SDG 3, alongside SDG 5, 1, and 16.

7. Smoke-Free Policy — Promoting Health and Well-Being

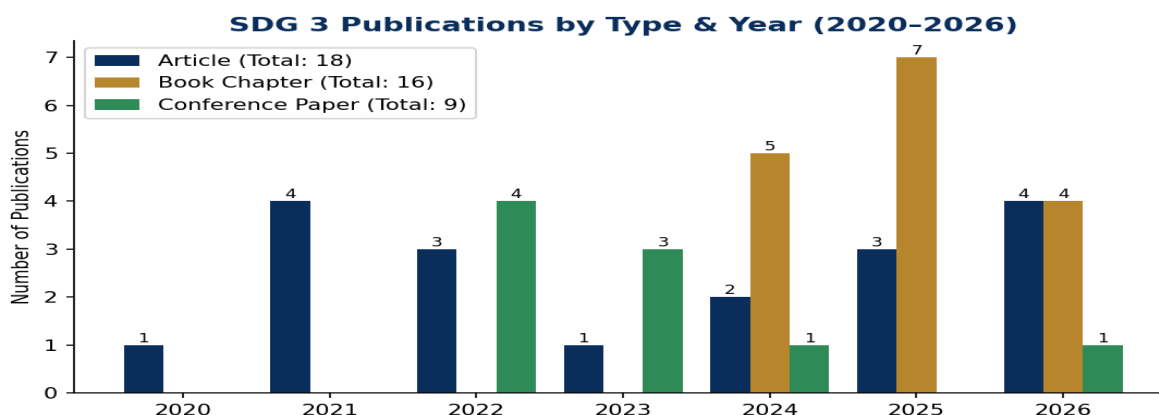
Gulf University has formally adopted a Smoke-Free Policy (Code GU-PL48SM, Version 1.1, Date of Issue 2024, Effective Date July 2024), approved by the Board of Trustees and owned by the Chief Operating



Officer. The policy establishes a smoke-free environment across all university buildings, outdoor spaces, parking lots, and walkways, prohibiting cigarettes, cigars, shisha, e-cigarettes, and all other tobacco products for staff, students, and visitors.

A dedicated Smoke-Free Committee oversees enforcement in collaboration with Security, Human Resources, and Health Services. New hires, contractors, and existing staff are required to sign a compliance pledge, and the policy is communicated via campus signage, orientation sessions, and the university website. The policy is scheduled for periodic review every four years.

8. GU Research & Publications Related to SDG 3



Publication Type	2020	2021	2022	2023	2024	2025	2026	Total
Article	1	4	3	1	2	3	4	18
Book Chapter	0	0	0	0	5	7	4	16
Conference Paper	0	0	4	3	1	0	1	9

Gulf University's SDG 3-linked research base totals 43 publications from 2020–2026 (18 articles, 16 book chapters, 9 conference papers). Prof. Dr. Firas Mohammed, Dean of the College of Law, also publishes a regular opinion column, “East and West,” in Al Watan Newspaper, contributing 37 public-engagement articles during AY 2025–2026 across social, cultural, psychological, and civic themes.

9. Summary of Impact and Key Performance Indicators (KPIs)

Programme	Objective	Participants	Outcome
Bahrain Specialist Hospital Partnership (4 collaborations)	Deliver preventive healthcare and health-literacy programming to campus	GU staff, students, employees & wider community	4th consecutive-year deepening partnership; free BP/glucose/BMI screening; oncology and diabetes awareness sessions
Al Salam Hospital Partnership	On-campus preventive check-ups; recognise Bahrain's medical workforce	GU staff and faculty; Al Salam Hospital professionals	Free on-campus medical check-ups; Appreciation Shield presented for National Doctor Day
“Together from the Beginning”	Health awareness for first-time parents	20–35 per session — GU students & employees	3-workshop programme delivered 9–11 June 2026



Programme	Objective	Participants	Outcome
			with Ministry of Health partners
Smoke-Free Policy (GU-PL48SM v1.1)	Establish a 100% smoke-free campus	All students, staff, and visitors	Board of Trustees-approved policy effective July 2024; dedicated Smoke-Free Committee
GUSW2025 Health Programming	Integrate public-health themes into GUSW2025	GUSW2025 delegates, students, faculty, health-sector experts	SDG 3 = 2nd most-addressed goal (14 of 35 activities, 40.0%)
GU-SFI	Promote healthier household lifestyle practices	211 participants — students, families, community	Good Health & Well-being embedded as a direct contribution goal
SDG 3 Research & Publications	Advance the evidence base on health and well-being	GU researchers, ICSDI 2025 delegates, Al Watan readers	43 SDG 3-linked publications 2020–2026; SDG 3 in 5.3% of ICSDI papers; 37 public-engagement newspaper articles

10. Conclusion and Future Directions

During AY 2025–2026, Gulf University demonstrated a multi-dimensional commitment to SDG 3, combining institutional policy (the Smoke-Free Policy), a deepening four-time partnership with Bahrain Specialist Hospital, continued collaboration with Al Salam Hospital, a dedicated first-time-parents health programme, health-focused GUSW2025 programming, and a research base of 43 SDG 3-linked publications since 2020. SDG 3 is addressed across governance, student and staff wellbeing programming, sustainability initiatives, and academic research.

Future directions:

- Formalise annual KPI targets for health partnerships (e.g., ≥ 4 Bahrain Specialist Hospital / Al Salam Hospital collaborations per year) to enable consistent year-on-year benchmarking.
- Expand free health-screening access (blood pressure, glucose, BMI) from flagship events such as Sustainability Week into a recurring termly campus health-check calendar.
- Integrate GU-SFI's health-lifestyle domain more closely with CECEC's clinical-partner programming to connect household-level and campus-level health interventions.
- Track beneficiary numbers systematically across BSH/Al Salam Hospital activities (screenings conducted, referrals made) to convert descriptive impact into quantified KPI reporting.
- Explore a joint applied-research agreement with Bahrain Specialist Hospital, building on four years of event-based collaboration toward a formal research partnership.



Compiled from:

Innovation & Entrepreneurship Center (IEC) -Annual Report for the year 2025-26

<https://www.gulfuniversity.edu.bh/images/centers/innovation-entrepreneurship-center/annual-report/IEC-Annual-Report-2025-2026.pdf>

Sustainability Development Makers- Center -Annual Report for the year 2025-26

<https://www.gulfuniversity.edu.bh/images/centers/sustainability-and-development-makers-center/SDM-C-Annual-Report-2025-2026.pdf>

Community Engagement & Continuing Education Center (CECEC) -Annual Report for the year 2025-26

<https://www.gulfuniversity.edu.bh/images/centers/community-engagement-and-continuing-education-center/annual-reports/CECEC-Annual-Report-2025-2026.pdf>

Digital Transformation Center (DTC) -Annual Report for the year 2025-26

<https://www.gulfuniversity.edu.bh/images/centers/digital-transformation-center/annual-report/DTC-Annual-Report-2025-2026.pdf>

Gulf University Smoke-Free Policy (GU-PL48SM, v1.1).

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