

# Good Health & Wellbeing

At the University of Tabuk, the health and well-being of our students, staff, and faculty are considered fundamental pillars of a supportive academic environment. In alignment with national strategies such as Saudi Vision 2030 and the university's strategic goals, we are committed to providing comprehensive, accessible, and inclusive health and wellness services both on campus and within the local community. This includes access to physical and mental health care, sexual and reproductive health services, and initiatives promoting healthy lifestyles. The following sections outline the services currently in place and provide evidence of our ongoing commitment to a healthy and thriving university community.

### **Promoting Healthy and Affordable Food Choices on Campus**

The University of Tabuk is committed to fostering a campus environment that supports the health and well-being of its community. A key aspect of this commitment is ensuring the availability of nutritious, balanced, and affordable food options for all students, faculty, and staff. Through partnerships with campus vendors and regular evaluation of food services, the university promotes access to meals that meet dietary needs and encourage healthy eating habits. These efforts align with national health priorities and support the overall academic and personal success of the university community.

The University of Tabuk has implemented a program to address student food insecurity. This initiative includes several key components:

- **Subsidized Meal Plans:** The university offers discounted meals for scholarship students. For more details, please refer to page 5 of the scholarship application file for non-Saudis. View the scholarship application here.  
<https://www.ut.edu.sa/ar/Deanship/student-affairs/Documents/%D8%B7%D9%84%D8%A8%20%D9%85%D9%86%D8%AD%D8%A9%20%D8%AF%D8%B1%D8%A7%D8%B3%D9%8A%D8%A9%20%D9%84%D8%BA%D9%8A%D8%B1%20%D8%A7%D9%84%D8%B3%D8%B9%D9%88%D8%AF%D9%8A%D9%8A%D9%86.pdf>

- **Educational Workshops and Cooking Classes:** The university organizes workshops and classes aimed at educating students about nutrition and cooking. More details can be found here.  
[https://x.com/event\\_ut/status/1655604354324262913?s=46](https://x.com/event_ut/status/1655604354324262913?s=46)
- **Meal Swipe Donation Program:** This program allows students to donate unused meal swipes to assist their peers in need. Additional information can be accessed through the following links:  
[https://x.com/event\\_ut/status/1773444688747372758?s=12](https://x.com/event_ut/status/1773444688747372758?s=12)  
[https://x.com/dsa\\_ut/status/1641564338178719745?s=12](https://x.com/dsa_ut/status/1641564338178719745?s=12)  
[https://x.com/dsa\\_ut/status/1768262307186921884?s=12](https://x.com/dsa_ut/status/1768262307186921884?s=12)  
[https://x.com/dsa\\_ut/status/1638147260025303040?s=12](https://x.com/dsa_ut/status/1638147260025303040?s=12)  
[https://x.com/dsa\\_ut/status/1639667563863916549?s=48](https://x.com/dsa_ut/status/1639667563863916549?s=48)  
[https://x.com/dsa\\_ut/status/1638936660540002304?s=48](https://x.com/dsa_ut/status/1638936660540002304?s=48)  
[https://x.com/dsa\\_ut/status/1770127359879864672?s=48](https://x.com/dsa_ut/status/1770127359879864672?s=48)  
[https://x.com/dsa\\_ut/status/1639706510119796744?s=48](https://x.com/dsa_ut/status/1639706510119796744?s=48)  
[https://x.com/dsa\\_ut/status/1640432956081688578?s=12](https://x.com/dsa_ut/status/1640432956081688578?s=12)

These initiatives demonstrate the university's commitment to supporting students facing food insecurity and ensuring they have access to nutritious meals.

The University of Tabuk implements targeted interventions to address hunger among students.

- **Meal Programs**

The university offers free or subsidized meal programs, particularly during special occasions such as Ramadan. More information can be found through the following links:

- [https://x.com/event\\_ut/status/1773444688747372758?s=12](https://x.com/event_ut/status/1773444688747372758?s=12)
- [https://x.com/dsa\\_ut/status/1641564338178719745?s=12](https://x.com/dsa_ut/status/1641564338178719745?s=12)
- [https://x.com/dsa\\_ut/status/1768262307186921884?s=12](https://x.com/dsa_ut/status/1768262307186921884?s=12)
- [https://x.com/dsa\\_ut/status/1638147260025303040?s=12](https://x.com/dsa_ut/status/1638147260025303040?s=12)
- [https://x.com/dsa\\_ut/status/1639667563863916549?s=48](https://x.com/dsa_ut/status/1639667563863916549?s=48)
- [https://x.com/dsa\\_ut/status/1638936660540002304?s=48](https://x.com/dsa_ut/status/1638936660540002304?s=48)
- [https://x.com/dsa\\_ut/status/1770127359879864672?s=48](https://x.com/dsa_ut/status/1770127359879864672?s=48)
- [https://x.com/dsa\\_ut/status/1639706510119796744?s=48](https://x.com/dsa_ut/status/1639706510119796744?s=48)
- [https://x.com/dsa\\_ut/status/1640432956081688578?s=12](https://x.com/dsa_ut/status/1640432956081688578?s=12)

- **Sustainable Agriculture Projects**

The university also engages in sustainable agriculture projects in partnership with various organizations. For further details, please refer to pages 37 and 42 of the documents available here.

<https://www.ut.edu.sa/ar/administration/vrgssr/Partnerships-and-International/Documents/Partnership%20Agreements%202.pdf>

- **Nutrition Workshops**

Additionally, the university organizes nutrition workshops to educate students about healthy eating practices.

[https://x.com/event\\_ut/status/1655604354324262913?s=46](https://x.com/event_ut/status/1655604354324262913?s=46)

- **Subsidized Meal Plans**

Furthermore, the University of Tabuk provides subsidized meal plans for scholarship students. For more details, see page 5 of the scholarship application file for non-Saudis available here.

<https://www.ut.edu.sa/ar/Deanship/student-affairs/Documents/%D8%B7%D9%84%D8%A8%20%D9%85%D9%86%D8%AD%D8%A9%20%D8%AF%D8%B1%D8%A7%D8%B3%D9%8A%D8%A9%20%D9%84%D8%BA%D9%8A%D8%B1%20%D8%A7%D9%84%D8%B3%D8%B9%D9%88%D8%AF%D9%8A%D9%8A%D9%86.pdf>

These interventions play a crucial role in alleviating hunger among students and fostering a supportive campus environment.

The University of Tabuk provides healthy and affordable food choices for all on campus, including a variety of fresh fruits and vegetables, and vegetarian options. The university's dining facilities ensure that meals are not only nutritious but also reasonably priced, making healthy eating accessible to students, faculty, and staff.

**Nutrition Administration Office**

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Pages/default.aspx>

**Requirements, Specifications, Standardization, and Quality in Food**

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%A7%D9%84%D8%AF%D9%84%D9%8>

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%A5%D8%AC%D8%B1%D8%A7%D8%A1%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B1%D9%82%D8%A7%D8%A8%D9%8A%D8%A9%20%D8%B9%D9%84%D9%89%20%D8%A7%D9%84%D9%85%D9%86%D8%B4%D8%A7%D8%AA%20%D8%A7%D9%84%D8%BA%D8%B0%D8%A7%D8%A6%D9%8A%D8%A9.pdf>

<https://www.ut.edu.sa/ar/Deanship/student-affairs/S-Services/Nutrition-management/Documents/%D8%AF%D9%84%D9%8A%D9%84%20%D8%A7%D9%84%D8%A5%D8%AC%D8%B1%D8%A7%D8%A1%D8%A7%D8%AA%20%D8%A7%D9%84%D8%B1%D9%82%D8%A7%D8%A8%D9%8A%D8%A9%20%D8%B9%D9%84%D9%89%20%D8%A7%D9%84%D9%85%D9%86%D8%B4%D8%A7%D8%AA%20%D8%A7%D9%84%D8%BA%D8%B0%D8%A7%D8%A6%D9%8A%D8%A9.pdf>

**Ensuring Access to Physical Health-Care and Health Education Services**

The University of Tabuk prioritizes the physical health of its students, faculty, and staff by providing accessible, high-quality health-care services on campus. These services are designed not only to address immediate medical needs but also to promote long-term well-being through health education and preventive care.

The Medical Center includes specialized clinics in this field:

<https://www.ut.edu.sa/ar/administration/Agency/Med-Administration/Pages/Specialized-clinics.aspx>

**Access to Sexual and Reproductive Health-Care Services and Education**

The University of Tabuk is dedicated to ensuring that students, faculty, and staff have access to comprehensive sexual and reproductive health-care services, as well as relevant information and education. By providing confidential and respectful medical care, the university supports the well-being of its community members in making informed choices about their sexual and reproductive health. In addition to clinical services, the

university offers educational programs, workshops, and awareness campaigns that cover topics such as family planning, sexual health, and safe practices. These initiatives are designed to empower individuals with the knowledge and resources they need to maintain a healthy and balanced lifestyle.

The Medical Center includes specialized clinics in this field:

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Pages/Specialized-clinics.aspx>

The screenshot displays the website of the University of Tabuk Medical Center. The header features the university's logo and name in Arabic and English. The main content area is titled "خدماتنا الصحية أقرب إليك .." (Our health services are closer to you ..). It lists various specialized clinics in two columns, including: عيادة علاج الإدمان (Addiction treatment clinic), عيادة الإقلاع عن التدخين (Smoking cessation clinic), عيادة طب الصداع والألم المزمن (Chronic pain and headache clinic), عيادة الجراحة العامة (General surgery clinic), عيادة جراحة المسالك البولية (Urology clinic), عيادة جراحة المخ والأعصاب (Neurosurgery clinic), عيادة جراحة العظام (Orthopedic surgery clinic), عيادة الأمراض الاستقلابية والجينية للأطفال (Pediatric metabolic and genetic diseases clinic), عيادة أمراض الجهاز الهضمي والكبد (Gastroenterology and liver diseases clinic), عيادة الطب النفسي (Psychiatry clinic), قسم العلاج الطبيعي (Physical therapy department), عيادات طب الأسنان (Dentistry clinics), عيادات طب الأسرة (Family medicine clinics), العيادات المتخصصة (Specialized clinics), عيادة طب الأطفال (Pediatrics clinic), عيادة النساء والولادة (Obstetrics and gynecology clinic), عيادة العقم والإخصاب (Infertility and assisted reproduction clinic), عيادة الأمراض المزمنة (Chronic diseases clinic), عيادة العيون (Ophthalmology clinic), عيادة الأنف والأذن والحنجرة (ENT clinic), عيادة القدم الصماء والسكري (Diabetic foot and diabetes clinic), عيادة أمراض الجهاز التنفسي (Respiratory diseases clinic), عيادة الأمراض العصبية والصرع (Neurology and epilepsy clinic), عيادة الأمراض الجلدية (Dermatology clinic), عيادة طب كبار السن (Geriatrics clinic), and عيادة الأمراض الروماتيزمية (Rheumatology clinic). The footer includes the website URL, a contact number (014456 4444), and a note about the operating hours (from Monday to Friday, 8 AM to 4 PM).

### Access to Mental Health Support for Students and Staff

At the University of Tabuk, mental health is recognized as a critical component of overall well-being, and the university is committed to providing robust mental health support for both students and staff. The university offers a range of services aimed at promoting mental wellness, addressing psychological concerns, and providing assistance during times of personal difficulty. These services include confidential counseling, psychological assessments, and support groups, all of which are designed to create a safe and supportive environment. Additionally, mental health awareness campaigns and workshops are regularly organized to reduce stigma and equip the university community with tools for managing stress, anxiety, and other mental health challenges.

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Pages/Specialized-clinics.aspx>

<https://www.ut.edu.sa/ar/administration/Agency/Medi-Administration/Documents/Health%20services.pdf>

The infographic is titled "تعلن الإدارة الطبية ممثلة بوحدة تعزيز الصحة النفسية عن إطلاق خدمة الإستشارات الهاتفية للصحة النفسية" (The Medical Administration, represented by the Unit for Promoting Mental Health, announces the launch of a telephone counseling service for mental health). It lists signs and symptoms of mental health issues, such as: "من المؤشرات التحذيرية والأعراض المبكرة لإضطرابات الصحة النفسية التي ستساعدكم على إدراك احتياجكم أو احتياج أي شخص تعرفونه .." (Warning signs and early symptoms of mental health disorders that will help you realize your need or the need of someone you know ..). The symptoms listed include: التوتر والضغط النفسي (Stress and psychological pressure), انخفاض في مستوى الطاقة بشكل مستمر (Continuous decrease in energy levels), تغيرات جذرية في السلوك و تقلبات مزاجية حادة (Radical changes in behavior and severe mood swings), الحزن أو الإحباط (Sadness or frustration), الرغبة في النوم طويلا وعدم الاستيقاظ (Long sleep and inability to wake up), الشعور بخوف مفاجئ لا يمكن تفسيره برفقه خفقان القلب (Sudden fear that cannot be explained by a racing heart), and the desire for isolation or withdrawal. At the bottom, it provides contact information: "بممكنكم الآن طلب الاستشارة وبكل سرية عن طريق الاتصال على 4000 014456 | من الأحد إلى الخميس | ٩ صباحاً - ٤ مساءً" (You can now request consultation confidentially by calling 4000 014456 | from Sunday to Thursday | 9 AM - 4 PM).