



# SUSTAINABILITY 2023-2024

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COMMUNICATION ON  
ENGAGEMENT (COE)







# 3 GOOD HEALTH AND WELL-BEING

## RESEARCH ON GOOD HEALTH AND WELL BEING

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The university has more than 120 publications related to SDG3, reflecting its extensive research efforts in promoting health and well-being. The main themes include the management and treatment of chronic diseases such as diabetes, cardiovascular conditions, and cancer. Researchers have explored innovative therapeutic approaches, including the use of medicinal plants, novel drug formulations, and advanced diagnostic techniques. Another significant theme is the impact of lifestyle factors and environmental exposures on health, with studies examining the effects of diet, physical activity, and pollutants on various health outcomes.

Additionally, the publications address public health challenges such as the COVID-19 pandemic, mental health issues, and the prevalence of infectious diseases. There is a strong emphasis on understanding the social determinants of health and the disparities in healthcare access and outcomes. The research also highlights the importance of early detection and prevention strategies, as well as the role of technology and policy in enhancing healthcare delivery. Overall, these studies contribute valuable insights into the complex interplay between biological, environmental, and social factors in health and disease.

1. **"Aero-Marine ResQfly"** by Liliane Alameddine, Kevin Ayoub, and Hayat Jaber, supervised by Macole Sabat, 2024.
2. Abbas, N.H., Rouaiheb, H., Saliba, J.L., & El-Bikai, R. (2023). **Childhood obesity: Facts and parental perceptions.** World Academy of Sciences Journal. Open access.
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4. Abi Saleh, W., Alameh, Z., Aoun Bacha, Z., Zeinedine, S., & Zaitoun, F.H. (2023). **Prevalence of the Eosinophilic Phenotype Among Severe asthma patients in Lebanon: results of the PREPARE study.** Allergy, Asthma and Clinical Immunology. Open access.
5. Abou Assi, L., Alkhansa, S., Njeim, R., Khalil, M.I.M., & Eid, A.A. (2024). **Uncovering the Therapeutic Potential of Lithium Chloride in Type 2 Diabetic Cardiomyopathy: Targeting Tau Hyperphosphorylation and TGF- $\beta$  Signaling via GSK-3 $\beta$  Inhibition.** Pharmaceuticals. Open access.
6. Abu-Alfa, A.K., Atallah, P.J., Azar, S.T., Medlej, R.C., & Mohamad, M.A. (2023). **Recommendations for Early and Comprehensive Management of Type 2 Diabetes and Its Related Cardio-Renal Complications.** Diabetes Therapy. Open access.

7. Akbar, Z.A., Kunhipurayil, H.H., Saliba, J.L., Shi, Z., & Shaito, A.A. (2024). **The Association between Lifestyle Factors and COVID-19: Findings from Qatar Biobank.** *Nutrients*. Open access.
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11. Al-Jamal, H., Idriss, S., Roufayel, R., Fajloun, Z., & Sabatier, J.M. (2024). **Treating COVID-19 with Medicinal Plants: Is It Even Conceivable? A Comprehensive Review.** *Viruses*. Open access.
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14. Aoun Bacha, Z., Bitar, N.M.A., El-Karak, F., Tfaili, A.H., & Zeineddine, S. (2023). **Lung cancer screening in Lebanon: Joint statement from the Lebanese Pulmonary Society and the Lebanese Society of Medical Oncology.** *World Academy of Sciences Journal*. Open access.
15. Assaf, A., Mokni, K., Yousaf, I., & Bhandari, A. (2023). **Long memory in the high frequency cryptocurrency markets using fractal connectivity analysis: The impact of COVID-19.** *Research in International Business and Finance*.
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## COLLABORATIONS AND HEALTH SERVICES

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### INTERNATIONAL ADVISORY BOARD (IAB)

The International Advisory Board (IAB) of the Faculty of Health Sciences (FHS) at the University of Balamand consists of honorary members from prestigious international universities and national health authorities. The IAB advises the Dean on academic and strategic growth, including fundraising efforts. Its key roles include engaging FHS in global educational and research developments, contributing to strategic planning, facilitating faculty and student exchanges, and advising on fundraising initiatives. Members bring expertise from institutions like the University of Pennsylvania, University of Maastricht, University of Wollongong, Georgetown University, and Johns Hopkins University. The University of Balamand's Faculty of Medicine (FOM) has established a Dean's International Advisory Board. This board consists of prominent medical doctors practicing in the USA. Their role is to counsel and guide the dean on various issues, including shaping the FOM's mission and vision, prioritizing goals, and advocating for FOM programs. The board members also work to promote inter-school faculty collaborations, secure support for the FOM, and advise on strategic issues. They meet quarterly or as needed, with members serving two-year terms, which can be renewed.

### FOM FACILITIES

The University of Balamand's Faculty of Medicine and Medical Sciences is affiliated with several hospitals across Lebanon, providing diverse clinical training environments for students, interns, and residents. Here are the affiliated medical facilities:

- Mount Lebanon Hospital University Medical Center
- Clemenceau Medical Center
- Middle East Institute of Health - University Hospital
- Nini Hospital
- St. Georges Hospital University Medical Center
- Haykel Hospital
- Notre Dame University Hospital
- Bellevue Medical Center
- Hopital des Soeurs du Rosaire

These facilities offer a range of clinical settings, from medium-sized community hospitals to large university centers, ensuring a comprehensive learning experience for medical students and junior doctors.

### FHS NATIONAL AND INTERNATIONAL PARTNERSHIPS

The Faculty of Health Sciences (FHS) at the University of Balamand has established numerous research partnerships with national and international institutions. These collaborations span various departments. Key partners include prestigious universities like

McGill University, University College Dublin, and University of California San Diego, as well as national organizations such as the Lebanese Agricultural Research Institute and the Ministry of Public Health. These partnerships enhance the FHS's research capabilities and contribute to its academic and strategic growth.

### **Department of Medical Laboratory Sciences (MLS)**

1. National Research Partners : CNRS | AUB
2. Governmental Organizations: Ministry of Education and Higher Education
3. International Research partners: McGill University | Institut Pasteur | DHA: Dubai Health Authority

### **Nursing Program**

1. National Research Partners: UOB FOAS | Hammoud Hospital | AUB
2. Governmental Organizations:
  - MOPH. Infant and Young Child Feeding (IYCF) Maternal and Child Health Unit
  - MOPH. Breast Cancer Prevention Program
3. International Research partners
  - University College of Dublin - School of Nursing, Midwifery and Health Systems
  - University of Dundee- School of Health Sciences
  - University of Birmingham - School of Nursing
  - King Saud bin Abdulaziz University for Health Sciences

### **Department of Nutritional Sciences**

1. National Research partners
  - Hotel-Dieu de France | Lactica (community partner)
  - Lebanese American University| Lebanese University
2. Industrial partners: Dairy Khoury
3. Governmental Organizations :
  - Lebanese Agricultural Research Institute
4. International Research partners• University of Lleida| University of Balearics Islands - Spain

### **Department of Public Health**

1. National Research Partners :
  - USJ Faculty of Medicine/ Faculty of Sciences
  - Hotel Dieu De France (HDF)
2. International Research Partners
  - MERETI Network
  - University of Twente• Institut Desbrest D'Epidemiologie et de Sante Publique (IDESP)/ UMR UA 11 (INSERM)/ Previously UMRS1136 EPAR/ Faculte de Medecine Saint Antoine Paris
  - Cyprus University of Technology/ Faculty of Health Sciences/ Cyprus International Institute for Environmental and Public Health
  - University of California San Diego UCSD/ Department of Global Health, Family Medicine, and Public Health
  - University College Dublin, Ireland/ School of Nursing, Midwifery, and Health Systems

### **Department of Community Engagement**

- International Research Partners
  - International Trust Fund
  - UNICEF

- a) Explosive Ordnance Risk education (EORE) project
- b) Covid-19 and Covid-19 Vaccine: capacity building sessions to encourage people to abide by the safety measures and to register and get the vaccine
- c) Infant and Young Children Feeding Campaign
  - International Committee of the Red Cross: Benchmarking the Prosthetics and Orthotics services in Lebanon.

## HEALTH OUTREACH PROGRAMS

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### 1ST MEDICAL CONGRESS: 2023 UPDATES IN MEDICINE

On April 28th and 29th, 2023, the Faculty of Medicine and Medical Sciences at Al Koura campus hosted the 1st Medical Congress titled "2023 Updates in Medicine." The event attracted prominent figures in the medical sector and academics from the USA and Europe who participated in discussions covering a wide range of health and medical topics.



A notable highlight of the congress was the presentation of over 70 posters by medical students from across Lebanon. The Poster Evaluation Committee recognized six outstanding posters for their exceptional contributions. The event marked a significant milestone in medical education and provided a platform for knowledge exchange and collaboration among professionals and students alike.





## COMMUNITY MEDICINE

In the course CCIM 603, Clinical Clerkship in Internal Medicine, MEDICINE III students must undergo one month of Community Medicine at Howard Keragheusian Community Health Center located in Bourj Hammoud, one of the most underprivileged areas in Beirut. This primary care center serves primarily a population of migrants and refugees and cares for around 70,000 patients/year in most medical specialties.

## ENHANCING HEALTH SERVICES IN LEBANON: UNIVERSITY AND UNICEF'S PRIMARY HEALTH CARE UNITS

In response to Lebanon's ongoing crisis, the University, supported by UNICEF and in coordination with the Ministry of Public Health, has established 75 Primary Health Care Satellite Units (PSUs). These units aim to improve access to essential health services for individuals in conflict zones, displaced persons, and host communities.

The PSUs offer medical support, medication, immunization, midwifery and reproductive health care, health education, and wound management. The Department of Community Engagement (DOCE) has trained 230 personnel to ensure effective service delivery. This initiative underscores the university's commitment to public health and resilient communities.



## UNIVERSITY HEALTH CENTER

The University of Balamand (UOB) is committed to providing a safe and healthy environment for its community. The University Health Center offers primary health care and first aid services, including free consultations, clinical diagnoses, medications from Non-Profit Organizations, and sexual and reproductive health care. Staffed by physicians and experienced nurses, the center provides confidential consultations and counseling in various medical fields such as family, general, internal, pediatrics, orthopedics, and sports medicine.

## UNIVERSITY OF BALAMAND HOSTS OPEN HEALTH DAY AT DEKWANEH CAMPUS

The University of Balamand's Faculty of Health Sciences (FHS) recently hosted its first Open Health Day at the Dekwaneh Campus, in collaboration with the Mount Lebanon Hospital University Medical Center (MLHUMC) and supported by the Dekwaneh Municipality. The event featured active participation from various FHS departments, offering free medical examinations and health education on topics like dermatology, ophthalmology, and cardiovascular screening.



Attendees also enjoyed comprehensive health checkups, including low-dose scan echo Doppler tests. The Office of Student Affairs and University clubs added to the vibrant atmosphere with activities for children and live musical performances, making the event both informative and enjoyable. This initiative highlighted the importance of proactive health measures and the University's commitment to fostering a healthier community.



## STUDENT CLUBS AND ACTIVITIES

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Student clubs at the University of Balamand engage in more than 50 activities related to SDG 3: Good Health and Well-being, with a strong focus on mental health and other health awareness initiatives. These include awareness campaigns such as HIV and breast cancer awareness by the Medical Lab and Nursing Student Society, and mental health awareness by PyschSavvy.

Humanitarian initiatives like blood drives by LeMSIC and Business Connections also play a significant role. Additionally, clubs host gatherings and interactive activities, including game nights, spring fiestas, and outdoor events, all aimed at promoting health and well-being among students. Sports activities, such as basketball matches and scavenger hunts organized by ASME and Premed, further contribute to the overall goal of fostering a healthy and active student community. These activities not only support SDG 3 but also intersect with other goals like reducing inequalities and fostering sustainable communities.



## NURSING SOCIETY'S WALKATHON PARTICIPATION

The Nursing Society participated in the SAID NGO Walkathon to raise awareness about colon cancer and promote preventive measures. Their booth featured a variety of educational activities, and participants were provided with informative brochures on the topic of colon cancer. Through this event, the Nursing Society played a vital role in educating the community and highlighting the importance of cancer prevention.



## STUDENT HEALTH DAY

Collaboration with NGOs, such as the GNK Foundation, to target children health in schools. As such, a series of "Student Health Day" was held with the participation of FOM medical students and physicians from the University of Balamand affiliated hospital.



## ANNUAL "MOBILE CLINIC"

Annual participation of medical students to the "Mobile Clinic" touring different Lebanese regions in the aim of providing healthcare to rural communities. The "Mobile Clinic" project took place in August 2022 and June 2023.



## AWARENESS ABOUT DIABETES

The University of Balamand hosted DiaLeb, the National Diabetes Organization, for an impactful awareness session in preparation for World Diabetes Day. The session, titled "Comprehensive Insights on Diabetes for Future Physicians," emphasized the importance of awareness and education. Through interactive discussions and insightful presentations to over 100 medical students, the session empowered students to embrace their roles as future advocates.



## ALBA KBIR

An initiative created by the SDG BrainLab ambassadors within the faculty ALBA to provide support to students in need, whether mentally or materially. The ambassadors work closely with the administration to offer easier logistical solutions and aim to reach as many students as possible in their endeavor to provide essential assistance.





## FIRST AID SESSION

The Faculty of Business and Management and the Business Connections Club hosted a first aid session on March 26th, 2024, presented by the Lebanese Red Cross.

The session provided students with essential training on responding to emergencies and administering basic first aid, including CPR, the Heimlich maneuver, wound care, controlling bleeding, and handling choking or other emergencies. This training equipped students with the knowledge and confidence to potentially save lives in emergency situations.



## THEOLOGY STUDENTS' OUTREACH AND SUPPORT INITIATIVES

Students from the St. John of Damascus Institute of Theology, in collaboration with the Orthodox Association for Prisoners' Care, visited Douma and Amioun Prisons. These visits aim to prepare students for their priestly service by introducing them to various social situations and practical ways to handle them. The students conducted special prayer services for the prisoners and engaged in conversations with inmates to understand their challenges and discuss ways to improve their lives. The visits concluded with discussions about the inmates' needs and ways to support them.

The students also visited a nursing home run by the Doumania Orthodox Association for Girls, where they conducted prayers and met with the elderly. The visit ended with a discussion on improving elderly care and supporting the staff in these institutions. Additionally, students organized focused activities for the children of the SOS Children's Village in Kfarhay. These activities included games and age-appropriate religious education, helping students learn how to better care for and engage with these children.



## WORLD CANCER EVENT BY NURSING SOCIETY CLUB

UOB IS deeply committed to the mental health and well-being of its students across all campuses, particularly in these times of multiple crises in Lebanon—be it war, economic upheaval, or social challenges. This support system ensures that students facing intellectual and emotional challenges can find solace and guidance. The mental health services and resources are available to help students navigate these turbulent times, providing a safe space to address their concerns and promote personal growth and resilience.



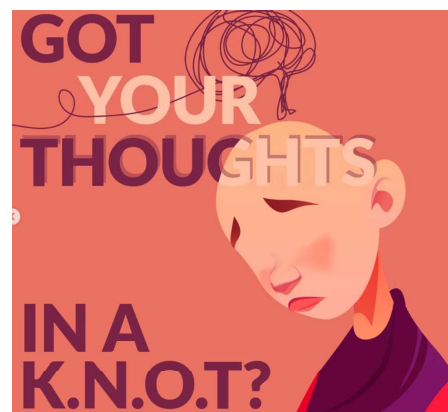
## TACKLING SUBSTANCE ABUSE AND ADDICTION

The Office of Student Affairs, in collaboration with the Department of Psychology, hosted a comprehensive workshop on Substance Abuse and Addiction, administered by Cenacle de la Lumiere. This workshop provided attendees with crucial information on addiction, covering various types of drugs, their usage, effects, and common misconceptions. It also equipped participants with the knowledge to support potential users effectively. This initiative highlights the university's commitment to promoting student well-being by addressing critical issues related to substance abuse and mental health.



## YOUR MENTHAL HEALTH IS OUR PRIORITY

UOB IS deeply committed to the mental health and well-being of its students across all campuses, particularly in these times of multiple crises in Lebanon—be it war, economic upheaval, or social challenges. This support system ensures that students facing intellectual and emotional challenges can find solace and guidance. The mental health services and resources are available to help students navigate these turbulent times, providing a safe space to address their concerns and promote personal growth and resilience.

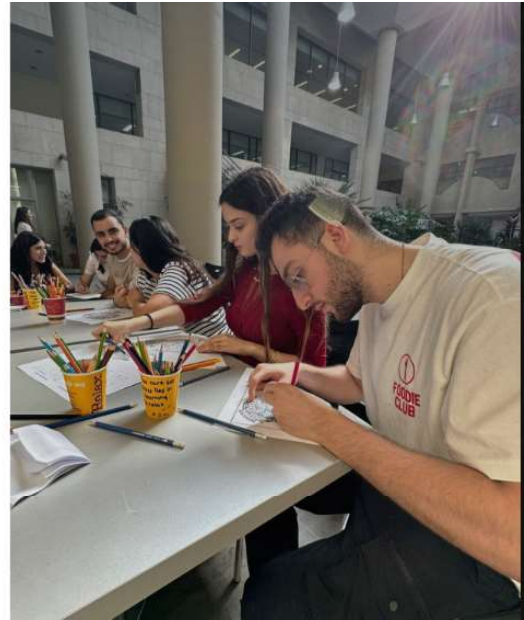




## UOB COUNSELING CENTER

### COLOR YOUR STRESS AWAY

Color your Stress Away is one of the UOB Counseling Center's most popular activity. It brings students together in an activity made for them to unleash their creativity through the simple means of coloring mandalas. Whilst in the activity, students are given tips to relax, breath well, and ground themselves in the activity. The OB Counselors are always on sight to interact with the students, introduce them to the center's services, and offer assistance wherever needed.



## UOB COUNSELING CENTER

### ART THERAPY EVENT

This activity promotes mental well-being through a series of art-based exercises designed to engage and relax participants. It begins with icebreaker activities that encourage students to connect with their peers, followed by creative exercises focused on self-expression. The event concludes with a reflective session where students share their experiences, ending with a calming "Color Your Stress Away" activity, allowing participants to unwind and de-stress through art.



## SMOKE FREE CAMPUS

The university is reinforcing its strict no-smoking policy, which includes electronic cigarettes and vapes, to maintain a healthy environment. Random security checks will be conducted, and violators will receive warnings. The university emphasizes the importance of a smoke-free and vape-free campus for the well-being of all community members. Your cooperation is appreciated.

## SHARED SPORTS FACILITIES

The Office of Athletics, Wellness and Recreation OAWR at the University of Balamand encourages all students, staff, faculty, alumni, UOB friends, and the surrounding community to benefit from the use of the variety of sports and recreational facilities. This done by either sending an email or filling an online form to request an approval for facility use based on predefined priorities.

Several Clubs, nearby schools, summer camps, staff family members, and UOB community have reached out to the OAWR to reserve the facilities.

OAWR has been able to accommodate all free of charge except for those outside operating hours.

Sample of reserved clubs include the Fih and Kelhat Clubs(nearby villages), the lady of Balamand High School, Balamand School Summer Camp and so on.



## CELEBRATING THE OUTSTANDING ACHIEVEMENTS OF UOB'S REMARKABLE ATHLETES!

The University of Balamand celebrated its annual athletic awards ceremony, honoring the exceptional achievements of its athletes. The event, attended by notable guests including UOB President Dr. Elias Warrak, recognized 30 awardees for their excellence in various sports and contributions to the athletic community. Highlights included Antonios Moukari and Tina Moussi being named Athletes of the Year, and coach Jad Yammine and the FUTSAL team receiving the President's Award for their outstanding performance and back-to-back league victories. The ceremony was a night of pride and celebration for all involved.

