SDG 3 Good Health & Well-Being

ITS SDG Report 2025



ITS contributes to SDG 3 by promoting healthy lifestyles, facilitating access to health services, and developing a campus environment that supports physical and social well-being. Its approach includes preventive health promotion, sporting activities, community health services, and initiatives to encourage healthier daily habits. In 2025, ITS promoted ITS Walk as a way to encourage physical activity among members of the academic community. The university also supported free health examinations involving healthcare providers and other external partners. Sports activities and healthy-campus initiatives provide additional opportunities to integrate well-being into university life. These efforts demonstrate that health is relevant not only to clinical services but also to the design of everyday campus activities. Documenting participation and health-service outcomes would help demonstrate the effectiveness of these initiatives.

717
publications

63
number of graduates in health professions

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Research

IITS's multidisciplinary expertise provides opportunities to investigate the relationships between the built environment, physical activity, environmental quality, and well-being. Research in engineering and environmental fields can contribute to healthier water systems, safer infrastructure, and improved environmental conditions. Studies of campus mobility and the use of shared spaces could also help inform initiatives that encourage physical activity. Where health-related research is undertaken, reporting its findings and practical applications would clarify its contribution to SDG 3.

Teaching

ITS promotes health awareness through student activities, physical recreation, and opportunities to learn about healthy and sustainable lifestyles. Initiatives such as ITS Walk encourage students to incorporate physical activity into their daily routines. Community engagement also provides opportunities for students to understand public-health challenges and the importance of collaboration with healthcare professionals. These activities complement academic learning by connecting individual well-being with community health and environmental conditions.

Stewardship

ITS supports a healthier campus through initiatives that encourage walking, cleanliness, physical activity, and responsible environmental practices. ITS Walk provides a platform for members of the academic community to incorporate movement into their daily routines. Sports facilities and campus activities can further support recreation and social interaction. Monitoring participation, facility accessibility, health-service utilisation, and campus well-being indicators would provide stronger evidence of the university's institutional contribution to health.

Outreach

ITS extends health-related services to the surrounding community through collaboration with healthcare providers and other partners. In September 2025, free health examinations were organised for community members with participation from ITS Medical Center and external health-service partners. Public sporting events, including the Surabaya ITS Run Festival 2025, also promoted physical activity and engagement among students, alumni, and the wider public. Reporting the number of participants, services delivered, and follow-up outcomes would help demonstrate the reach and value of these outreach programmes.