



GLB 203 Projects

Fall 2024/2025



HEALTHY KIDS, NO SUGARY DRINKS

Group3

Nurgül Haskuzugüdenli
Bektaş Yiğit Kaya
Zeynep Sude Aslan
Ahmet Erer
Büşra Temir

INTRODUCTION

Major global health challenge is childhood obesity, which is increasingly linked to the overconsumption of **sugar-sweetened beverages (SSBs)**. [2]

*LESS SUGAR
CONSUMPTION AND
MORE HEALTHY
PRODUCTS*



EXPECTATIONS

By lowering the intake of sugar-sweetened beverages (SSBs) via community involvement, healthier substitutes, and awareness campaigns, this initiative successfully combats childhood obesity. It supports public well-being and better eating habits, which is in line with SDG 3. Early results point to increased family understanding and better decision-making; surveys and sales data will be used to assess long-term effects, which should promote healthier generations.[3]

CONCLUSION

This project aims to create healthier dietary habits for children and parents, increase sugar intake awareness, encourage a shift toward healthier product choices, and measure improvements in market trends for nutritious alternatives while promoting SDG 3, Good Health and Well-being.

SCOPE OF THE PROJECT

Healthy food and drink sections for children will be created in markets.

Presentation will be made to parents explaining the benefits of these markets.



OBESITY PREVALENCE BY AGE GROUP (CHILDREN AND ADOLESCENTS)



Figure 1. Obesity Prevalence by Age Group [1]

GOALS AND TARGETS

- Raise awareness using schools, community centers, and creating advertisements on online platforms children and parents use frequently
- Analyze children's sugar consumption to adapt impactful strategies
- Replace sugar with healthier drinks including 100% fruits and vegetables with no sugar.

REFERENCES

- [1] <https://whfoods.com/blog/obesity-statistics/>
- [2] [https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html#:~:text=Sugar%2Dsweetened%20beverages%20\(SSBs\),sugars%20in%20the%20American%20diet.](https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html#:~:text=Sugar%2Dsweetened%20beverages%20(SSBs),sugars%20in%20the%20American%20diet.)
- [3] <https://pmc.ncbi.nlm.nih.gov/articles/PMC4529053/>

The Rise of Instant Foods Among Youth and Their Health Impact



This project aims to raise awareness by highlighting the negative effects of fast food, ready-made food and frozen food consumption, which is quite common among young people. Students and busy individuals often prefer fast food for its affordability and convenience, despite its health risks. However, this preference has the potential to cause health problems both in the short and long term. For all these reasons, this project aims to inform young people about fast food, ready-made food and frozen food.

Authors

Melda Paksoy, Eda Nur Bayrakçı, Eda Nur Duran, Elif Çakmak, Merve Gönültaş - Group 6

Affiliations

Abdullah Gül University

Introduction

Fast food, ready-made meals, and frozen foods are popular among young people for their taste, low cost, and convenience. However, these eating habits increase risks of long-term health issues like obesity, type 2 diabetes, cardiovascular disease, and can negatively affect mental health, contributing to anxiety and depression. Aligning with SDG 3 (Good Health and Well-Being), this project examines the health impacts of these foods and proposes healthier alternatives to support improved long-term health outcomes for future generations.

Objective

Raising awareness among youth about the health risks of fast food, educate them on essential nutrients, and encourage healthier, informed food choices.

Methods of Dissemination

- University presentations and workshops.
- Hosting educational workshops and seminars about unhealthy foods at universities.
- Publishing online articles and blog posts.
- Publishing the projects found in online students blogs or university websites focussing on the dangers of fast food consumption.

Expected Results of The Project

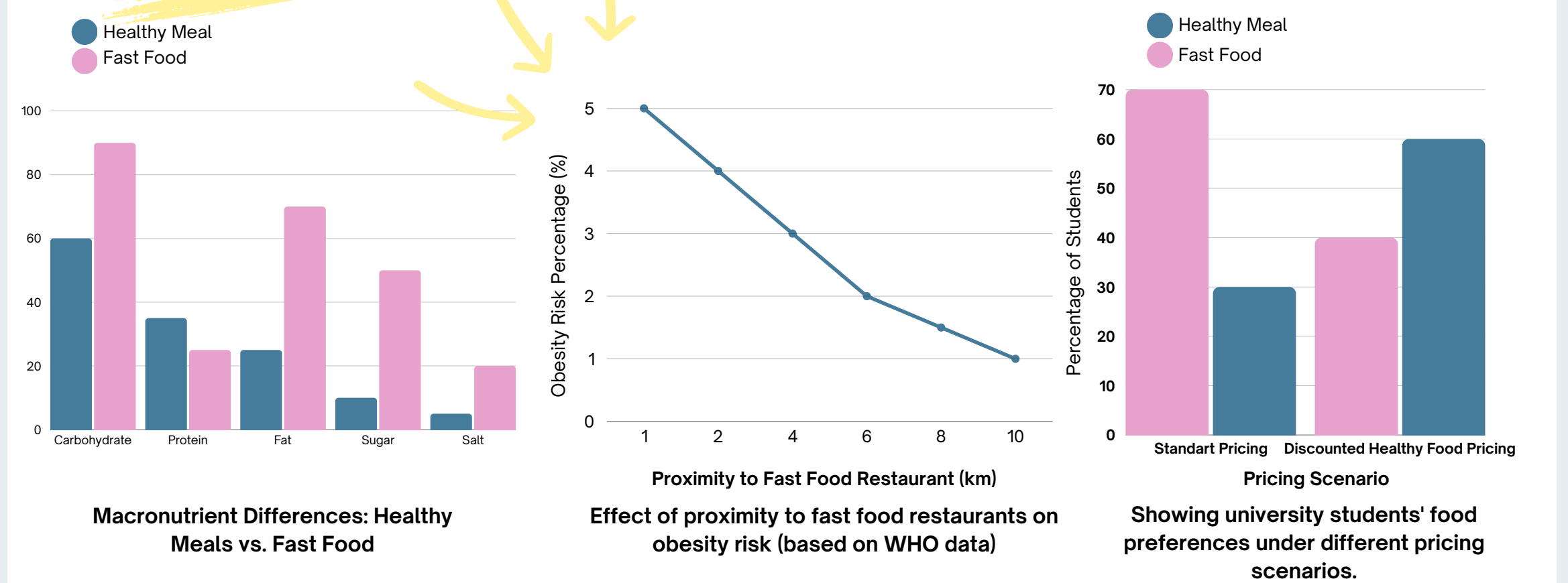
- Increased Awareness
- Reduced Consumption
- Positive Health Outcomes
- Support for SDG3.



Just living close to a fast food restaurant increases the risk of obesity

Analysis

- Just living close to a fast food restaurant increases the risk of obesity by 5.2%
- People tend to eat easily accessible foods therefore, to increase the health diseases coming from eating fast food, we should make healthy foods more accessible according to fast foods.
- If healthy food becomes cheaper, university students can prefer healthy foods.
- People from these groups should be supported to eat healthy foods with education.



Conclusion

This project raises awareness about the health risks of fast food and frozen meals, supporting SDG 3. By providing practical tools and educational resources, we aim to help young people make healthier dietary choices. Through partnerships, workshops, and online content; Our goal is to inspire lasting change toward better eating habits, enhancing physical and mental health for a sustainable future.

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1. Walmsley, T. (2015, August 27). World Health Organization Study Proves Need for Regulation of Fast Food Industries. Food Tank. <https://foodtank.com/news/2015/08/world-health-organization-study-proves-need-for-regulation-of-fast-food/>
2. WHO. (2024, March 1). Obesity and overweight. World Health Organization; World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
3. Acar, A. (2017). YERLİ VE YABANCI FAST FOOD ÜRÜNLERİNİN GENÇLERİN TERCİH NEDENLERİNİN BELİRLENMESİ ÜZERİNE BİR ALAN ÇALIŞMASI: MUĞLA SITKI KOÇMAN ÜNİVERSİTESİ ÖRNEĞİ. Sosyal Ve Beşeri Bilimler Araştırmaları Dergisi, 17(38), 1-24.
4. Jennifer L. Harris and Samantha K. Graff, 2012: Protecting Young People From Junk Food Advertising: Implications of Psychological Research for First Amendment Law American Journal of Public Health 102, 214-222, <https://doi.org/10.2105/AJPH.2011.300328>
5. Boylan, S., Hardy, L.L., Drayton, B.A. et al. Assessing junk food consumption among Australian children: trends and associated characteristics from a cross-sectional study. BMC Public Health 17, 299 (2017). <https://doi.org/10.1186/s12889-017-4207-x>



SDG 3 - Good Health and Well-Being



How Technology Negatively Affects Eating Habits and the Solution of Mindful Eating

Research Focus:

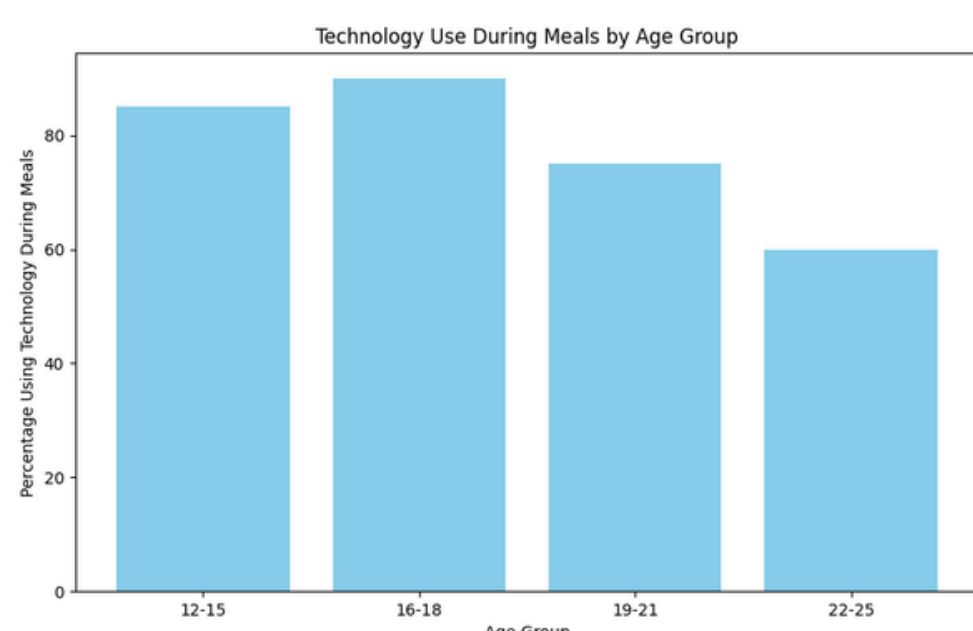
- We examined the impact of excessive technology use (smartphones, social media) on eating habits.
- We identified contributions to unhealthy eating habits, obesity, and psychological issues.

Solutions:

- Promoting mindful eating.
- Encourage individuals to:
 - Recognize hunger cues
 - Enjoy meals
 - Make healthier food choices

Awareness Promotion:

- Conducted workshops
- Organized digital detox events



01 Impact of Technology on Eating Habits

- Eat mindfully: attentive eating to create healthier habits.
- Avoid using electronics while eating to reduce distractions and focus on the food.
- Enhance our eating patterns: by consumption awareness.
- Boost our mental well-being: experience less tension and a deeper sense of pleasure when eating, improving our physical health by maintaining a balanced diet and avoiding overeating.

02 Distracted Eating

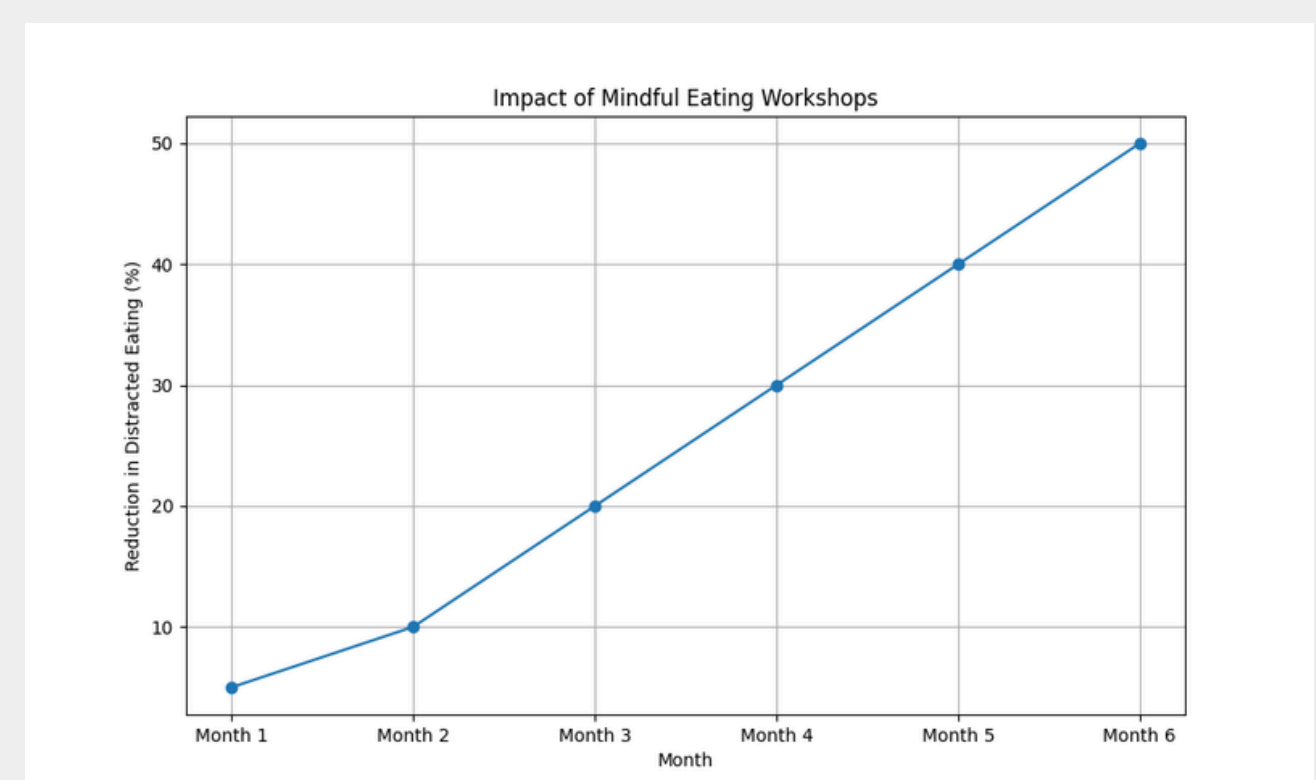
Increased screen time among adolescents leads to distracted eating, contributing to overeating and emotional eating. Our project promotes mindful eating practices to help youth engage fully with their meals, aiming to reduce unhealthy eating habits and improve overall health.

03 Mindful Eating

- Eating is not just a need but also an experience
- Focus on smell, taste, texture for satisfaction in the act of eating.
- This approach supports mental and emotional health, encouraging healthier choices.

04 Educational Workshop

- Engage Your Senses: Focus on the look, smell, taste, touch, and sound of your food.
- Use the Hunger Fullness Scale: Recognize when to eat and stop.
- Avoid Screens During Meals
- Slow Down: Chew thoroughly
- Set Intentions: Ask yourself why you're eating—hunger, boredom, or stress?



05 Digital Detox Days!

Join us on digital detox days to understand how mindfull eating works and see the positive effects of mindfull eating on your own!

Childhood Malnutrition Due to Lack of Access to Micronutrients

Group Members
Ayşe İrem Koca
Erdem Muslu
Muhammet Emin Tufan
Şifa Nur Gözübüyük
Şule Nur Şenses

INSPIRATION BEHIND THE WORK

The devastating impact of micronutrient deficiencies on child development and long-term well-being inspired this project.

OBJECTIVE

This project aims to tackle childhood micronutrient deficiencies by developing sustainable strategies to enhance access to essential vitamins and minerals. Through innovative solutions, we seek to empower families and communities to overcome barriers to nutrition and healthcare, ensuring children receive the support they need to thrive.

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- <https://www.statista.com/statistics/264901/proportion-of-starving-people-in-the-world-population/>
- <https://www.statista.com/statistics/269924/countries-most-affected-by-hunger-in-the-world-according-to-world-hunger-index/>
- <https://www.unicef.org/au/what-we-do/global-malnutrition-crisis>
- <https://en.wikipedia.org/wiki/Malnutrition>
- <https://dandali.com.ng/over-40m-may-suffer-malnutrition-by-2050-from-climate-change-impact/>



BACKGROUND

Micronutrient deficiencies, often referred to as "hidden hunger," affect millions of children under five, particularly in low-income and rural areas. Essential nutrients like vitamin A, zinc, iron, and iodine play critical roles in growth, development, and immunity. Yet, due to poverty, food insecurity, and limited access to healthcare, many children miss out on these vital nutrients during crucial stages of their lives.

Project Method

LITERATURE REVIEW

- A thorough evaluation of the literature on micronutrient deficiencies and malnutrition was carried out.
- Proposals for solutions were reviewed, and the effects on children's health were determined.

DATA COLLECTION

- In the target regions, surveys and in-person interviews were used to gather data.
- Working together, families, medical professionals, and local government representatives were able to assess the current state of affairs and pinpoint any shortcomings.

DATA ANALYSIS

- The collected data were analyzed by statistical methods to find out the prevalence of deficiency of micronutrients.
- Then the health impacts were studied.

IMPLEMENTATION

- Micronutrient supplements (Vitamin A, zinc, iodine) were regularly distributed.
- Children's health was periodically monitored as part of the monitoring process, which was started in cooperation with neighborhood health organizations, educational institutions, and non-governmental organizations.

ANALYSIS

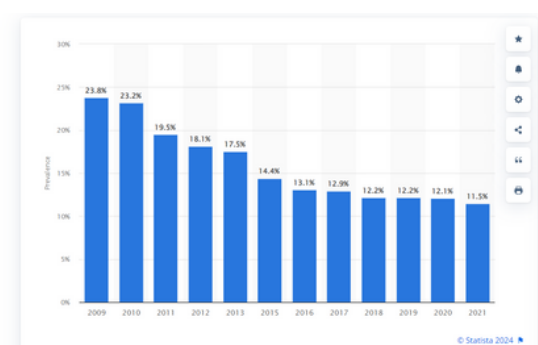


Fig 1. Prevalence of chronic malnutrition among children under five years old in Peru from 2009 to 2021

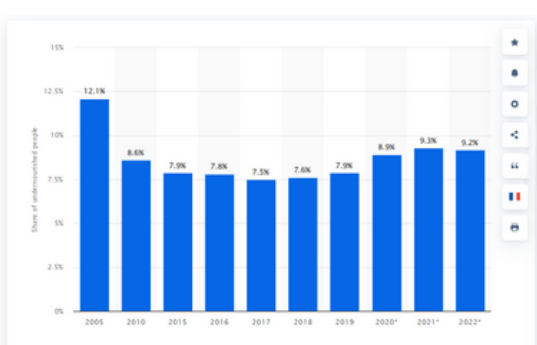


Fig 2. Share of undernourished people in the world population from 2005 to 2022

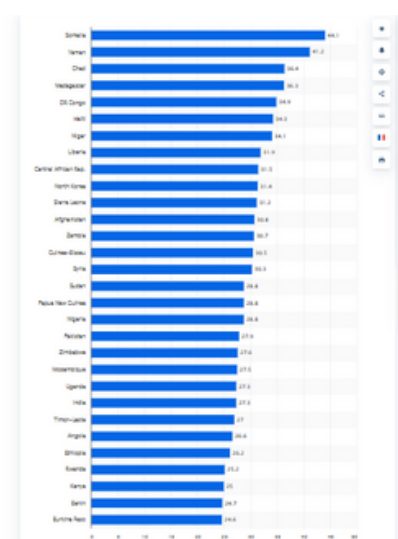


Fig 3. Countries that are most affected by hunger and malnutrition according to the Global Hunger Index 2024

IMPLEMENTATION AREAS

The project targets micronutrient deficiencies in children under five years of age in poor and rural areas of developing countries. Deficiencies in crucial nutrients such as vitamin A, zinc and iodine are known to weaken the immune system, inhibit growth and cause developmental delays.

These key activities include micronutrient supplementation, partnership with local health centers and schools, nutrition education for parents, and children's health monitoring. The initiative should develop a sustainable supply chain to raise awareness to help improve children's health and development, thereby contributing to SDG 3: Good Health and Well-being.

CONCLUSION

1. Micronutrient Deficiencies Impact Child Health

Deficiencies in vitamins and minerals harm children's growth, immunity, and cognitive development, especially in low-income areas.

2. Nutritional Interventions Can Help

Regular micronutrient supplements and education can improve health and reduce disease risk.

3. Sustainability

Collaboration with local organizations ensures long-term success.

IMPLICATIONS

1. Health and Education Integration

Health improvements require both direct interventions and education for families.

2. Community Involvement is Key

Local participation and leadership are vital for success.

3. Supports SDG 3

The project contributes to better health and reducing inequalities.

4. Economic Benefits

Improved health reduces healthcare costs and boosts economic stability.

5. Tracking and Feedback

Regular data collection ensures effective interventions

- Hatice ERDOĞAN
- Filiz VARLI
- Kardelen YURDAKAN
- Ayşenur ŞAHİNBAŞ
- Ömer Faruk KILIÇKAYA
- Rabia YAVUZ

The Effects of Exercise and Sports on Students Mental Health

01. Introduction

- Educational life can lead to various health issues for students.
- Stress
- Anxiety
- Depression
- Physical problems
- Sports for both mental and physical health.
- This project aims to prevent these health problems by encouraging students to engage in sports, ultimately fostering healthier and more successful individuals in their future personal and professional lives.

2. Project Objectives

Clear and Specific Objectives
The main objectives of this project are:
-To investigate the effect of exercise on mental health

-To reveal the positive effects of exercise on depression, anxiety and stress with scientific data

These Purposes:

- Specific:** Targets the effects of exercise on mental health and posture disorders
- Measurable:** Surveys will assess success by measuring participants' levels of mental health.
- Accessible:** With available resources, the relationship between exercise and mental health can be examined within a certain period of time.

Related: Directly aligned with the healthy living targets of **SDG 3**.
Time limited: The project will be completed within 6 months and the results will be analyzed and reported

03. Scope of the Project

This project investigates how exercise and sports impact students' mental health, particularly focusing on increasing rates of stress, anxiety, and depression. These mental health challenges often stem from social dynamics and academic pressures.

- Decreasing stress, anxiety, and depression
- Increasing peace, happiness, and overall well-being
- Correcting posture disorders and promoting physical health
- Supporting mental development during adolescence

The study explores how social and cultural attitudes influence fitness and mental health, disparities in access to sports facilities.

04. Potential Risks and Challenges

The implementation of the project involves certain potential risks.

- **Logistical Issue**
- **Difficulties in Collecting Accurate Data**
- **Regular Monitoring and Time Constraints**
- **Economic Constraints**

IMPORTANT!

These potential risks can be mitigated, and their impact on the outcome can be reduced



06. Expected Outcomes and Benefits

- 🏆 **Physical Health:**
 - Better posture and balance
 - Improved circulation
 - Chronic disease prevention
 - Healthy cholesterol levels
- 🧠 **Mental Health:**
 - Stress relief
 - Boosted self-confidence
- 👤 **Social & Personal Growth:**
 - Stronger relationships
 - Better sleep and discipline
 - Promotes community health awareness

"Stay Active, Stay Healthy!"



05. Methods of Dissemination and Target Audience

1. **Reports, Studies and Digitized Campaigns:**
 - Digital tools like social media, websites and email newsletters will be utilized effectively to disseminate information.
 - It's intended to reach a large audience through workshops, conferences and public appearances.
2. **University Students and Young Adults:**
 - The benefits of physical activity on reducing depression and stress will be paramount.
 - Awareness will be enhanced by visual materials and interactive sessions for young adults.
3. **Healthcare Professionals and Local Officials:**
 - The results will be utilized to create more effective healthcare programs.
 - Reports and guides will be created for local officials and pertinent information will be disseminated in public health initiatives.
 - Implementation-oriented strategies will be formulated through partnership with health experts.



THE SECRET TO HAPPINESS IS IN THE GUT: THE IMPACT OF SEROTONIN PRODUCTION AND MICROBIOME BALANCE ON MOOD

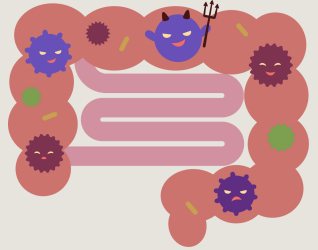
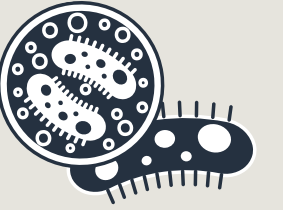
INTRODUCTION

Our intestines are not only involved in digestion, they are also the center that produces 90% of the serotonin hormone in our body. Serotonin not only regulates bowel movements, but also affects our mood, memory and learning capacity. When intestinal health is impaired, serotonin levels decrease, which can lead to mental health problems such as anxiety, depression and stress. In this project, we aim to understand the effects of the intestinal microbiome on mental health by investigating the role of the intestinal microbiome in serotonin production.

PROJECT PURPOSE

The main purpose of our project is to better understand the effects of intestinal health on mental health and to raise awareness in society on this issue. While emphasizing the negative effects of intestinal diseases on daily life, we aim to reach a wide audience with social media campaigns and informative materials for the public. In this direction, we aim to:

- Reveal the relationship between intestinal health and mental health through scientific research,
- Encourage people to live a healthier life,
- Introduce natural solutions such as probiotic use and healthy nutrition.



IMPORTANT!

Your gut has its own "brain"—the enteric nervous system—which can function independently and directly influences your mood and mental health!

Trust
YOUR
Gut



EXPECTED RESULTS AND SOCIAL BENEFITS

The following benefits are aimed to be achieved with the implementation of this project:

- **Better Mental Health:** By drawing attention to the role of the intestinal microbiome in serotonin production, individuals will be allowed to improve their moods naturally.
- **Economic Solutions:** Thanks to low-cost methods such as healthy nutrition and probiotic use, the need for expensive drugs will decrease.
- **Increasing Health Awareness:** Healthier individuals will be raised throughout society as healthy eating habits become widespread.
- **Less Healthcare Spending:** The financial burden on individuals and the healthcare system will be reduced thanks to natural and economical solutions.

PROJECT METHODS AND DISSEMINATION

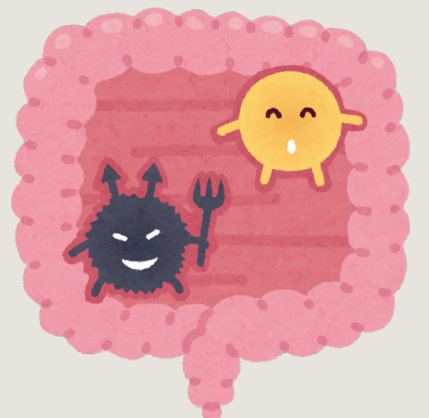
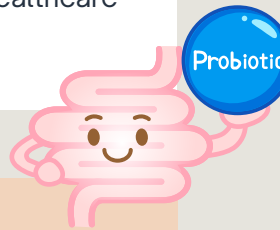
Multi-faceted methods will be used to reach a wide audience with the project:

- **Social Media Campaigns:** The importance of intestinal health will be explained with educational videos, infographics and visuals on platforms such as Instagram and TikTok.
- **Online Conferences:** The relationship between intestinal health and mental health will be discussed in detail with expert speakers for individuals with limited time.
- **Visual Materials:** Awareness will be raised by using posters, brochures and banners in open areas that will attract the attention of the public.
- **Educational Materials:** Healthy habits will be acquired at an early age with entertaining and informative content especially for children.

OUR GOALS ALIGNED WITH SDG 3

Our project offers solutions that are compatible with Target 3 of the United Nations Sustainable Development Goals (SDG):

- **Target 3.4:** Reducing the risk of chronic diseases and strengthening public health with natural methods that support mental health.
- **Target 3.8:** Enabling a healthy life for everyone with accessible and low-cost health solutions.
- **Target 3.9:** Promoting a sustainable life with natural methods by reducing harmful drug dependency.



PREPARED BY

Naime YÖNDEM
Aybike Nur TÜRKOĞLU
Feyza YUNAK
Seda KARTAL
Melike Nazlı ÇAYCI

