



BAITURSYNULY  
UNIVERSITY

# POLICY

NON-PROFIT LIMITED COMPANY «AKHMET BAITURSYNULY  
KOSTANAY REGIONAL UNIVERSITY»

## ON SAFETY ASSURANCE AND HEALTH SUPPORT

# PRINCIPLES FOR IMPLEMENTING THE UNIVERSITY NUTRITION POLICY

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Equal access for the university community

Ensuring equal access to healthy and affordable food for students, postgraduate students, staff, and other residents of the university campus.

Affordability

Establishing a pricing policy that considers the financial capacities of students and university staff.

Food quality and safety

Complying with the requirements of sanitary legislation and internal university standards regarding food services.

Health and well-being support

Orienting the food system toward disease prevention and the development of healthy eating habits among members of the university community.

Sustainability

Encouraging the use of local products, eco-friendly practices, and the reduction of food waste on campus.

## KEY PERFORMANCED INDICATORS FOR POLICY IMPLEMENTATION

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1. Percentage of students and staff with access to dining locations offering healthy food options (%).
2. Average cost of a basic healthy meal set at university dining locations.
3. Number of university dining halls, cafes, and shops that comply with approved health standards.
4. Level of student and staff satisfaction with the quality and affordability of food (based on annual survey results).
5. Volume of food waste generated at university dining locations (tracked over time).

## MECHANISMS FOR IMPLEMENTING THE UNIVERSITY POLICY

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1. Approval of internal healthy eating standards for all food service facilities on campus.
2. Organization of competitive bidding procedures and contracts with food service operators, considering requirements for quality, variety, and affordability.
3. Introduction of discounted or subsidized meal programs for students and staff from socially vulnerable groups.
4. Development of food service infrastructure in academic buildings, residence halls, and across the campus.
5. Establishment of a system for regular monitoring and evaluation of policy implementation, involving student and staff representatives.

# PHYSICAL HEALTH PROTECTION

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## Aims

The aim of this section is to create conditions for maintaining and improving the physical health of University students and staff by providing accessible, high-quality, and non-discriminatory physical healthcare services, including informational and educational services.

## Principles

The implementation of University policy in the sphere of physical health protection is based on the following principles:

- priority of protecting human life and physical health;
- equal and non-discriminatory access to physical healthcare services;
- respect for personal dignity and the confidentiality of health information;
- a preventive approach and fostering a healthy lifestyle culture;
- scientific validity and reliability of the information provided.

## Measures

To achieve the established aims, the University implements the following measures:

- providing access to physical healthcare services, including medical, preventive, informational, and educational services;
- organizing and conducting awareness and educational events aimed at promoting a healthy lifestyle;
- disseminating reliable information on disease prevention and the enhancement of physical health;
- developing programs for the prevention and early detection of health risk factors;
- informing students and staff about accessible services and support options.

## Monitoring and evaluation

Monitoring of the implementation of this section is carried out by authorized structural units of the University within their areas of responsibility, which includes:

- analyzing the accessibility of and demand for physical healthcare services;
- evaluating the effectiveness of the informational and educational activities being implemented;
- consideration of inquiries and feedback from students and staff;
- where necessary — preparing proposals to improve physical health protection measures.

# HEALTH AND SAFETY

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## Aims

The aim of this section is to create conditions for maintaining and improving the physical, sexual, and reproductive health of students and University staff by providing accessible, high-quality, and non-discriminatory services, which include medical, informative, and educational services.

## Principles

The implementation of University policy in the sphere of health and safety is based on the following principles:

- priority of protecting the life and health of every individual;
- equal and non-discriminatory access to healthcare services;
- respect for personal dignity and the confidentiality of health information;
- a preventive approach and fostering a healthy lifestyle culture;

- scientific validity and reliability of the information provided;
- informing and raising awareness about sexual and reproductive health.

### **Measures**

To achieve the established aims, the University implements the following measures:

- ensuring access to medical, preventive, informational, and educational services for the protection of physical, sexual, and reproductive health;
- organizing and conducting awareness and educational events aimed at promoting a healthy lifestyle and safe behavior;
- disseminating reliable information on disease prevention, maintaining physical health, and rights in the sphere of sexual and reproductive health;
- developing preventive programs, counseling, and support services;
- informing students and staff about accessible services and support options.

### **Monitoring and evaluation**

Monitoring of the implementation of this section is carried by authorized structural units of the University within their areas of responsibility, which includes:

- analyzing the accessibility of and demand for healthcare services;
- evaluating the effectiveness of informational and educational activities;
- collecting feedback from students and staff;
- preparing proposals for improving health protection measures.

## **MENTAL HEALTH**

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### **Aims**

The aim of this section is to create conditions for maintaining and improving the mental health of students and University staff by providing accessible, high-quality, and non-discriminatory support in the sphere of mental health.

### **Principles**

The implementation of University policy in the sphere of mental health is based on the following principles:

- priority of the mental well-being of every individual;
- equal and non-discriminatory access to mental health services;
- respect for personal dignity and the confidentiality of mental health information;
- a preventive approach and raising awareness about mental well-being;
- providing support and guidance for all categories of staff and students;
- scientific validity and reliability of the information provided.

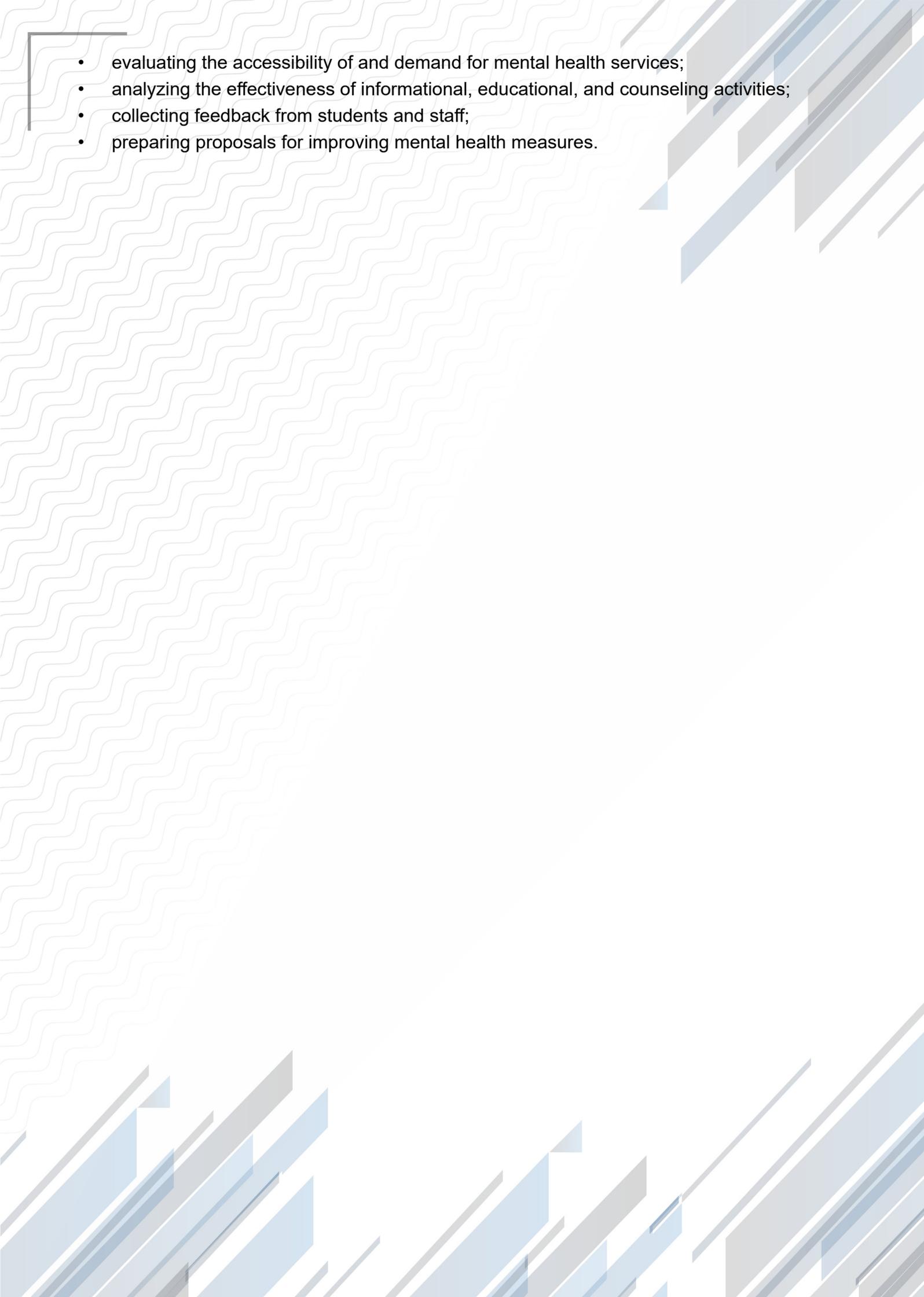
### **Measures**

To achieve the established aims, the University implements the following measures:

- ensuring access to counseling, preventive, informational, and educational services in the field of mental health;
- organizing and conducting awareness and educational events on mental well-being;
- providing individual and group psychological support;
- developing programs for the early detection and prevention of mental health risks;
- informing students and staff about accessible services and support options.

### **Monitoring and evaluation**

Monitoring of the implementation of this section is carried by authorized structural units of the University within their areas of responsibility, which includes:

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- evaluating the accessibility of and demand for mental health services;
  - analyzing the effectiveness of informational, educational, and counseling activities;
  - collecting feedback from students and staff;
  - preparing proposals for improving mental health measures.