



Report on the Celebration of World Environmental Health Day, SUMS, Shiraz, Iran

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World Environmental Health Day, observed annually on September 26 (4th of Mehr in the Iranian calendar), was commemorated this year by the Department of Environmental Health Engineering at Shiraz University of Medical Sciences with a diverse set of academic, educational, and community-based programs. Aligned with the international theme “Clean Air, Healthy People,” our department designed activities to increase awareness, promote dialogue among experts, and encourage environmentally responsible behaviors among both the university community and the public.

1. Awareness Campaign among University Staff

Prior to the event, an official letter was issued and distributed to all employees of the university. The message urged staff to refrain from using private cars on this day and instead adopt public transportation and other environmentally friendly means of commuting. This initiative was designed to directly reflect the theme of the year, addressing the urgent need for reducing traffic-related emissions and promoting clean air. The campaign gained visible attention across departments, with many employees supporting the cause by choosing sustainable travel options. The initiative also served as a symbolic reminder that environmental health begins with individual choices and collective responsibility.

2. Scientific Seminar on Environmental Health

On September 27, 2025 (5th of Mehr), a scientific seminar was held at the School of Health with active participation from students, academic staff, and invited experts. The seminar created an interdisciplinary platform for the exchange of knowledge and perspectives on environmental health challenges. The key sessions included:





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The importance of environmental health in the messages of the officials of Shiraz University of Medical Sciences:

Dr. Seyed Basir Hashemi (Dean of the Shiraz University of Medical Sciences):

- The pivotal and effective role of environmental health in promoting public health
- Achieving a healthier society and a safe and hygienic environment with honest services, continuous monitoring, professional commitment, and greater power and effectiveness of environmental health professionals and practitioners.



Dr. Kourosh Azizi (Senior Advisor to the President of the University of Medical Sciences):

- The significant and undeniable role of environmental health professionals in improving and promoting the country's health status, given the dramatic and rapid changes in global and national conditions, as well as changes in factors and conditions threatening environmental health.



Dr. Orang Ilami (Deputy Director of Health, University of Medical Sciences):

- Utilizing the specialized knowledge and scientific ability of environmental health professionals to protect the environment and health with a preventive and community-based approach



Dr. Amin Niakan (Deputy Director of Medicine, University of Medical Sciences):

- The vital role, commitment, and expertise of environmental health experts in maintaining and improving health standards in hospitals and healthcare centers
- Reducing hospital-acquired infections (HAI) and improving patient safety





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The Head of the Department of Environmental Health Engineering, **Dr. Hassan Hashemi** (Associate Professor, Faculty member of Environmental Health Engineering), Emphasized the following topics:

- Goals and programs of World Environmental Health Day
- The necessity and importance of environmental health in the health system
- Capacities and capabilities of the Shiraz Environmental Health Engineering Department in solving environmental health problems of the community
- Holding WEHD events with multidisciplinary approach and aligned with international federation of environmental health programs





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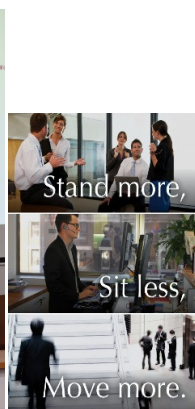
The Advisor to the Deputy of Health at Shiraz University of Medical Sciences, **Hamid Reza Hedayati** (Assistant Professor of Community Medicine), spoke on the integration of environmental health within national health policies and its critical contribution to sustainable development. Also he emphasized on Strengthening psychology and creativity in environmental health inspectors.





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The Head of Research Center for Health Sciences, **Dr. Alireza Choobineh** (Ergonomist, Professor of Occupational Health and Safety Engineering), gave a lecture on the link between physical activity, clean air and a healthy community. He talked about the sedentary behavior outcomes (obesity, Increasing LDL, Decreasing HDL, Cardiovascular disease, stroke, musculoskeletal disorders, developing mental disorders and certain cancers, vein thrombosis and premature death) and advised effective interventions to increase activity in routine life even at work such as: Car-free lifestyle, green transportation, subway, walking and Bitwalking. He also invited participants to engage in physical activity for a few minutes by allocating Ergonomic Time. He concluded his speech with a message from Avicenna (Ibn Sina: world-recognized Persian physician, philosopher, and scholar): **“A person who practices physical exercises does not need any medicine. His cure is in movement”**.





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Member of the National Environmental Health Board **Dr. Neamatollah Jaafarzadeh Haghighifard** (Professor of Environmental Health Engineering), addressed the inherent and emerging challenges facing environmental health in Iran and proposed strategic approaches for overcoming these obstacles. His presentation provided a comprehensive perspective on the field's current situation and future direction, enriching the seminar with both academic depth and policy relevance.



The Dean of the School of Health, **Dr. Mohammad Hoseini**, discussed the burden of disease attributed to air pollution, especially in urban settings, drawing attention to vulnerable groups such as children and the elderly.



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The Deputy for Human Environment in Fars Province Environment Protection Agency, **Eng. Qasem Nahavandi**, presented the current status of air pollution in the Shiraz city and shared government strategies and planned interventions for air quality monitoring and management.



The seminar not only strengthened scientific exchange but also reinforced the connection between policy, research, and practice.

3. Signing the final statement

At the end of the event, a 20-point declaration on commitment and participation for environmental protection was signed by the participants.

4. Exhibition and Public Education Booths

In parallel with the seminar, several exhibition and educational booths were set up in the main hall of the School of Health to provide interactive training and raise awareness among the general public, students, and university staff. These booths addressed a variety of environmental health topics, including:

- Air quality monitoring
- Household waste segregation and recycling practices.
- Indoor and outdoor air pollution and methods to reduce exposure.
- Food hygiene and the role of healthy environments in preventing diseases.
- The importance of physical activity in daily life as a complement to healthy environments.

The booths were facilitated by several private sector companies and environmental health students under the supervision of faculty members, enabling peer-to-peer education and public engagement. Visitors were provided with brochures, practical demonstrations, and opportunities to ask questions, making the experience both informative and participatory. This component ensured that



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the celebration extended beyond academic discussions, reaching directly into the community with practical, everyday solutions.



5. Public Engagement through Walking Event

On October 6 (16th of Mehr) morning, the department organized a walking program from the School of Health to a nearby public park. The purpose of this event was to encourage healthy lifestyles, raise awareness about the importance of reducing motorized transport, and highlight walking as both an environmentally friendly and health-promoting activity.

The walk was attended by students, faculty members, and community participants. At the conclusion of the program, symbolic prizes were distributed to motivate continued involvement in such initiatives. The event also attracted the attention of local residents, further spreading the message of environmental responsibility through active participation.

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6. School Engagement:

In collaboration with the Department of Education, we encouraged students to draw pictures about environmental protection and clean air.



Conclusion

Through these diverse activities—ranging from official campaigns and scientific discussion to interactive public education and community-based physical activity—the Department of Environmental Health Engineering at Shiraz University of Medical Sciences, successfully commemorated World Environmental Health Day 2025. Our efforts reflected a comprehensive approach that integrated policy awareness, academic knowledge, public education, and community engagement. Each component reinforced the theme “Clean Air, Healthy People,” while also strengthening collaboration between the university, governmental organizations, and the public. We believe that this multi -dimensional approach not only raised awareness of environmental health issues within our local context but also embodied the global spirit of World Environmental Health Day: Developing healthier communities through environmental responsibility.

“Be part of the solution for a clean environment, a healthy community”

Dr. Hassan Hashemi

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