

## **BEAUTY STANDARDS TRIGGER EATING DISORDERS!**

Recently, the reasons for the increasing complaints of eating disorders have been wondered. While experts emphasize that beauty prints play a critical role in the spread of eating disorders, they draw attention to the negative effects of the media, the fashion world and social media on individuals. Stating that this situation has turned into a public health problem not only for the individual but also for the society, the experts pointed out the importance of awareness-raising activities for the solution. Nutrition and Dietetics Specialist Tuğba Türkcan made remarkable statements on the subject.

## **SOCIAL MEDIA FILTERS DO NOT REFLECT REALITY**

Istanbul Gelisim University Faculty of Health Sciences Res. Asst. Tuğba Türkcan said that disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder are directly linked to social pressures on body image and weight control. She emphasized that the idealization of slim body by the media and fashion world accelerates the spread of these disorders, particularly among young women.

Stating that unrealistic body images presented with filters and edited photos on social media create a feeling of inadequacy in individuals, Türkcan said that this situation leads to depression, anxiety and low self-esteem, and also causes the spread of harmful behaviors that encourage eating disorders.

## **WOMEN ARE MORE AT RISK!**

According to research, the global prevalence of eating disorders increased from 3.5% to 7.8% between 2000 and 2018. Res. Asst. Türkcan stated that these disorders are much more common in women; the lifetime incidence rate in men varies between 0.74% and 2.2%, while this rate is between 2.58% and 8.4% in women.

Türkcan, who attributed the more common occurrence of eating disorders among women to social pressures on body perception, said that especially young women are more exposed to idealized beauty standards created by the media and popular culture.

"Ideal body images, which are constantly encountered on social media, make women's expectations of themselves unattainable and this triggers eating disorders. The effect of these pressures on young women has reached alarming dimensions."

### BEAUTY PERCEPTIONS BECOME A SOCIAL PROBLEM NOW

Res. Asst. Türkcan pointed out that eating disorders have now turned into a social public health issue, beyond being an individual health problem. It is necessary to be aware of the effects of media and social media in this process, individuals should be directed to approaches that support the perception of a healthy body.

Experts, on the other hand, emphasize that education and awareness studies should be increased in order to prevent eating disorders.

### THE SCANDAL OF ADDING WATER TO MILK IS GROWING: BE SUSPICIOUS IF YOUR MILK TURNS BLUE COLOR

Recently, scandals to add water to milk have been worrying consumers. Some producers who add water to milk due to commercial concerns both reduce the nutritional value of the milk and put public health at risk. So, how can we distinguish natural milk? Nurullah Zekeriya Akar, Food Engineer msc, explained the tricks and cheating methods of natural milk by giving critical warnings to consumers.

### HOW TO UNDERSTAND MILK WITH FULL OF WATER?

Adding water to milk is one of the most common tricks to reduce costs by increasing the volume of milk. According to Istanbul Gelisim University Lect. Nurullah Zekeriya Akar, it is possible to notice milk with added water sensory:

“Water-added milk gives off its color and taste. Natural milk is porcelain white and has a slightly sweet flavor. But the milk with added water turns a bluish tint and the taste eases. The dense and creamy structure in natural milk disappears when water is added.”

Such milk can be detected with certainty by laboratory tests, but a careful consumer can also distinguish fraudulent milk with some clues:

“When the natural milk is milked, a cream layer forms on its surface and proteins cause a significant foaming on the surface.

#### "IF YOUR MILK TURNS BLUE, BE SUSPICIOUS"

Watered milk carries serious risks not only in terms of its decreasing nutritional value, but also in terms of public health. Milk diluted with water creates a favorable environment for the reproduction of microorganisms, and this poses a great threat, especially to children. Akar listed some points that consumers should pay attention to when buying milk:

**Color:** Natural milk is porcelain white. If the milk has a bluish hue, there is a high probability that water has been added.

**Taste:** Natural milk has a slightly sweet taste. The milk added to the water loses this density and leaves a lighter taste.

**Cream Layer:** Natural milk forms a cream layer on its surface. The cream layer may not be evident in watered milk.

#### WHICH MILK IS HEALTHIER?

In addition to adding water to milk, replacing milk fat with vegetable oils is a common trick. Stating that milk fat directly affects the flavor, nutritional value and consistency of milk, Akar said, "Natural milk fat can be detected by laboratory tests. But

consumers can even be suspicious by noticing changes in the taste of dairy products.”

Akar also drew attention to the importance of fat ratio in milk preference:

**Whole-fat Milk:** It has a fat content of 3.5% and is especially recommended for children, teenagers and individuals of growing age.

**Semi-Skimmed Milk:** It has a fat content of 1.5-1.8% and is ideal for individuals who pay attention to heart health or for weight control.

**Skimmed Milk:** It has a fat content of 0.15%. However, it should be consumed with caution as it inhibits the absorption of some vitamins in milk fat.

**“READ THE LABEL, MAKE THE RIGHT CHOICE”**

Akar advised consumers to read the label information and prefer reliable brands when buying milk, adding:

“When buying milk, pay attention to the brand and label information. Question the milk's fat content, its naturalness, and whether it has been processed. As consumers become more aware, fraudulent products in the market will decrease.”

According to Akar, choosing the right milk both improves the quality of nutrition and has significant effects on health in the long term. While natural milk supports the body with its nutrients, processed or fraudulent milk cannot provide these benefits. Therefore, it is of great importance for consumers to act consciously and question the reliability of the milk they buy.

## **SOCIAL RESPONSIBILITY PROJECT TITLED "ON THE TRACE OF HERITAGE" HAS BEEN COMPLETED!**

The social responsibility project "On the Trace of Heritage: We Carry Istanbul's Cultural Wealth to the Future with IGU" implemented by Istanbul Gelisim University

(IGU) Faculty of Fine Arts has been successfully completed. In the project, which consists of three stages, Istanbul's historical sites and cultural riches were examined. At the end of the project, a booklet providing brief and concise information about the cultural heritage of the city was prepared.

The project, which was carried out under the leadership of Research Assistant Emel Çirişođlu (Department of Gastronomy and Culinary Arts), Res. Asst. Gökçe Uzgören (Department of Interior Architecture and Environmental Design) and Res. Asst. Eda Türkay (Department of Radio, Television and Cinema), consisted of three separate stages.

In the first place, the team organized a comprehensive technical excursion to explore the historical passages in Beyođlu district.

In the second stage, historical buildings turned into museums in Beyođlu were visited and photographic and documentary studies were carried out.

In the third and last stage, the photographs taken in the first two trips and the information collected were brought together in the cultural heritage booklet prepared.

#### THE AIM IS TO CARRY ISTANBUL'S CULTURAL HERITAGE INTO THE FUTURE

The booklet prepared in the project, which aims to protect Istanbul's cultural heritage and transfer these values to future generations, appeals to a wide audience from history enthusiasts to students and tourists. The booklet contains both theoretical information and current and archival photographs of Istanbul's cultural values.

While the project team stated that this study aims to provide practical and valuable information to people who conduct research in the field, it emphasized that such social responsibility projects are of great importance in order to understand the historical texture of the city and transfer it to future generations.

This project of IGU shed light on the rich cultural heritage of Istanbul and contributed to the dissemination of historical awareness. The cultural heritage booklet aims to carry Istanbul's heritage to the future by establishing a bridge between the past and the present.

## **FREE SOUP FROM IGU TO STUDENTS DURING THE EXAM PERIOD!**

Istanbul Gelisim University (IGU) continues to support students during the exam period. The Health Sciences Library, located in the IGU Rectorate Building (A Block), starts to serve 24 hours a day on weekdays before the final exams and offers free soup to students during the night.

Students who are preparing for the final exams to be held between 9-18 January can work efficiently thanks to the quiet working environment offered in the library, fast computers and uninterrupted Internet infrastructure. Moreover, there is a hot soup service for everyone who uses the library from 17.30 in the evening to 08.00 in the morning.

## **SOUP AND STUDYING PLEASURE TOGETHER!**

Students who come to the library during the exam period can choose from different types of soups and take a delicious break from their busy night study. Thanks to this, it is aimed to reduce the stress of the exam and to preserve their energy during the night.

With the 24-hour library application, which starts a week before the exam week, students can use the Health Sciences Library to study and research during the night. With its quiet environment, strong technical equipment and wide range of resources, it supports the intensive study pace of IGU students.

## IT HAS BECOME A TRADITION

This free soup offering of IGU has become a tradition during exam periods. Students state that soup breaks play a significant role in relieving exam stress.

University officials, who wished success to all students preparing for the final semester, said that the services will continue to make the study process more enjoyable and efficient.

## COOPERATION PROTOCOL SIGNED BETWEEN BAKIRKÖY MUNICIPALITY AND ISTANBUL GELİSİM UNIVERSITY

The cooperation protocol between Bakırköy Municipality and Istanbul Gelisim University, which covers academic, scientific and educational fields, was signed in the office of Bakırköy Mayor Assoc. Prof. Ayşegül Ovalıoğlu.

Istanbul Gelisim University Rector Prof. Bahri Şahin, Vice Rector Prof. Necmettin Maraşlı, Director of Vocational School of Health Services Prof. Mustafa Nizamlioğlu, Continuing Education Center (SEM) Director Dr. Tayfun Timuray, Lecturer Ebru Cengiz and Lecturer Aylin Koç participated to the ceremony.

## ACADEMIC AND SCIENTIFIC COOPERATION WILL EXPAND

Within the scope of the protocol, it is planned to organize various activities such as seminars, conferences and project collaborations as well as academic and scientific studies. It was also stated that the parties will carry out joint studies to improve their human resources.

With this cooperation, it is aimed to increase the knowledge and experience sharing of both parties by determining the procedures and principles of consultancy services and project-based studies.

## **CALLING AFTER WORKING HOURS: DOES THE RIGHT TO BE DISCONNECTED COME TO LIFE?**

With the acceleration of digitalization and the spread of remote working models, it has become a common expectation that employees will be accessible by employers after working hours. This leads to blurring of work and life boundaries, increasing the risk of stress and burnout. Asst. Prof. Nazlı Yüceol, addressed the effects of this problem on employees and carried out a comprehensive study on the "Right to Disconnect", which is of great importance in terms of determining the boundaries between work and private life.

Many countries have implemented the right to inaccessibility, which stands out as a critical right that ensures that individuals' rest periods and private lives are respected, with legal regulations. While in countries such as France, Italy, Canada, Australia, Portugal, Germany, Chile and Belgium, the right of employers to reach employees outside of working hours is limited, there is no legal regulation in Türkiye yet. However, Turkish academicians carried out a comprehensive study to measure the perception of this important right and to bring the issue to the agenda.

## **LEADING STUDY FROM TURKISH ACADEMICIANS: "RIGHT TO BE UNREACHABLE PERCEPTION SCALE" DEVELOPED**

Prof. Esin Can, Dr. Ayşe Merve Urfa Yılmaz from Yıldız Technical University and Istanbul Gelisim University Vocational School of Health Services Head of Medical Services and Techniques Department Asst. Prof. Nazlı Yüceol developed the "Right to Disconnect Perception Scale" to measure employees' perceptions.

The details of the research were shared in an article titled "Blurring Boundaries in Work Life: A Scale Development Study on the Perception of Right to Disconnect" published in the Employee Responsibilities and Rights Journal, one of the most respected journals in the world. This scale, which consists of three dimensions and 18 statements, is an important guide for companies that want to develop more sustainable working policies in the business world.



## EMPLOYEES ARE TIRED OF THE CONSTANT EXPECTATION OF AVAILABILITY

According to the researches on the subject, the fact that employees are constantly accessible outside of working hours can trigger burnout syndrome while reducing work commitment. In companies that do not respect the boundaries of work and private life, there may be a possibility that the performance and motivation of employees will decrease.

However, recognition of this right can provide significant gains for both employees and employers. Employee loyalty and motivation of companies that respect the right of employees to rest may increase, as well as the chance to create a stronger employer brand. Companies that look after the balance of work and private life can also have the chance to attract and retain qualified workforce more easily.

## EMPLOYEE WELL-BEING, AND PRODUCTIVITY ARE INCREASING

There are studies in the literature showing that the right to be disconnect positively affects employee productivity. While the energy of the employees who are forced to stay constantly connected is depleted, it is stated that the employees who are given the right to rest are more creative and productive in the long term.

According to experts, employers need to use this scale to review their current practices and create new policies. Employees, on the other hand, can use this scale as a scientific basis to defend their rights.

The legal recognition of the "Right to Disconnect" will make it possible to establish a healthier work-private life balance, while contributing to the creation of a happier and more productive workforce. While the steps to be taken in this regard in Türkiye can reduce the burnout problem of employees, it can increase productivity, motivation, reduce work-family conflict and directly affect the long-term success of companies.