



UNIVERSITAS INDONESIA'S STRATEGY TO ENGAGE ALL FACULTIES IN HEALTH PROMOTION ACTIVITIES

**Aiming for a Healthier Campus with ASEAN University Network -
Health Promotion Network (AUN-HPN)**

Presenters:

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OBJECTIVE

“To highlight Universitas Indonesia’s initiatives aimed at actively involving all faculties in health promotion efforts”

Showcasing Universitas Indonesia’s initiatives in engaging all faculties to promote health and achieve improvements in campus safety, health, and sustainability



Bimbingan Teknis
Pengisian Borang
Healthy University
Rating Scale (HURS)

Tim Kampus Sehat & Siaga Bencana
Universitas Indonesia





INTRODUCTION TO HURS

“A tool developed by the AUN-HPN, with support from Mahidol University and ThaiHealth Promotion Foundation, to track and evaluate health promotion progress in universities.”

“UI RECEIVED A PRESTIGIOUS 'FIVE STARS PLUS' RATING IN 2023.”

The screenshot displays the 'Healthy University Rating System' interface. At the top, there is a navigation bar with tabs for 'General information (GI)', 'SI System and Infrastructure', 'ZT Zero tolerance areas', 'HP Health promotion areas', and 'Summary'. The 'Summary' tab is active. Below the navigation bar, the overall rating is prominently displayed as '985 / 1000' with a '5 Stars Plus' icon. A table below shows the breakdown of scores for different categories:

Categories and Indicators	Points	Score
SI System and Infrastructure	400	400
ZT Zero tolerance areas	300	285
HP Health promotion areas	300	300

At the bottom right of the interface, there is a yellow button labeled 'Submit your answer'.



ASEAN UNIVERSITY NETWORK – HEALTH PROMOTION NETWORK (AUN-HPN)

AUN-HPN
ASEAN University Network - Health Promotion Network

ASEAN University Network
Health Promotion Network

ASEAN University Network - Health Promotion Network (AUN-HPN) was established in 2014 as thematic network of AUN, and has been serving as a regional network of people and universities working towards a better and healthier society. Currently, the AUN-HPN membership consists of core members and associate members from countries across ASEAN+3.

Vision
Igniting the concept of health promotion, inspiring higher education, and shaping healthier campuses in ASEAN and beyond.

Mission

- To be the collaborative platform for ASEAN higher education institutions, fostering partnerships both within the network and with key stakeholders, all dedicated to promoting health in the ASEAN plus 3 region.
- To facilitate the exchange of knowledge, skills, and resources among network members, thereby enhancing capacity for health promotion and collectively addressing shared regional health challenges with innovative solutions.

- **Established in 2014 as a thematic network of the ASEAN University Network.**
- **“AUN-HPN consists of 30 core members and 9 associate members from 10 ASEAN countries.”**
- **Mission: “To foster collaboration among universities to create healthier societies within and beyond campuses.”**



UI'S PARTICIPATION IN AUN-HPN AND HURS

“UI is a core member of AUN-HPN and actively participates in HURS to monitor its health initiatives.”



PERATURAN REKTOR UNIVERSITAS INDONESIA

NOMOR 01 TAHUN 2016

TENTANG

IMPLEMENTASI KESELAMATAN, KESEHATAN KERJA DAN LINGKUNGAN
DI UNIVERSITAS INDONESIA

Signed January 6th 2016



PERATURAN REKTOR UNIVERSITAS INDONESIA

NOMOR 15 TAHUN 2023

TENTANG

IMPLEMENTASI SISTEM MANAJEMEN
KESELAMATAN DAN KESEHATAN KERJA, LINGKUNGAN,
DAN AMAN BENCANA

Signed September 12th 2023



CORE INDICATORS OF HEALTH PROMOTION AT UI

- **System and Infrastructure (SI)**
- **Zero Tolerance (ZT)**
- **Health Promotion (HP) Areas**





Table 2 Categories and indicators suggested for use in the 2023 rating

No.	Categories and indicators	Point	Weighting
SI	System and infrastructure	470	47%
SI 1	Healthy university policies	150	
SI 2	Safe buildings and safe, clean, green environments	50	
SI 3	Health promotion services, counseling and advisory support	60	
SI 4	Equal opportunities including accessibility and disability friendly	20	
SI 5	Health promotion curriculum and co-curriculum	40	
SI 6	Capacity building on health promotion	40	
SI 7	Health promotion research	60	
SI 8	University volunteerism	20	
SI 9	Budgetary support for healthy university programs	30	
ZT	Zero tolerance areas	270	27%
ZT 1	Smoking	60	
ZT 2	Alcohol consumption	60	
ZT 3	Illicit drug use	30	
ZT 4	Gambling	30	
ZT 5	Violence, bullying and sexual harassment	30	
ZT 6	Road safety violations including helmet use	60	
HP	Health promotion areas	260	26%
HP 1	Health literacy	40	
HP 2	Mental well-being	40	
HP 3	Social interaction	20	
HP 4	Physical activity and active mobility	60	
HP 5	Healthy diet and balanced nutrition	40	
HP 6	Safe sexual behavior	30	
HP 7	Work life balance (integration) and healthy ageing	30	



ADMINISTRATIVE INFRASTRUCTURE SUPPORTING HEALTH PROMOTION

Administrative bodies:

- Health, Safety, and Environment (HSE) Unit
- UI Makara Satellite Clinic

Google Drive system:

- “Faculties upload evidence and documents for HURS indicators under a guided timeline.”

Identify the data required

Faculty uploads supporting evidence into a google drive, and then fill the evidence link to the form

Forms and supporting evidence collected, categorized, and filtered

Evidence from all faculties put together in one file, enriched with data from university level (HSE, Clinic, and publication)

Data submitted to HURS website



UI Makara Satellite Clinic		
SI 1	SI 6	SI 8
ZT 1	ZT 2	ZT 3
HP 1	HP 5	HP 6

UPT K3L					
SI 1	SI 2	SI 3			
ZT 1	ZT 2	ZT 3	ZT 4	ZT 5	ZT 6
HP 1	HP 2	HP 3	HP 4	HP5	

15 Faculties
SI 1-9
ZT 1-6
HP 1-7

Other Source
Directorate of Facility Operations and Maintenance
Website of TREM
Centre for Ageing Studies Website
UI Online News and Publications Website



- Comments:**
- SI 1.2 Responsible body at university level: There are limited English documents.
 - SI 2.3 Water management: The last item is an error file.
 - SI 2.4 Energy usage: Supportive data are not available.
 - SI 4.2 Opportunity of health promotion: There is no evidence to show that >75% of faculties provide opportunity of health promotion to disability group. Supportive data is not available to verify the coverage of up to 76-100%.
 - SI 5.1 Health promotion curriculum: No evidence showed that more than 75% of faculties have health promotion curriculum.
 - SI 6.1 Training on health promotion in the university: No evidence of policy advocacy provided.
 - SI 7.1 Research on health promotion at the university: No evidence showed that more than 75% of faculties have health promotion research.
 - SI 8.1 Establishment of university volunteerism: Please provide translated documents.
 - SI 9.1 Budgetary support for health promotion programs: No evidence showed that more than 75% of faculties received budgetary support.
 - SI 9.2 Budgetary support for health promotion in the university: No evidence showed.

Comments:

- Comments:**
- HP 2.1 Providing stress reduction program: No information on faculties level.
 - HP 3.1 Social interaction (e.g. social activities such as student clubs): No evidence shows that more than 75% of faculties have student club.
 - HP 4.2 Sport or physical activity (PA) events (competitions): No evidence showed that more than 75% of faculties have PA events. Supportive data is not enough to clarify the coverage of up to 76-100%.
 - HP 6.1 Educational sessions: No evidence showed that more than 25% of faculties have educational sessions.
 - HP 7.1 Availability of programs related to work life balance: No evidence showed that more than 75% of faculties have work life balance program.


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DI UNIVERSITAS INDONESIA

DENGAN RAHMAT TUHAN YANG MAHA ESA



Healthy University Rating System (HURS)
Universitas Indonesia

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Indicator : System and Infrastructure
Sub-Indicator : Safe Buildings, safe, clean, green environments

2.3. Water Management

University Administration Center:
 Water Saving Promotion
 In order to save water, several campaigns were carried out by placing stickers in water source areas, such as in toilets, sinks, etc.









IMPACT ON CAMPUS SAFETY AND HEALTH SERVICES



For example: **91.2% compliance with road safety measures, including helmet use.**



ENHANCED MENTAL HEALTH SERVICES

- Expanded access to counseling services for students and staff.
- “Integration of mental health initiatives into the curriculum and co-curricular activities.”
- Highlight programs like stress reduction workshops or peer counseling initiatives.





OUTCOME: 2023 HURS RATING "FIVE STARS PLUS"

HURS ACHIEVEMENT 2022

Five Stars

UI has achieved 'Five Stars' with a point range of 800-899



HURS ACHIEVEMENT 2023

Five Stars Plus

Achieve 'Five Stars Plus' with >900 points



CONCLUSION AND FUTURE GOALS

Achievements: “Enhanced health promotion policies, infrastructure, and mental health services.”

Future goals:

- **Expand eco-friendly initiatives.**
- **Further improve health literacy and mental health support.**
- **Strengthen regional collaboration within AUN-HPN**

"At Universitas Indonesia, we believe that a healthy campus is the foundation of a thriving academic and social community. Our achievements in health promotion reflect not just our dedication to fostering wellness but also our commitment to inspiring positive change beyond our campus. Together, with the ASEAN University Network – Health Promotion Network, we aim to set a standard for creating sustainable, inclusive, and health-conscious environments for future generations. Let's continue to lead the way toward a healthier, brighter future!"

