

# 8<sup>th</sup> AUN-HPN IAC MEETING

ASEAN UNIVERSITY NETWORK - HEALTH PROMOTION NETWORK


24 NOVEMBER 2023  
HOTEL METROPOLITAN EDMONT TOKYO  
TOKYO, JAPAN



AUN-HPN SECRETARIAT OFFICE

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## AGENDA

### The 8<sup>th</sup> AUN-HPN International Advisory Committee Meeting

24<sup>th</sup> November 2023 (09.00 - 12.00 hrs.)

At Chidori Meeting Room (3<sup>rd</sup> Floor – Main Building), Hotel Metropolitan Edmont Tokyo

Time (hrs.)	Topics	Lead/Presenter
08.30 - 09.00	Registration	
09.0 - 09.15	Opening Ceremony Message(s) from the Executive Director of AUN-HPN / ThaiHealth / IAC Co-Host / IAC Chair	
09.15 - 09.45	<b>Agenda 1: Topics for information</b> 1.1 AUN-HPN Past Activities 1.2 New Associate Members: KMUTT / KSU / SUT 1.3 Progress report on Healthy University Rating System (HURS)	Executive Director of AUN-HPN
09.45 – 09.55	<b>Agenda 2: Approval of minutes – 7<sup>th</sup> IAC Meeting</b>	Executive Director of AUN-HPN
09:55	<b>Agenda 3: Updates on Health Promotion Implementation from 11 International Advisory Committee member universities (5 mins / presentation / university)</b>	
09.55 – 10.00	<b>3.1 Ateneo de Manila University</b> By Dr. Norman Dennis E. Marquez, Assistant Vice President for Health, Care and Well-being, Ateneo de Manila University	
10.00 – 10.05	<b>3.2 Burapha University</b> By Dr. Wethaka Klinwichit, Associated Dean of Faculty of Medicine, Burapha University	
10.05 – 10.10	<b>3.3 Chiangmai University</b> By Dr. Chirawath Phatsara, Assistant to the President, Chiangmai University	
10.10 – 10.15	<b>3.4 Chulalongkorn University</b> By Prof. Dr. Narin Hiransuthikul, M.D., Vice President of Chulalongkorn University	
10.15 – 10.20	<b>3.5 Mahidol University</b> By Asst. Prof. Dr. Supaporn Songpracha, Lecturer of Faculty of Social Sciences and Humanities, Mahidol University	
10.20 – 10.25	<b>3.6 National University of Singapore</b> By Dr. Andrew Epaphroditus Tay, Director of Health and Wellbeing, Office of the President, National University of Singapore	
10.25 – 10.30	<b>3.7 Prince of Songkla University</b> By Assoc. Prof. Dr. Udomphon Puetpaiboon, Vice President, Prince of Songkla University	
10.30 – 10.35	<b>3.8 Universitas Airlangga</b> By Dr. Sri Widati, Head of Airlangga Health Promotion Center, Universitas Airlangga	
10.35 – 10.40	<b>3.9 Universitas Gadjah Mada</b> By Prof. Yayi Suryo Prabandari, Chair of Health Promoting University, Universitas Gadjah Mada	

Time (hrs.)	Topics	Lead/Presenter
10.40 – 10.45	<b>3.10 University of the Philippines</b> By Dr. Fernando B. Garcia Jr., Professor and Dean, University of the Philippines	
10.45 – 10.50	<b>3.11 Vietnam National University – Hanoi</b> By Assoc. Prof. Dinh Doan Long, Chair of the University Council, Vietnam National University - Hanoi	
10.50 – 11.00	<b>Q&amp;A Session</b>	
11.00 – 11.25	<b>Agenda 4: Lesson Learned from role model in Thailand – Thai University Network for Health Promotion Network</b> By Prof. Dr. Narin Hiransuthikul, M.D., Vice President of Chulalongkorn University and Dr. Nuttapun Supaka, Director of Partnership and International Relations Section, Thai Health Promotion Foundation	
11.25 – 11.40	<b>Agenda 5: Topics for consideration</b> 5.1 Finding next Co-Host 2024 5.2 Date for the next IAC meeting	Executive Director of AUN-HPN
11.40 – 11.50	<b>Agenda 6: Others</b>	Executive Director of AUN-HPN
11.50 – 12.00	<b>Award Presentation – IAC Co-Host 2023 (Osaka University)</b>	

## LIST OF PARTICIPANTS

The 8<sup>th</sup> AUN-HPN International Advisory Committee Meeting

24<sup>th</sup> November 2023 (09.00 - 12.00 hrs.)

At Chidori Meeting Room (3<sup>rd</sup> Floor – Main Building), Hotel Metropolitan Edmont Tokyo

Present

AUN-HPN International Advisory Committee/ Representatives

No.	Name-Surname	Position	Status
1	Prof. Banchong Mahaisavariya, M.D.	President of Mahidol University and Chair of the AUN-HPN International Advisory Committee	Chairperson
2	Dr. Norman Dennis E. Marquez	Assistant Vice President for Health, Care and Well-being, Ateneo de Manila University	Committee
3	Dr. Wethaka Klinwichit,	Associated Dean of Faculty of Medicine, Burapha University	Committee
4	Dr. Chirawath Phatsara	Assistant to the President, Chiangmai University	Committee
5	Prof. Dr. Narin Hiransuthikul, M.D.	Vice President of Chulalongkorn University	Committee
6	Dr. Andrew Epaphroditus Tay	Director of Health and Wellbeing, Office of the President, National University of Singapore	Committee
7	Assoc. Prof. Dr. Udomphon Puetpaiboon	Vice President, Prince of Songkla University	Committee
8	Dr. Sri Widati	Head of Airlangga Health Promotion Center, Universitas Airlangga	Committee
9	Prof. Yai Suryo Prabandari	Chair of Health Promoting University, Universitas Gadjah Mada	Committee
10	Dr. Fernando B. Garcia Jr.	Dean and Centre Director, University of the Philippines	Committee
11	Assoc. Prof. Dinh Doan Long	Chair of the University Council, Vietnam National University - Hanoi	Committee
12	Mr. Korn Ratanagosoom	AUN First officer and Chief Strategy Officer, ASEAN University Network Secretariat	Committee
13	Assoc. Prof. Dr. Chuthamane Suthisisang	Executive Director of AUN-HPN and Acting Director of ASEAN Institute for Health Development, Mahidol University	Committee and Secretary
14	Dr. Wiwat Rojanapithayakorn, M.D.	Advisor to the AUN-HPN Steering Committee	Committee and Secretary

## Observers

No.	Name-Surname	Position
1	Prof. Ken Nakata, M.D.	Director of Center for Global Health, Osaka University
2	Dr. Daisaku Nakatani, M.D.	Associate Professor, Center for Global Health, Osaka University
3	Dr. Rie Ogasawara	Specially Appointed Lecturer, Center for Global Health, Osaka University
4	Ms. Suemi Moriyoshi	Administrative staff, Osaka University
5	Mr. Tom Trail	Director of Research and Policy, Community Partners International (CPI)
6	Prof. Dr. Roslee Rajikan	Pro Vice Chancellor (Strategy and Corporate Development), Universiti Kebangsaan Malaysia
7	Prof. Buenalyn Teresita M. Ramos-Mortel	Professor, College of Public Health, University of the Philippines
8	Assoc. Prof. Dr. Chawin Chantharasenawong	Vice President for Internationalization, King Mongkut's University of Technology Thonburi
9	Asst. Prof. Dr. Sattra Sahatsathatsana	Assistant to the President, Kalasin University
10	Asst. Prof. Dr. Songgrod Phimpisan	Dean of Faculty of Science and Health Technology, Kalasin University
11	Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya	Dean of Faculty of Graduate Studies, Mahidol University and Chair of the Committee on HURS Development
12	Dr. Nuttapun Supaka	Director of Partnership and International Relations Section, Thai Health Promotion Foundation
13	Ms. Sininard Wangdee	Partnership and International Relations Section, Thai Health Promotion Foundation
14	Ms. Sopit Khankhang	Partnership and International Relations Section, Thai Health Promotion Foundation
15	Ms. Paweena Putphan	Senior Partnership Relations Management Specialist, Thai Health Promotion Foundation
16	Mr. Patitin Lertnaikiat	AUN Programme Officer, ASEAN University Network Secretariat
17	Dr. Santhiti Dahlan, M.D.	Director of Chulalongkorn University Health Service Center
18	Ms. Ratchadaporn Bamrungpipattanaporn	Acting of the Medical Services Mission Group of Chulalongkorn University Health Service Center
19	Ms. Preeyanuch Panchim	Consultant, Chulalongkorn University
20	Ms. Nisapat Prayong	Head of Health Promotion and Well-being, Chulalongkorn University Health Service Center
21	Ms. Sureerut Wiangkamon	Wellness Nurse Consultant, Chulalongkorn University
22	Mr. Temwong Chandaboon	Head of Chula Smart Clinic, Chulalongkorn University Health Service Center

#### AUN-HPN Secretariat Office

No.	Name-Surname	Position
1	Assoc. Prof. Dr. Thunwadee Suksaroj	Deputy Executive Director of AUN-HPN
2	Asst. Prof. Dr. Supaporn Songpracha	Deputy Executive Director of AUN-HPN
3	Ms. Jariya Sriklad	Researcher
4	Ms. Kamonchat Jantararat	General Administration Officer
5	Mrs. Thiprada Kongtapan	Educator

#### Absent

#### AUN-HPN International Advisory Committee

No.	University
1	Universitas Indonesia, Indonesia
2	University of Malaya, Malaysia
3	Vietnam National University Ho Chi Minh City, Vietnam

The meeting started at 09.00 hrs.

During the opening ceremony, Assoc. Prof. Dr. Chuthamane Suthisang, Executive Director of AUN-HPN and Acting Director of the ASEAN Institute for Health Development, Mahidol University, provided a concise meeting report outlining the objectives and anticipated outcomes of the gathering.

Prof. Banchong Mahaisavariya, M.D., President of Mahidol University and Chair of the AUN-HPN International Advisory Committee, delivered the opening remarks and chaired the session. He was joined by Prof. Ken Nakata, M.D., Director of the Center for Global Health at Osaka University, serving as an IAC Co-Host. Dr. Nuttapun Supaka, Director of the Partnership and International Relations Section at the Thai Health Promotion Foundation; Mr. Korn Ratanagosoom, AUN First officer and Chief Strategy Officer, ASEAN University Network Secretariat, also delivered welcoming remarks.

Assoc. Prof. Dr. Chuthamane Suthisang, Executive Director of AUN-HPN and Acting Director of the ASEAN Institute for Health Development, Mahidol University assigned Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, as the moderator of the meeting.

Prior to the commencement of the meeting, Assoc. Prof. Dr. Thunwadee Suksaroj extended invitations to the AUN-HPN International Advisory Committee and other participants to introduce themselves. The meeting took place onsite at the Chidori Meeting Room (3<sup>rd</sup> floor) in the Hotel Metropolitan Edmont Tokyo. Unfortunately, some members of the AUN-HPN International Advisory Committee were unable to attend this year's IAC meeting due to prior commitments. The list of participants is detailed in the first section of the meeting minutes.

#### Agenda 1: Topics for information

##### 1.1 AUN-HPN Past Activities

Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN informed the Committee about the AUN-HPN Past Activities. The topics for information are listed below.

##### Appointment of Executive Director of AUN-HPN

Mahidol University was designated by the ASEAN University Network as the focal point for coordinating the Health Promotion Network. Consequently, Mahidol University has entrusted the ASEAN Institute for Health Development (AIHD), Mahidol University, with the role of serving as the Secretariat Office for the ASEAN University Network - Health Promotion Network (AUN-HPN).

In order to ensure the efficiency and effectiveness of AUN-HPN's initiatives, Mahidol University has appointed Assoc. Prof. Dr. Chuthamane Suthisang, Acting Director of the ASEAN Institute for Health Development at Mahidol University, as the Executive Director of AUN-HPN. This appointment is made

in accordance with Order No. 4086/2566, dated 16 November 2023, pertaining to the appointment of the Executive Director of AUN-HPN.

#### **International Health Promoting Universities & Colleges (IHPU&C) Steering Group Meeting**

AUN-HPN actively engages as one of the committees in IHPU&C Steering Group from Canada, United Kingdom, United States, India, Ireland and Australia. This committee was established to provide support and guidance for the development of partnerships and operations among health-promoting universities and colleges worldwide, aligning with the principles of the Okanagan Charter University Network for Health Promotion.

The most recent meeting convened on May 2, 2023. Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, represented the AUN-HPN Secretariat Office at the meeting. She presented a concise overview of AUN-HPN's history and highlighted its network activities.

#### **The 14<sup>th</sup> AUN Rectors' Meeting and the 38<sup>th</sup> AUN-Board of Trustees Meeting**

On July 5, 2023, representatives from Mahidol University participated in the 14th ASEAN University Network Rectors' Meeting, focusing on the theme "Changes in Global Higher Education and How Top Universities in ASEAN Respond." Assoc. Prof. Dr. Nopraenue Sajjarax Dhirathiti, Vice President for International Relations and Corporate Communication at Mahidol University, served as the moderator for Session 1: "Mapping the Big Picture – What is the big picture of Higher Education, and how can ASEAN and AUN be a better part of it?"

The panelists and their respective topics of discussion were as follows:

- Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya, Dean of Faculty of Graduate Studies, Mahidol University and Chair of the Committee on HURS Development on the topic of the “progress report on the implementation of the Healthy University Rating System (HURS)”
- Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN and Acting Deputy Director for Administration, ASEAN Institute for Health Development, Mahidol University on the topic of the “progress report of the ASEAN University Network Health Promotion Network (AUN-HPN)”

#### **The 20<sup>th</sup> INHPF Annual Meeting 2023 & the 22<sup>th</sup> Anniversary of the establishment of ThaiHealth**

On November 8, 2023, representatives from the AUN-HPN Secretariat Office participated in the 20<sup>th</sup> International Network of Health Promotion Foundations (INHPF) Annual Meeting 2023, which coincided with the 22<sup>nd</sup> Anniversary of the establishment of ThaiHealth. The meeting was held under the theme "The Next Step of INHPF: Accelerating Health Promotion Innovations towards Equitable Well-being."



Hosted by the Thai Health Promotion Foundation, the event aimed to bolster the INHPF network by facilitating the exchange of knowledge and experiences and fostering international cooperation. During the meeting, the network collectively affirmed its commitment to advancing health promotion on the global health agenda. Additionally, the participants showcased innovations and successful operational models from Thailand's health promotion initiatives on an international platform.

Currently, the International Network of Health Promotion Foundations (INHPF) comprises seven organizations from six countries, with the following roles: 1. Victorian Health Promotion Foundation (Chairman). 2. Thai Health Promotion Foundation (Secretariat) 3. Western Australian Health Promotion Foundation 4. Korea Health Promotion Institute 5. Taiwan Health Promotion Administration 6. Tonga Health Promotion Foundation (Treasury) 7. Health Promotion Board of Singapore

#### Accreditation for AUN-HPN Joint Symposium

The AUN-HPN Joint Symposium, titled "Pathways to Sustainable Universities: Best Practices from AUN-HPN and HURS," took place on November 25, from 15:00 to 17:00 hrs., at the Sanjo Conference Hall, University of Tokyo, Japan. This symposium has been officially recognized as one of the "Commemorative Events for the 50<sup>th</sup> Year of ASEAN-Japan Friendship and Cooperation" by both the ASEAN Secretariat and the Ministry of Foreign Affairs of Japan.

The symposium served as a dynamic platform, showcasing the transformative impact of AUN-HPN in advancing effective health promotion policies and practices through collaborative efforts among ASEAN countries. The joint symposium was organized through the collaborative efforts of the AUN-HPN Secretariat Office and the Center for Global Health at Osaka University, which served as the AUN-HPN IAC (International Advisory Committee) Co-Host for the year 2023. Additionally, all member universities participated as guest speakers and observers, contributing to the success and significance of the event.

#### Thai Universities Network for Health Promotion Network (TUN-HPN)

Thailand's role model of Thai Universities Network for Health Promotion Network (TUN-HPN) was introduced at the meeting. Its primary roles include:

- 1) Regional Network Expansion: TUN-HPN aims to expand its network regionally to foster collaboration and exchange among universities in the realm of health promotion.
- 2) Joint Research Projects: TUN-HPN facilitates joint research projects to address health problems within the country. This collaborative approach enhances the effectiveness of research efforts and promotes innovative solutions.

- 3) TUN-HPN Meetings and National Academic Conferences: Regular meetings and national academic conferences are organized by TUN-HPN to facilitate learning and sharing among member universities. These events provide a platform for knowledge exchange and best practice sharing in health promotion.

All member universities utilize the AUN Healthy University Framework (HUF) as a guideline for fostering a healthy university environment. The Health University Rating System (HURS) is employed as a monitoring tool to track progress and assess the effectiveness of health promotion initiatives.

The Chairmanship of TUN-HPN is determined through a nomination and voting process among its members, with the responsibility rotating among member universities.

For further insights into the operations and successes of TUN-HPN, Prof. Dr. Narin Hiransuthikul, M.D., Vice President of Chulalongkorn University, will be presenting lessons learned from role models within Thailand's health promotion network in Agenda 4. This presentation will provide valuable insights and strategies for enhancing health promotion efforts within the network.

#### AUN-HPN E-Newsletter & Website

The Committee was briefed on the active involvement of the AUN-HPN Secretariat Office in several key initiatives. This includes the development of the Health Promotion Database, the regular publication of newsletters on a quarterly basis, and the continuous maintenance of the network's website to ensure members are kept up-to-date with the latest developments.

Members are encouraged to contribute to the content of the AUN-HPN E-Newsletter by suggesting content, advocacy opportunities, resources, or health-promoting events in their respective neighborhoods. Suggestions and contributions can be sent to [aunhpn@mahidol.ac.th](mailto:aunhpn@mahidol.ac.th), and they will be considered for inclusion in the upcoming volume of the newsletter.

#### Timeline of AUN-HPN

Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, briefly discussed the establishment history of AUN-HPN since 2014. As of the meeting date, the network has amassed more than 30 core members and 12 associate members across the ASEAN+3 region.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged the aforementioned AUN-HPN past activities.

#### **1.2 New Associate Members: KMUTT / KSU / SUT**

Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, announced the addition of three new associate members to AUN-HPN: King Mongkut's University of Technology Thonburi

(KMUTT), Kalasin University (KSU), and Suranaree University of Technology (SUT). These universities are anticipated to make substantial contributions to health promotion within the network.

During the meeting, representatives from King Mongkut's University of Technology Thonburi (KMUTT) and Kalasin University (KSU) attended and introduced themselves: Assoc. Prof. Dr. Chawin Chantharasenawong, Vice President for Internationalization, King Mongkut's University of Technology Thonburi (KMUTT); and Asst. Prof. Dr. Sattra Sahatsathatsana, Assistant to the President of Kalasin University, along with Asst. Prof. Dr. Songgrod Phimpisan, Dean of the Faculty of Science and Health Technology, Kalasin University (KSU). They provided insights into their respective universities' health promotion initiatives, contributing to the discussion on advancing health promotion efforts within the AUN-HPN network.

The AUN-HPN Steering Committee approved the applications for associate membership from KMUTT, KSU, and SUT on June 22, 2023, and November 1, 2023, respectively, solidifying their roles as key drivers in AUN-HPN's health promotion efforts.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged the remarks.

### 1.3 Progress report on Healthy University Rating System (HURS)

Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, provided an update on the Healthy University Rating System (HURS) 2023. The data entry phase for HURS 2023 took place from August 15 to November 16, 2023, with participation from 21 universities. Their contributions are deemed invaluable and are expected to facilitate the sharing of best practices among healthy universities through workshops. The announcement of the final scores is anticipated in February 2024.

Additionally, Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN also mentioned that the HURS workshop was organized on August 18, 2023 in a hybrid format to teach AUN-HPN members and interested universities on the proper method of inputting university data into the updated HURS system and incorporating evidence. Esteemed guest speakers from distinguished AUN-HPN member universities, including Prof. Yayi Suryo Prabandari from Universitas Gadjah Mada (UGM), Assoc. Prof. Dr. Jemaima Che Hamzah from Universiti Kebangsaan Malaysia (UKM), and Dr. Agustin Kusumayati, M.D. from Universitas Indonesia (UI), shared their institutions' experiences and best practices in promoting health and fostering a culture of wellness.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged the report.

**Agenda 2: Approval of the minutes of the 7<sup>th</sup> AUN-HPN International Advisory Committee Meeting (19<sup>th</sup> January 2023)**

Assoc. Prof. Dr. Thunwadee Suksaroj, Deputy Executive Director of AUN-HPN, presented the minutes of the 7<sup>th</sup> AUN-HPN International Advisory Committee Meeting which was circulated to all participants before the meeting. The AUN-HPN International Advisory Committee was requested to review and endorse the minutes from the last meeting.

**Resolution:** The AUN-HPN International Advisory Committee endorsed the minutes of the 7<sup>th</sup> AUN-HPN International Advisory Committee Meeting.

**Agenda 3: Updates on Health Promotion Implementation from 11 International Advisory Committee member universities (5 mins / presentation / university)**

### **3.1 Ateneo de Manila University**

Ateneo de Manila University, as presented by Dr. Norman Dennis E. Marquez, Assistant Vice President for Health, Care, and Well-being, outlined a comprehensive strategy for health promotion focusing on wellness, safety, and awareness building within the university community. This includes the harmonization of engineering, behavioral, and environmental controls, along with the alignment of programs to foster health-seeking behavior.

He also presented a comprehensive roadmap for health promotion spanning three and five years as follows:

In the three-year plan, the university aims to integrate and consolidate programs and services to build a healthy community for the broader society's benefit. Initiatives include organizing a Healthy University Hub, standardizing services, incorporating mental health services and spiritual formation, establishing a Health Research and Policy Center, formalizing a network of health professionals, and preparing for full co-education to address gender issues and challenges.

Looking ahead to the five-year mark, Ateneo de Manila University plans to further enhance its health initiatives by implementing a community health management training program and establishing a University Healthcare Delivery Network. These strategic endeavors underscore Ateneo's commitment to holistic well-being and societal impact, reflecting its dedication to fostering a healthy community that serves the broader society.

### **3.2 Burapha University**

Dr. Wethaka Klinwichit, Associated Dean of the Faculty of Medicine, Burapha University, highlighted key aspects of the university's health promotion strategy, focusing on students, staff, and the broader community:

- System and Infrastructure (SI): The university is committed to becoming a Green University, emphasizing sustainability and environmental consciousness as integral components of its health promotion efforts.
- Zero Tolerance (ZT) Area: Burapha University enforces strict policies, including a zero-tolerance stance on smoking and cyber vaccine initiatives, reflecting its commitment to promoting a healthy and safe environment.
- Health Promotion (HP) Area: The university's health promotion efforts encompass gender equity initiatives, mental health workshops, and virtual runs, demonstrating a multifaceted approach to wellness that addresses various aspects of physical and mental health.
- University Social Responsibility: Burapha University actively engages in university social responsibility by organizing events such as the Bangsaen Health Festival, contributing to community health awareness and outreach efforts.

Dr. Klinwichit's summary underscores Burapha University's commitment to promoting health and well-being across various dimensions, from individual wellness to community engagement, while also emphasizing sustainability and social responsibility.

### 3.3 Chiangmai University

Dr. Chirawath Phatsara, Assistant to the President at Chiangmai University, outlined the university's comprehensive approach to health promotion, focusing on various aspects:

- System and Infrastructure (SI): Chiangmai University prioritizes safe buildings and a clean, green environment, exemplified by initiatives like the implementation of recycled plastic roads. Additionally, the university provides health promotion services through its Mental Health Center, indicating a commitment to addressing mental health issues within the university community. Moreover, as part of capacity building efforts, Chiangmai University engages ambassadors and volunteers and offers flexible benefits and group insurance to staff, emphasizing their well-being.
- Zero Tolerance (ZT) Area: While providing designated smoking areas, the university also enforces zero tolerance policies, such as positive reinforcement for road safety violations, including helmet use, through initiatives like the Helmet Lottery.
- Health Promotion (HP) Area: Chiangmai University promotes physical activity and active mobility through events like Virtual Sports Day 2023 and CMU Freshmen Sport 2023, in collaboration with organizations like The University Sports Board of Thailand for "The Happiness Games".

Dr. Phatsara's presentation underscores Chiangmai University's multifaceted approach to health promotion, encompassing infrastructure development, support services, capacity building, policy

enforcement, and active engagement in promoting physical activity and well-being among its community members.

### 3.4 Chulalongkorn University

Prof. Dr. Narin Hiransuthikul, M.D., Vice President of Chulalongkorn University, emphasized the importance of mental well-being among students and personnel at the university. To address psychological well-being, Chulalongkorn University has established the Center for Psychological Wellness managed by the Faculty of Psychology, along with Chula Student Wellness, a health promotion center offering psychotherapy sessions and counseling services provided by professional psychologists and psychiatrists to support those in need.

Furthermore, the university has developed the CU Centenary Park as a green space accessible to the public free of charge. This Park serves as a tranquil oasis in the heart of Bangkok, where individuals can engage in exercise, breathe fresh air, and connect with nature. The Park also promotes biodiversity through the use of various plant species, contributing to both physical and mental well-being for all who visit.

### 3.5 Mahidol University

Asst. Prof. Dr. Supaporn Songpracha, representing Mahidol University, delivered a presentation on the university's comprehensive approach to health promotion. Central to this approach is the establishment of Mahidol University's Counseling Center, known as "MU Friends," which offers mental health counseling and support services not only to students but also to the wider public. Additionally, the Adolescent Clinic provides specialized counseling for young people dealing with issues such as drug addiction and sexual health, recognizing the unique challenges that arise during adolescence.

Moreover, Mahidol University emphasizes physical well-being by providing state-of-the-art sports facilities and fitness centers for both students and staff. The university's commitment to health is further demonstrated by its status as a smoke-free campus, actively participating in campaigns to educate about the harmful effects of smoking and encouraging cessation efforts. Behind these initiatives are robust policies and infrastructure aimed at ensuring a safe, clean, and green environment conducive to learning and well-being. This includes efforts to promote equal opportunities, including disability-friendly facilities, and capacity-building programs focused on health promotion.

Additionally, Mahidol University maintains a Zero Tolerance Area policy targeting behaviors detrimental to health and safety, such as smoking, alcohol consumption, drug use, violence, bullying, and road safety violations. In the realm of health promotion, the university focuses on areas such as healthy literacy, social interaction, mental well-being, physical activity, safe sexual behavior, work-

life balance, and healthy aging. Collaborative efforts with external partners, such as the collaboration with Siriraj Hospital and the Department of Disease Control for the "Stand By You" initiative, further underscore Mahidol University's commitment to addressing contemporary health challenges and fostering a holistic approach to well-being.

### 3.6 National University of Singapore

Dr. Andrew Epaphroditus Tay, Director of Health and Wellbeing, Office of the President, National University of Singapore presented various ongoing projects aimed at promoting health and well-being among students and staff:

- Freshmen Survey / Cohort Study: Conducted from 2021 to 2025, this initiative aims to understand the health status of incoming NUS students and track their health over time.
- Food Labelling Project: Designed to develop a nutritional label as an alternative to the Healthier Choice Symbol, facilitating informed food choices among students.
- Podcast "Heart to Health Talk": This initiative seeks to create a health-focused podcast channel managed by youth for youth, raising awareness about health issues and providing tailored information.
- New Normal New You: Targets inactive students, encouraging them to meet WHO physical activity guidelines through various interventions.
- Public Health Challenge: An annual competition where student groups propose projects relevant to public health, with support from relevant stakeholders to implement winning projects.
- Healthy Life Programme: A systematic case management approach for employees with chronic diseases, aimed at improving treatment adherence and disease control.
- Mental Health Management Model: A model aimed at providing appropriate mental health services based on the intensity of cases, thus optimizing resources and ensuring that students receive timely support. This includes utilizing group work, technology integration, coaching services, and developing screening processes for accurate case channeling.

### 3.7 Prince of Songkla University

Assoc. Prof. Dr. Udomphon Puetpaiboon, Vice President of Prince of Songkla University, talked about initiatives aimed at enhancing security, health, welfare, environment, and safety across the university:

Through initiatives like implementing Electric Vehicle options and installing water-saving devices, the campus environment is being enhanced for safety and sustainability. Additionally, measures such as establishing a Medical Care Fund and conducting health check-ups underscore the university's commitment to the health and welfare of its staff and students.

Environmental sustainability is a key focus, with the university striving to become a Green University. Efforts include managing hazardous waste and fulfilling social responsibilities towards environmental conservation. The university also emphasizes health promotion and protection, with projects like the "Safe Me, Safe Everyone" Training Project reinforcing safety awareness and ensuring a secure working environment through regular laboratory safety inspections. These initiatives collectively contribute to creating a safe, healthy, and environmentally conscious university community.

Collaboration efforts, such as the visit to Hat Yai University and discussions on Healthy University Network (HUN) collaboration, to expand networking and knowledge sharing.

### **3.8 Universitas Airlangga**

Dr. Sri Widati, Head of Airlangga Health Promotion Center at Universitas Airlangga (UNAIR), highlighted the university's comprehensive approach to student health, tailored to address diverse needs. The "New Students in Airlangga" program is designed to facilitate smooth transitions into campus life, while the "Healthy Youth Forum" extends health promotion efforts across 26 Surabaya campuses. Through initiatives like "Soby," which harnesses the power of peer advocacy, students are empowered to support the well-being of their peers.

UNAIR embraces technology to enhance health engagement, utilizing platforms such as "Airlangga Health Promotion TV" to foster interactive health discussions and initiatives. Furthermore, the university maintains a zero-tolerance policy against behaviors that compromise health and safety, including smoking and bullying. This commitment is reinforced through clear signage across the campus, emphasizing UNAIR's dedication to providing a healthy and secure environment conducive to student success and well-being.

### **3.9 Universitas Gadjah Mada**

Prof. Yayi Suryo Prabandari, Chair of Health Promoting University (HPU) at Universitas Gadjah Mada (UGM), outlined the developmental trajectory of HPU at UGM from 2015 to the present. In 2021, a significant milestone was achieved through the Sister HPU program, which involved UGM leading alongside five other universities, extending support to 20 partner universities. Building upon this success, in 2022, the program expanded to four universities, solidifying UGM's role as a leader in HPU development and strengthening efforts.

The HPU UGM Seminar series played a pivotal role in disseminating HPU principles and practices across Indonesia. The inaugural National Seminar marked the launch of the Health Promoting University concept, while the second seminar focused on disseminating HPU initiatives to 23 universities in Indonesia. As a result, nine universities emerged as facilitators for HPU workshops, with over 40 universities and health polytechnics participating, under the auspices of the Directorate of



Health Promotion, Ministry of Health of the Republic of Indonesia. Notably, this initiative led to the signing of agreements to establish healthy campuses and HPU initiatives across invited campuses, further underscoring the commitment to fostering health-promoting environments in higher education institutions. Additionally, collaborative efforts with the Yogyakarta Provincial Health Service facilitated discussions with 16 non-health higher education institutions, resulting in the development of healthy campuses and joint commitments to promote health across university settings.

### 3.10 University of the Philippines

Dr. Fernando B. Garcia Jr., Dean and Centre Director, University of the Philippines pointed out that the campus implements a diverse array of initiatives to promote wellness and enhance the overall quality of life for its students, faculty, and staff. These initiatives include the Wellness Wednesdays Project, recognition programs for retirees and service awardees, and activities aimed at raising awareness about mental health and well-being. Through these efforts, UP Manila prioritizes holistic wellness and inclusivity within its community.

Moreover, the campus actively engages in cultural events such as the UP-Manila Fair, which showcases talent from various student organizations, fostering a sense of community and cultural appreciation. Additionally, UP Manila places a strong emphasis on sports and recreation, hosting events like the U.P. PEaK Cup sports festival and providing opportunities for physical activity and leisure throughout the year. These initiatives contribute to creating a vibrant and supportive campus environment where individuals can thrive both academically and personally. Initiatives like the Disaster Risk and Reduction Management - Earthquake Drill Simulation prepare the campus community for emergencies, ensuring their safety and resilience in times of crisis.

### 3.11 Vietnam National University – Hanoi

Assoc. Prof. Dinh Doan Long, Chair of the University Council at Vietnam National University – Hanoi (VNU-HN), highlighted strategies for executing the Healthy University Rating System (HURS) to ensure a comprehensive approach to campus health and well-being:

- Leadership Training and Dissemination: All leaders of VNU-HN member universities are trained and informed about HURS, facilitating the implementation of AUN Healthy University Infrastructure standards across campuses.
- Comprehensive Health Services: Students and faculty benefit from free annual health checks conducted by VNU-UMP Hospital, with health insurance fees covered by member universities.

- Health Promotion Programs: Various initiatives, including establishing smoke-free campuses, organizing sports and cultural tournaments, and providing free facilities for health promotion activities, prioritize the well-being of the campus community.
- Emergency Skills Training: VNU-Hanoi collaborates with government ministries to establish an emergency skill training center, ensuring non-medical professionals are equipped to respond effectively in crises.
- Training for Health Promotion Performers: VNU-UMP develops a curriculum for non-medical students on health promotion, conferring certificates upon completion, enhancing health literacy and empowerment among the broader university community.

In addition to the updates provided by the 11 AUN-HPN International Advisory Committee members, participants were encouraged to explore further updates from other AUN-HPN university members, namely De La Salle University and Universiti Sains Malaysia, who shared valuable information about their health promotion implementation efforts. All presentations and documents were made accessible for download on the AUN-HPN website or via a Google Drive link provided for the meeting. Through this initiative, participants gained valuable insights into the diverse approaches and initiatives undertaken by different members of the AUN-HPN network, fostering collaboration and knowledge-sharing among the participating institutions.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged the updates on health promotion implementation.

#### Agenda 4: Lesson Learned from role model in Thailand – Thai University Network for Health Promotion Network

This session was divided into two parts: 1) Presentation by Prof. Dr. Narin Hiransuthikul, M.D., Vice President of Chulalongkorn University on “Lesson Learned from role model in Thailand – Thai University Network for Health Promotion Network” 2) Presentation by Dr. Nuttapun Supaka, Director of Partnership and International Relations Section, Thai Health Promotion Foundation on “Role of ThaiHealth to support Thai University Network for Health Promotion Network (TUN-HPN)”

In his presentation, Prof. Dr. Narin Hiransuthikul, M.D., highlighted that over 100 public and private Thai universities have joined the Thai University Network for Health Promotion Network (TUN-HPN). The outlined goals included expanding the network by incorporating at least 5 new affiliated universities in each region of Thailand, encouraging participation in the Healthy University Rating System (HURS), and promoting health promotion activities at national academic conferences and international forums to set an example for health promotion university networks in the ASEAN region.

Prof. Dr. Narin Hiransuthikul, M.D., also discussed a study on the mental behavior of university students conducted jointly by CU's social research institute and the Thai Health Promotion Foundation, revealing concerning statistics such as high levels of stress, depression, and instances of self-harm among university students.

Additionally, he suggested key sustainable factors for TUN-HPN's work, including leadership, clear policy, shared vision, member commitment, resource availability, focused prioritization, clear communication, and rapid, iterative improvement cycles.

Following Prof. Dr. Narin's presentation, Dr. Nuttapun Supaka, Director of Partnership and International Relations Section at the Thai Health Promotion Foundation, delivered a lecture on the "Role of ThaiHealth in Supporting Thai University Network for Health Promotion Network (TUN-HPN)." He provided a brief overview of ThaiHealth's establishment as an autonomous governmental agency via the Health Promotion Act 2001, utilizing dedicated taxes from tobacco and alcohol for health promotion. The foundation's governance, chaired by the prime minister, consists of multi-sectoral members.

Dr. Nuttapun Supaka highlighted ThaiHealth's tri-power strategy, which includes policy advocacy and law enforcement, knowledge and research, and social mobilization. He emphasized the crucial role of universities in health promotion, suggesting they can improve health status and quality of life for ASEAN member countries' populations through various means.

For instance, universities play a pivotal leadership role in health promotion within their respective countries. They can transform into health-promoting institutions and serve as catalysts for promoting health throughout society. Furthermore, universities can establish policy-linked research centers aimed at fostering evidence-based policymaking to address health issues effectively in their nations.

ThaiHealth has signed three phases of MOUs with Mahidol University to strengthen the capability of AUN-HPN, leading to impactful health promotion activities. The missions of TUN-HPN and ThaiHealth align in inspiring support for the health promotion movement in Thailand. Dr. Nuttapun Supaka proposed next steps for TUN-HPN's work, including expanding the implementation of the Healthy University Rating System (HURS) and the AUN Healthy University Framework (HUF), conducting joint research on health promotion topics, expanding the network of healthy universities, and organizing national academic conferences for learning and sharing.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged.

## Agenda 5: Topics for consideration

### 5.1 Finding next Co-Host for the year 2024-2026

The AUN-HPN International Advisory Committee was requested to identify or propose a Co-Host for the next AUN-HPN International Advisory Committee Meeting, specifically for the 9<sup>th</sup> IAC Meeting (2024) and the 11<sup>th</sup> IAC Meeting (2026), as Universiti Malaya had already taken the role for the 10<sup>th</sup> IAC Meeting (2025) alongside the 4<sup>th</sup> ASEAN University Network International Health Promotion Conference. During the meeting, a decision regarding the Co-Host role had not been reached. It was agreed that the AUN-HPN Secretariat Office would send out emails inviting nominations for the IAC Co-Host position. Further details and information about the confirmed IAC Co-Host would be provided at a later date.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged.

### 5.2 Date for the next IAC meeting

The 9<sup>th</sup> AUN-HPN International Advisory Committee Meeting is scheduled to be held in November 2024. The invitation letters will be sent later to the Committee.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged.

## Agenda 6: Others

### ➤ Invitation for potential research collaboration: increasing physical activity through physical education in ASEAN countries

The IAC Committee and all meeting participants were invited to participate in a collaborative research project titled “Increasing physical activity through physical education in ASEAN countries” led by Asst. Prof. Areekul Amornsriwatanakul (Principal Investigator – Mahidol University), Asst. Prof. Hanif Abdul Rahman, PhD (Co-Investigator – Universiti Brunei Darussalam) and Professor Michael Chia, PhD (Co-Investigator – Nanyang Technological University)

The project aims to explore how physical education classes are delivered in ASEAN countries and to examine the effectiveness of an intervention developed to increase physical activity among children, adolescents, and young adults in ASEAN countries.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged.

➤ Award Presentation – IAC Co-Host 2023 (Osaka University)

Prof. Banchong Mahaisavariya, M.D., President of Mahidol University and Chair of the AUN-HPN International Advisory Committee, presented a token of appreciation to Prof. Ken Nakata, M.D., Director of the Center for Global Health, Osaka University, in recognition of their role as the IAC Co-Host for 2023.

Furthermore, Prof. Banchong Mahaisavariya, M.D., President of Mahidol University and Chair of the AUN-HPN International Advisory Committee, extended his heartfelt gratitude for the generous collaboration and active participation of all members of the AUN-HPN International Advisory Committee and distinguished guests.

**Resolution:** The AUN-HPN International Advisory Committee acknowledged.

The 8<sup>th</sup> AUN-HPN International Advisory Committee Meeting closed at 12:00 hrs.



Minutes taken by

*Kamonchat J.*

Ms. Kamonchat Jantararat  
General Administration Officer,  
AUN-HPN Secretariat Office

April 11, 2024

Minutes reviewed by

*Thunwadee Suksaroj*

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April 11, 2024