



Synergizing for Sustainable Health Promotion: The Roles of International Network of Health Promotion Foundations (INHPF) and AUN-HPN

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Director of Academic and Innovation Management Section
ThaiHealth Promotion Foundation (ThaiHealth)

Outline



International Network of Health Promotion Foundations (INHPF)

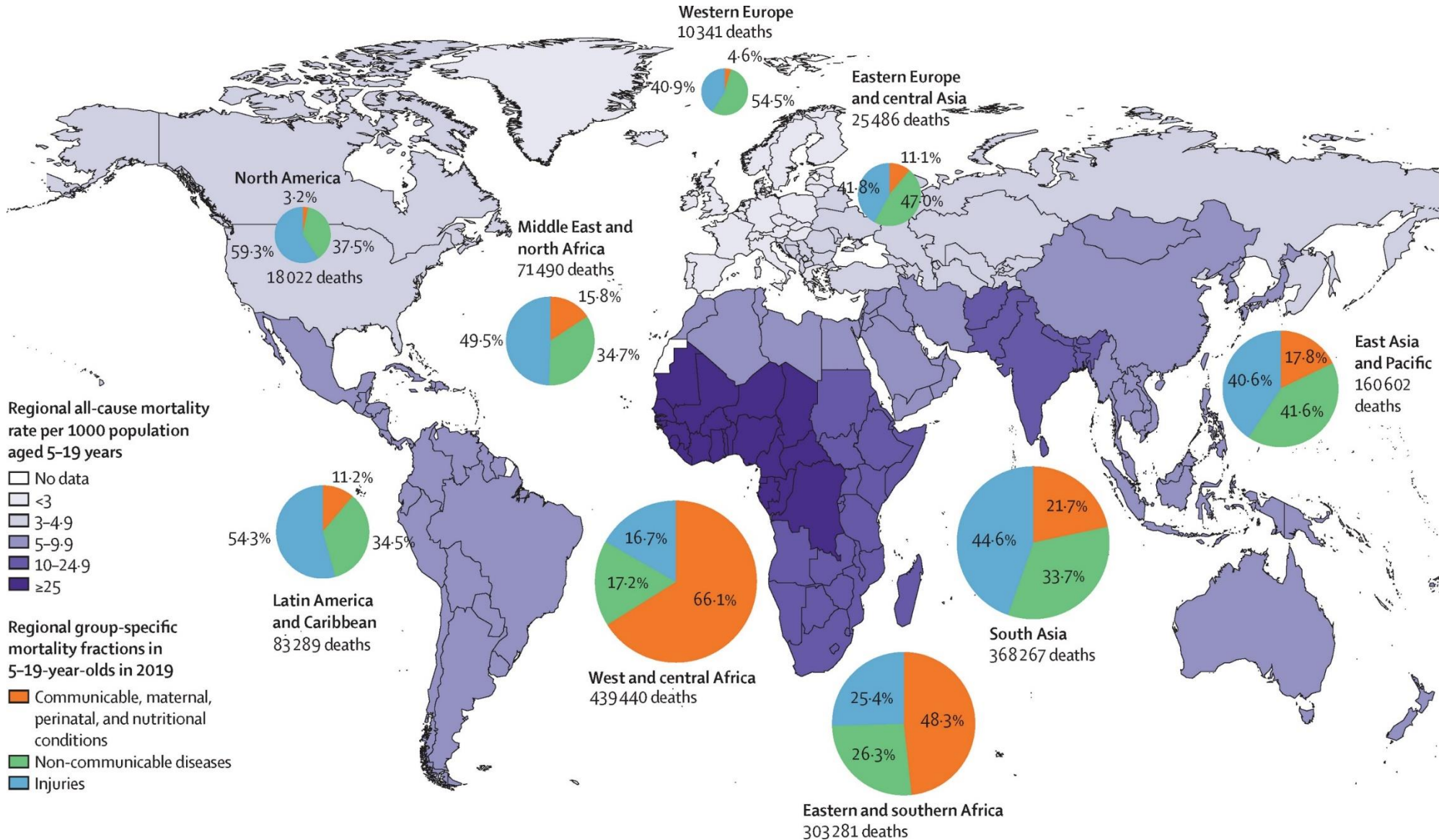
Thai Health Promotion Foundation (ThaiHealth)

ASEAN – University Network-Health Promotion Network (AUN-HPN)

Synergistic Role of INHPF & AUN-HPN in Health Promotion

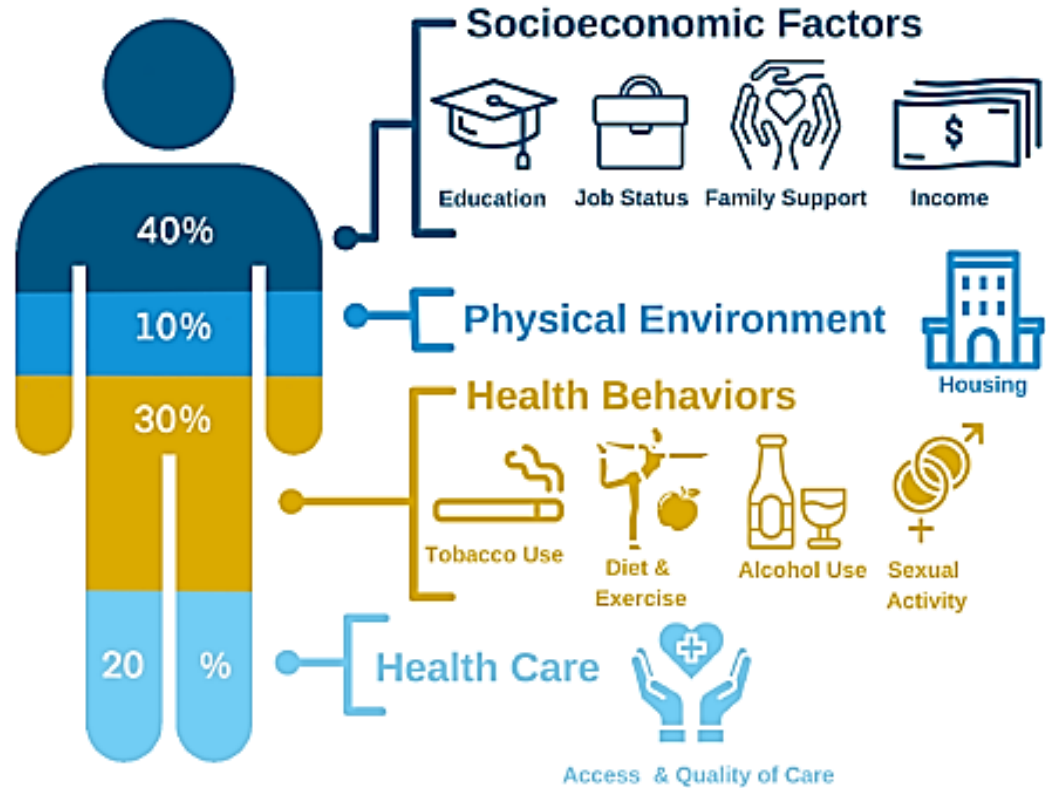
Causes of Death Globally

Regional Group-specific mortality Fractions in 2019



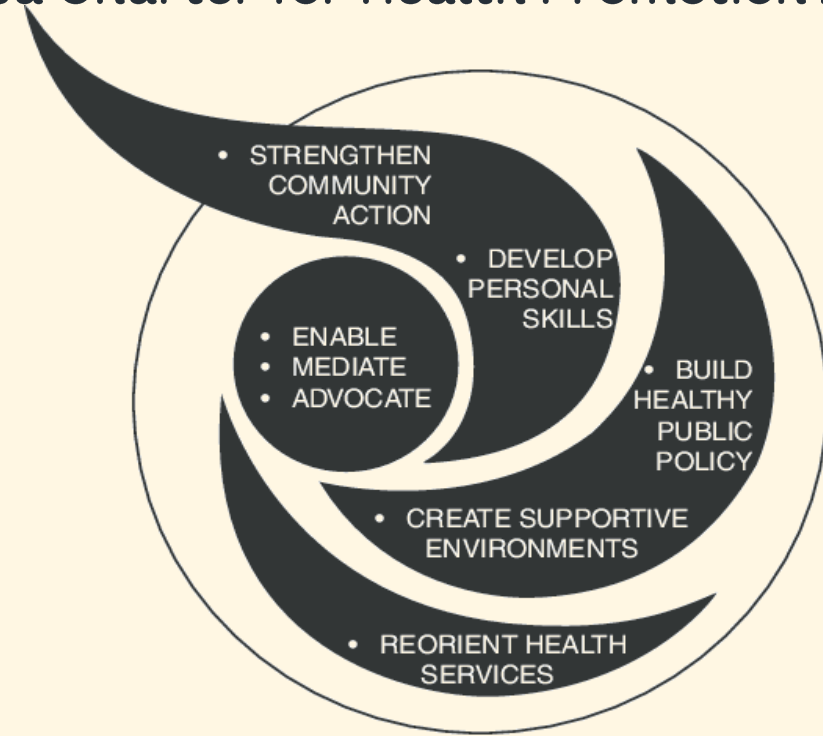
Health and Health Promotion

Social Determinants of Health (SDoH)



- **Non-medical factors affecting health** like socioeconomic status, and geographic location e.g. social relationship, education, food security, employment, environment
- Conditions in which people are **born, grow, work, live, and age**
- Corelated to **health outcome, quality of life and equity**

The Ottawa Charter for Health Promotion Action (1986)



Output of the 1st WHO Global Conference on Health Promotion, Ottawa, Canada

5 Key Action Areas

- Build **Healthy Public Policy**
- Create **Supportive Environment**
- Strengthen **Community Action**
- Develop **Personal Skill**
- Reorient **Health Services**

3 Basic Strategies

- **Enable**
- **Mediate**
- **Advocate**

What is health promotion fund/foundation?

- A health promotion fund is an investment for any country towards **safeguarding the health and well-being** of their population.
- The fund provides **proactive and flexible grants** to **diverse multi-sectoral partners** to drive health promotion programmes at a population level.

Establishing a sustainable health promotion funding mechanism (i.e. a health promotion fund/foundation or HPF) is the most cost-effective way to generate a reliable long-term funding stream for promoting and improving population health.

Health Promotion Funds/Foundations around the World



Source: <https://hpfhub.info/>

Why are health promotion funds important?



Sustainable Funding Mechanisms

- Cost-effective way to ensure long-term funding for health improvement.
- Support tobacco control plans follow WHO FCTC Article 26 requirements.



Addressing Limited Budgets in LMIC

- External funding is insufficient and irregular.
- Health promotion often receives low priority and funding.



Reducing Costs

- Reducing health, social, and economic costs, NCDs cause unsustainable costs for governments.
- Health promotion reduces the need for costly curative care.



Securing Long-Term Investments

- Necessary for innovative, long-term health strategies.
- Provides rapid response to emerging health risks.

Why are health promotion funds important?



Supplementing Health Insurance

- Supplementing Health Insurance or Universal Health Coverage, health promotion is essential to universal health policies.
- Example: Thailand's successful health promotion through dedicated taxes.



Funding Diverse Health Initiatives

- Stable tax revenues support various health projects.
- Includes research, sports, and recreational activities.



Making Polluters Pay















- Holds manufacturers of harmful products accountable.
- Funds from taxes on harmful products support cessation programs.



Fulfilling International Obligations

- WHO FCTC and UN SDGs emphasize health promotion.
- Essential for meeting global health goals and reducing tobacco use.

Model of Health Promotion Funds/Foundations

	An Autonomous Agency	A Semi-autonomous Agency	A Unit within Government Structure
 <p>Characteristics</p>	Flexible and independent management	Budget set by Ministry of Health; independent board controls plans and implementation	A unit within the government structure such as Ministry of Public Health
 <p>Organization & Source of Funding</p>	 VicHealth Treasury budget  Healthway Treasury budget  TongaHealth Treasury budget and private donor  ThaiHealth Surcharge excise tax from alcohol and tobacco  AustrianHealth Value Added Tax	 SwissHealth Health Insurance  Mogalian Excise tax on tobacco and alcohol	 HPB Treasury budget  HPA Tobacco tax  KHEPI Treasury budget and donations  Vietnam Contribution from tobacco business  Lao PDR Contribution from tobacco business



International Network of Health
Promotion Foundations (INHPF)

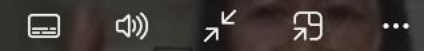


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Introduction to INHPF



เพราะพวกเราคือเครือข่ายกองทุนสร้างเสริมสุขภาพนานาชาติ

WHO WE ARE?



INHPF is a network of Health Promotion Foundations and like-minded partner organizations aiming to promote equitable health and well-being for all people.

OUR VISION



To enhance health promotion efforts worldwide

OUR MISSION



To strengthen the capacities of countries to promote the health of their populations at national and sub-national levels.

OUR MEMBERS



Health Promotion Board, Singapore



VicHealth, Australia



ThaiHealth, Thailand



TongaHealth, Tonga



Health Promotion Administration, Taiwan



Korea Health Promotion Institute, South Korea



HealthWay, Australia



Health and Wellbeing Queensland, Australia



INHPF Chair




Mr. Tay Choon Hong

CEO of Health Promotion Board, Singapore



INHPF Secretariat




Dr. Pongthep Wongwacharapaiboon

CEO of Thai Health Promotion Foundation, Thailand



Mr. Tay Choon Hong
CEO of HPB, Singapore
INHPF Chair



Dr. Sandro Demaio
CEO of VicHealth
Australia



Chao-Chun Wu
Director General
HPA, Taiwan



Dr. Heonjoo Kim
CEO of KHEPI
Korea



Dr Robyn Littlewood
CEO of HWQld
Australia

**Western Australian
Health Promotion
Foundation**



TongaHealth



Thai Health



Mrs. 'Ofeina Filimoehala
CEO of TongaHealth
INHPF Treasurer



Dr. Pongthep Wongwatcharapaiboon
CEO of ThaiHealth
INHPF Secretariat

WHAT WE HAVE DONE SO FAR?

The International Network of Health Promotion Foundations (INHPF) was established in 1999. The network has been a platform for collaborations and sharing of experiences that contribute to the work of health promotion foundations for decades. Some of our activities include:



- INHPF ANNUAL MEETING
- WORKSHOP
- WEBINAR



- BILATERAL COLLABORATION
- STUDY VISIT



- SUPPORT FOR LOW-AND MIDDLE-INCOME COUNTRIES (LMICS)



- VALUABLE PARTNERSHIP

How to participate ?

There are 3 types of members for you to join us:



FULL MEMBERS

Set the direction and policy of the Network Strengthen your position and voice Partial funding support to attend INHPF activities

Key characteristics of full members

- Your main purpose is to fund health promotion activities.
- Your mission is based on specific legislation.
- You are a legal body (juristic person governed by private or public law) with a governance structure that includes stakeholder representation.
- Your financing is institutionalized in order to provides for long term budgeting and recurrent budget for the purpose of health promotion.
- You are not aligned with any one political group.
- You promote health by working with and across many sectors and levels of society

How to participate ?

There are 3 types of members for you to join us:



ASSOCIATE MEMBERS

Associate members shall be invited to actively participate in the HPF activities, to engage in its development and to submit suggestions.

Key characteristics of associate members

- Private or public entities who are in the process of establishing a health promotion organization which will meet the key characteristics of full members, or
- Private or public entities that their mission are aligned with INHPF's mission and goal.



Southeast Asia Tobacco Control Alliance (SEATCA)

How to participate ?

There are 3 types of members for you to join us:



NETWORK PARTNERS

Network Partners are invited to the HPF Network's Annual Meetings, can receive general information and may participate in certain HPF network activities

Key characteristics of network partners

- Private or public entities that have an explicit interest in the HPF Network's activity and its goals and principles aligned with INHPF's.



World Health Organization
South-East Asia Region
(WHO-SEARO)



Vietnam Tobacco Control
Fund



International Union for Health
Promotion and
Education (IUHPE)



World Health Organization
Western Pacific Region
(WHO-WPRO)



Lao PDR Tobacco Control
Fund

INHPF Full Members



VicHealth
Australia

Victorian Health
Promotion
Foundation



ThaiHealth
Thailand

Thai Health
Promotion
Foundation



HPB
Singapore

Health Promotion
Board



TongaHealth
Tonga

Tonga Health
Promotion
Foundation



HPA
Taiwan

Taiwan Health
Promotion
Administration



Korea Health
Korea

Korea Health
Promotion
Institute



Healthway
Australia

Western
Australian Health
Promotion
Foundation



HWQld
Australia

Health and
Wellbeing
Queensland

Associate Member



SEATCA

Southeast Asia Tobacco
Control Alliance

Our vision

A healthy, tobacco-free
world

Network Partners

WHO-SEARO

World Health
Organization South-
East Asia Region

WHO-WPRO

World Health
Organization
Western Pacific
Region

Vietnam Tobacco Control Fund

since 2013

Lao PDR Tobacco Control Fund

since 2013

IUHPE

International Union
of Health Promotion
and Education



Overview of Thai Health Promotion Foundation (ThaiHealth)



Set up as an **Autonomous Governmental Agency** via **Health Promotion Act 2001**

Using **Dedicated Tax** from **Tobacco** and **Alcohol** as an **Innovative Financing** mechanism for **Health Promotion**

Board of Governance, chaired by the **Prime Minister**, comprises of **multi-sectoral members**



VISION



All people living in Thailand have capability and live in society and environment conducive to good health



Mission



To **Inspire, Motivate, Coordinate, and Empower** individuals and organizations in all sectors for the enhancement of health promotive capability as well as healthy society and environment



4 Holistic health

Strategic Priority Areas

Tobacco 	Alcohol & Substance Abuse 	Healthy Diet 	Physical Activity 	Road Safety 	Mental Health 	Environment Health 	Emerging health issues & other risk factors
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Health Equity

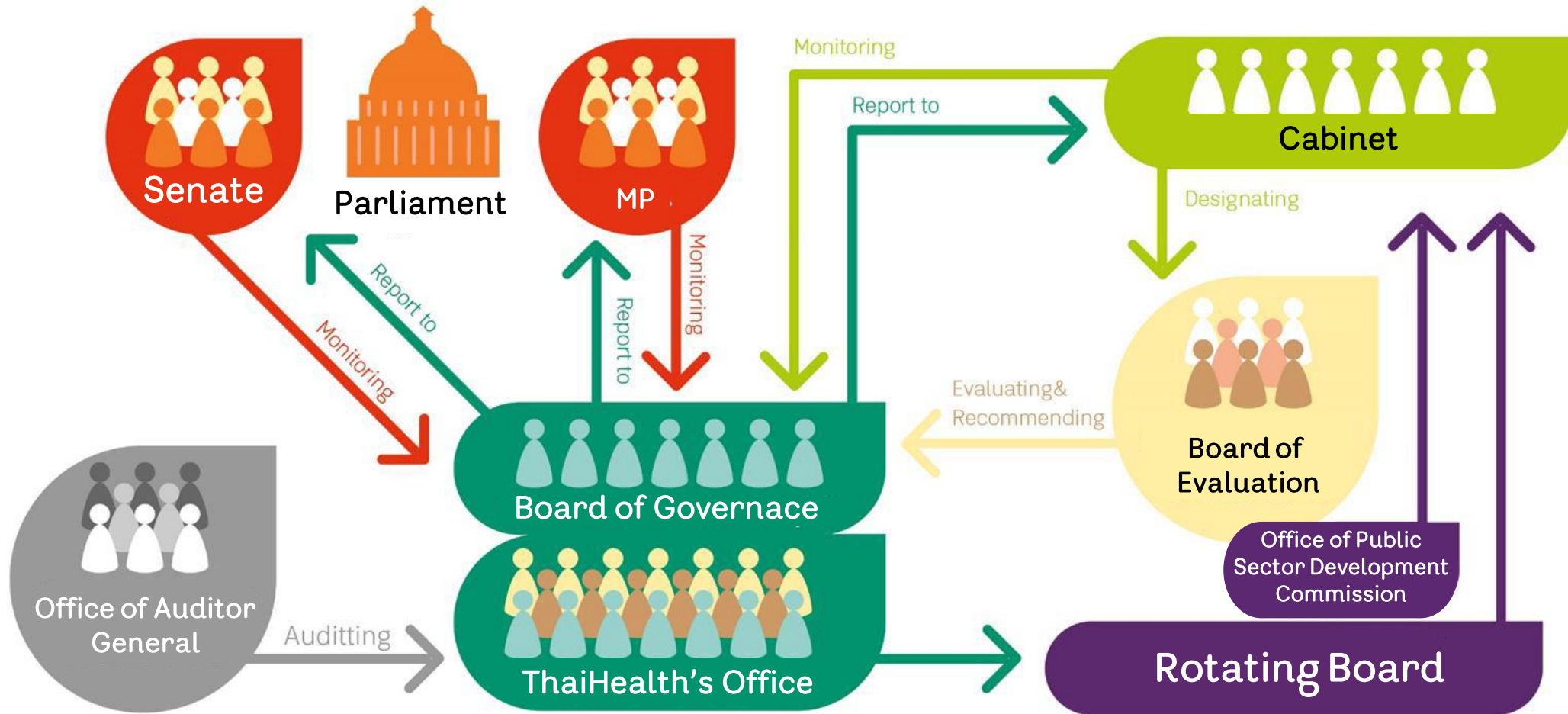
Strategy

Enhancing knowledge and innovation	Strengthening partnership and networks	Building capacity of individuals, communities and organizations	Developing policy, social, and institution mechanisms	Promoting social communication
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Tri-Power Strategy (Knowledge, Social, Policy)



ThaiHealth Governance



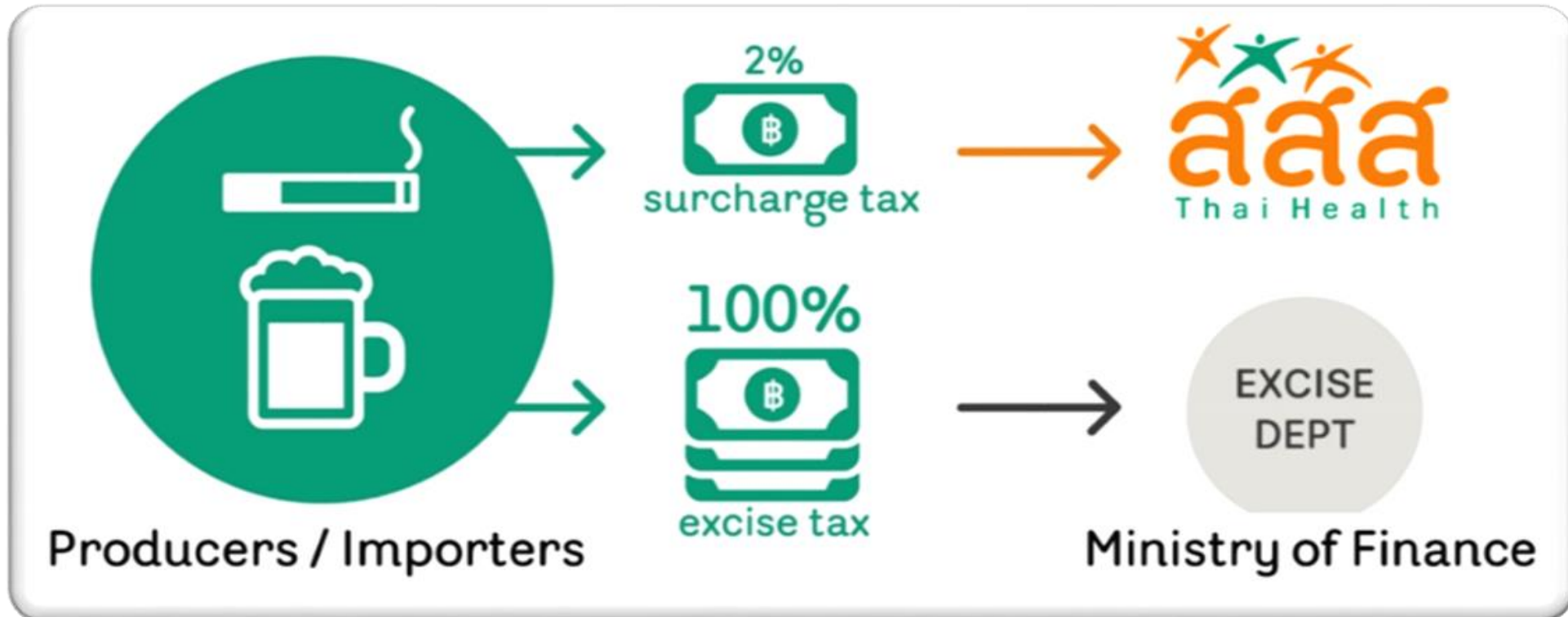
The Board of Governance

- 21 members, chaired by the Prime Minister, Public Health Minister as the 1st Vice-Chairman
- Set policies, regulations, strategies, budget as well as oversee the management structure and other guidelines of the organization.

The Evaluation Committee

- 7 members, appointed by the Cabinet
- Evaluate the overall performance of ThaiHealth in relation to policies, activities, and operations to ensure accountability, transparency and efficiency.

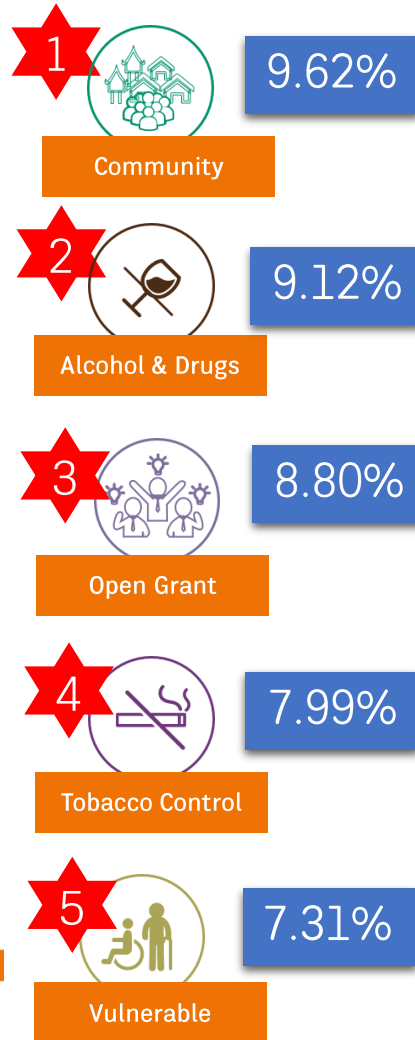
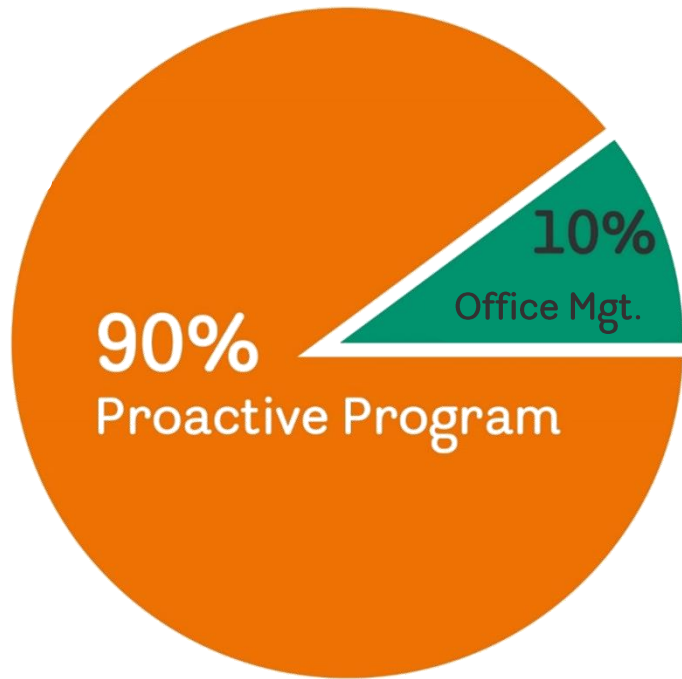
2% Surcharge Excise Tax from Tobacco & Alcohol



Approx. \$123 Million USD in 2023

Budget Allocation

Fiscal year 2023 total \$122.3 million USD



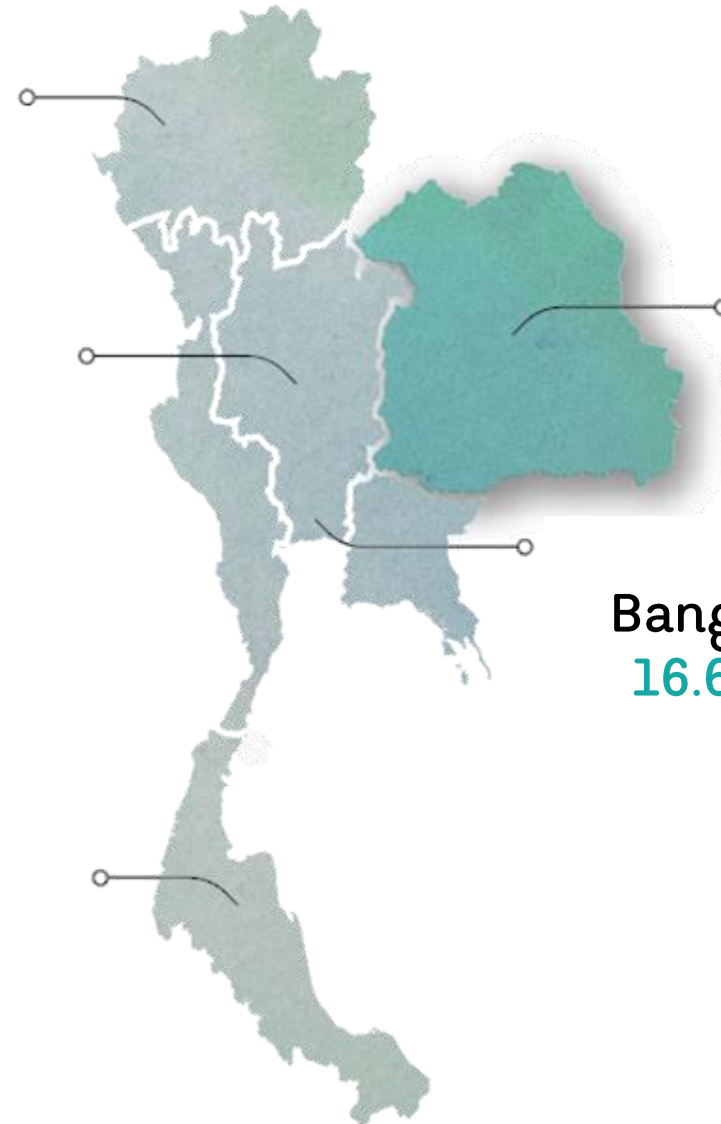
North
22.88%

Central
21.01%

South
16.59%

Northeast
22.92%

Bangkok
16.60%



Multi-sectoral Approach

2,000 projects/year
> 20,000 multi-sectoral partners (total)



Entry Points / Catalysts



*The approach also requires **Proactive, Innovative, Collective Impact, and Sustainable** process*

TRI-POWER STRATEGY

(TRIANGLE THAT MOVES THE MOUNTAIN)

- Ministry of Public Health
- Other Ministries/National Assembly
- Tobacco Consumption Control Committee
- The Office of Alcohol Control Committee
- The National Physical Activity Committee
- The National Food Committee

**Policy Advocacy and
Law Enforcement**

- World Health Organization
- FCTC Secretariat
- UNIATF for NCDs



**Knowledge
and Research**

- Thai & Inter. Universities
- Tobacco control research & knowledge mgt center (TRC)
- Center for Alcohol Studies (CAS)
- Food Healthy Policy Program (FHP)
- Thailand Physical Activity Research Center (TPARC)

**Social
Mobilization**

- Media ,Mass sports
- Local Networks/NGOs: ASH, Stop drink network
- Inter Networks/NGOs: GAPA, SEATCA, IOGT
INHPF, NCD Alliance

1. Knowledge and Research Generation



Lessons Learned in Establishing a Health Promotion Fund
September 2011

Global Health Promotion

THE INTERNATIONAL ENCYCLOPEDIA OF PUBLIC HEALTH

The Tobacco Control Atlas
ASEAN Region

Health Promotion Fund
Sustainable Financing and Governance
August 2019

10 Ten-Year Review of Thai Health Promotion Foundation
NOV 2001-NOV 2011

Thailand: A World Leader in Health Promotion
Promoting Health in Communities and Organizations: Methods and Approaches to Achieve Health in All Policies

Implementation of national action plans on noncommunicable diseases, Bhutan, Cambodia, Indonesia, Philippines, Sri Lanka, Thailand and Viet Nam

ALCOHOL

21st IUHPE World Conference on Health Promotion
"Best Investments for Health"
25-29 AUGUST, PATTAYA, THAILAND

PMAC PRINCE MAHIDOL AWARD CONFERENCE 2019

Global Tobacco Industry Interference Index 2019

Harm to Others from Drinking: Patterns in Nine Societies

Independent Mid-term Evaluation of the WHO-Thailand Country Cooperation Strategy 2017-2021
March 2020

Joint Mission of the United Nations Interagency Task Force on the Prevention and Control of Noncommunicable Diseases
THAILAND | 28-30 AUGUST 2018

Health Promotion Foundation
nchaimat, Wibaiopon Patcharanarumol & Viroj Tingschroensathien

Global Tobacco Industry Interference Index 2019

Harm to Others from Drinking: Patterns in Nine Societies

Independent Mid-term Evaluation of the WHO-Thailand Country Cooperation Strategy 2017-2021

Joint Mission of the United Nations Interagency Task Force on the Prevention and Control of Noncommunicable Diseases

Health Promotion Foundation

Establishment of Research/ Academic Center



Tobacco Control Research and Knowledge Management Center (TRC)



Child and Family Policy Knowledge Center



Centre for Alcohol Studies (CAS)



Thailand Physical Activity Knowledge Development Centre (TPAK)



Center for Addiction Studies



Urban Design and Development Center (UDDC)



Thai Drug Watch Center



Center for Gambling Studies (CGS)



Center for Clean Air Society



Road Safety Group Thailand (RSG)

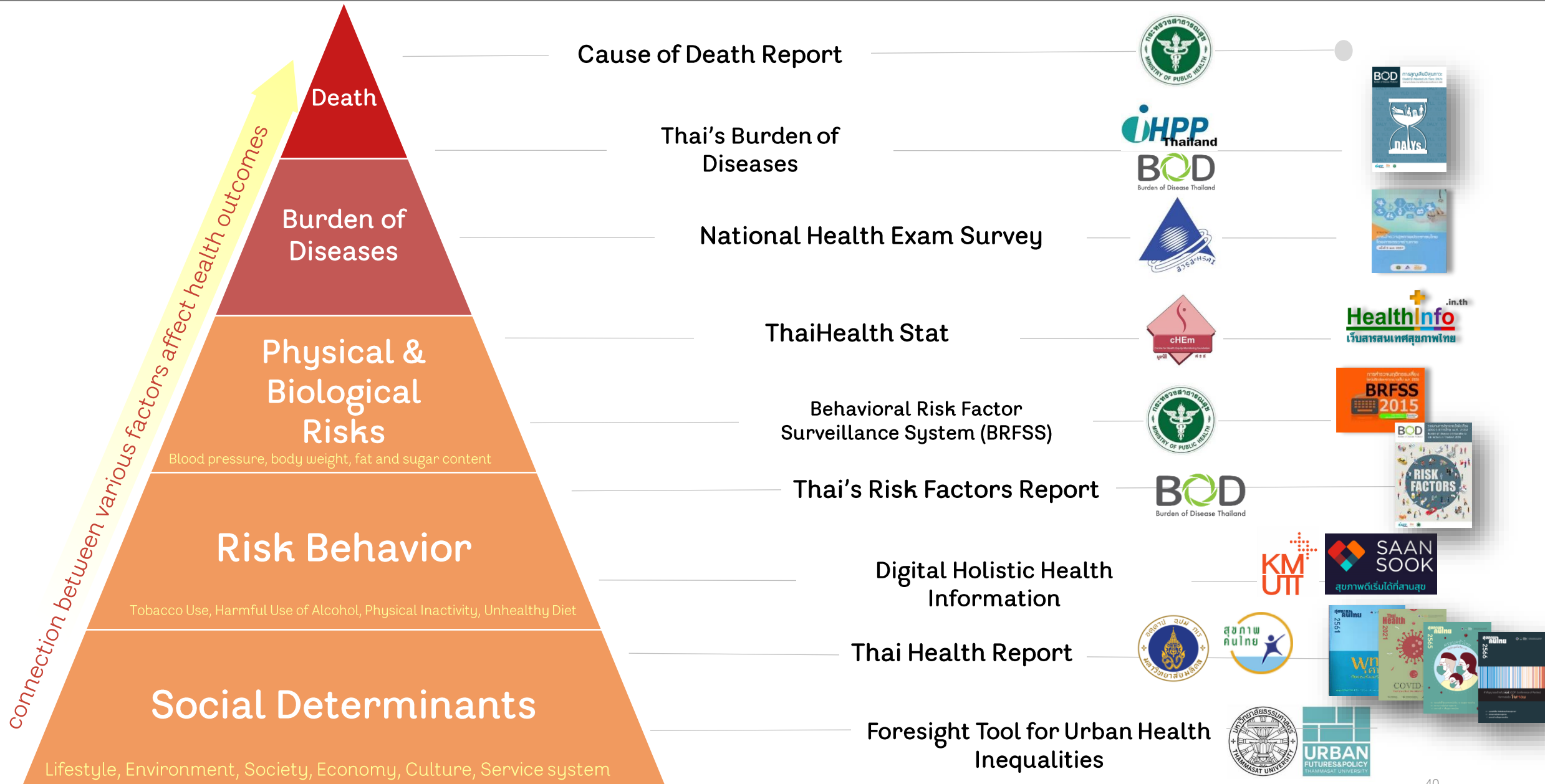


Thailand Institute For Mental Health Sustainability (TIMS)

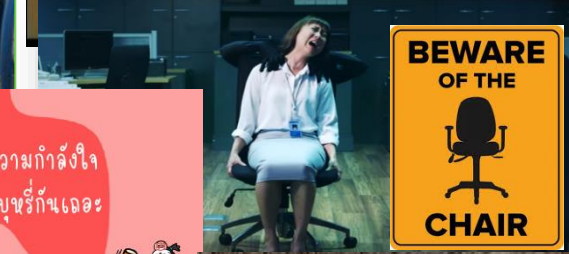
And more....

ThaiHealth funded research initiatives and projects that covers all dimensions of Health Promotion

Example of Research Generation on Health Promotion



2. Social Mobilization (On-Ground and On-Air)



3. Policy Advocacy and Law Enforcement



TIME TO DELIVER
Third UN High-level Meeting on Non-communicable Diseases

TOBACCO PRODUCTS CONTROL ACT
B.E. 2560 (2017)

Smoking in this area is prohibited.
Fine 2,000 Baht

ห้ามสูบบุหรี่
ปรับไม่เกิน 2,000 บาท

Department of Disease Control
Bureau of Tobacco Control



World Health Organization
EXECUTIVE BOARD
148th session
Agenda item 7.2

EB148(14)
7 February 2020

Accelerating action to reduce the harmful use of alcohol

The Executive Board, having considered the report on the political declaration of the third high-level meeting of the General Assembly on the prevention and control of non-communicable diseases, particularly Annex 3, entitled "Implementation of the global strategy to reduce the harmful use of alcohol," and the report on the findings of the consultative process on implementation of the global strategy to reduce the harmful use of alcohol and the way forward:



หน้า ๓๘
เล่ม ๑๒๕ ตอนที่ ๓๑ ก
ราชกิจจานุเบกษา
๑๓ กุมภาพันธ์ ๒๕๕๑

พระราชบัญญัติ
การควบคุมเครื่องดื่มแอลกอฮอล์
พ.ศ. ๒๕๕๑

Alcohol Control Act 2008

ภูมิพลอดุลยเดช ป.ร.
ให้ไว้ ณ วันที่ ๖ กุมภาพันธ์ พ.ศ. ๒๕๕๑
เป็นปีที่ ๖๓ ในรัชกาลปัจจุบัน

The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development

6th ISPAH Congress on Physical Activity and Public Health
Bangkok, Thailand
16-19 November 2016

DRAFT: V7precongress

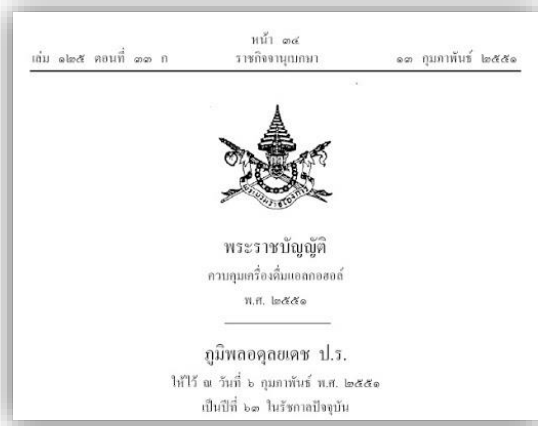
MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD

Global Physical Activity Action Plan 2018-2030



Tobacco Control Policies Advocated by ThaiHealth and Partners

New and Stronger Laws
(e.g. Tobacco Product Control Act 2017)



Expanding Non-smoking Areas



85% Pictorial Warning



Plain Packaging (1st in Asia)



National Quit Line (Tel. 1600)

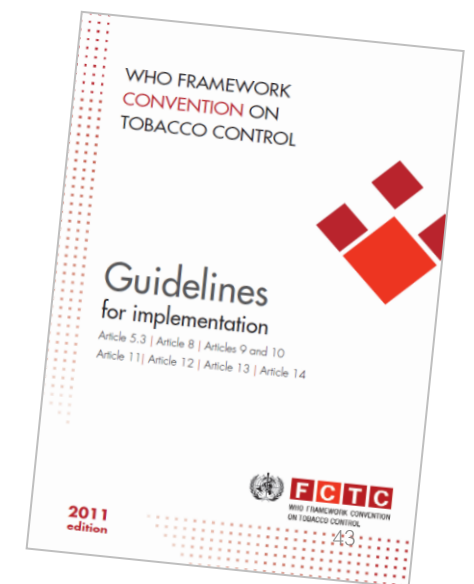


WELL ALIGNED & COHERENT

Global Policies:
MPOWER Strategy
and WHO FCTC 2003
(Thailand ratified since 2004)



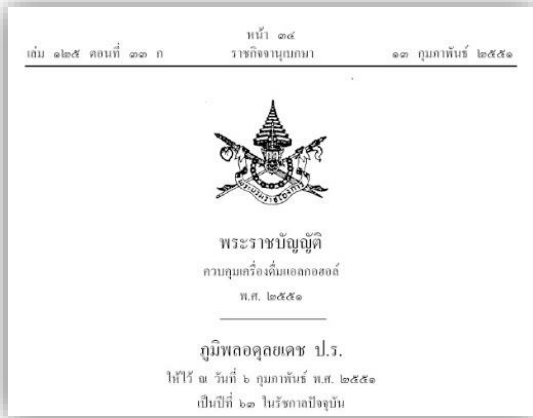
- Monitor tobacco use & prevention policies
- Protect people from tobacco smoke
- Offer help to quit tobacco use
- Warn about the dangers of tobacco
- Enforce bans on tobacco advertising, promotion, & sponsorship
- Raise taxes on tobacco



Alcohol Control Policies Advocated by ThaiHealth and Partners



1st Alcohol Control Act 2008



Sales Restrictions (Age Limits 20Yr / Hours&Date of Sale)



Bans on Advertising & Sales Promotion



Strong “Drink Driving” Laws



No-Alcohol in traditional events & festivals



WELL ALIGNED & COHERENT

Global Policies: SAFER
Initiative (2018) &
WHO Global Strategy to
Reduce Harmful Use of
Alcohol (2010)

S A F E R

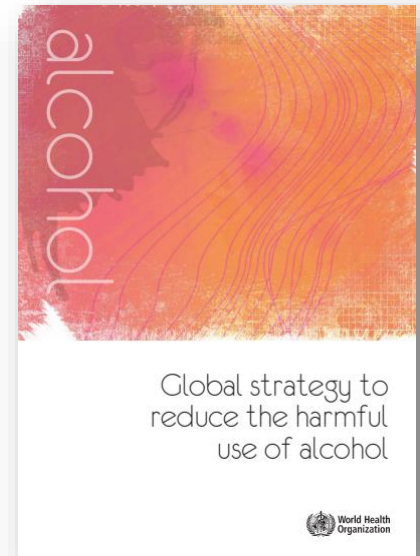
Strengthen
restrictions
on alcohol
availability

Advance &
enforce drink
driving
counter-
measures

Facilitate
access to
screening,
brief
interventions
& treatment

Enforce bans/
comprehensive
restrictions on
alcohol
advertising,
sponsorship &
promotion

Raise prices
on alcohol
through
excise taxes
& pricing
policies



Global strategy to
reduce the harmful
use of alcohol



Healthy Diet Policies Advocated by ThaiHealth and Partners



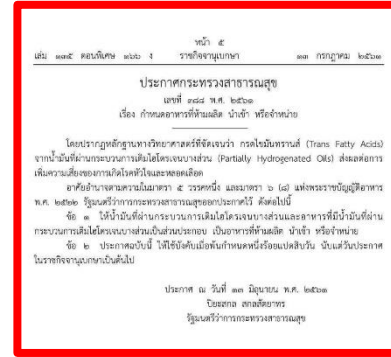
National Strategy on Lowering Salt (2016-2025)



Control of Marketing of Infant and Young Child Food Act (2017)



Ban of Trans-Fat (2018)



Healthier Choices (label)



healthier options for consumers on many products

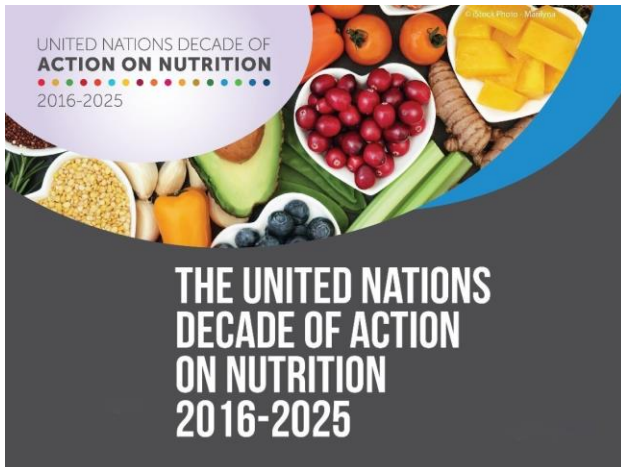


Soda-free Schools (school-level policy)



Thousands of schools voluntarily joined.

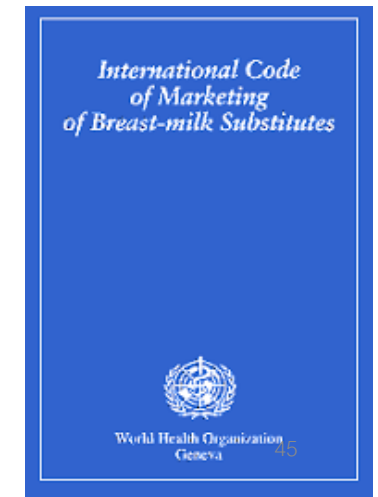
WELL ALIGNED & COHERENT



"FAO Strategic Framework 2022-2031" towards a sustainable and food secure world for all



WHO "Milk Code" 1981





Physical Activity Movements Advocated by ThaiHealth and Partners

Promote PA Activities for All Ages



Healthy Spaces



Hosting ISPAH2016 & Prime Minister Policy



"Wednesday PA"



1st National Physical Activity Plan (2018-2030)



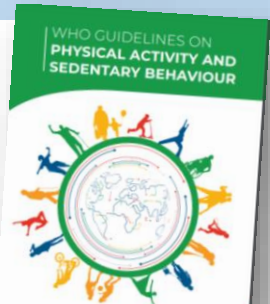
WELL ALIGNED & COHERENT

ThaiHealth & Thailand was a key driver of global PA agenda.

ThaiHealth-WHO MoU on PA (2015)

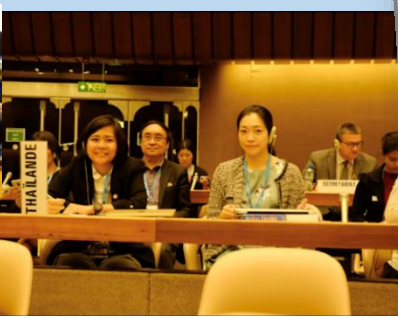
PA Side Event WHA69

Regional (SEAR) Resolution on PA



Endorsed in 2016

Global Action Plan on Physical Activity (GAPPA 2018-2030)



Endorsed in WHA71 (2018)





ASEAN
University
Network

Health Promotion Network

ASEAN – University Network Health Promotion Network

The Crucial Role of Universities in Health Promotion

**Knowledge &
Policy-linked
Research**



Healthy Setting

Health Literacy

Health Education

Developing personal skills

The Crucial Role of Universities in Health Promotion

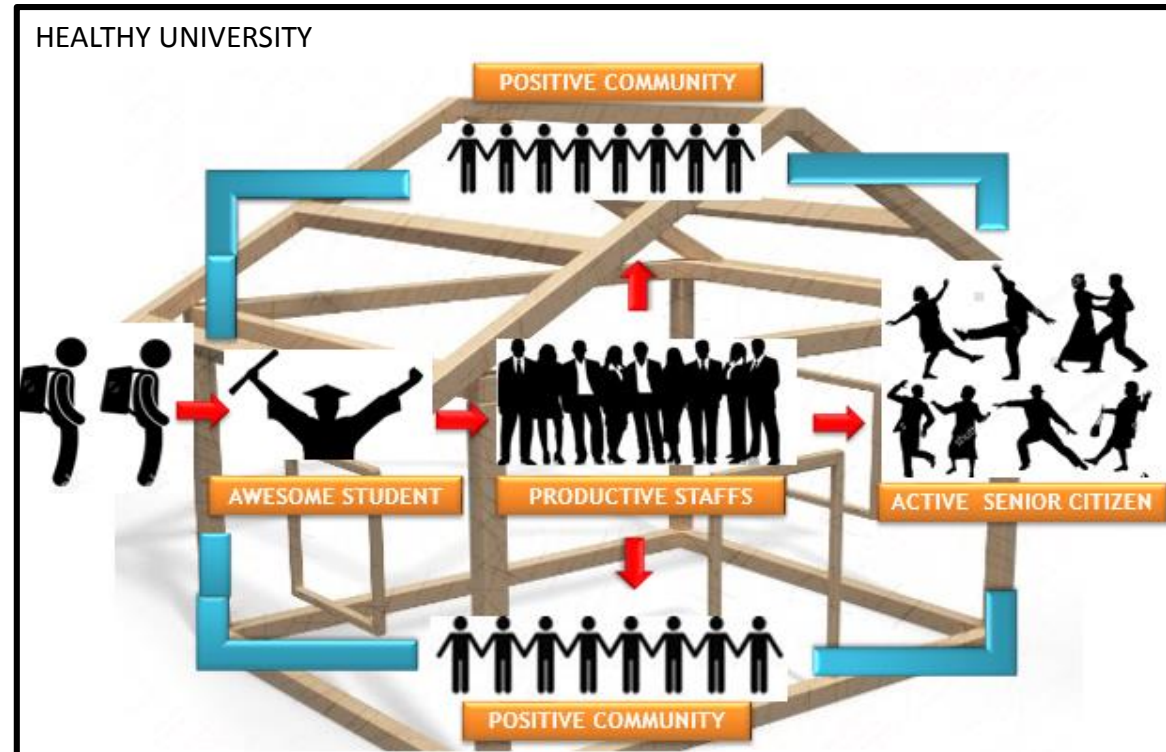
IMPROVED HEALTH STATUS AND QUALITY OF LIFE FOR THE POPULATION OF ASEAN MEMBER COUNTRIES



Universities play the leadership role in health promotion in their countries.



Universities become a health promoting universities, and act as health promoters for the whole society.

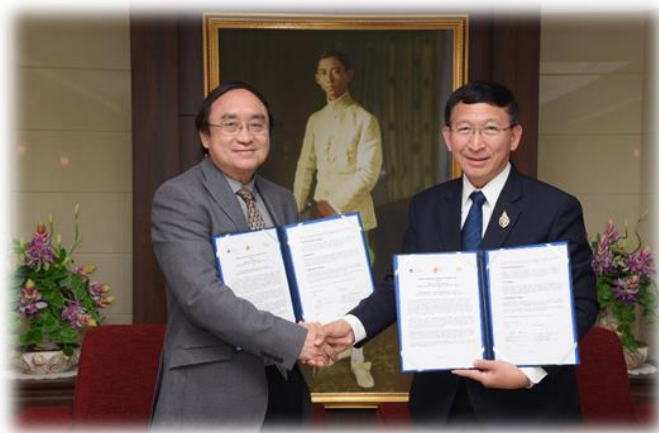


Universities set up a policy-linked research center for evidence based policy making to mitigate health problems in their countries.

STRENGTHEN CAPABILITY OF UNIVERSITIES OF ASEAN UNIVERSITY NETWORK - HEALTH PROMOTION NETWORK (AUN-HPN)



THAIHEALTH COLLABORATION WITH MAHIDOL UNIVERSITY



MOU Phrase 1 : 2016-2019



MOU Phrase 2 : 2019-2022



MOU Phrase 3: 2023-2026



**ASEAN
University
Network**

Health Promotion Network



AUN-HPN'S VISION

- Dedicate to **health promotion in the ASEAN region.**
- Promote the **roles of higher education institutions** in the areas of **health promotion**
- Being part of global movement for higher education institutions to develop **healthier campuses**

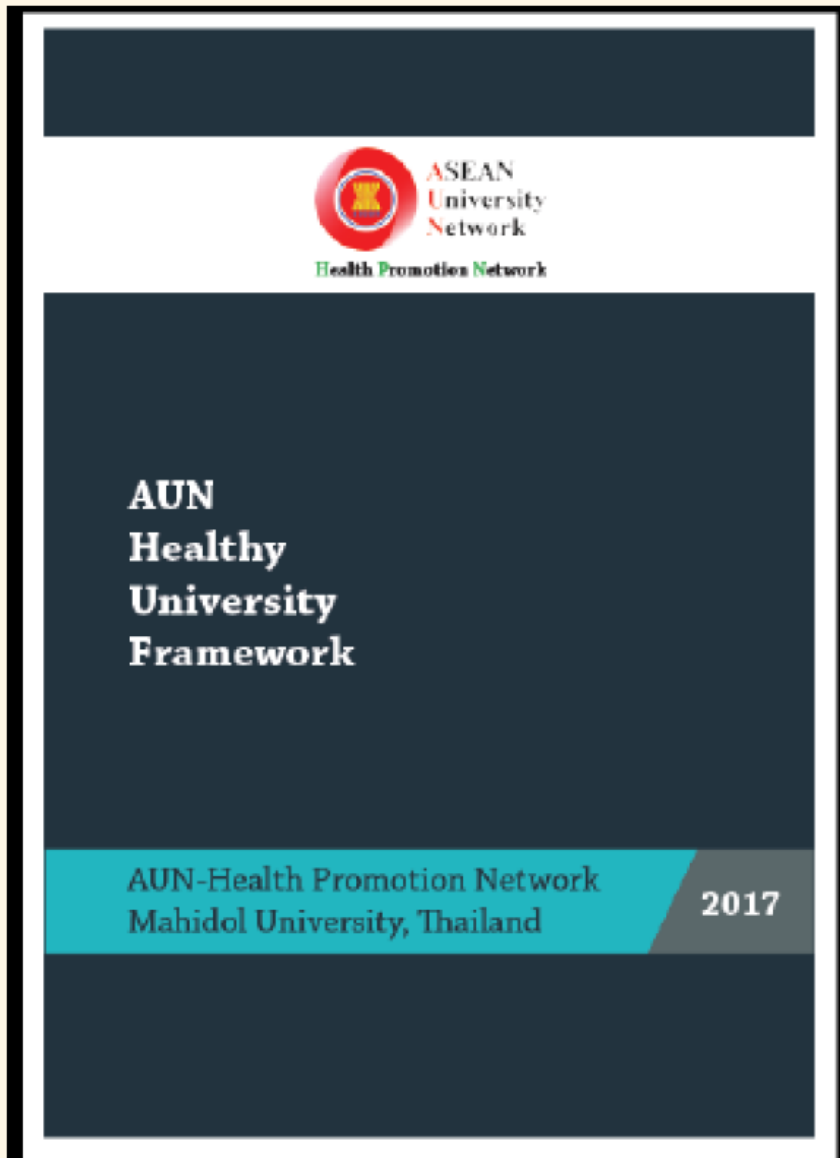
EXPECTED OUTCOMES

Member universities can ...

- become **health promoting universities**
- play the **leadership role** in health promotion in their countries.
- set up a **policy-linked research center** for evidence-based policy making

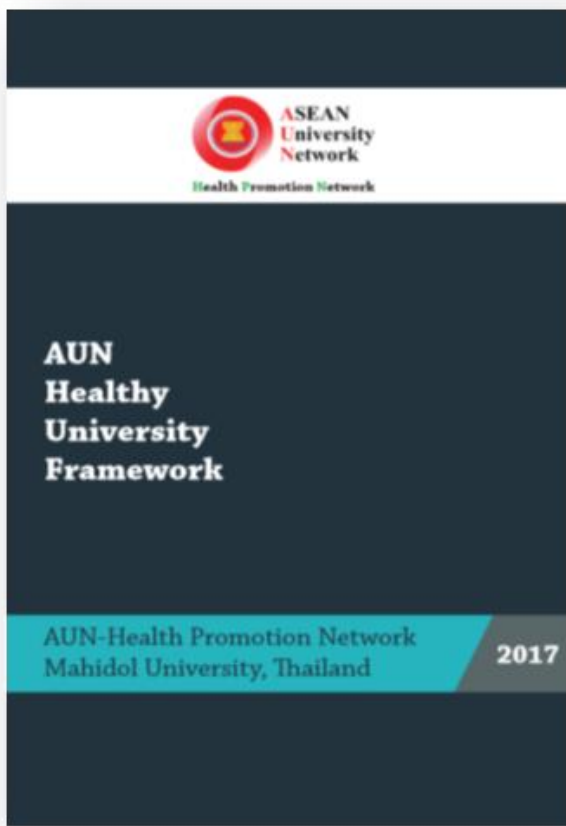
AUN-HPN's first innovation: AUN Healthy University Framework (HUF)

In 2017, HUF was published as a reference guide for universities in health promotion at university level.



Systems and Infrastructure	Thematic Areas
<ol style="list-style-type: none"> 1. Healthy university polices 2. Safe buildings and safe, clean environment, green environments 3. Health promotion services, counseling and advisory support 4. Equal opportunities including disability friendly 5. Health promotion curriculum and co-curriculum 6. Capacity building on health promotion 7. Health promotion research 8. University volunteerism 9. Budgetary support for healthy university programme 	<ol style="list-style-type: none"> a) Zero tolerance areas <ol style="list-style-type: none"> 1. Smoking 2. Alcohol consumption 3. Illicit drug use 4. Gambling 5. Violence, bullying and sexual harassment 6. Road safety violations including helmet use b) Health promotion areas <ol style="list-style-type: none"> 1. Health literacy 2. Mental well-being 3. Social interaction (e.g. social activities such as student clubs) 4. Physical activity and active mobility 5. Healthy diet and balanced nutrition 6. Safe sexual behavior 7. Work life balance (integration) and healthy ageing

HIGHLIGHTED OUTPUTS / OUTCOMES



Healthy University Framework (HUF)



Capacity building workshops



Expansion of health promotion concept and network

ACHIEVEMENTS of HEALTHY UNIVERSITY



Mahidol University

Mahidol University
มหาวิทยาลัยมหิดล เป็นเขตปลอดบุหรี่

STOP
หยุดทำร้ายคนรอบข้างด้วยควัน

PASSIVE SMOKING

You Smoke = We Smoke

ลด ละ



Burapha University



HEALTHY DIET AND BALANCED NUTRITION

Chulalongkorn University



โครงการระบบความปลอดภัยอาหารของโรงพยาบาลจุฬาลงกรณ์



การพัฒนาคุณภาพผู้ประกอบการร้านอาหารด้านความปลอดภัยอาหารและโภชนาการ

สร้างระบบการเฝ้าระวังและติดตามความปลอดภัยอาหารของโรงพยาบาล

กลุ่มเป้าหมายที่จะได้รับประโยชน์

- นิสิต คณะจารย์ บุคลากร
- ผู้ประกอบการร้านอาหารในโรงพยาบาลรวม 7 แห่ง
- ประชาชนใกล้เคียงที่มาใช้บริการโรงพยาบาล

Chiang Mai University

เริ่ม 5 สิงหาคม 2562

มหาวิทยาลัยเชียงใหม่ พร้อมใจ

“สวมหมวกนิรภัย”

100% ทั้งผู้ขับขี่และผู้ซ้อนท้าย

“ฉันขี่มีวินัย ใส่ใจกฎจราจร สวมหมวกนิรภัย ชีวิตปลอดภัย ทั้งผู้ขับขี่และผู้ซ้อนท้าย”

ผิดกฎจับปรับจริง ตั้งแต่ 5 สิงหาคม 2562 เป็นต้นไป

Natural Meditation Camp



Chulalongkorn University

CAPACITY BUILDING & NETWORKING



Health Promotion Research Workshop



Leadership in Health Promotion Workshop



M&E on Health Promotion Workshop



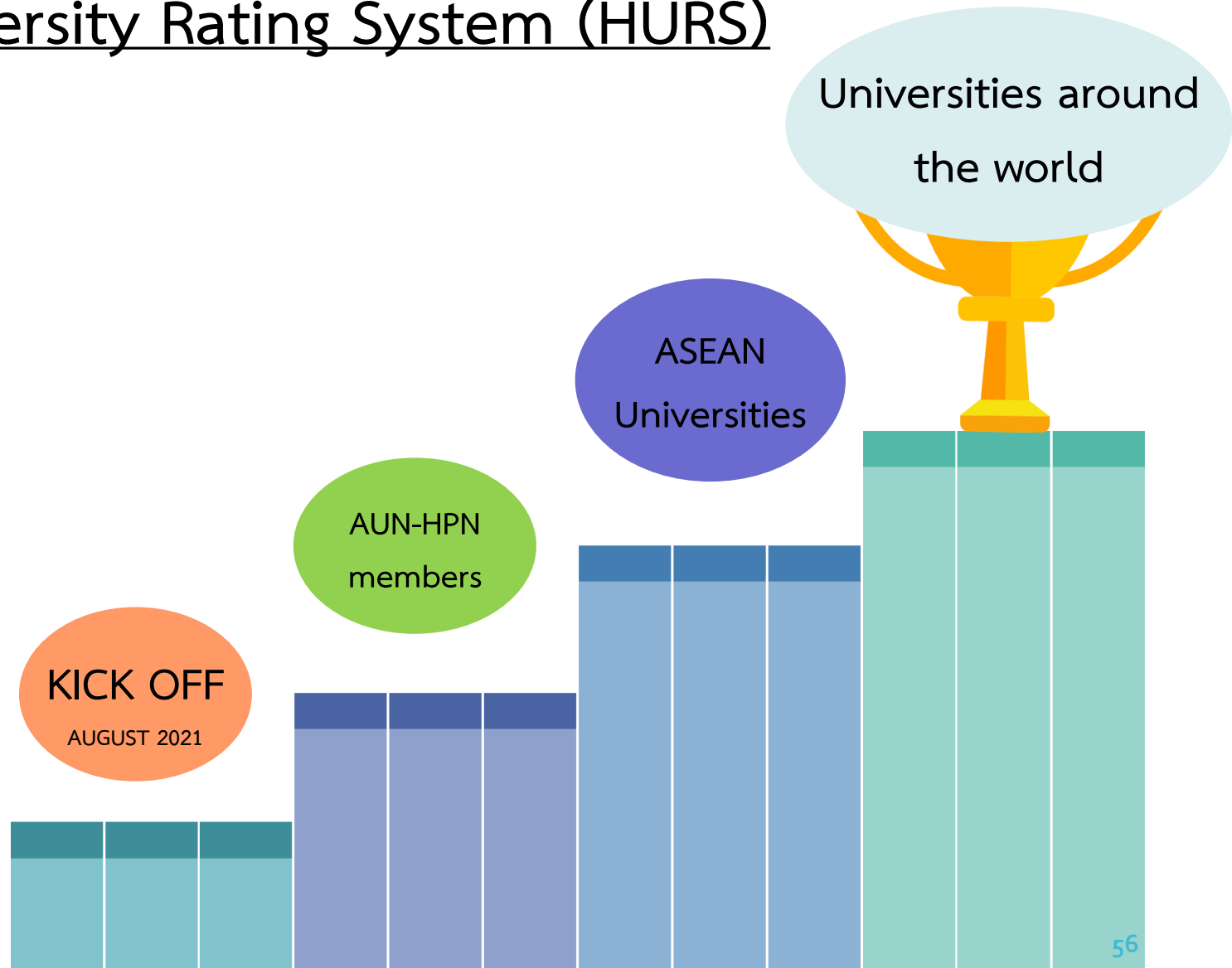
Expansion of health promotion concept and network in all regions in Thailand by AUN-HPN member Universities

Healthy University Rating System (HURS)

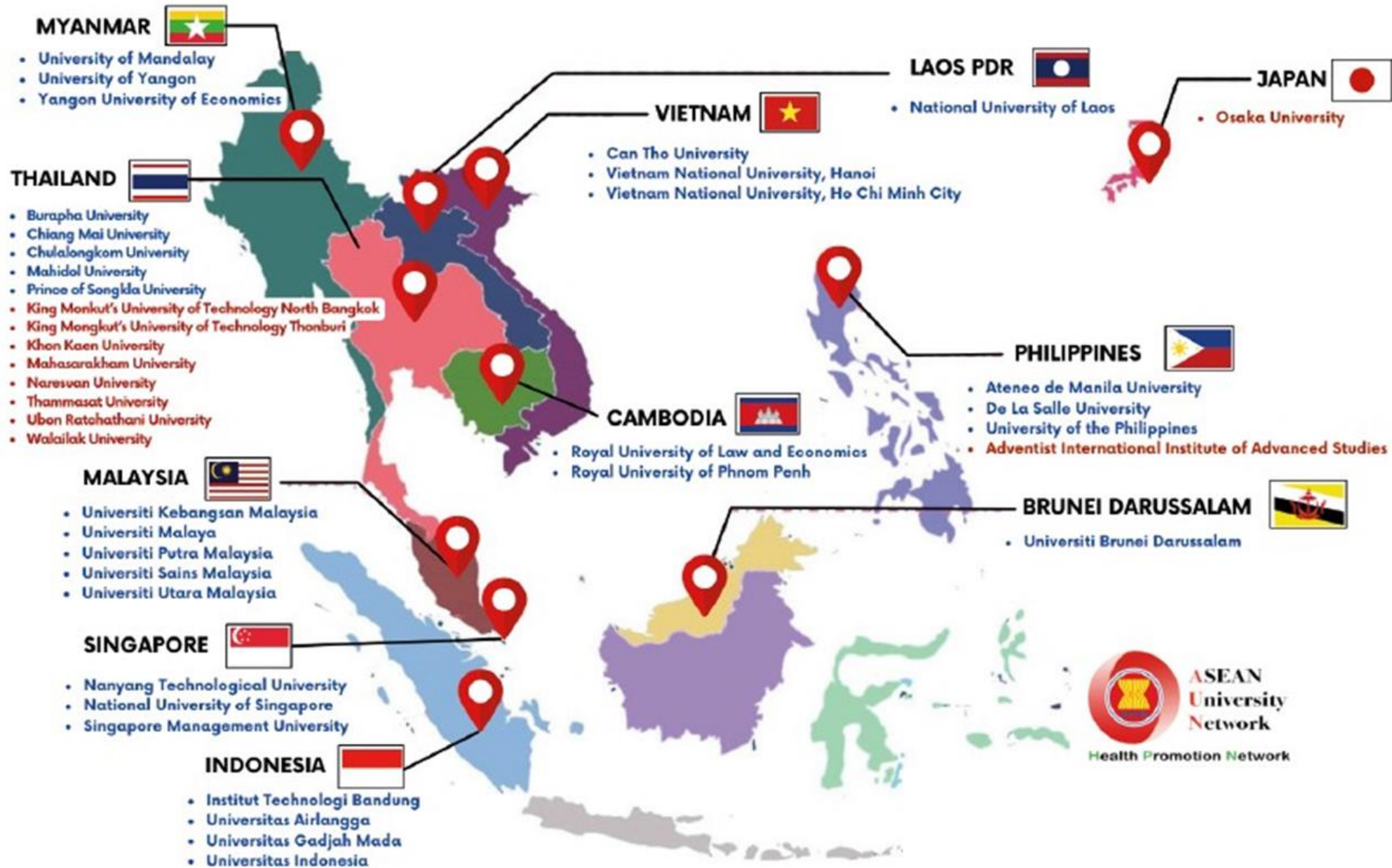
30 AUN MEMBER UNIVERSITIES

30 Core Members and 8 Associate Members

30 AUN Member Universities are members of AUN-Health Promotion Network (HPN), a thematic network of AUN, dedicated to health promotion in the ASEAN region.



Healthy University Network Expansion in Country & Region



Thai University Network – Health Promotion Network (TUN-HPN) Collaboration



The mission of TUN-HPN and ThaiHealth aligns together in inspiring individuals of all sectors to support the health promotion movement in Thailand.

LIST OF AUN-HPN MEMBERS

BRUNEI DARUSSALAM (1)

- Universiti Brunei Darussalam

CAMBODIA (2)

- Royal University of Law and Economics
- Royal University of Phnom Penh

INDONESIA (4)

- Institut Teknologi Bandung
- Universitas Airlangga
- Universitas Gadjah Mada
- Universitas Indonesia

JAPAN (1)

- **Osaka University**

LAO PDR (1)

- National University of Laos

MALAYSIA (5)

- Universiti Kebangsaan Malaysia
- Universiti Malaya
- Universiti Putra Malaysia
- Universiti Sains Malaysia
- Universiti Utara Malaysia

MYANMAR (3)

- University of Mandalay
- University of Yangon
- Yangon University of Economics

PHILIPPINES (6)

- **Adventist International Institute of Advanced Studies**
- Ateneo de Manila University
- De La Salle University
- **De La Salle University-Dasmariñas**
- **Universidad de Sta Isabel de Naga, Inc**
- University of the Philippines

SINGAPORE (3)

- Nanyang Technological University
- National University of Singapore
- Singapore Management University

VIETNAM (3)

- Can Tho University
- Vietnam National University, Hanoi
- Vietnam National University, HCMC

THAILAND (28)

- Burapha University
- Chiang Mai University
- **Chiang Rai College**
- Chulalongkorn University
- **Hatyai University**
- Kalasin University
- Khon Kaen University
- **King Mongkut's Institute of Technology Ladkrabang**
- **King Mongkut's University of Technology North Bangkok**
- **King Mongkut's University of Technology Thonburi**
- Mahasarakham University
- Mahidol University
- Nakhon Phanom University
- Naresuan University
- **Phetchabun Rajabhat University**
- Prince of Songkla University
- **Princess of Naradhiwas University**
- Rangsit University
- Silpakorn University
- Srinakharinwirot University
- Sripatum University
- Songkla Rajabhat University
- Suranaree University of Technology
- Thammasat University
- Ubon Ratchathani University
- University of Phayao
- **Vidyasirimedhi Institute of Science and Technology**
- **Walailak University**



**ASEAN
University
Network**

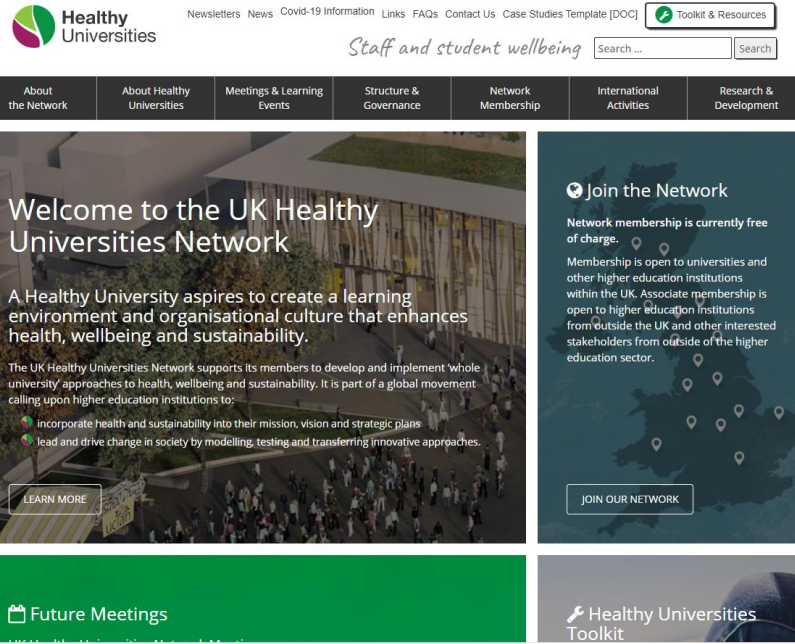
Health Promotion Network

Highlighted in red are
27 associate
members

As of August 2024,
AUN-HPN has more than
30 Core Members and
27 Associate Members
across the ASEAN +3 region.



Health Promotion In Thailand Database Website E-blast Newsletter Social Media



Healthy Universities
Newsletters News Covid-19 Information Links FAQs Contact Us Case Studies Template [DOC] Toolkit & Resources

Staff and student wellbeing Search... Search

About the Network About Healthy Universities Meetings & Learning Events Structure & Governance Network Membership International Activities Research & Development

Welcome to the UK Healthy Universities Network

A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability.

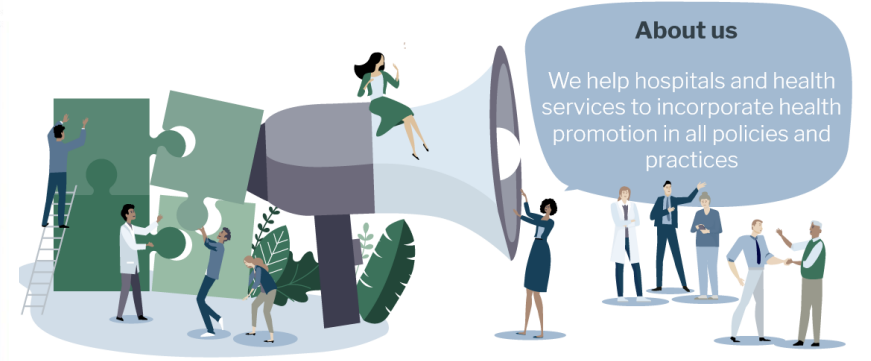
The UK Healthy Universities Network supports its members to develop and implement 'whole university' approaches to health, wellbeing and sustainability. It is part of a global movement calling upon higher education institutions to:

- incorporate health and sustainability into their mission, vision and strategic plans
- lead and drive change in society by modelling, testing and transferring innovative approaches.

LEARN MORE

JOIN THE NETWORK

Future Meetings Healthy Universities Toolkit



Network

The International Network of Health Promoting Hospitals and Health Services (HPH) works towards incorporating the concepts, values, strategies and standards or indicators of health promotion into the organizational structure and culture of hospitals and health services. We aim to better health by improving the quality of health care, the relationship between hospitals and/or health services, the

we are one! Sakura Science Club

We are One!
Sakura Science Club Mail Magazine Vol. 61

Greetings to all members! The new academic year began in Japan. 2020 was a challenge for many, particularly for educators. Alongside online classes, many Japanese universities tried to incorporate in-person lectures whenever possible after the fall semester.

There have been positive changes related to Sakura Science, too. The exchange program will now try to expand the scope of eligible countries/region to the whole world in principle and to start inviting people in humanities as well as social science. Although the program has not re-opened physically, it is deemed to elevate to a new level.

For this month, we sincerely thank **Mr. Nguyen Duy Phuoc** of Vietnam and **Ms. Sunanda Das** of Bangladesh for sharing your motivational stories on how they are focusing on their studies. If your place for seeking master's degree is going to be in Japan, we would be very happy.

Alumni Activities

Thanks to everyone's participation and cooperation, **Sakura Science and Beyond** was delivered successfully from Miraikan the National Museum of Emergent Science and Innovation. By hosting



Health Talk
Monthly topics that matter to you

This month's topic: **Bariatric Weight-loss Surgery**

What should I expect after surgery?

After surgery, you will need to rest and recover. Although the type of follow-up varies by type of surgery, you will need to take supplements that your doctor prescribes to make sure you are getting enough vitamins and minerals.

Walking and moving around the house may help you recover more quickly. Start slowly and follow your doctor's advice about the type of physical activity you can do safely. As you feel more comfortable, add more physical activity.

After surgery, most people move from a liquid diet to a soft diet, such as cottage cheese, yogurt, or soup, and then to solid foods over several weeks. Your doctor, nurse, or dietitian will tell you which foods and beverages you may have and which ones you should avoid. You will need to eat small meals and chew your food well.

What are the benefits of bariatric surgery?

Bariatric surgery can help you lose weight and improve more health problems related to obesity. These health problems include:

- type 2 diabetes
- high blood pressure
- nonalcoholic fatty liver disease
- sleep apnea
- osteoarthritis
- body pain
- heart and hip pain

You may be better able to move around and be physically active after surgery. You might also notice your mood improve and feel like your quality of life is better.

Potential Candidates for Bariatric Surgery

Who is a good adult candidate for bariatric surgery?

Bariatric surgery may be an option for adults who have:

- a body mass index (BMI) of 40 or more, OR
- a BMI of 35 or more with at least one health problem related to obesity, such as type 2 diabetes, heart disease, or sleep apnea.
- a BMI of 30 or more with a serious health problem linked to obesity, like the serious health condition of having surgery to lose weight is a serious decision.

If you are thinking about having bariatric surgery, you should know what's involved. Your answers to the following questions may help you decide if surgery is an option for you:

- Have you been unable to lose weight or keep it off using non-surgical methods such as lifestyle changes or drug treatment?
- Do you understand what the operations involve, and its risks and benefits?
- Do you understand how you are using and why of physical activity patterns will need to change after you have surgery?
- Can you commit to following lifelong healthy eating and physical activity habits, medical follow-up, and the need to take extra vitamins and minerals?

Who is a good teen candidate for bariatric surgery?

Doctors sometimes use bariatric surgery to treat teens with severe obesity who also have obesity-related health problems. Bariatric surgery often improves health problems that could grow worse if addressed if the teen remains obese.

Surgery may be an option for teens who have gone through serious and needed their usual height, and have:

- a BMI of 35 or more with serious obesity-related health problems, such as type 2 diabetes or severe sleep apnea, OR
- a BMI of 40 or more with less severe health problems, such as high blood pressure or high cholesterol.

What is bariatric surgery?

Obesity is defined as having a body mass index (BMI) of 30 or more. BMI is a measure of your weight in relation to your height. Class 1 obesity is a BMI of 30 to 34.9, Class 2 obesity is a BMI of 35 to 49, and Class 3 obesity is a BMI of 50 or more. Class 3 and 4 also known as severe obesity, are often hard to lose weight with diet and exercise alone.

What is bariatric surgery?

Bariatric surgery is an operation that helps you lose weight by making changes to your digestive system. Some types of bariatric surgery make your stomach smaller, allowing you eat and drink less at one time and making you feel full sooner. Other bariatric surgeries also change your small intestine—the part of your body that absorbs calories and nutrients from foods and beverages.

Bariatric surgery may be an option for people who have severe obesity and have not been able to lose weight or keep from gaining back any weight you lose using other methods such as lifestyle treatment or medications. Bariatric surgery also may be an option if you have serious health problems, such as diabetes or sleep apnea, that are not healthy. Bariatric surgery can improve many of the health conditions linked to obesity, especially type 2 diabetes.

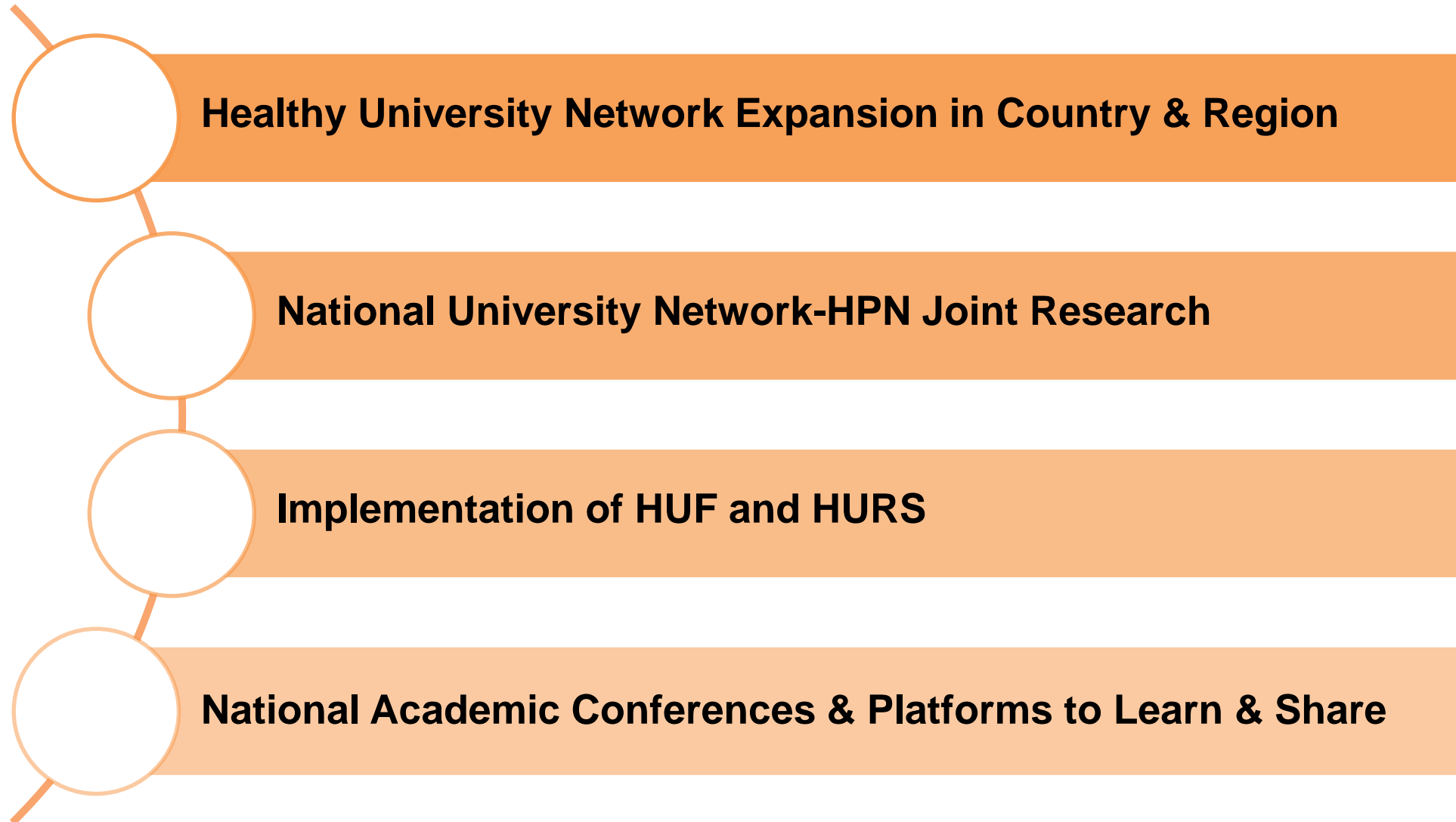
Does bariatric surgery always work?

Studies show that many people who have bariatric surgery lose about 15 to 35 percent of their starting weight on average. Depending on the type of surgery, they lose. However, not everyone, including surgery, is able to produce and maintain weight loss. Some people who have bariatric surgery may not lose as much as they hoped. Over time, some people regain a portion of the weight they lost. The amount of weight people regain may vary. Factors that affect weight regain may include a person's level of obesity and the type of surgery they are doing.

Bariatric surgery does not replace healthy habits, but may make it easier for you to consume fewer calories and be more physically active. Choosing healthy foods and beverages before and after the surgery may help you lose more weight and keep it off long term. Regular physical activity after surgery also helps keep the weight off. To improve your health, you must commit to a lifestyle of healthy lifestyle habits and following the advice of your health care providers.

reference : <https://www.hphnet.org/about-us>
<https://healthyuniversities.ac.uk/>
<https://www.behance.net/gallery/69925921/Health-Newsletter>

NEXT STEPS OF AUN-HPN




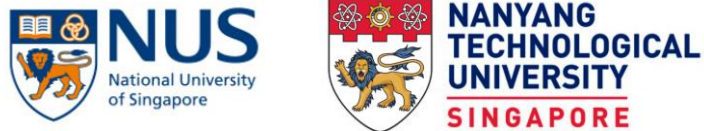






Roles of Health Promotion Funds and Universities in Advancing Sustainable Health Promotion

Role 1. Research and Knowledge Generation

- HPFs such as VicHealth, ThaiHealth, and HPA provide grants to universities to conduct research on health promotion challenges such as NCDs, behavioral health interventions, policy analyses of health promotion initiatives.
- Research findings often guide evidence-based public health policies and programs.



<p>ThaiHealth</p>	
<p>HPB Singapore</p>	
<p>VicHealth</p>	
<p>HealthWay</p>	
<p>HPA Taiwan</p>	
<p>Health and Well-being Queensland</p>	

Role 2. Collaborative Health Initiatives

- HPB collaborated with the National University of Singapore (NUS) and Sport Singapore (SportSG) to launch the NUS SG Bicentennial Challenge to encouraged the NUS community to adopt healthier habits through gamification and incentives.



Role 3. Collaborative Workshops and Training Programs for Capacity Building

- HPA organizes workshops and training sessions in partnership with universities to build capacity in health promotion.

Role 4. Policy Development and Advocacy

- For example, VicHealth collaborated with Monash University to host the Regional Meeting in Melbourne, which focused on shaping the future of health across Asia and the Pacific. The event aimed to bring together experts to tackle global health challenges and develop policy solutions.
- ThaiHealth funds research projects in universities to generate evidence for policy advocacy as well as partnership with universities for hosting Policy Advocacy Events to organize dialog on health issues such as air pollution.

Potential Collaboration between AUN-HPN and INHPF

- Advocate for the establishment of Health Promotion Funds (HPFs) in AUN-HPN member countries that currently lack such mechanisms to ensure sustainable funding for health promotion initiatives.
- Collaborate on policy advocacy efforts to address critical health promotion issues affecting students, such as vaping, mental health challenges, and alcohol consumption.
- Develop capacity building and training programs to empower health promotion leaders in the region.
- Etc.

For more information:

<https://hpfhub.info/>

<https://inhpf.org/>

<https://en.thaihealth.or.th/>



Thai Health Promotion Foundation

Create Well-being for All

