

ABSTRACT BOOK

The 10th Anniversary of the ASEAN University Network Health Promotion Network (AUN-HPN) in conjunction with the 1st AIHD International Forum

3rd - 4th December 2024



Mahidol University
ASEAN Institute
for Health Development



Greetings from AIHD's director and AUN-HPN's secretariat



On behalf of the organizing committee, it was an honor to welcome you to “The 10th Anniversary of the ASEAN University Network - Health Promotion Network (AUN-HPN)” in conjunction with “The 1st AIHD International Forum: Synergizing Global Health, Primary Health Care, and Health Promotion for a Sustainable Future.”

This event marks a decade of dedication to health promotion across the ASEAN region, and we are thrilled to celebrate this milestone with participants from various countries, faculties, and organizations. Over the past two days, the special lectures showcasing the best practices, symposium sessions, oral presentations, and poster exhibitions have highlighted innovative research and fostered meaningful exchanges of knowledge and ideas. These activities have not only addressed pressing health challenges but also emphasized the significance of collaborative solutions for building healthier communities.

The diversity of participants enriches this gathering, reflecting the collective spirit of ASEAN and our global partners. This event underscores the importance of integrating global health, primary health care, and health promotion to achieve sustainable development goals and strengthen health systems worldwide.

We extend our deepest gratitude to all contributors for making this event successful. Your active participation and shared expertise ensure the continued advancement of health promotion in our communities. Let us carry forward the knowledge and inspiration we have gained here, and work together to create a future where health and well-being are accessible to all.

Thank you for being a part of this significant occasion, and we look forward to seeing the impact of our shared efforts in the years to come.

Warm Regards,



(Assoc. Prof. Dr. Thunwadee Suksaroj)
Director of ASEAN Institute for Health
Development
Executive Director of AUN – HPN

PREFACE

The abstract book has been curated to showcase the latest research and innovative ideas presented at the 10th Anniversary of the ASEAN University Network - Health Promotion Network (AUN-HPN) in conjunction with the 1st AIHD International Forum: Synergizing Global Health, Primary Health Care, and Health Promotion for a Sustainable Future providing a platform to share knowledge and foster collaboration on 3rd – 4th December 2024. The presentations are categorized into oral and poster formats, focusing on two research themes.

As part of the 10th Anniversary celebration of the ASEAN University Network - Health Promotion Network (AUN-HPN), a series of innovative works were presented under the theme "Best practices of Health Promotion Achievements in ASEAN Universities" following the Healthy University Framework (HUF). These works highlighted key areas such as systems and infrastructure, zero tolerance policies and health promotion strategies by showcasing cutting-edge research, innovative ideas, and exemplary best practices that underscore the critical role of health promotion in shaping the future of global health and primary health care.

Besides, under the theme "Synergizing Global Health, Primary Health Care, and Health Promotion for a Sustainable Future", the 1st AIHD International Forum highlighted research and presentations focused on the best practices and impactful activities related to global health, primary healthcare, and health promotion. These efforts stand as a testament to the dedication and collaboration of scholars, practitioners, and institutions across ASEAN and beyond.

As we reflect on the achievements and insights shared throughout this event, we are reminded of the power of collective action and the importance of continued collaboration in addressing the pressing health challenges of our time. It is our hope that the knowledge and innovations documented in this book will inspire and guide further advancements in health promotion, paving the way for a healthier, more sustainable future for all.

The 10th Anniversary of the ASEAN University Network Health Promotion Network (AUN-HPN) and the 1st AIHD International Forum Committee

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CONFERENCE PROGRAM

DAY 1

**The 10th Anniversary of the
ASEAN University Network – Health Promotion Network (AUN-HPN)
in conjunction with
The 1st AIHD International Forum
"Synergizing Global Health, Primary Health Care, and Health Promotion for a Sustainable Future"
3rd–4th DECEMBER 2024
Venue: 2nd Floor Grand Ballroom, Millennium Hilton Bangkok, Thailand**

Time (hrs.)	Programme						
8:30 – 9:00	Registration						
9:00 – 9:30	Opening ceremony <ul style="list-style-type: none"> Meeting report: Executive Director of AUN-HPN Welcoming remarks: Executive Director of AUN Welcoming remarks: Representative from ThaiHealth Opening remarks: IAC Chair (President of Mahidol University) 						
9:30 – 9:45	Video presentation: Introducing Healthy University Rating System (HURS) and its impact						
9:45 – 10:00	Healthy University Rating System (HURS) Award Presentation 2023 <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">5 star plus (over 900 scores)</td> <td style="width: 33%;">5 star (800–899 scores)</td> <td style="width: 33%;">4 star (600–799 scores)</td> </tr> <tr> <td>1. Universitas Indonesia 2. Universiti Kebangsaan Malaysia</td> <td>1. De La Salle University 2. Universitas Gadjah Mada</td> <td>1. Universitas Airlangga 2. University of the Philippines</td> </tr> </table>	5 star plus (over 900 scores)	5 star (800–899 scores)	4 star (600–799 scores)	1. Universitas Indonesia 2. Universiti Kebangsaan Malaysia	1. De La Salle University 2. Universitas Gadjah Mada	1. Universitas Airlangga 2. University of the Philippines
5 star plus (over 900 scores)	5 star (800–899 scores)	4 star (600–799 scores)					
1. Universitas Indonesia 2. Universiti Kebangsaan Malaysia	1. De La Salle University 2. Universitas Gadjah Mada	1. Universitas Airlangga 2. University of the Philippines					
10:00 – 10:15	Coffee Break						
10:15 – 11:00	Panel Discussion: "Leveraging HURS: Cooperative Use in Global University Rankings" <ul style="list-style-type: none"> Assoc. Prof. Dr. Agustin Kusumayati University Secretary of Universitas Indonesia, Universitas Indonesia, Indonesia Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff Deputy Executive Director (Excellence & Recognition), UKM Strategy Centre, Universiti Kebangsaan Malaysia (UKM), Malaysia Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya (Speaker and Moderator) Dean of the Graduate Studies, Mahidol University and Chair of the Committee on HURS Development, Thailand 						
11:00 – 12:30	The 9th AUN-HPN International Advisory Committee (IAC) Meeting Agenda 1: Topics for information 1.1 AUN-HPN past activities 2023 – 2024 1.2 Progress report on Healthy University Rating System (HURS) 1.3 Information regarding new associate members of AUN-HPN Agenda 2: Approval of the minutes of the 8th AUN-HPN International Advisory Committee Meeting (24 November 2023) Agenda 3: Topics for consideration 3.1 Country Chapter - AUN-HPN and how to move forward and foster collaboration 3.2 HURS Workshops in Member Countries 3.3 Health Promotion Research in ASEAN+3 Region Agenda 4: Others						
<i>Lunch (12.30 – 13.30)</i>							
13:30 – 14:30	Special Lecture: "Synergizing for Sustainable Health Promotion: The Roles of International Network of Health Promotion Foundations (INHPF) and AUN-HPN" <ul style="list-style-type: none"> Dr. Nuttapun Supaka Director of Policy and Strategy Section, ThaiHealth, Thailand 						
14:30 – 14:45	Coffee Break + Visit Poster / Booth Exhibition						
14:45 – 16:15	Oral Presentation: Best practices of Health Promotion Achievements in ASEAN Universities <ul style="list-style-type: none"> "KU Happy Guide: Activities to promote sustainable relaxation from KU, green space and fresh air by Student Development Division of Kasetsart University, Thailand" Asst. Prof. Suratwadee Arunwarakorn, Assistant to the President for Student Affairs and Sustainable Development, Kasetsart University, Thailand "Universitas Indonesia's Strategy to Engage All Faculties in Health Promotion Activities" Prof. Dr. Robiana Modjo, Head of Bachelor of Science of Public Health Study Program and Lecturer of Occupational Health & Safety Department, Universitas Indonesia, Indonesia "Health Promotion Achievements among State Universities and Colleges in the Philippines" Dr Ronnell D dela Rosa, Professor, St Paul University Manila / University of the Philippine Open University, Philippines "Embedding Holistic Wellbeing into the Fabric of the University Through Fostering a Resilient Student & Staff Community" Alvin Sim, Head, Co-Curriculum Development and Student Care & Support Service, Singapore Management University, Singapore 						
16:15 – 16:30	Welcoming new associate members of AUN-HPN <ul style="list-style-type: none"> De La Salle University–Dasmariñas Universidad de Sta Isabel de Naga, Inc University of Phayao Silpakorn University Sripatum University Princess of Naradhiwas University King Mongkut's Institute of Technology Ladkrabang Rangsit University Chiang Rai College Phetchabun Rajabhat University 						

CONFERENCE PROGRAM

DAY 2

**The 10th Anniversary of the
ASEAN University Network – Health Promotion Network (AUN-HPN)
in conjunction with
The 1st AIHD International Forum
"Synergizing Global Health, Primary Health Care, and Health Promotion for a Sustainable Future"
3rd – 4th DECEMBER 2024
Venue: 2nd Floor Grand Ballroom, Millennium Hilton Bangkok, Thailand**

Time (hrs.)	Programme
8:30 – 9:00	Registration
9:00 – 9:10	Keynote Lecture: "Challenges and Opportunities in Synergizing Global Health, Primary Health Care and Health Promotion for a Sustainable Future" • Ms. Saima Wazed Regional Director of WHO South-East Asia Region, Bangladesh
9:10 – 9:30	Keynote Lecture: "Ensuring Effective Access to Quality Health Care without Hardship and Impoverishment: the Role of ILO Promotes a Rights-Based Approach to Social Health Protection" • Mrs. Panudda Boonpala ILO Deputy Director for the Regional Office for Asia and the Pacific, Thailand
9:30 – 10:45	Symposium: "Synergizing Global Health, Primary Care, and Health Promotion for a Sustainable Future" • Dong (Roman) Xu, PhD, MPP Director, Acacia Labs, School of Health Management, Executive Deputy Director, SMU Institute for Global Health (SIGHT) Director, SMU Center for World Health Organization Studies, Southern Medical University (SMU), China • Mr. Kanitsak Chantrapipat Director of the Cluster of Primary Care and Health Prevention Promotion Management, National Health Security Office (NHSO), Thailand • Orawan Tawaytibhongs, M.D. Deputy Director of Primary Health Care Support Division, Thailand • Dr. Warisa Panichkriangkrai (Moderator) Deputy Director of Global Health Division, Ministry of Public Health, Thailand
10:45 – 11:00	Coffee Break
11:00 – 12:30	Oral Presentation: Best Practices, Research Studies, and Impactful Activities Chair-person: Assoc. Prof. Dr. Orapin Loosee, Deputy Director for Administration and Academic Services, AIHD Co-chair: Mr. Wichukorn Suriyawongpaisal, Researcher, AIHD • "Digital health in supporting healthcare accessibility in Cambodia" Dr. Esabelle Lo Yan Yam, College of Health and Medicine, Australian National University, Singapore • "Mental Health Support of Junior Helper implementation at Walailak University" Ms. Natjanan Wainam, Division of Student Support and Development, Walailak University, Thailand • "The Development of Health Promoting Campus at the Universitas Gadjah Mada, Yogyakarta, Indonesia" Prof. Yayi Suryo Prabandari, Head of Health Behavior, Environment, and Social Medicine Department, Universitas Gadjah Mada, Indonesia • "Building a Healthier Campus: Success Stories from the Health and Safety Unit of a Public University in the Philippines" Mr. Gabriel Jay B. Caoeng, Healthy University Office, University of the Philippines, Philippines • "Stealth Voluntarism and Elderly Care in Urban Communities: A Comparative Analysis of Centralized and Decentralized Primary Healthcare Systems in Thailand and Lao PDR" Assoc. Prof. Dr. Tatchalerm Sudhipongpracha, College of Interdisciplinary Studies, Thammasat University, Thailand • "The Research and Evaluation of Stress Reduction in Orphans through Art Activities" Assoc. Prof. Dr. Ophascharas Nandawan, King Mongkut Institute of Technology Ladklabang Bangkok, Thailand
Lunch (12.30 – 13.30)	
13:30 – 15:00	AIHD Research Showcase • "Influence of Environmental Exposure on Epidemics Prevention and Control: Lessons Learned from the COVID-19 Pandemic in Thailand" Assoc. Prof. Dr. Cheerawit Rattanapan • "Narcotic Drug Policy and Control: A Comparison Study Between Japan-Thailand with Different Perspective and Culture Control" Asst. Prof. Dr. Bang-On Thepthien • "Transformational Leadership in Thai Primary Health System" Dr. Chanida Lertpitakpong • "Community-Based Surveillance and Prevention for Suicide" Assoc. Prof. Dr. Mathuros Tipayamongkhogul
15:00 – 15:15	Coffee Break
15:15 – 16:30	Achievements and Challenges: Outcomes of Primary Health Care Implementation by AIHD Alumni • Mr. Hussain Rasheed Regional Advisor World Health Organization, Maldives • Dr. Pajaree Areerop, M.D. Ratchaburi Provincial Public Health Medical Doctor, Thailand • Dr. Mariano Da Silva Marques Director of Procurement and Contracts for National Institute of Pharmacy and Medical Products, Timor-Leste • Dr. Imran Pambudi Director of Mental Health – Ministry of Health, Indonesia • Dr. Itsaranuwat Yongpisanpho (Moderator) Dental Surgeon, Thailand

**Abstract for the 10th Anniversary of the ASEAN University Network -
Health Promotion Network (AUN-HPN)
3rd December 2024**

ORAL PRESENTATION

Embedding Holistic Wellbeing into the Fabric of the University Through Fostering a Resilient Student & Staff Community

Alvin Sim

Singapore Management University, Singapore

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ABSTRACT

According to many empirical research studies, there is a mutually reducing relationship between resilience and mental ill-being, such as depression, anxiety and negative emotions. Concomitantly, the mutually enhancing relationship between resilience and positive mental health has also been established. Resilience has been shown to be positively correlated with positive indicators of mental health, such as life satisfaction, subjective well-being, and positive emotions. The presenter will share the whole-of-university approach (including programme design) adopted to embed holistic wellbeing into the fabric of the university, aligned to the ethos of a Health Promoting Campus. Through fostering a resilient student and staff community, this upstream approach aims to reduce risk factors and enhance protective factors. In so doing, we help students and staff find their footing to succeed, engendering sustainable pathways to a life of flourishing.

KEYWORDS: Resilience, Holistic Well-Being, Mental Health, Sustainability

What Makes a University Healthy? The Journeys of Health Promotion Achievements among State Universities and Colleges in the Philippines

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Mahidol University, Clinical Epidemiology and Biostatistics, Thailand

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ABSTRACT

Community engagement is the core of people's mobility, and it illuminates how student-led initiatives and participation from faculty and staff can foster a culture of wellness together. This study utilizes Appreciative Inquiry to examine the health promotion experiences and best practices of twelve (12) State Universities and Colleges (SUCs) in the Philippines, with an emphasis on defining a health university. This study highlights true whole person, whole health programs and policies as linked to physical, mental and social well-being. It likewise investigates relationships with community health organizations, showing how these connections augment health efforts and encourages meaningful student involvement. The paper involves success stories and lesson learned in promoting a culture of continuous improvement within SUCs that brings about innovative health promotional strategies. In the end, this inquiry is intended to galvanize academic attention on health and wellbeing among educational organizations in an effort not only to attend individual but also community of quality life. This work underscores how educational environments, such as SUCs, can be models for advancing health promotion and community resilience.

KEYWORDS: Health Promotion, Philippines, Community Engagement, Wellness Program, Holistic Well-Being, Continuous Quality Improvement

KU Happy Guide: Activities to promote sustainable relaxation from KU, green space and fresh air by Student Development Division of Kasetsart University, Thailand

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Thammanoon Wattanapeeda³, Kittikun Suengharuethai³,
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ABSTRACT

The Student Mind Counseling Service, Student Wellbeing and Career Opportunities Section of Student Development Division of Kasetsart University focuses on promoting student well-being, aiming for a balanced and happy life. In 2022, many students sought information about rest and recreation spots on campus, leading to the "KU Happy Guide" activity. This activity introduced students to places that promote mental well-being, offering relaxation, new friendships, and stress relief through real-life experiences. The objectives of this program include: 1) Introducing students to places that enhance mental health and happiness, 2) Encouraging interactions between students from different faculties, 3) Students know ways to relieve stress and prepare their mind for studying in Kasetsart University, and 4) Providing information about KU Happy Place Center's services. The activity was carried out using the PDCA (Plan-Do-Check-Act) model. Planning involved identifying and analyzing problems. The program included staff-led activities with interns participating and learning. Evaluation followed, focusing on duration, routes, and weather, and improvements were made accordingly. From 2022 to 2024, the program had 570 participants, with 8 rounds held in both 2022 and 2023, and 16 rounds in 2024. Each round lasted 1.5 hours. Satisfaction scores for 2024 scores were in high level, with students reporting greater awareness of happiness-promoting places (4.82), learning stress-relief techniques (4.63), applying information in daily life (4.64), and overall satisfaction (4.76). Satisfaction levels increased from 2023. This collaboration involved the KU Happy Place Center staff and psychology interns from Kasetsart University and other university. "KU Happy Guide" earned the "Student Well-being Outstanding Award" at the 2024 Student Development Academic Seminar

KEYWORDS: Student Activities, Mental Health Promotion, Relaxation, Sustainability

Universitas Indonesia's Strategy to Engage All Faculties in Health Promotion Activities

Robiana Modjo

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ABSTRACT

According to the 2023 Healthy University Rating System (HURS) evaluation, that awarded University of Indonesia (UI) a "Five Stars Plus" rating, the Healthy University paradigm has brought about in notable improvements in campus safety and health safeguards. As a member of the ASEAN University Network – Health Promotion Network (AUN-HPN), UI participates with 30 core universities and 9 associates from 10 ASEAN countries contribute to build a healthier community. UI actively engages in this data-driven approach to foster health, and the AUN-HPN's Healthy University Rating System (HURS), designed with collaboration from Mahidol University and the ThaiHealth Promotion Foundation, is essential when assessing health progression. This accomplishment is the outcome of UI's dedicated efforts, which include carrying out health promotion policies within its 15 faculties with multiple Health, Safety, and Environment Unit and the UI Makara Satellite Clinic constitutes component of the administrative system, strengthening mental wellness services, and boosting road safety compliance. UI's commitment is demonstrated by its adherence to three main indicators: System and Infrastructure (SI), Zero Tolerance (ZT), and Health Promotion (HP) areas. A 91.2% compliance rate with road safety guidelines, an upsurge in motorcycle helmet use, and significant improvements in environmentally conscious activities including garbage disposal and alternative modes of transport constitute some of the primary consequences. The institution has additionally enhanced availability of counseling and suggesting help for staff and students, boosting its mental health services. The 2023 HURS assessment highlighted UI's achievement in multiple categories, showcasing their ability to build an extensive, health-promoting ambiance. These results demonstrate UI's perpetual accomplishments in tackling both the physical and emotional health necessities of its community, highlighting its role as a pioneer for creating a secure, sustainable, and well-conscious campus.

KEYWORDS: Healthy University Rating System (HURS), Campus Health and Safety Initiatives, Mental Health Services Enhancement, Sustainable Infrastructure and Environmental Practices, AUN-HPN Collaboration and Health Promotion

**Abstract for the 10th Anniversary of the ASEAN University Network -
Health Promotion Network (AUN-HPN)
3rd December 2024**

POSTER PRESENTATION

De La Salle University-Dasmaringas: The Most Eco-Friendly and Sustainable Learning Institution in the Philippines

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ABSTRACT

De La Salle University-Dasmaringas has been at the forefront of environmental sustainability in the Philippines. In 2023, the university was ranked 230th by UI Green Metric World University Ranking, the first spot in the whole country. This recognition led the administration to further strengthen its efforts to make the institution a healthier learning space for students, faculty, support staff, administrators, and other stakeholders. Various offices have been working closely to ensure that the whole-of-university approach to rolling out healthful programs will be achieved: The Linkages and Scholarship Office (LSO), Lasallian Community Development Center (LCDC), and the Campus Sustainability Office (CSO). These units have articulated their commitments to sustainability through their mission vision, programs, and services while continuously subscribing to the UN SDGs. First, CSO leads the university in providing policies and strategic initiatives for developing environmentally related projects, making the university a safe space. On the other hand, LCDC positioned its Sustainable Development Programs, putting a premium on advocacies and programs related to health both for the internal and external communities. At the same time, LSO crafted its BAYANIHAN (coming together) program for the university's local and international students, addressing their welfare vis-à-vis cultural orientation, community extension, Lasallian formation, and environmental sustainability, valuing their well-being.

KEYWORDS: Campus Sustainability, Community Extension, Internationalization

Enhancing the Health and Safety Framework of a State University in the Philippines: Aligning with Global and Regional Health Promotion Standards

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ABSTRACT

In alignment with global health and primary healthcare principles, a state university in the Philippines has continuously reorganized its Health and Safety Committee since its establishment in the 1990s. With the introduction of the 2020 Occupational Safety and Health Standards for the Public Sector and the 2017 ASEAN University Network Healthy University Framework, the university recognized the need to update its health and safety (H&S) structure to ensure a sustainable and health-promoting campus environment. This study aimed to update the organizational framework for health and safety in a state university in the Philippines to synergize with global and regional health promotion initiatives, fostering a sustainable future. The study reviewed three H&S policies and 35 related documents. Interviews captured the insights of 77% of the targeted key informants, while 9 focus group discussions were successfully conducted. Twenty of 38 eligible participants attended the framework finalization workshop. The proposed revisions included reconstituting the Health and Safety Committee, establishing a Health and Safety Office, and reorganizing the six subcommittees into seven Technical Working Groups, designed to align with broader health promotion objectives. The proposed organizational framework complies with existing policies on health and safety and healthy universities as it strengthens its commitment to a sustainable, health-promoting environment. These revisions reflect efforts to synergize with broader health initiatives. Stakeholder input was key to developing a responsive and lasting health and safety framework.

KEYWORDS: Healthy University Framework, Healthy University, Occupational, Safety and Health, Health and Safety Policy

Fostering Healthier Lifestyle Choices through Ethical Applications of Nudge Theory

Pratchayapong Yasri¹, Peemavit Apimonbutr¹

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ABSTRACT

This paper explores the application of nudging methods in health promotion, highlighting how subtle adjustments in choice environments can encourage healthier behaviours while preserving individual freedom. One key approach is prompted choice, which actively engages individuals by requiring them to make a decision. For instance, in the UK, prompted choice in driving license applications encourages individuals to consider organ donation, potentially adding up to 375,000 new registrations annually. Another powerful method is setting default options, where a healthier choice is automatically selected unless individuals opt out. In Japan, this approach increased cancer screening rates from 36% to 53%. Additionally, gain and loss framing, which presents information in terms of potential gains or losses, is also effective. In Japan, loss-framed messages suggesting that skipping a screening this year may mean not receiving a kit the next year raised participation by 7.2% compared to gain-framed messages. Social norms messaging, which leverages peer influence, can increase engagement by showing people that others support certain health actions, although this approach sometimes has unexpected effects, as seen in a UK trial where certain social norm messages reduced organ donor registrations. Other examples include environmental cues, such as prominently placing healthy foods in school cafeterias to encourage nutritious choices, and interactive installations like the musical staircase in Stockholm, which encouraged 66% of commuters to choose stairs over escalators, promoting physical activity. This paper analyses the elements of effective nudging, focusing on strategies that avoid coercion, respect autonomy, and rely on minimal economic incentives. Successful nudge design requires identifying target behaviours, understanding relevant motivations, and applying the nudge thoughtfully. While promising, nudges raise ethical concerns around autonomy and transparency. However, this paper argues that, when carefully implemented, nudging provides an ethically responsible framework for health promotion, fostering sustainable behavioural changes and enhancing public health outcomes.

KEYWORDS: Nudge Theory, Health Promotion, Positive Behaviour Change

Healthy Chiang Mai University Health Promotion Model with Capacity-building for University Health Volunteers: A Mixed Methods Study

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ABSTRACT

Health promotion should focus on developing health volunteers to have exemplary health-promoting behaviors by using participation as a driving force to emphasize activities related to health status and health promotion. To enhance the capacity-building of university health volunteers for embracing the healthy university health promotion model. A mixed-methods, explanatory design study was conducted in 2 phases. Phase 1 included survey research to develop a capacity-building for university health volunteers. The sample group consisted of 140 university health volunteers working between June to December 2021, selected by purposive sampling. The data were analyzed with descriptive statistics. Phase 2 involved a qualitative study which explored the perspectives of health volunteers on capacity-building. Focus groups were implemented, using a topic guide with an open-ended questionnaire for data collection. A sample of 60 health volunteers was divided into three interviewing groups. The data were analysed using content analysis. The participants were satisfied with the capacity-building at a high level (52.2%). Moreover, almost half benefited and acquired knowledge from the model trial at the highest level (47.8%), especially regarding knowledge and understanding of health risk assessment, basic skills in health monitoring, confidence in capacity-building on health promotion for self-care, and the ability to help their organization's personnel (81-90%). The findings provided six themes of the perspectives of university health volunteers on capacity-building. included 1) the essential establishment of university health volunteers, 2) the effective mechanism for moving, 3) motivation and participation, 4) specific training to be university health volunteers, 5) the roles of university health volunteers, and 6) collaboration and sustainability were created. The capacity-building of health volunteers is essential for moving towards a healthy university through everyone's participation to achieve.

KEYWORDS: Capacity-building, University Health Volunteers, Healthy CMU Health Promotion Model, Mixed Methods

Health Promoting University of Universitas Gadjah Mada (HPU UGM), Zero Tolerance on Bullying, Harassment and Violence: Activities and Achievement

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ABSTRACT

As one of the activities in the HPU UGM, zero tolerance on bullying, harassment and violence became prominent in the last view years after HPU UGM was launched in 2019. UGM has the rector decree on prevention and handling sexual violence in 2020 and it was revised in 2023. At Medical, Public Health and Nursing school we also developed clinical education with dignity. UGM also established task force for prevention and handling sexual violence. This presentation aims to describe the activities related to the zero tolerance on bullying, harassment and violence. The activities that have been conducted since 2019 was a two days training for lecturers and administration staffs in handling and preventing sexual violence. Similar trainings are also conducted in two batches among student organizations. We also conducted a workshop on anti-toxic relationships four times for students. As a side of training and workshop we distributed posters of all information numbers that needed for asking help, to add the social media campaign that we have posted on a regular basis. The activities that we called "Road Show on Sexual Violence Prevention" has been carried out in several faculties and schools. A serials webinar on bullying, harassment and violence were conducted several times with different audiences. Due to our activities, several universities also did benchmark to UGM. In the year 2024, UGM task force for preventing and handling sexual violence received national awards, one from the Ministry of Education and Research and second from Women National Committee. In conclusion, activities in preventing bullying, harassment and violence have been applied and got positive responses from the students, lecturers and administration staff. However, considering the number of the student body, lectures and administration staff, the activities related to bullying, harassment and violence prevention should be conducted several times on a regular basis.

KEYWORDS: Bullying, Harassment, Violence, Prevention, Handling

Spiritual and Emotional Intelligence of Nursing Students: Basis for an Enhanced Student Development Program

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ABSTRACT

This study aims to determine the level of spiritual and emotional intelligence of nursing students to serve as basis for an enhanced student development program. Four subscales of spiritual intelligence including critical existential thinking, personal meaning production, transcendental awareness, and conscious state expansion were included in the SISRI-24 Scale used. To measure emotional intelligence, the tool used encompassed five subscales including self-awareness, managing emotions, motivating oneself, empathy, and social skills. A descriptive research design was used and data were gathered from 265 Nursing students through survey questionnaires. These were analyzed using descriptive statistics such as mean and range, one-way analysis of variance (ANOVA), Tukey HSD (Honestly Significant Difference) post-hoc test, Tukey HSD Homogenous Subsets Analysis, and the Pearson correlation coefficient (r). The results of the study revealed that the students possessed a moderate level of spiritual intelligence across all four subscales and a high level of emotional intelligence across all five areas. Further, there is a strong, positive correlation between the students' level of spiritual and emotional intelligence indicating that higher levels of spiritual intelligence are significantly associated with higher levels of emotional intelligence. The findings of this study suggest that enhancing spiritual intelligence could be a pathway to improving emotional intelligence, which in turn would better equip nursing students for the emotional demands of their profession. The overall result encourages the development of emotional intelligence training programs that emphasize self-awareness, empathy, and emotional regulation which may also promote deeper spiritual awareness and personal reflection leading to more holistic growth in students.

KEYWORDS: Spiritual Intelligence, Emotional Intelligence, Student Development Program

**Abstract for the 1st AIHD International Forum:
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ORAL PRESENTATION

Building a Healthier Campus: Success Stories from The Health and Safety Unit of a Public University in The Philippines

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ABSTRACT

Since the 1990s, a public university in the Philippines has implemented health and safety initiatives through its Health and Safety Committee (HSC). In 2023, the university established the Health and Safety Unit (HSU) to provide technical and administrative support to the HSC, focusing on education, research, and public service. This initiative aligns with regional and global efforts to synergize health promotion and sustainable practices in the university setting. This study aims to describe the accomplishments of the Health and Safety Unit (HSU) of a public university in the Philippines. A case study research design was utilized, focusing on the public university as the study site. Investigators reviewed relevant documents detailing the HSU's activities from August 2023 to June 2024. The activities were categorized under four main functions: administrative, teaching, research, and public service, and further classified into nine major categories. Percentages for each category were calculated using MS Excel. A total of 44 documents were reviewed, revealing 21 activities conducted by the HSU. Most of these focused on providing technical advice (43%) and capacity building (14%), both under the public service function, which accounted for 62% of activities. Research comprised 24%, while administrative tasks made up 14%. No activities were recorded under the teaching function. Enhancing worker involvement through continuous skills development is crucial for aligning with ASEAN's health promotion goals. Moreover, the lack of activities related to the teaching function necessitates that the HSU reallocate resources to enhance the knowledge and skills of students, who are a key stakeholder in universities. In its first year, the Health and Safety Unit has achieved notable progress in public service and research. To build on these accomplishments, the HSU should incorporate educational activities, addressing the gap in teaching. Engaging students will enhance its role in fostering a holistic health culture and align with sustainable practices and regional health promotion goals.

KEYWORDS: Healthy University, Occupational Safety and Health, Health Promotion

Digital Health in Supporting Healthcare Accessibility in Cambodia

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ABSTRACT

Digital health, including mobile health (mHealth), telemedicine, digital health information systems, large language models, and generative artificial intelligence, holds immense potential for transforming healthcare. In low- and middle-income countries, these digital health solutions bridge geographical gaps, support human resources within health systems, and improve health literacy among populations. In Cambodia, a lower-middle-income country where two-thirds of the population has access to the internet, digital health solutions have been introduced to promote health service utilization. One example to be discussed is the Mobile Link intervention, a mobile-phone-based text and voice messaging program that connects female entertainment workers with sexual and reproductive health services. A randomized controlled trial was conducted between March 2018 and June 2019 in Phnom Penh and three other provinces in Cambodia to assess the Mobile Link's impact on primary outcomes, including self-reported HIV and sexually transmitted infections, as well as secondary outcomes such as contact with outreach workers. Another initiative is the Innovative Mobile Technology for Maternal and Child Health Care (i-MoMCARE), which leverages digital devices to support village health support groups (VHSGs) and health facilities in delivering maternal and child healthcare services in rural Cambodia. A two-arm cluster randomized controlled trial involving ten operational districts is currently underway to evaluate the intervention's impact on improving the utilization of maternal and childcare services and supporting VHSGs and health facilities in community-based care delivery. Beyond these efforts, digital health solutions could potentially support the health system more broadly in areas such as health financing for tax collection and the purchasing of health services, as well as disease surveillance at the community level. This presentation will discuss Mobile Link and i-MoMCARE in Cambodia, and the use of digital health solutions in supporting health systems in other countries and their potential application in Cambodia.

KEYWORDS: Digital Health, Primary Health Care, Cambodia, Southeast Asia

Mental Health Support of Junior Helper implementation at Walailak University

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ABSTRACT

A health screening and assessment of Walailak University students revealed a significant number of mental health concerns. Out of a total of 12,639 students, 8,348 (66.05%) exhibited normal levels of stress, anxiety, or depression, while 4,025 (31.85%) were classified as at moderate risk, and 266 (2.10%) as at severe risk. The primary objectives of this initiative are to: 1) build the capacity of volunteer students from 19 schools and colleges to become Junior Helpers, equipping them with basic knowledge of mental health care and the ability to listen to and support their peers non-judgmentally, and 2) promote early detection and intervention by encouraging Junior Helpers to provide mental health support and care to their fellow students. The program includes several key steps: developing a co-curricular training workshop for Junior Helpers in collaboration with key stakeholders (schools, colleges, Walailak University Hospital, psychiatrists, psychiatric nurses, and psychologists); training students to serve as Junior Helpers; supporting them in providing care for their peers; and conducting evaluations and sharing knowledge through exchanges of experiences and offering referral channels for severe cases. The results include recruiting 140 Junior Helpers from 19 schools and colleges. According to the Happinometer, which measures Walailak University students' overall satisfaction with the student care system, the score increased from 83.12 in the academic year 2023 to 85.64 in 2024, equivalent to a 3.03% increase. This reflects the positive impact of the Junior Helper program on fostering peer-led mental health support and enhancing student care and support systems on campus. This initiative highlights the effectiveness of student-led mental health support systems in promoting the mental well-being of students, as well as identifying and addressing mental health issues at an early stage. The Junior Helper program strengthens students' capacity to care for their peers' mental well-being while simultaneously helping them build their own mental resilience and foster personal growth. Moreover, the program also establishes a flexible framework that can be refined and adjusted in response to changing needs at Walailak University and effectively applied at other universities with similar contexts.

KEYWORDS: Capacity Building, Mental Health, Student Support, Peer Counseling, Health Promotion, Walailak University

Stealth Voluntarism and Elderly Care in Urban Communities: A Comparative Analysis of Centralized and Decentralized Primary Healthcare Systems in Thailand and Lao PDR

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ABSTRACT

The world population is rapidly aging, especially in developing countries. Older adults have diverse care needs. However, many older adults, particularly those in urban areas, do not have their needs met. Governments try to satisfy these unmet needs by constructing more hospitals or home-based care service centers for older adults. Yet, this traditional approach is no longer feasible due to the health workforce shortages and budget constraints. In recent years, increased involvement of volunteers has caught much health policy attention. In urban areas, voluntarism can take many forms. This study adopts a broader concept of stealth voluntarism, which includes both acts undertaken willingly without expectation of monetary gain and those undertaken by healthcare professionals over and above their formal obligations. We seek to compare stealth voluntarism demonstrated by healthcare professionals in urban areas in Thailand and Lao PDR. Although the two countries share similar cultural and linguistic characteristics, Thailand and Lao PDR have adopted different ways of managing community care and primary healthcare services. Thailand devolved half of its primary healthcare system to 62 provincial administrative organizations in 2022, while the Lao PDR system remains centralized. Specifically, this study will explore how the degree of centralization within the urban primary healthcare systems affects stealth voluntarism. 62 healthcare professionals in Thailand (Rayong Muang District in the eastern region of Thailand) and Lao PDR (Xaythany District in the capital of Vientiane) were interviewed. The qualitative coding was based on the themes and sub-themes adopted from Hanlon, Halseth, and Ostry (2011) who interpreted stealth voluntarism in three dimensions: healthcare professionalism, place integration, and welfare retrenchment. This study finds that stealth voluntarism cannot be understood simply as a product of social capital in urban areas. The extent to which stealth voluntarism is present is a harbinger of deficiencies in local systems of healthcare and social support. The results of this study calls into question the ability of health professionals in underserved areas to sustain such voluntary efforts over a prolonged period of time. Instead of championing the “third sector” resolution, stealth voluntarism raises concerns that require concerted responses from every level of government.

KEYWORDS: Urban Community Welfare, Elderly Care, Stealth Voluntarism, Primary Healthcare, Centralized Primary Healthcare, Decentralized Primary Healthcare

The Development of Health Promoting Campus at the Universitas Gadjah Mada, Yogyakarta, Indonesia

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ABSTRACT

As a member of AUN/ASEAN University Network, it is recommended for members of AUN to implement health promoting universities/HPU. The Universitas Gadjah Mada (UGM) started to launch the HPU initiative at the UGM anniversary in 2019, although part of the activities of HPU have been applied for more than two decades. The UGM has passed the smoke free area and green campus policy since 2008. The Gadjah Mada Medical Center has been established since 2000. This paper will describe the steps to develop HPU at the UGM. We develop the HPU with three stages. Firstly, we invited the chair of AUN health promotion network (AUN-HPN) to share the concept of HPU to the faculty representative at UGM. The AUN-HPN has developed a HPU guidance with indicators that has been approved by all AUN members. Second step we selected our priority activities to achieve a few of HPU indicators after we did need assessment. We then carried out a series of workshops based on activities we selected for making a strategic planning to implement the HPU. We also evaluate the activities every year since then. We selected seven priority activities for developing HPU, namely establishing a safe environment and disabled friendly, increasing health literacy, enhancing physical activity, developing healthy canteens, strengthening smoke, alcohol and drug free campus, as well as preparing mental health activities and developing zero tolerance on bullying, violence and harassment. Based on the need assessment it was reported that students supported the HPU and they suggested mental health as the first priority of HPU activities. We declared HPU UGM in 2019 then we collaborated with The Ministry of Health Indonesia to develop HPU in several universities. During COVID 19, HPU UGM also collaborated with 8 public universities and the Ministry of Health to develop a guidance book for HPU to alert COVID 19. In 2022 we added reproductive health activities. HPU UGM then became one division under the Integrated Health Service Bureau UGM. Commitment of the university boards and an intensive communication between taskforce of HPU for ensuring the implementation of HPU are needed.

KEYWORDS: Health Promoting Campus, Development, Indonesia

The Research and Evaluation of Stress Reduction in Orphans through Art Activities

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ABSTRACT

Art therapy is a form of alternative treatment that focuses on holistic healthcare. Incorporating art into the care process serves as a key approach to enhancing its effectiveness. Art therapy benefits emotional development, intellect, concentration, and creativity. The objective of this research is to analyze the artworks created by orphans in the project to reveal their emotions and psychological conditions. The evaluation of the children's care emphasizes the process and artistic activities to help alleviate issues and heal their minds. The method involves framing the research concept, studying literature, and conducting analysis. The data gathered is synthesized using content analysis, which serves as a framework for implementing art therapy. The research also aims to study the behavior of orphans in their choice of colors and shapes in the elements of their art. Drawing and painting activities are used to guide children through practical experiences, including coloring and clay molding. Results from stress evaluation revealed that after participating in the activities, the stress levels of children and youths significantly decreased. Art therapy, as an art-based activity, helps in healing and rehabilitation. According to the research findings. After participating in the activity, the number of children and youth in this group who previously experienced the highest level of stress will decrease to 0%, high levels of stress decreased to 6.47%, while the group who has low levels of stress increase significantly, by 10%. These figures conclude that the research successfully achieved its objectives as intended by the researcher. The research demonstrated that orphans became more open in discussing their concerns, showed more excitement during the activities, and participated actively in the learning process. They expressed freedom of thought in their artwork and showed improved emotional well-being.

KEYWORDS: Art Therapy, Mental Health of Orphans, Accessibility Challenges

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POSTER PRESENTATION

Challenges and Opportunities in the Implementation of Universal Health among Big Cities in the Philippines: From the Synergizing Insights and Perspectives on Global Health

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ABSTRACT

The Universal Healthcare (UHC) as an example of essential, disseminated in major urban centers across the Philippines illustrates a convoluted terrain with obstacles and potential gains. The study contributes on the explanation of multiple factors for UHC among big cities with high diversity in terms of population density, socio-economic status and also health need requirements. This is enhanced by systemic bureaucratic inefficiencies and a general public who are unaware of available services. However, big cities also harbor unique opportunities for enhancing UHC. The centralization of healthcare resources, assets and institutions paves way for innovative categories like integrated health services or telemedicine. Public-private partnerships can enable service sharing and may result in better delivery efficiency, whereas community engagement strategies encourage local residents to engage more proactively with their health which activates larger volumes of services. The findings of this study suggest that a combined approach is needed, in which urban benefits are maximized and constraints addressed. Some key policy messages are strengthening the health platforms, improving workforce programs and partnerships between public and private sectors. From these strategies, the Philippines can begin prioritizing in its urban areas to fuel a cascading effect for stronger UHC implementation and lead towards improved health outcomes and equity at large

KEYWORDS: Universal Healthcare, Philippines, Urban Health, Healthcare Challenges, Health Policy, Primary Healthcare

Delivering Voices for Enhanced Deliveries: Stakeholder Recommendations on Birthing Assistance Policies for Primigravida and Grand Multigravida in Manila City

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ABSTRACT

Maternal health is a critical aspect of healthcare systems, focusing on the well-being of women during pregnancy, childbirth, and the postnatal period, aligning with Sustainable Development Goal 3 of ensuring healthy lives and well-being for all. Despite having policies for improving maternal health outcomes, particularly in managing high-risk pregnancies of primigravida and grand multigravida, challenges still persist in the Philippines. This study aims to investigate stakeholders' perspectives and recommendations for effective policy implementation on birthing assistance for primigravida and grand multigravida in Manila City, contributing to the advancement of SDG 3 and the enhancement of outcomes in maternal health. Utilizing a qualitative case study approach, 19 key informants in Manila City were interviewed, including 8 skilled birth attendants from public facilities, 7 skilled birth attendants from private facilities, and 4 policymakers involved in maternal health policy formulation, development, and implementation. Inductive thematic analysis through Braun and Clarke's 6-step approach was employed for data analysis. Interviews were recorded, transcribed, and analyzed manually and with NVivo 14 software. Trustworthiness was upheld through triangulation of interviews, literature review, and investigator consensus. Thematic analysis of stakeholders' perspectives revealed three key themes describing recommendations for effective policy development. First is Delivering Reforms: Voices to Amend and Strengthen Policy Implementation, where stakeholders emphasized the need to revisit policy provisions, to enhance clarity and address high-risk conditions. Second is Delivering Ownership: Voices for Collaborative Participation in Policy Implementation, where there was a consensus on the importance of enhancing stakeholder involvement in policy formulation, including broader consultation and feedback mechanisms. Last is Delivering Empowerment: Voices for the Improvement of Health Promotion Towards Better Implementation, where stakeholders underscored the importance of improving health promotion efforts and advocating for intensified counseling and education initiatives to increase awareness of maternal health policies among stakeholders. The findings of this study underscore the critical role of effective policy development in maternal healthcare. By addressing the recommendations of stakeholders, maternal health policies can be made clear, comprehensive, and responsive to the needs of healthcare providers and communities.

KEYWORDS: Maternal Health, Primigravidity, Multigravidity, Health Policy, Recommendations

Development of an Image-based Health Promotion Material to Cultivate Healthy Child Media Habits among Malaysian Toddlers

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ABSTRACT

The advancement of digital technology has driven screen-based media to be an essential part of a child's life. However, early exposure to electronic devices and excessive screen time have shown to be disrupting young children's emotional regulation, and delay their developmental milestone attainment. Hence, it is vital to ensure that parents and caregivers are informed on practical ways of cultivating healthy child media habits among thriving children. This study aimed to develop and validate an education material which would serve as guidance for healthcare workers to lead an image-based communication which promotes healthy child media habits to parents with children under three-years old during routine developmental assessment of toddlers in Malaysian health clinics. The single-paged education material was developed based on screen time guidelines and recommendations by World Health Organization and American Academy of Paediatrics which was then cross-culturally adapted into Bahasa Melayu - the national language of Malaysia and validated using the 'Patient Education Material Assessment Tool' (PEMAT) guidelines. A total of seven experts from the fields of Public Health Medicine, Developmental Paediatrics, Family Medicine, Educational Psychology, Social Behavioural Science, and Health Communication were invited to validate the education material which contains five components, illustrated by graphic designers. For PEMAT's understandability component, the scoring received ranged 73.3% to 100.0% (average score 89.7%), whereas for actionability the scoring ranged 60.0% to 100.0% (average score 88.6%). Feedback given on sociocultural relevance and suitability of the material for local context were taken into consideration before finalising it. The education material named "MEDIA" – an acronym which denotes the five components of healthy child media habit is an excellent tool for health promotion in the field of technology and toddlers. This study which is part of a larger feasibility study in which the effectiveness of the education material in reducing screen time and improving home media environment will be assessed is believed to assist in identifying effective platforms through which health promotion strategies for child media habits can be implemented to ensure these young ones thrive in a safe media environment.

KEYWORDS: Screen Time, Health Promotion, Child Development

Development of a Healthy Chiang Mai University Health Promotion Model for Evaluating Health Problems, Quality of Life, and Health Promotion Behavior among University Personnel

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ABSTRACT

The development of a healthy Chiang Mai University (CMU) health promotion model by applying a health information system to assess the health risks from NCDs for university personnel involves the systematic development of a health database which can be used to promote, plan, and develop policies or strategies to support health promotion, quality of life, and appropriate healthcare behaviors for personnel. This study aimed to assess the NCD health risks related to quality of life and health promotion behaviors among Chiang Mai University (CMU) personnel using Web-based Application. A study using a descriptive correlational design was conducted with a sample group of 650 people selected by convenience sampling, who were working at CMU between January 2021 and June 2021. Data were collected using the web application (CMU I-Health), and the instruments consisted of 1) a health risk assessment form, 2) the abbreviated WHO Quality of Life Assessment Form (WHOQOL-BREF), and 3) the Health-promoting Lifestyle Profile-II (Thai-CMU version). The Cronbach's alpha coefficients were higher or equal to 0.95 and 0.9, respectively. Data were analyzed using descriptive statistics and Pearson's correlation coefficient. The sample group consisted of females (68.6%) and males (31.4%), most of whom had moderate health risk (46.5%). Some participants had a history of taking NCD medication (18.9%), with the top four NCD risks being hypertension (13.2%), hyperlipidemia (13.2%), coronary artery disease (2.8%), and diabetes (1.2%). The main risk factors for developing chronic NCDs were excessive Body Mass Index (BMI) (99.7%), inappropriate dietary habits (98%), excess waist/hip ratio (57.4%), stress (42.5%), lack of exercise (30.2%), drinking alcoholic beverages (27.5%), and smoking (2.5%). No statistically significant differences were found in the quality of life and the health promotion behaviors after 6 months, although quality of life was found to be moderately correlated with health promotion behaviors ($r = 0.358$, $p < 0.01$). University personnel should be encouraged to practice appropriate health promotion behaviors in order to reduce risk factors and prevent the occurrence of non-communicable chronic diseases in the working-age population leading to wellness and a quality work-life balance.

KEYWORDS: Health Problems, Healthy CMU Health Promotion Model, Quality of Life, Health Promotion Behavior

Fostering Holistic Health: The UP Manila Wellness Wednesdays Project

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ABSTRACT

Well-being integrates physical, emotional, social, and spiritual dimensions, all essential to mental health. Universities play a critical role in promoting mental health by fostering positive environments. To address this need, the University of the Philippines Manila (UPM) launched the Wellness Wednesdays Project (WWP) to support the holistic wellness of students, faculty, and staff through monthly wellness events targeting these four dimensions. The paper aims to describe the participation and satisfaction levels among UPM constituents. A case study research design was employed, focusing on UPM. Investigators reviewed post-activity reports from WWP activities conducted between November 2023 and June 2024. These reports included participant attendance and evaluation metrics such as engagement levels, topic relevance, and time management among others. Descriptive statistics were used to analyze participation frequency and calculate the weighted mean of satisfaction ratings. All computations were performed using MS Excel. The UP Manila Wellness Wednesdays Project had seven wellness-themed activities. These included two activities focused on physical wellness, two on spiritual wellness, two on social wellness, and one on emotional wellness. Three activities were conducted online, two in-person, and two in a hybrid format. Participants included 36.77% students, 58.74% employees, and 4.49% alumni and external attendees. The activities had a mean attendance of 86, and a range of 50 to 128 participants. The project's weighted mean satisfaction rating was 4.75 using a scale from 1 to 5, with 5 being the highest. The Decades Dance-Off activity which promotes social wellness received the highest mean satisfaction rating of 4.87. The seven WWP activities were well attended and received high satisfaction ratings. These activities can be further assessed through qualitative studies which will explore attendees' experiences. University administrators are encouraged to sustain and replicate projects like these, which promote the holistic health of their community.

KEYWORDS: Healthy University, Occupational Safety and Health, Healthy Settings, Health Promotion

Health Knowledge on Tuberculosis and HIV/AIDS in Migrant Communities: Case Studies from Mahachai, Samut Sakhon

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ABSTRACT

This study investigates the health knowledge about Tuberculosis (TB) and HIV/AIDS among migrant communities in Mahachai, Samut Sakhon. It addresses the complex social and health challenges these populations face and aims to highlight critical gaps in understanding these significant health issues. Preliminary findings indicate a noticeable disparity in health knowledge regarding TB and HIV/AIDS within the migrant population. Language barriers, cultural differences, and limited access to healthcare services primarily influence this discrepancy. The significant migrant population in Mahachai exhibited varying levels of awareness about transmission, prevention strategies, and treatment options for both diseases. Importantly, prevalent misconceptions surrounding the stigma associated with HIV/AIDS were identified, underscoring the necessity for targeted health education initiatives. The implications of these findings emphasise the importance of culturally appropriate health promotion strategies that cater to the distinct needs of migrant populations. The study advocates for enhanced collaboration between local health authorities and community organisations to improve health communication and elevate health literacy. By cultivating an environment of trust and understanding, it is possible to empower migrants with the knowledge required to decrease the incidence of TB and HIV/AIDS within migrant communities in Mahachai.

KEYWORDS: Tuberculosis (TB), HIV/AIDS, Migrant, CSO, Health Knowledge

Road Safety Promotion and Accident Prevention: The Best Practice of Walailak University

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ABSTRACT

This best practice initiative aims to promote road safety and accident prevention among students at Walailak University by building their capacity to foster a safer campus environment. The primary objective is to reduce accidents and prevent injuries through structured training, environmental support, and continuous improvement. The method involves four key processes: 1) Training students to understand accident risks and consequences, 2) Developing an accident prevention system using the "10 Safety Measures," 3) Providing coaching for students to implement and sustain these measures, and 4) Conducting evaluations and making continuous improvements. The "10 Safety Measures" include 1) Risk point assessment across the campus, 2) Consultations with safety experts, 3) Traffic discipline training, 4) Strict enforcement of traffic regulations, 5) Group discussions with individuals not wearing helmets, 6) Helmet sales at the WU Book Center, 7) Borrow-a-Helmet program with entry/exit restrictions, 8) A helmet-wearing campaign, 9) A vehicle registration program, and 10) The formation of "Walai Arsa," a student-led safety volunteer group. The results of this best practice demonstrate a reduction in accidents from 419 in the fiscal year 2023 to 243 in the fiscal year 2024, equivalent to a 42% decrease over this period. This significant reduction underscores the effectiveness of the structured processes, "10 Safety Measures," and active student engagement in minimizing accident risks on campus. The active involvement of students in each phase—from awareness to implementation—not only enhances the impact of the "10 Safety Measures" but also fosters a culture of shared responsibility for safety. In conclusion, this best practice demonstrates that the synergy between the four-step process, the "10 Safety Measures," and student engagement plays a crucial role in effectively reducing and preventing accident incidents at Walailak University. Furthermore, this approach can be adapted and applied to other universities with similar contexts to enhance student safety and health promotion efforts.

KEYWORDS: Road Safety, Student Capacity Building, Accident Prevention, Health Promotion, Walailak University

Strategies of Universitas Indonesia for Attaining a 5 Stars Plus Rating in AUN-HPN

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ABSTRACT

University of Indonesia's (UI) employs an integrated administrative approach that emphasizes good health and wellness through the Healthy University Rating System (HURS). UI actively engages in this data-driven approach to foster health, and the AUN-HPN's Healthy University Rating System (HURS), designed with collaboration from Mahidol University and the ThaiHealth Promotion Foundation, is essential when assessing health progression. UI's commitment is demonstrated by its adherence to three main indicators: System and Infrastructure (SI), Zero Tolerance (ZT), and Health Promotion (HP) areas. In compliance with Rector Regulation No. 15/2023, UI has implemented extensive guidelines for sustainability, workplace health, safety, and emergency preparedness, insuring a solid foundation. A multi-tiered collecting information action influencing 15 faculties, multiple university units, and community health activities accomplished by the Health, Safety, and Environment Unit and the UI Makara Satellite Clinic constitutes component of the administrative system. For the purpose of ensure that pertinent files, documents, and images for each statistic are adequately recorded, an organized data collection approach has been established into place. The Secretariat issued each faculty with Google Drive link to attach supporting documentation. With the goal to guarantee a prompt and well-organized submission of data regarding to the criteria and categories, faculty representatives were provided with clear guidelines to adhere to a rigorous timeline. Eco-friendly transportation systems, disposal of waste, and secured building installation all get assisted via the SI framework. By upholding strict regulations prohibiting drug use, alcohol consumption, smoking, and sexual harassment, the ZT indicator guarantees a safe campus atmosphere. The HP divisions, on the contrary hand, center on mental health services, healthy lifestyle support, and an extensive education for health promotion that incorporates into various academic and extracurricular pursuits. Due to its accomplishments in gathering information and trans-disciplinary collaboration UI was awarded the esteemed "Five Stars Plus" accreditation in the 2023 HURS appraisal. This organizational milestone places UI in a position to lead the way in implementing health, safety, environmental sustainability and wellbeing policies in the academic setting.

KEYWORDS: Healthy University Rating System (HURS), Health Promotion and Safety, Sustainable Campus Infrastructure, Zero Tolerance Policies, UI Five Stars Plus Accreditation

The Need for Social Worker Training in Some Hospitals in Hanoi 2024

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ABSTRACT

In recent years, the presence of social workers in hospitals has proven beneficial for both patients and healthcare systems, especially in countries like the US and Singapore. Studies from the US and Europe show that social work services improve healthcare by providing psychological and social counseling, alleviating patient stress, and enhancing overall care quality. Vietnam is making strides in establishing social work as a critical part of the healthcare system. However, social work services are still underdeveloped, with only 21.5% of patients receiving procedural support and 13.2% getting emergency support in prior studies. This study examines 2024 Hanoi hospital social worker training needs. It tries to identify SW professional competency gaps and guide SW workforce development to meet rising healthcare demands. A cross-sectional descriptive study was conducted on medical staff at Bach Mai Hospital, National Cancer Hospital and National Children's Hospital. Data were collected based on the toolkit developed according to Circular 43/2015/TT-BYT and Decision 32/2010/QD-TTg on developing social work in hospitals. Assess the need for training for social workers at some hospitals in Hanoi 2024. A cross-sectional descriptive study was conducted on medical staff at Bach Mai Hospital, National Cancer Hospital and National Children's Hospital. Data were collected based on the toolkit developed according to Circular 43/2015/TT-BYT and Decision 32/2010/QD-TTg on developing social work in hospitals. High Demand for Social Work Services: The highest agreement rates were for the following activities: the necessity of SW in hospitals (53.7%), demand for human resources (51.2%), organizing SW departments (49.6%), and building a workforce for SW departments (48.8%). The "strongly agree" rates were 28.9%, 23.1%, 26.4%, and 26.4%, respectively. Essential Competencies for Social Workers: Legal and Psychological Knowledge: 42.1% of participants emphasized the importance of a strong foundation in Vietnamese laws, social psychology, and SW methodologies. Professional Ethics and Responsibility: 43.8% rated ethics and responsibility as critical competencies, indicating that adherence to ethical standards is central to effective SW practice. Preferred Training Methods: The most desired training content for healthcare workers is social work in hospitals (53.8%), palliative care for cancer patients (37.5%), psychological counselling (28.7%), and individual counselling (21.3%). Presentations (55.7%), case studies (40.5%), and online learning (34.2%) were preferred. Respondents favoured resources from universities (78.5%) and instructors with postgraduate social work backgrounds (68.8%). The role of social workers in healthcare 33.1% said welcome, directing, and providing medical service information is very necessary. 33.1% stressed the importance of rights and health insurance policy consultation. 35.5% think emergency support for abuse victims is essential, while 9.9% do not. Discharge support and referrals are 53.7% necessary. Volunteer coordination is needed by 54.5%, and health communication and education by 57%. Service introduction and SW guidance had 51.2%–56.2% need rates. There is a huge demand for social work training in hospital (53.8%), especially in areas such as palliative care (37.5%), psychological counseling and patient support (28.7%). University (78.5%) resources are preferred. Most desired teachers are social work postgraduates. Enhancing healthcare social work training, particularly in palliative care and psychiatric counseling. Developing and consolidating hospital social work departments with sufficient personnel and financial resources. Multiple instructional approaches and better teachers.

KEYWORDS: Social Work, Hospital, Medical Staff, The Needs, Training, Hanoi

Unraveling Roadblocks in Maternal Healthcare: A Case Study in the Service Delivery Challenges for Primigravida and Grand-multigravida Women in Manila City

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ABSTRACT

The mandated 2019 Universal Health Care Act focuses on the health systems of the Philippines, with the intent of advancing its primary health care providers. Amidst this transition, maternal health services remain a critical concern, as the maternal mortality ratio (MMR) in the country continues to be of concern, particularly in high population density areas such as Manila City, which has its MMR at 81.64. Therefore, in light of the objective for the 3rd Sustainable Development Goal of reducing MMR, the study highlights the lack of policy assessment for high-risk pregnancies, specifically for primigravida and grand multigravida in Manila City. With this, the study aims to identify gaps that hinder the improvement of maternal health services in the area to recommend better healthcare management in the city, and subsequently, in the country. A qualitative case study using semi-structured key informant interviews was conducted. A total of 19 key informants were interviewed (8 public midwives, 7 private midwives, and 4 policymakers) in Manila City. Inductive thematic analysis was employed, focusing on policy formulation, content, stakeholder engagement, and operations, identifying common themes. Interviews were recorded, transcribed, and analyzed manually and with NVivo 14 software. Triangulation among interviews, literature reviews, and investigator consensus was utilized to uphold the trustworthiness of the results. Various factors have negatively affected the implementation of the policies in ensuring safe delivery for G1 and G5+ women. These barriers were categorized into three major themes: systemic, structural, and behavioral factors. For the systemic factors, interviews revealed problems in the referral mechanism due to overcrowding and communication difficulties in tertiary facilities. Structural factors include policy issues such as the lack of provision on imminent cases. Lastly, behavioral factors include profit-motivated practitioners and persistent mothers. All of these hamper the efficient implementation of the policies, negatively affecting policy goals. By determining such barriers, solutions can be developed to improve policy implementation and achieve safer delivery outcomes for G1 and G5+ women. Addressing systemic, structural, and behavioral issues will better align healthcare practices with policy goals.

KEYWORDS: Primigravidity, Multigravidity, Health Policy, Qualitative Research, Philippines

The 10th Anniversary of the
ASEAN University Network - Health Promotion Network (AUN-HPN)
3rd December 2024

SYNTHESIS REPORT

SYNTHESIS REPORT

The 10th Anniversary of the ASEAN University Network – Health Promotion Network (AUN-HPN)

3rd December 2024 - Millennium Hilton Bangkok, Thailand

*Prepared by the following AIHD Notetakers:
Mongkon Thongchaithanawat, Wichukorn Suriyawongpaisa, Dr. Thiranan Pansuppawat, Dr. Christine Stanly*



Figure 1. 10th Anniversary of the ASEAN University Network – Health Promotion Network

This report presents key insights from 10th Anniversary of the ASEAN University Network – Health Promotion Network (AUN-HPN) (Figure 1), held on December 3, 2024, at the Grand Ballroom, Millennium Hilton Bangkok, Thailand. The event featured a diverse array of presentations and discussions, focusing on health promotion. Renowned keynote speakers and experts in the field provided valuable perspectives on current challenges and opportunities. The report is divided into 6 sections:

1. Healthy University Rating System (HURS) Award Presentation 2023
2. Panel Discussion: "*Leveraging HURS: Cooperative Use in Global University Rankings*"
3. The 9th AUN-HPN International Advisory Committee (IAC) Meeting
4. Plenary Session: "*Synergizing for Sustainable Health Promotion: The Roles of International Network of Health Promotion Foundations (INHPF) and AUN-HPN*"
5. Oral Presentation: Best practices of Health Promotion Achievements in ASEAN Universities
6. Welcoming AUN-HPN new associate members

Healthy University Rating System (HURS) Award Presentation 2023

Healthy University Rating System (HURS), built on the AUN Healthy University Framework (HUF), positively impacts global university rankings by promoting a healthy campus environment. This, in turn, supports the overall well-being and academic success of students and employees in various ways, as underlined by Prof. Dr. Chartchalem Isarankura-Na-Ayudhya, including:

- Encouraging universities to adopt comprehensive health policies and practices.
- Recognizing and rewards institutions for creating a supportive and healthy learning environment.
- Enhancing a university's reputation and attractiveness to prospective students and faculty.
- Motivating continuous improvement in health promotion, contributing to higher educational standards.
- Facilitating international visibility and networking opportunities through participation and higher ratings in HURS.

HURS assesses universities based on their performance in several areas, judging them against a set standard rather than comparing them to one another. Universities are verified and given an overall score, with 5-star-plus being the highest rating. There is no limit to the number of universities that can achieve the highest score overall or in any category.

HURS comprises questionnaires categorized into three categories: system and infrastructure, zero tolerance areas, and health promotion areas. The rating is determined by a composite score, which is then classified into six categories, as outlined in Table 1.

Table 1. Six categories of HURS

Rating	Score
5-star-plus	≥ 900
5-star	800-899
4-star	600-799
3-star	400-599
2-star	200-399
1-star	1-199

The Healthy University Rating System (HURS) Award Presentation recognizes ASEAN universities that have demonstrated excellence in health promotion and achieved outstanding ratings in the Healthy University Rating System (HURS) evaluation. This prestigious award highlights the universities' commitment to creating healthier, more sustainable environments for their campus communities.

Marking a significant milestone, the HURS 2023 presentation is the first official award ceremony since the HURS system was launched in 2021. Previously, HURS awards were presented informally during various meetings or courtesy visits across different countries. This official ceremony underscores the importance of recognizing universities that have shown exceptional dedication to health promotion on their campuses.

The HURS 2023 Award Presentation reflects the growing acknowledgment of the HURS system as a vital tool for advancing health promotion across ASEAN universities, offering a meaningful opportunity to celebrate the achievements of institutions in a formal and impactful setting.

In 2023, 25 universities across ASEAN participated in the HURS evaluation, with 21 successfully assessed. A detailed summary of the 2023 HURS Award recipients is provided in Table 2.

Table 2. List of universities that participated and received HURS 2023 Award

University	Country
5-star-plus	
Universitas Indonesia	Indonesia
Universiti Kebangsaan Malaysia	Malaysia
5-star	
Burapha University	Thailand
De La Salle University	The Philippines
Universitas Gadjah Mada	Indonesia
King Mongkut’s University of Technology Thonburi	Thailand
4-star	
Chiang Mai University	Thailand
Chulalongkorn University	Thailand
Maejo University	Thailand
Maharakham University	Thailand
Mahidol University	Thailand
Naresuan University	Thailand
Srinakharinwirot University	Thailand
Suranaree University of Technology	Thailand
Universitas Airlangga	Indonesia
University of the Philippines Manila	The Philippines

The HURS 2023 Award Presentation recognized both Thai and ASEAN universities for their outstanding achievements in health promotion, with the awards (Figure 2) being presented in two separate events for this year.



Figure 2. HURS 2023 Award Presentation

In March 2024, during the 2nd National Conference on Health-Promoting Universities under the theme "*Building a Culture of Health Promotion: Fostering Mental Health Awareness and Support on Campus*," the HURS 2023 Awards were presented to Thai universities that achieved 4-star and 5-star ratings. Among the Thai universities evaluated, eight received a 4-star rating, including Chulalongkorn University, Chiang Mai University, Suranaree University of Technology, Naresuan University, Mahidol University, Mahasarakham University, Maejo University, and Srinakharinwirot University. Two universities achieved a prestigious 5-star rating: Burapha University and King Mongkut's University of Technology Thonburi. The event, organized by the Thai University Network for Health Promotion Network (TUN-HPN), was held on March 21–22, 2024, at the Montien Hotel Surawong, Bangkok, to celebrate the commitment of Thai universities in promoting health and well-being on campus.



Figure 3. Healthy University Rating System (HURS) Award Presentation 2023 from left to right: Dr. Michael L. Tee, Prof. Christian George Francisco, Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff, Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya, Assoc. Prof. Dr. Agustin Kusumayati, Prof. Yayi Suryo Prabandari, Dr. Sri Widati., S. Sos., M. Si

Later, as part of the 10th Anniversary of AUN-HPN, which was held on December 3, 2024, the HURS 2023 Awards (Figure 3) were presented to ASEAN universities outside Thailand. The awards were bestowed upon universities receiving a prestigious 4-star or 5-star-plus rating. The 5-star-plus rating was awarded to Universitas Indonesia and Universiti Kebangsaan Malaysia. The 5-star rating was presented to De La Salle University and Universitas Gadjah Mada, while the 4-star rating was granted to Universitas Airlangga and the University of the Philippines Manila. This event brought together AUN-HPN member universities from across the ASEAN region, showcasing their accomplishments in health promotion and inspiring other institutions to prioritize creating healthier and more sustainable campus environments.

The two-part award presentation underscores the importance of collaboration among universities within Thailand and across the ASEAN region, reinforcing the collective efforts of AUN-HPN in advancing health promotion initiatives on campuses. This ceremony not only

celebrated the achievements of participating universities but also inspired others to prioritize health promotion and contribute to building healthier universities across the region.

Universities were awarded between 1 to 5 stars based on their total scores, promoting a culture of excellence and collaboration in health promotion throughout ASEAN. This ceremony reinforced the commitment of universities to building healthier campuses and advancing health promotion initiatives both regionally and globally.

Panel Discussion: "Leveraging HURS: Cooperative Use in Global University Rankings"

Moderator: Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya, Dean of the Graduate Studies, Mahidol University

Panelists:

- Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff, Deputy Executive Director (Excellence & Recognition), UKM Strategy Centre, Universiti Kebangsaan Malaysia
- Assoc. Prof. Dr. Agustin Kusumayati, University Secretary of Universitas Indonesia



Figure 4. Panel Discussion: "Leveraging HURS: Cooperative Use in Global University Rankings" from left to right: Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya, Assoc. Prof. Dr. Agustin Kusumayati, Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff

This session highlights the transformative role of the Health University Framework (HUF) and Health University Rating System (HURS) in promoting excellence within universities while aligning with global health promotion goals. Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya provided an introductory overview of the framework, setting the stage for discussions on their integration into institutional policies and global university rankings. Panelists Assoc. Prof. Dr. Agustin Kusumayati (Universitas Indonesia) and Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff (Universiti Kebangsaan Malaysia) shared their universities' paths to achieving the coveted 5-star+ HURS rating, including strategies, success stories, and cooperative practices that have enhanced their institutions' reputations.(Figure 4)

In 2023, Universitas Indonesia (UI) and Universiti Kebangsaan Malaysia (UKM) demonstrated their commitment to excellence in health promotion and well-being. UI advanced from a 5-star rating in 2022 to a 5-star-plus in 2023, while UKM maintained its 5-star-plus

status since 2022. These achievements were shared by Prof. Dr. Agustin Kusumayati from UI and Assoc. Prof. Chm. Dr. Siti Fairus Mohd Yusoff from UKM. Both universities are dedicated to promoting health and well-being on their campuses using the Healthy University Rating System (HURS). This commitment aligns with international standards, such as the global Sustainable Development Goals (SDGs), particularly SDG 3, which calls for ensuring healthy lives and promoting well-being for all.

Figure 5. Leveraging HURS: Cooperative Use in Global University Rankings.

To succeed as a healthy university, the most crucial step is to incorporate the AUN Healthy University Framework (HUF) into the university's strategic plan. This integration ensures that all units within the university are actively involved in implementing concrete health initiatives. For instance, at UI, the Directorate for Student Affairs develops health-related curriculums and activities, and faculties translate HURS principles into meaningful actions. Each faculty leverages its strengths: the Faculty of Public Health focuses on health research and community engagement, the Faculty of Engineering excels in environmental sustainability (e.g., solar panels, health technology innovations), and the Faculty of Political and Social Sciences leads social campaigns, especially addressing sexual violence. (Figure 5)

Figure 6. Leveraging HURS: Cooperative Use in Global University Rankings.

UKM, on the other hand, has established a Health Promotion Steering Committee that includes key personnel from various university units. This committee regularly discusses monitoring and data collection. The success of their implementation is supported by earlier established infrastructures, such as the Occupational Safety, Health & Environment unit (ROSH-UKM), which conducts audits and site visits to promote occupational safety and health. Additionally, the UKM Department of Registrar ensures compliance with Mental Health and No Smoking Policies among staff and students.

Both universities have seen significant benefits from adopting the Healthy University Rating System (HURS) and AUN Healthy University Framework (HUF). Prof. Dr. Agustin from UI noted that the university now derives comprehensive baseline data on the health status of students and employees. Assoc. Prof. Chm. Dr. Siti Fairus highlighted that the HURS framework has led to a significant increase in health and wellness initiatives at UKM, covering system and infrastructure, zero tolerance areas, and health promotion. Also, the HURS evaluation has helped UKM transform into a Wellness Campus, emphasizing holistic well-being, resilience, and thriving for its diverse community. (Figure 6)

Despite their successes, both universities recognize the ongoing challenge of maintaining the well-being of their large campus communities, which include thousands of students and employees. Expanding regulations to cover a broader range of aspects and complex scopes is crucial to addressing various dimensions of health and well-being.

Assoc. Prof. Chm. Dr. Siti Fairus suggests several strategies for universities to effectively leverage HURS and enhance both global rankings and health promotion efforts:

- Integrate health promotion into strategic goals
- Strengthen data collection and reporting
- Foster interdisciplinary collaboration among units
- Invest in capacity building
- Benchmark and share best practices
- Emphasize innovation and inclusivity

By embedding health promotion into the university's core activities and utilizing HURS as a framework for improvement, institutions can not only elevate their global standing but also create a healthier, more supportive environment for their community.

The 9th AUN-HPN International Advisory Committee (IAC) Meeting

The 9th AUN-HPN International Advisory Committee (IAC) Meeting exemplified the network's commitment to strengthening collaboration and driving advancements in health promotion across ASEAN universities. Attended at this meeting were key representatives from leading institutions such as Ateneo de Manila University, Burapha University, Chiang Mai University, Mahidol University (Chair), Prince of Songkla University, Universitas Airlangga, Universitas Indonesia, Universitas Gadjah Mada, and Vietnam National University - Ho Chi Minh City, the meeting served as a critical platform for regional cooperation. These universities strategized on initiatives to foster healthier campus environments and align their collective efforts toward addressing regional and global health challenges.

Highlights included discussions on how to create a country chapter in other ASEAN countries by using the TUN-HPN as a role model.

Asst. Prof. Dr. Chirawath Phatsara, Assistant to the President Chiang Mai University and Chair of the TUN-HPN Committee, emphasized the importance of stronger collaboration within countries and across universities. He proposed using TUN-HPN's activities, such as

quarterly meetings and biennial academic conferences, as a model for establishing country chapters to mentor and connect universities with varying levels of experience in health promotion.

Assoc. Prof. Dr. Thuwadee Suksaroj encouraged universities to lead the development of their country chapters, supported by the AUN-HPN Secretariat. For example, Universiti Kebangsaan Malaysia (UKM), which achieved a 5-star HURS rating, shared expertise to help other universities enhance their health promotion policies. Indonesian representatives proposed revitalizing their Healthy Campus Network by collaborating with the Ministries of Health and Education, while Philippine representatives expressed optimism about expanding HURS participation among their universities.

Additionally, Osaka University expressed interest in collaborating with AUN-HPN on initiatives targeting non-communicable diseases (NCDs), supported by Japanese government funding. Burapha University highlighted its partnerships with communities, local committees, and government authorities on health initiatives.

The meeting also emphasized the role of the IAC Co-Host, which will take turns annually, with the meeting location depending on the Co-Host country. It was tentatively concluded that the next IAC meeting and the 4th AUN International Conference on Health Promotion will be held in the Philippines, co-hosted by the University of the Philippines.

The meeting underscored AUN-HPN's role in fostering regional cooperation, mutual learning, and innovation in health promotion. Recommendations put forth by the committee were approved, reaffirming AUN-HPN's commitment to supporting member universities in advancing impactful initiatives.



Figure 7. AUN-HPN International Advisory Committee (IAC)

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

Panelist: Dr. Nuttapun Supaka, Director of Policy and Strategy Section, ThaiHealth



Figure 8. Dr. Nuttapun Supaka, Director of Policy and Strategy Section, ThaiHealth

A health promotion fund/foundation is an investment safeguarding health and well-being of general population. It provides flexible grants to multi-sectoral partners to drive population-level health promotion. Such funds are cost-effective, generating a reliable long-term funding stream. To foster international collaboration, the International Network of Health Promotion Foundations (INHPF) was established in 1999. This network promotes equitable health and well-being for all people. Currently, there are 8 member organizations from Australia, Singapore, South Korea, Taiwan, Thailand and Tonga.





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

Dr. Nuttapun Supaka

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



Figure 9. Synergizing for Sustainable Health Promotion: The Roles of International Network of Health Promotion Foundation (INHPF) and AUN-HPN

In Thailand, Dr. Nuttapun Supaka illustrated that Thai Health promotion foundation (ThaiHealth), an autonomous governmental agency, is a key player in health promotion initiatives. Funded through tobacco and alcohol taxes, ThaiHealth employs a tri-power strategy: knowledge and research innovation, policy advocacy and law enforcement, and social mobilization.

As a key funder of AUN-HPN for a decade, ThaiHealth recognizes the crucial role of universities in driving health promotion. Thereby key roles of ThaiHealth for AUN-HPN include 1) granting to the universities to conduct research on health promotion, 2) collaborating with health initiatives, 3) capacity building by collaborative workshop and training with partners, and 4) policy development and advocacy. This synergy reflects a comprehensive approach to improving health outcomes by influencing the strengths of a national foundation and a regional academic network.

Oral Presentation: Best practices of Health Promotion Achievements from 4 ASEAN Universities

Apart from the champions' lessons, there are innovative practices in health promotion, in particular revolved around mental health and well-being of university members, from 4 universities in ASEAN, including Thailand¹, Indonesia², The Philippines³, and Singapore⁴.

A healthy university indeed encompasses multiple dimensions including physical, mental, social, and environmental. A study on healthy university issue among 12 state universities and colleges across the Philippines reveals 3 major themes: health initiatives, community partnerships, and student engagement in health promotion. Each of these categories contributes to the development of a "healthy university" framework that integrates physical, mental, and social well-being into the educational environment. These efforts not only foster a culture of wellness on campus but also extend their impact to surrounding communities and beyond contributing significantly to the broader goal of building healthier, more resilient societies. Yet, Singapore Management University (SMU) in Singapore approaches all student wellness by developing resilience skills in six inter-related dimensions: physical, intellectual, social, emotional, career, and financial. This framework not only improves the likelihood of student success but also helps students thrive and succeed, providing a pathway to a flourishing life. Meanwhile, Kasetsart University (KU) in Thailand emphasizes the importance of physical environment by establishing several green spaces across the campus for relaxation and public interaction. Universitas Indonesia (UI), a 5-star plus university in HURS 2023, demonstrates significant impact on promoting a healthy environment on campus. Among other initiatives, their compliance with road safety measures shows a great success rate with 91.2% compliance.

¹ Presented by Asst. Prof. Dr. Suratwadee Arunwarakorn and her colleagues, Kasetsart University

² Presented by Prof. Dr. Robiana Modjo, Universitas Indonesia

³ Presented by Prof. Dr. Ronnell D. dela Rosa, St. Paul University Manila/University of Philippines Open University

⁴ Presented by Dr. Alvin Sim, Singapore Management University



Figure 10. KU Happy Guide: Activities to promote sustainable relaxation from KU, green space and fresh air, Speaker: Asst. Prof. Dr. Suratwadee Arunwarakorn



Figure 11. Universitas Indonesia's Strategy to Engage All Faculties in Health Promotion Activities, Speaker: Prof. Dr. Robiana Modjo

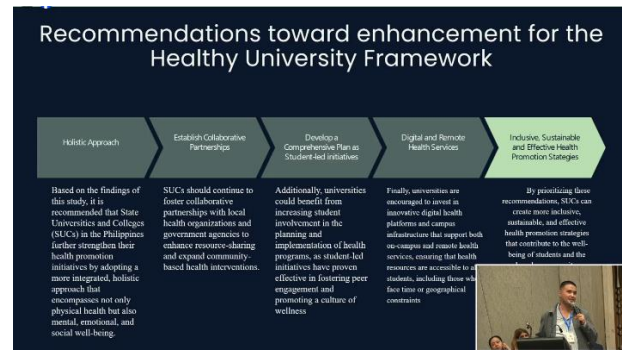


Figure 12. Health Promotion Achievements among State Universities and Colleges in the Philippines, Speaker: Prof. Dr. Ronnell D. dela Rosa



Figure 13. Embedding Holistic Wellbeing into the Fabric of the University Through Fostering a Resilient Student & Staff Community, Speaker: Dr. Alvin Sim

Mental health and well-being are key concerns among universities in ASEAN. Counseling services are commonly provided to support student mental health. KU has implemented the "KU Happy Guide" since 2022 to support student mental well-being, with positive feedback from users. SMU offers online mandatory modules and resources, "Mental Health and You", to track baseline mental health literacy for all faculty and staff members. They also launched the Self-help App (Resilience@SMU), which offers stress and anxiety management for students and empowers them to build positive habits and resilience. Likewise, UI has expanded access to counseling services for students and staff, integrated mental health initiatives into the curriculum and co-curricular activities, and launched programs like stress reduction workshops and peer counseling initiatives.



Figure 14. Oral Presenters: Best Practices of Health Promotion Achievements

Welcoming AUN-HPN new associate members

This special session celebrates the growth of the ASEAN University Network – Health Promotion Network (AUN-HPN) by welcoming its newest associate members. The event marks an important milestone as these institutions join a collaborative journey dedicated to advancing health promotion across the ASEAN region. New associate members were invited on stage to receive a token of appreciation, symbolizing their formal induction into the network. This moment underscores the shared commitment to fostering healthier universities and communities while strengthening partnerships within AUN-HPN. Join us in celebrating their inclusion and the continued expansion of this impactful initiative.

On this occasion, AUN-HPN has welcomed ten new associate members from The Philippines and Thailand at the conference. Detailed information about the new members can be found in Table 3.

Table 3. New AUN-HPN associate members

No.	University	Country
1	De La Salle University-Dasmariñas	The Philippines
2	Universidad de Sta Isabel de Naga, Inc	The Philippines
3	University of Phayao	Thailand
4	Silpakorn University	Thailand
5	Sripatum University	Thailand

No.	University	Country
6	Princess of Naradhiwas University	Thailand
7	King Mongkut's Institute of Technology Ladkrabang	Thailand
8	Rangsit University	Thailand
9	Chiang Rai College	Thailand
10	Phetchabun Rajabhat University	Thailand



Figure 15. AUN-HPN new associate members



Figure 16. Universidad de Sta Isabel de Naga, Inc, The Philippines



Figure 17. De La Salle University-Dasmaringas, The Philippines



Figure 18. Silpakorn University, Thailand



Figure 19. University of Phayao, Thailand



Figure 20. Princess of Naradhiwas University, Thailand



Figure 21. Sripatum University, Thailand



Figure 22. King Mongkut's Institute of Technology Ladkrabang, Thailand



Figure 23. Rangsit University, Thailand



Figure 24. Chiang Rai College, Thailand



Figure 25. Phetchabun Rajabhat University, Thailand

Participant Feedback and Key Areas of Satisfaction

With the active involvement of over 200 participants, the 10th Anniversary of AUN-HPN demonstrated its success by uniting experts, academics, and stakeholders. It served as a catalyst for knowledge exchange, collective action, and the development of a comprehensive vision for health promotion in higher education across ASEAN.

The AUN-HPN Secretariat Office took proactive measures to assess participant satisfaction by administering a satisfaction survey through Google Forms. This initiative aimed to gather valuable feedback and insights from attendees regarding their experience at the 10th Anniversary of AUN-HPN. Participants were invited to share their thoughts, opinions, and suggestions via the Google Form, providing a structured and efficient means for collecting feedback on various aspects of the symposium, such as content, organization, and overall satisfaction. This data collection method underscores the commitment of the AUN-HPN

Secretariat to continuous improvement and ensuring that future events meet the expectations and needs of the diverse audience involved.

Feedback from 17 respondents—most of whom were AUN-HPN members (52.9%), with 41.2% from Thailand, 35.3% from the Philippines, and the remainder from Vietnam, Indonesia, and Myanmar—indicated high satisfaction across all dimensions. These dimensions included event content, speakers and panelists, AUN-HPN staff/coordinators, materials and documents, venue/facilities, and PR and social media engagement, all of which predominantly received scores of 5 out of 5. Respondents also appreciated the welcoming and informative staff. All sessions effectively captured the respondents' attention. Suggestions for improvement included incorporating more interactive elements, extending Q&A sessions, and adding stretching exercises, possibly before or after coffee breaks.

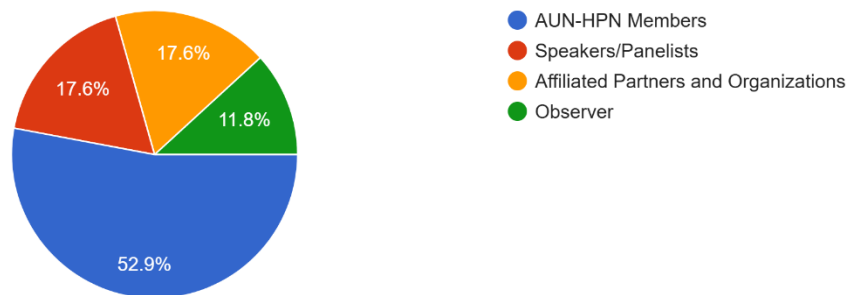


Figure 26. Type of participants

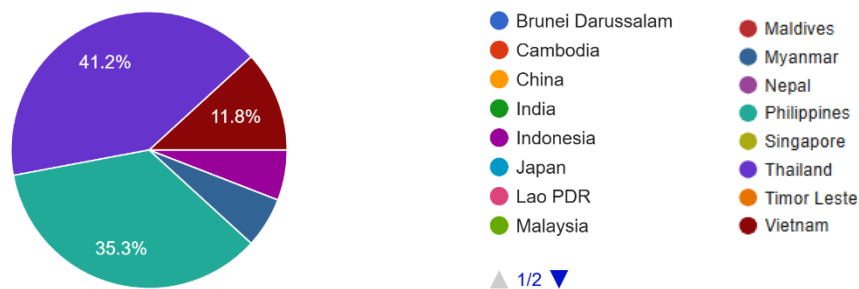


Figure 27. Country of origin

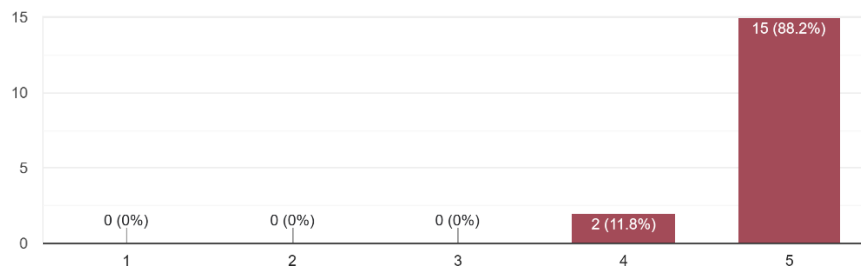


Figure 28. Overall satisfaction

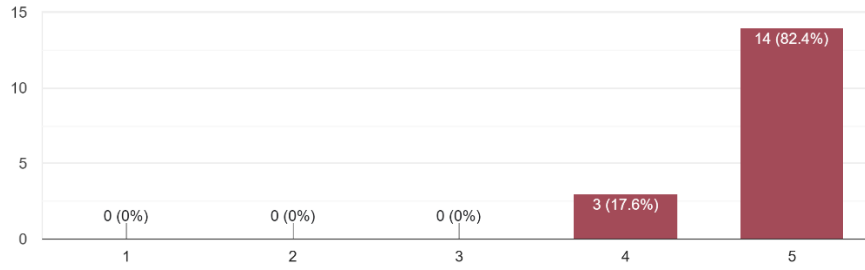


Figure 29. Contents of the event

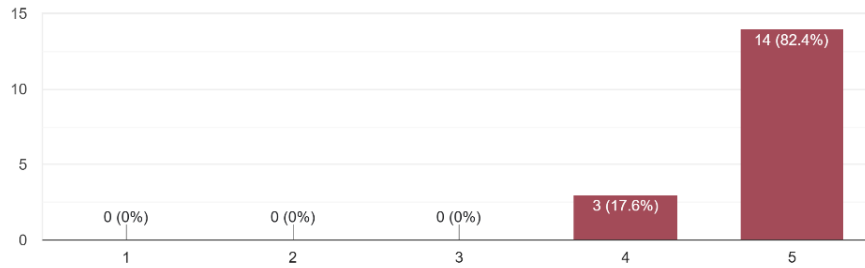


Figure 30. Speakers and Panelists

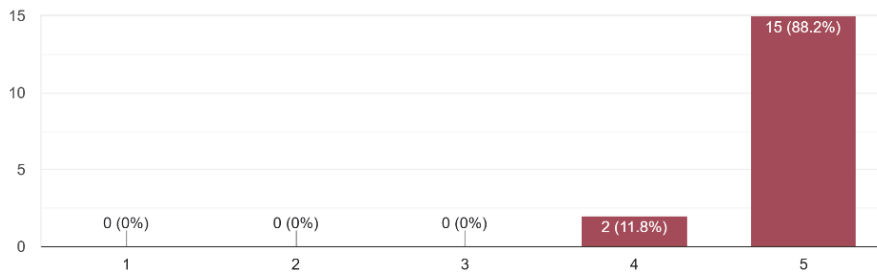


Figure 31. AUN-HPN Staff / Coordinators

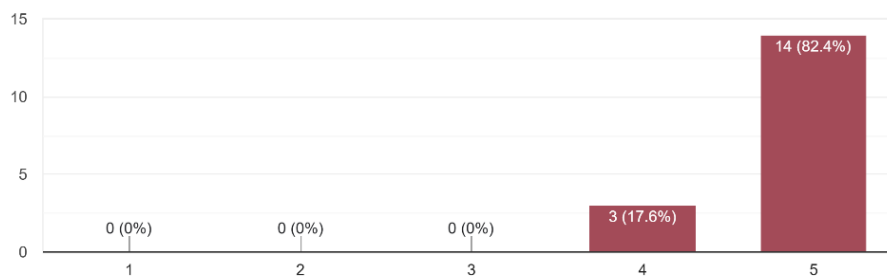


Figure 32. Materials and documents provided

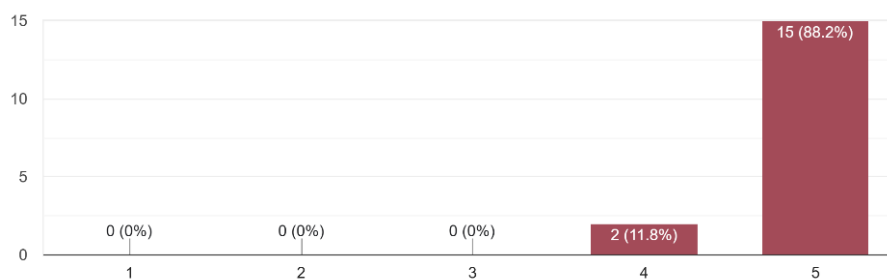


Figure 33. Venue / Facilities

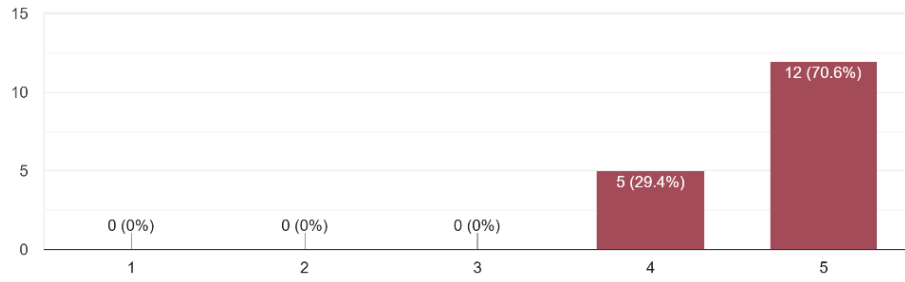


Figure 34. PR/ Social media engagement (website, Facebook, posters, etc.)

**The 1st AIHD International Forum:
Synergizing Global Health, Primary Health Care, and
Health Promotion for a Sustainable Future
4th December 2024**

SYNTHESIS REPORT

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The 1st AIHD International forum “Synergizing Global Health, Primary Healthcare, and Health Promotion for a Sustainable Future”

4 December 2024 - Millennium Hilton Bangkok, Thailand

Prepared by the following AIHD Notetakers:

Mongkon Thongchaithanawut, Wichukorn Suriyawongpaisa, Pongpaiboon Tularag

Dr. Thiranan Pansuppawat, Dr. Christine Stanly

This report presents key insights from the 1st AIHD International forum “Synergizing Global Health, Primary Healthcare, and Health Promotion for a Sustainable Future”, held on December 4th, 2024, at the Grand Ballroom of the Millennium Hilton in Bangkok, Thailand. The event featured a diverse array of presentations and discussions, focusing on health promotion. Renowned keynote speakers and experts in the field provided valuable perspectives on current challenges and opportunities. This report is divided into four sections: Keynote Speeches; Improving Health and Access to Care; Evidence Across ASEAN; and Reflections from AIHD Alumni.

Keynote Speeches

The forum featured keynote speeches by two esteemed speakers: Saima Wazed, Regional Director of WHO South-East Asia Region and Panudda Boonpala, International Labour Organization Deputy Director for the Regional Office for Asia and the Pacific, Thailand. The speeches emphasized how Primary Healthcare (PHC) serves as a crucial driving mechanism to achieve Universal Health Coverage (UHC) and Sustainable Development Goals (SDGs). PHC can also improve and maintain health of people which is one domain of human right across social and economic classes.

State of the arts in primary healthcare to address global issues

Speaker: Saima Wazed, Regional Director of WHO South-East Asia Region (Figure 35)



Opportunity to create a more resilient, inclusive, and sustainable future – guided and informed by a spirit of social justice

Figure 35. State of the arts in primary healthcare to address global issue, Speaker: Saima Wazed, Regional Director of WHO South-East Asia Region

PHC has a long-standing history in Southeast Asia, dating back to the establishment of the first community-based primary care unit in Sri Lanka in 1926 and the Bandung Conference on Rural Hygiene in Indonesia in 1937. These early initiatives highlighted the inseparable link between health and social development. The modern movement for PHC was significantly influenced by the Alma Ata Declaration of 1978, where 134 nations, convened by the World Health Organization and UNICEF, reaffirmed health as a fundamental human right. This declaration emphasized that health is not merely the absence of disease but a state of complete physical, mental, and social well-being, placing PHC at the core of achieving health for all.

The Alma Ata Declaration is deeply rooted in the spirit of social justice, which has historically shaped global health policies and systems. This spirit, as Ruth and Milton Romer noted, is essential for creating health systems that are not only effective but equitable. Over the years, however, global health efforts have often diverged from these principles, focusing instead on disease-specific interventions. While such efforts have been successful in reducing the burden of infectious diseases, they have sometimes led to a fragmented approach to healthcare. This narrow focus has often overlooked the broader, holistic aspects of well-being, highlighting the need for a more integrated approach that addresses the root causes and social determinants of health.

As the world faces emerging health challenges such as climate change, the rise of non-communicable diseases, and evolving socioeconomic pressures, there is a pressing need to return to the foundational principles of PHC. This involves building health systems that are resilient, inclusive, and sustainable, guided by the spirit of social justice. The recent Southeast Asia Regional PHC Forum in Jakarta emphasized the importance of quality and integration in PHC, advocating for a collaborative approach to drive the vision of a healthier region. The global health community must synergize efforts to advance PHC and create a future where health is truly a fundamental human right for all.

Ensuring Effective Access to Quality Healthcare Without Hardship and Impoverishment: The Role of the International Labour Organization (ILO)

Speaker: Panudda Boonpala, Deputy Director for the Regional Office for Asia and the Pacific, International Labour Organization, Thailand (Figure 36)



*Figure 36. Ensuring Effective Access to Quality Healthcare Without Hardship and Impoverishment: The Role of the International Labour Organization (ILO)
Speaker: Panudda Boonpala, Deputy Director for the Regional Office for Asia and the Pacific, International Labour Organization, Thailand*

Social health protection, based on rights-based framework, ensures that everyone, regardless of economic status, has access to quality healthcare without financial hardship, aligning with UHC policy goal and the United Nations SDGs. Social health protection is crucial for human and economic development, promoting individual well-being and contributing to social and economic progress.

This approach is guided by principles of adequacy of benefits, collective financing, and progressive realization. Adequacy ensures that health services meet people's needs, provide sufficient financial protection, and are accessible and of high quality. Collective financing relies on a combination of state revenues and social contributions to prevent financial hardship from healthcare costs. Progressive realization involves starting with a strong foundation of essential healthcare services and gradually expanding coverage and benefits over time.

There are challenges in achieving universal and sustainable social health protection, particularly in the Asia Pacific region. These challenges include extending population coverage, improving the adequacy of benefits, and ensuring financing and sustainability. Currently, only 62% of the population in Asia and the Pacific is covered by social health protection schemes, and progress has stalled. Benefit adequacy remains an issue, with many services inaccessible in remote areas and out-of-pocket expenditures increasing. To address these gaps, governments must significantly increase investments in health and social health protection systems to ensure equitable access to healthcare and build resilient systems capable of responding to future crises.

Symposium: Improving health and access to care through practical implementation strategies

This section highlights valuable lessons learned from Thailand and China on improving health outcomes and access to care through practical implementation strategies. The insights were shared by three panelists: Dr. Roman Xu, ACACIA Lab, Southern Medical University, China; Mr. Kanitsak Chandraphiphat, Assistant Secretary, National Health Security Office; and Dr. Orawan Tawaetiphongs, Director of Khao Yoi Hospital. (Figure 37)

Global health concerns are increasingly focused on infectious diseases, non-communicable diseases (NCDs), mental health, maternal and child health, and environmental health. These five areas are significantly influenced by social determinants of health. In Thailand, these concerns have persisted due to unequal socio-economic development and disparities in exposure to hazardous conditions. Thanks to the achievement of Universal Health Coverage (UHC) in 2002, Thailand has made significant strides in health promotion, primary healthcare, curative care, and rehabilitation by substantially reducing out-of-pocket expenditure for the general public. Additionally, the shift towards holistic care rather than disease-focused approaches is central to health promotion and disease prevention. Health promotion can reduce the burden on primary healthcare through early intervention, community empowerment, self-care, and cost-effective prevention strategies. Community empowerment is particularly essential for health promotion, as local individuals understand their situations better than medical personnel in hospitals



Figure 37. Improving health and access to care through practical implementation strategies from left to right: Dr. Roman Xu, Mr. Kanitsak Chandraphiphat, Dr. Orawan Tawaetiphongs, Dr. Warisa Panichkriangkrai

Besides, China faces increasing challenges in managing NCDs in rural areas, particularly due to dual aging challenges” — an increasingly aging population and a shortage of young, well-trained doctors. Implementation science, a field focused on bridging the gap between research and practice, offers a potential solution. It is basically a multidisciplinary specialty that seeks generalizable knowledge about the scale, reasons for, and strategies to close the evidence-to-practice gap. Inspired by community health management practices in Nepal, China has shifted the role of village clinics from treatment to disease management. Former healthcare workers have been redeployed as a key workforce, and AI-powered workflows have significantly reduced paperwork. Also, AI can automate data capture, such as measuring vital signs, and generate health dashboards to alert doctors. This implementation strategy has yielded threefold benefits: addressing human resource shortages, enhancing quality of care, and improving monitoring.

Evidence across the ASEAN: application of primary healthcare and health promotion

This section showcases implementations addressing a variety of health concerns across the ASEAN region. These implementations illustrate potential best practices in health promotion and highlight challenges at both community and institutional levels.

Community level

At the community level, a number of innovative health promotion interventions have been implemented to tackle various health issues. Digital health, including mobile health (mHealth), holds immense potential for transforming healthcare. The digital health solutions bridge geographical gaps, support human resources within health systems, and improve health literacy among populations. In Cambodia, the *Mobile Link* intervention, a mobile-phone-based text and voice messaging program was launched to connect female entertainment workers with sexual and reproductive health services. The evaluation of the intervention reveals that female entertainment workers gain a better understanding of their sexual health and are encouraged to engage in outreach work and an escorted referral. Likewise, the Innovative mobile technology, the “i-MoMCARE” application, has been introduced to enhance maternal and child healthcare services. (Figure 38) This digital initiative aims to support village health support groups and health facilities in delivering maternal and child care services in rural Cambodia. Also, it is considered to be a platform to facilitate communication and collaboration at the community level, enabling the dissemination of vital maternal information and improving the quality of maternal education, which is still needed in some parts of the Philippines.

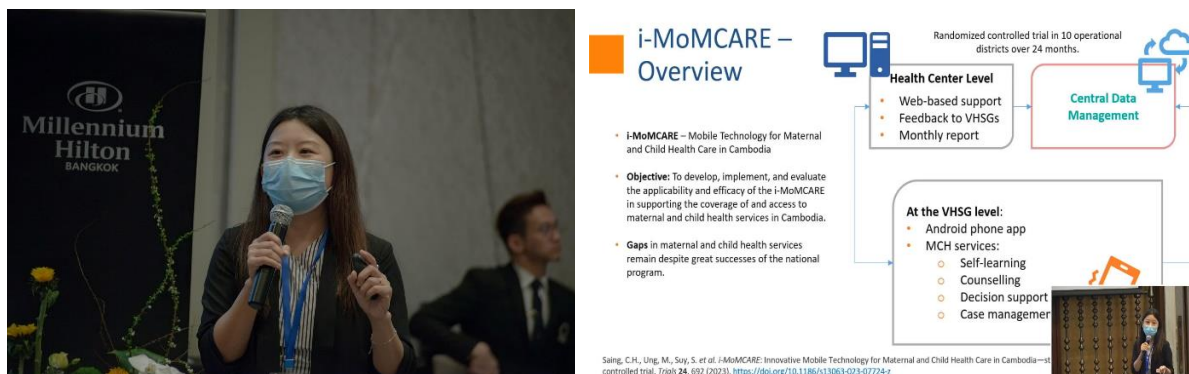


Figure 38. Digital health in supporting healthcare accessibility in Cambodia
Speaker: Dr. Esabelle Lo Yan Yam

Mental health and suicide-related issues are becoming a pressing concern, particularly in Thailand. To cope with this, several approaches have been introduced. Art therapy, as one of the holistic healthcare interventions, was implemented for Thai orphans. It showed that after

participating in the art therapy sessions, the stress levels of the orphans significantly decreased. (Figure 39) Regarding suicide prevention, a community-based surveillance for suicidal prevention in Lumphun, Thailand was launched in 2021, with plans for expansion in 2022. (Figure 40) Key strategies include establishing a command system that integrates health services with community needs and implementing a surveillance and prevention framework across six sectors: community, health facilities, schools, factories, temples, and finance. Administrative structures played a crucial role in formulating funding and preventative activity plans. The effectiveness of multi-sectoral collaboration and community engagement has been instrumental in reducing suicide rates.



Figure 39. The Research and Evaluation of Stress Reduction in Orphan through Art Activities
 Speaker: Assoc. Prof. Dr. Ophascharas Nandawan

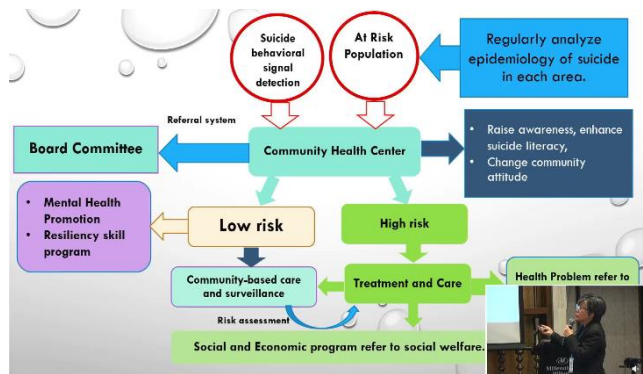


Figure 40. Community-Based Surveillance and Prevention for Suicide
 Speaker: Assoc. Prof. Dr. Mathuros Tipayamongkhogul

In urban community settings, health issues pose unique challenges specific to urban features. Poor air quality is a significant environmental aspect in urban areas which influences the spread of pathogens. During the COVID-19 pandemic, higher pollutant levels increased virus transmission, and high-risk areas correlated with higher COVID-19 mortality rates among 22 cities in Thailand. Additionally, the behavioral aspects, social norms and environmental knowledge are key predictors of preventive behavior, and high-risk areas face more complex factors and economic challenges impacting behavior. (Figure 41) Additionally, urban areas are usually a hub for numerous migrants. The challenge has a significant impact on international migrants, due to cultural differences. In Mahachai of Thailand, significant disparities in health knowledge about Tuberculosis (TB) and HIV/AIDS exist among migrant populations. Language barriers, cultural differences, and limited access to healthcare services primarily influence this discrepancy. Besides, unmet needs for elderly care in urban areas are becoming a growing concern. In recent years, the increased involvement of volunteers has garnered significant attention in health policy. A study conducted in Thailand and Laos reveals the extent to which stealth voluntarism is present, and local systems of support depend on these efforts,

which is a harbinger of serious deficiencies in the local systems of care and social support. (Figure 42) Health professionals who volunteer their time and talents are clearly motivated by a willingness to help, particularly when their place of practice affords ample opportunities for networking and interaction to make things happen.

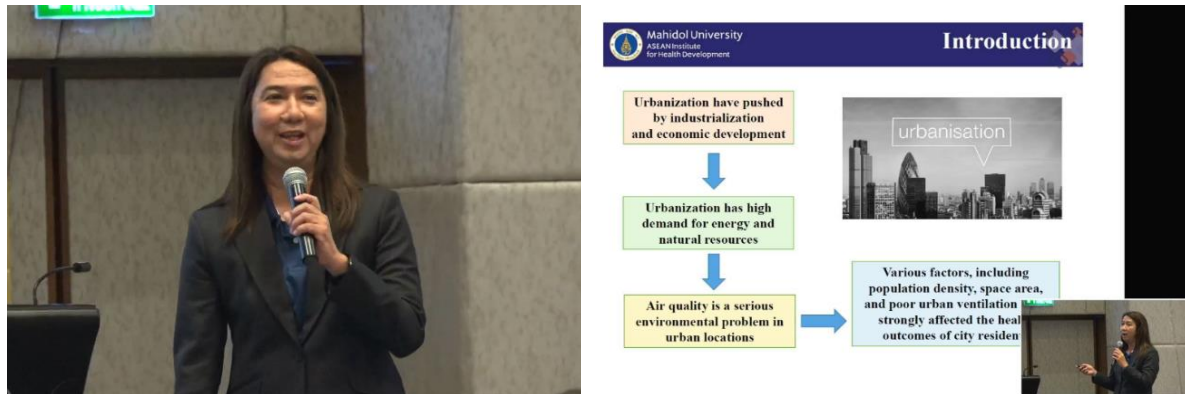


Figure 41. Influence of Environmental Exposure on Epidemics Prevention and Control: Lessons Learned from the COVID-19 Pandemic in Thailand
Speaker: Assoc. Prof. Dr. Cherawit Rattanapan

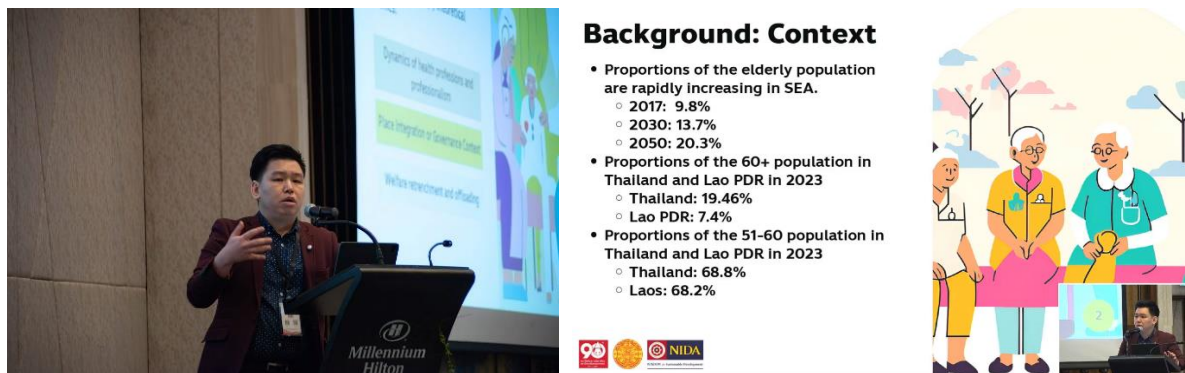


Figure 42. Stealth Voluntarism and Elderly Care in Urban Communities: A Comparative Analysis of Centralized and Decentralized Primary Healthcare Systems in Thailand and Lao PDR
Speaker: Assoc. Prof. Dr. Tatchalerm Sudhipongpracha

Institutional level

At the institutional level, such as educational settings, numerous health promotion campaigns and interventions have been implemented across ASEAN countries. Using the health promotion university framework, several universities came up with a variety of initiatives such as road safety monitoring, planning and developing policies and strategies by assessing NCDs risks among employees, and overall wellness campaigns, etc. More emphasis is placed on the mental health of university members. At Universitas Gadjah Mada in Indonesia, students have prioritized mental health needs. (Figure 43) Walailak University in Thailand introduced a peer-led mental health support called “Junior Help” among students. (Figure 44) Meanwhile, the University of the Philippines Manila has launched the “Wellness Wednesdays Project”, which focuses on the spiritual, social and emotional wellness, of students, employees, and alumni. Undoubtedly, the health promotion university framework and subsequent attempts to achieve a higher university rating are major catalysts driving such initiatives. As evident in the practices of multiple universities across ASEAN, the framework provides a solid foundation for organizing initiatives that are effective and sustainable. (Figure 45)



Figure 43. The Development of Health Promoting Campus at the Universitas Gadjah Mada Yogyakarta, Indonesia
Speaker: Prof. Yayi Suryo Prabandari

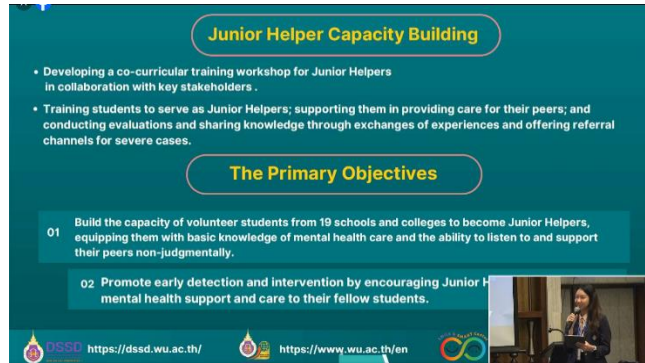


Figure 44. Mental Health Support of Junior Helper implementation at Walailak University
Speaker: Ms. Natjanan Wainam

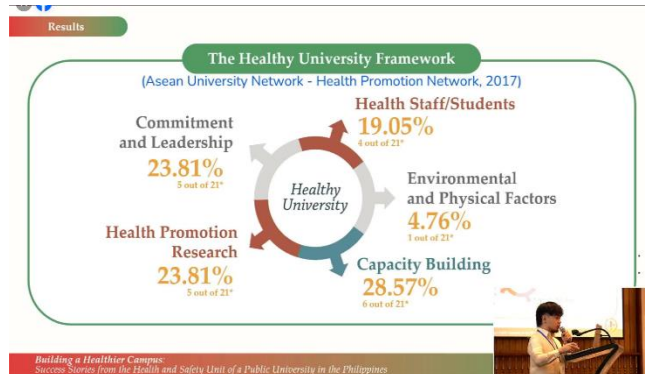


Figure 45. Building a Healthier Campus: Success Stories from the Health and Safety Unit of a Public University in the Philippines
Speaker: Mr. Gabriel Jay B. Caoeng

In addition to health promotion campaigns and interventions, a university is an institution where international collaboration converges. International networking is crucial for exchanging knowledge, policies, and experiences. This exchange helps partners learn valuable lessons, develop mutual agreements, and create concepts that are universally applicable yet tailored to individual contexts. In this sense, a university can serve as a focal point for bridging national and international organizations and fostering collaboration. This is exemplified by the joint research between Ryukoku University in Japan and the ASEAN Institute for Health Development at Mahidol University in Thailand. Their research focuses on health, behavior, science, criminology, and law, aiming to strengthen international networking, and advancing efforts in drug control, prevention, treatment, and recovery. (Figure 46)



Figure 46. Narcotic Drug Policy and Control:
A Comparison Study Between Japan-Thailand with Different Perspective and Culture Control
Speaker: Asst. Prof. Dr. Bang-On Thephtien

At the healthcare provider level, primary healthcare leaders face numerous managerial, institutional, and systemic challenges. These challenges include supervising service standards and quality, managing conflicts, creating an appropriate working culture, delivering optimal clinical care, and retaining the workforce. Transformational leadership could be a potential solution to enhance organizational performance and achieve balance and harmony between the social and organizational aspects of the administrative process. A case study conducted among primary healthcare leaders at Queen Sirikit Health Center (Chalermprakiat Health Station) in Thailand suggests that transformational leadership is essential to improve efficiency in proactive work and service quality. It can also address the problem of insufficient manpower, which hampers the seamless delivery of care to patients, particularly in managing chronic diseases among the elderly, a demographic that is expected to increase in the future. (Figure 47)

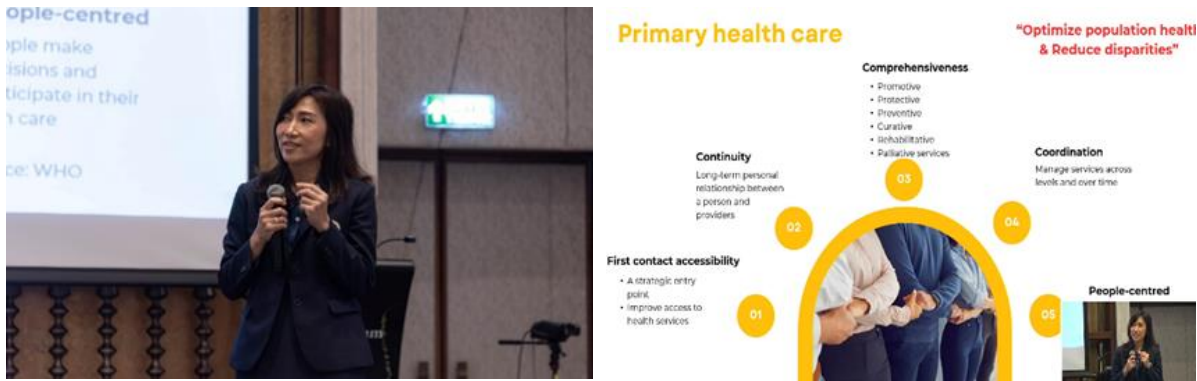


Figure 47. Transformational Leadership in Thai Primary Health System
Speaker: Dr. Chanida Lertpitakpong

Reflections from AIHD alumni

Hussein Rasheed, Regional Advisor of WHO in the Maldives Master of Primary Healthcare Management, AIHD, Batch no. 18

Mr. Hussein Rasheed fondly recalled a transformative moment as a student when a guest lecturer, who would later become the WHO Regional Director, left a profound impression on him to pursue a career with the WHO and strengthen global health systems. He emphasized that the MPH M curriculum equipped him to address societal health challenges effectively. His thesis on applying primary healthcare principles in the Maldives significantly shaped his career.

A cherished memory from the program was participating in field visits to rural Thailand, which deepened his understanding of community health needs and strengthened his

resilience as a public health professional. He was particularly inspired by Thailand's 30-Baht Health Scheme, influencing his efforts to implement a similar universal health coverage program in the Maldives.

Dr. Pajaree Areerop, Ratchaburi Provincial Public Health Medical Doctor, Thailand
Master of Primary Healthcare Management, AIHD, batch no. 28

Dr. Pajaree Areerop has been actively leading efforts to establish primary healthcare units in alignment with the Primary Healthcare Act B.E. 2562 (2019). Under the 10-year plan (2020–2029), the target is to establish 72 teams, and significant progress has been made with 48 teams already operational, achieving 66.7% of the target and covering 67.4% of the population (483,589 individuals). Key initiatives include revising unit establishment plans, updating the health database system, training doctors in basic courses, enhancing district health boards, collaborating with the provincial health system board, and empowering personnel to improve service quality. Health service initiatives focus on UCCARE assessments, a comprehensive health surveillance and screening system, and the implementation of a "Healthy Package" promoting nutrition, mental well-being, physical activity, safety, and community engagement. Additionally, all 10 districts have achieved Healthy District Certification, with eight attaining Platinum and two reaching Premium levels. Challenges remain in family medicine training, decentralizing responsibilities through local administrative organizations, and enhancing the capacity of public health volunteers to further strengthen the primary care system.

Dr. Mariano Da Silva Marques, Director of Procurement and Contracts for Pharmacy and Medical products, Timor Leste
Master of Primary Healthcare Management, AIHD, batch no. 34

Dr. Mariano Da Silva Marques highlighted his leadership as Chair of the National Immunization Technical Advisory Group (NITAG). He shared successes in vaccine introduction, capacity building, and global representation. As Director of Procurement, he emphasized ensuring essential medicine availability through transparency, stakeholder coordination, and digital innovation. Despite these accomplishments, challenges, such as human resource shortages, infrastructure gaps, vaccine hesitancy, budget constraints, supply chain disruptions, and policy coordination issues persist. Dr. Marques stressed that true success begins with individual dedication, urging communities to transform challenges into opportunities through resilience and collaboration. Looking ahead, his goals include strengthening primary healthcare networks, advancing digital health systems, raising public health awareness, and building resilient health systems to overcome future obstacles.

Dr. Imran Pambudi, Director of Mental Health, Ministry of Health, Indonesia
Master of Primary Healthcare Management, AIHD, batch no. 25

Dr. Imran Pambudi shared his inspiring journey from being an MPH student to his current role. He highlighted the key strategies, approaches, and characteristics of primary healthcare (PHC) that have greatly contributed to his work. Dr. Imran emphasized his key achievements, particularly in achieving ambitious targets for Tuberculosis (TB) control. These include a 25.7% reduction in underreporting of TB cases by 2023. He outlined the fundamental elements for success in this area, such as prevention, health promotion, early detection, treatment surveillance, and multi-sectoral collaboration.

In his mental health strategy, Dr. Imran adopted a comprehensive intervention approach focused on specific target groups, incorporating promotive, preventive, curative, and rehabilitative measures. His work has spanned multiple national and international assignments, providing valuable experience. The invaluable lessons he has learned throughout the MPH

program include the importance of critical thinking, a people-centered approach, international collaboration, evidence-based policy-making, and the value of continuous learning. These lessons have been instrumental in shaping and enhancing his professional work. Dr. Imran also emphasized the significance of research, training, and health diplomacy in advancing health initiatives. He concluded with a compelling statement: "A true leader is someone who understands the path, walks the path, and guides others along the way."



Figure 48. Achievements and Challenges: Outcomes of Primary Health Care Implementation from left to right: Dr. Imran Pambudi, Dr. Mariano Da Silva Marques, Dr. Pajaree Areerop, M.D., Mr. Hussain Rasheed, Dr. Itsaranuwat Yongpisanpho