

Announcement of King Mongkut's University of Technology Thonburi (KMUTT)

Subject: Integrated Health and Well-being Promotion Policy (KMUTT's Integrated Approach to Health and Well-being Policy)

In order to propel King Mongkut's University of Technology Thonburi (KMUTT) to be an institution that holistically promotes health and well-being, under the 13th National Economic and Social Development Plan (2023-2027), the long-term 20-year KMUTT Development Plan (2023-2027), and the 13th Strategic Plan of KMUTT (2022-2026), which aligns with sustainable policies focusing on safety management, paying attention to the health of students and staff, as well as being part of the ASEAN Health Promotion University Network or Asian University Network-Health Promotion Network (AUN-HPN) that is committed to promoting participation from every department and all stakeholders within KMUTT to care for, support, and enhance the health and well-being of KMUTT students and staff. This involves fostering a campus environment that enhances health and well-being, reducing, eliminating, and preventing health and well-being risk factors, early risk detection, as well as preparing the university's personnel for an efficient transition into an aging society to cope with future changes. Hence, KMUTT has established the Integrated Health and Well-being Promotion Policy (KMUTT's Integrated Approach to Health and Well-being Policy) as follows:

1. The university is committed to establishing systems and creating an environment within the university conducive to promoting health and enhancing well-being. This aligns with state regulations, the university's vision, and mission. Continuous monitoring, development, and network collaboration are employed in setting rules and practices as follows:

1.1) Promote integrated network operations for health services to both students and staff, internally and externally to the university.

1.2) Develop models and processes for health promotion and well-being enhancement at both the university and unit levels through network collaboration.

1.3) Foster awareness and understanding of health and well-being, leading to behavioral changes in health and well-being among students and staff at all levels.

1.4) Support and encourage research and innovation in health promotion and well-being for students and staff.

1.5) Enhance the mechanism for managing health and well-being data for students and staff in an integrated system.

2. The university has a mission to set guidelines for policy implementation through health and well-being promotion plans. These plans have defined goals and responsible individuals. Network collaboration is emphasized to achieve sustainable goals, focusing on the following points:

2.1) All administrative levels within the university prioritize and collaborate in policy implementation.

2.2) Establish a committee to guide the direction of health and well-being promotion at King Mongkut's University of Technology Thonburi.

2.3) Form teams and networks to cooperate in planning and processes, and collaborate on activities that create awareness, understanding, and drive King Mongkut's University of Technology Thonburi to be a holistic health-promoting university.

2.4) Integrate health promotion and well-being policies with other related university policies to achieve the goal of a health-promoting university where everyone participates.

3. King Mongkut's University of Technology Thonburi (KMUTT) has set objectives for the promotion and support of students and university personnel as follows:

3.1) Promote activities that emphasize health improvement through physical exercises and the promotion of a good lifestyle. This includes reducing and eliminating risky behaviors related to food consumption and overall lifestyle. Additionally, provide counseling to mitigate the risks of non-communicable diseases such as hypertension, diabetes, heart disease, abnormal blood lipids, and stress-related disorders.

3.2) Advocate, raise awareness, and provide counseling to reduce and eliminate risky alcohol consumption behaviors, both within the university grounds and the surrounding areas, including activities managed by the university community.

3.3) Advocate, raise awareness, and provide counseling on the reduction and elimination of smoking behaviors, and facilitate a smoking cessation clinic. Organize campaigns to promote quitting smoking and designate smoke-free zones.

3.4) Advocate, raise awareness, and provide counseling and clinics to reduce the risks of mental health issues, including stress, depression, self-harm or harm to others. Activities promoting mental health and stress management are also organized.

3.5) Advocate, raise awareness, and establish a system to monitor health and well-being impacts. This will be done through the leadership of the health and well-being network of KMUTT personnel and students, in collaboration with related agencies.

3.6) Develop a health database for KMUTT students and personnel. This will include data management, ensuring data is used securely in accordance with legal requirements, and optimizing its benefits.

3.7) Promote activities to enhance social relationships, social responsibility, environmental consciousness, and foster peaceful and just coexistence.

3.8) Advocate for activities that develop life skills, promote lifelong learning, and maintain a balanced life, leveraging all mechanisms and encouraging everyone's participation.

Effective from this date onwards.

Announced on the 28th August, 2023.

A handwritten signature in black ink, consisting of stylized, overlapping loops and a long horizontal stroke at the bottom.

(Assoc. Prof. Dr. Suvit Saetia)

President of King Mongkut's University of Technology Thonburi