

WALAILAK UNIVERSITY



SDG

REPORT 2023-2024



SUSTAINABLE DEVELOPMENT GOALS



# GOOD HEALTH AND WELL-BEING

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# The Outreach Project for Improving Health and Well-being to Local Community, Disadvantaged People, and Immigrant Community



Walailak University (WU) prioritizes health services not only for its staff and students but also extends its focus to the surrounding communities by running projects, covering three main groups: local communities, disadvantaged people, and immigrant communities.

In the group of local communities and disadvantaged people, there is the project, titled "The 4th year of The Pre-elderly and Elderly Strengthen and Rehabilitation Project at Satit Walailak Pattana Community." Additionally, this project focuses on providing comprehensive care for subacute care patients and establishing an e-Health database system for easier access to patient information in the group of local community and disadvantaged people. Also, the health promotion and disease prevention are conducted for pre-elderly individuals and those at risk of diseases. Furthermore, this project collaborates with another project, The Thai Traditional Medicine Product Development Project to Promote Community Health, to care for these target groups: general people and bedridden patients, through herbal face steam and massage therapy. Focusing on NCDs patients and elderly bedridden individuals, there are the activities on exercise and herbal remedies to enhancing the effectiveness of physical activity, totaling 21 cases.

Moreover, there is a new formula of Phlai Massage Oil which is the product from The Enhancement of Herbal Products to Promote Well-being and Occupation Project, aimed at transferring technology to the key members of the Village Health Volunteer of Ban Thung Chon and surrounding local community areas. The project also provided education and utilization on massage oils to 50 individuals, including members of the local community, bedridden patients, those with NCDs, and the clients of the Thai Traditional Medicine Clinic at Ban Thung Chon Subdistrict Health Promotion Hospital.

For the target group of an immigrant community, the university provides basic health check-up services, including blood pressure measurement and screening for anemia. Additionally, consultations on health care are provided to employers and immigrant workers in The Sala Community, Tha Sala District, Nakhon Si Thammarat Province. A total of 32 individuals have been screened, with 20% identified as being at risk of anemia during the initial examination. Furthermore, educational activities on health care are organized to raise awareness among employers and workers about the importance of health care.



Immigrant Community





## Free Sport Facilities to Local School and General Public

Walailak University (WU) is always concerned about health and well-being of every community; it is not only university's staff and students, but also in local school and general public. Therefore, it collaborates with various organizations both within and outside the university to organize various types of competitions and activities for local schools and general public to utilize the university's sports field free of charge.



### Local School

WU actively engages with local schools by offering its sports facilities for events and activities by sharing its standard track for the balance bike training activities of Satit Walailak Pattana Community and Wat Koklek ECDCs. Additionally, the 3<sup>rd</sup> Annual PTT - Youth Lawn Tennis Competition was held, providing young athletes with a platform to develop their skills.

The university also shares its sports facilities to the general public. MH Nakhonsi City Football Club utilized WU football field to conduct the selection of young football players for the Thailand Amateur (TA) League 2023 Southern Region zone. This initiative not only supports local talent but also encourages community participation in sports.



## The Unrestricted Mental Health Assistance to Students and Staff

Through these collaborations and open access to its sports facilities, WU fosters a stronger connection with the local community. By offering free access to its athletic resources, the university promotes an active lifestyle and nurtures a greater interest in sports among both local schools and the general public.

At WU, the mental well-being of students and staff is a top priority, evidenced by the comprehensive support systems in place. Through the Smile & Smart Center and Psychiatry Clinic, the university ensures that everyone in the WU community has access to professional mental health support services, emphasizing the promotion of good mental health and providing necessary care without barriers.

The Center and Clinic were established to provide dedicated resources for mental health support, catering to both students and staff. These facilities are staffed by skilled medical professionals and trained experts who offer prompt, free treatment and assistance, both online and onsite. Its mission is to address the psychiatric needs of the WU community, creating a compassionate environment for those seeking help.

Beyond direct clinical support, WU actively promotes mental health through a variety of activities integrated across different university sectors. In 2023, more than 20 activities were organized to support mental well-being, including: For students, there are the Strengthening Motivation to Move Forward and the Case Conference. In addition, the activities for staff are the Empowering CSE - Igniting Your Inner Power and the practical training workshop to enhance the skills of caring for employees (HELPER).

WU's commitment to mental health is reflected in its extensive provision of services and activities through the Center and Clinic. By ensuring access to professional care and actively promoting mental well-being, the university fosters a supportive environment where both students and staff can thrive.



### General Public





# The WU Collaboration with Local, National and Global Health Institutions to Improve Health and Well-being Outcome



Walailak University (WU) is dedicated to enhancing health and well-being outcomes through active collaborations with health institutions at the local, national, and global levels. These partnerships enable the university to implement a wide range of health initiatives, directly benefiting communities and advancing public health. Additionally, its commitment to health and well-being is demonstrated through its diverse and impactful collaborations.



## Local Health Institution Collaboration

Subdistrict Health Promotion Hospitals: WU has partnered with the Nakhon Si Thammarat Provincial Administrative Organization, Satit Walailak Pattana Community, Ban Han, and Ban Thung Chon Subdistrict Health Promotion Hospitals to establish a robust primary health service network. Through a Memorandum of Understanding (MOU), this collaboration supports the well-being of people in the Hua Taphan and Thai Buri Subdistricts by improving access to essential health services.

## National Health Institution Collaboration

National Health Security Office (NHSO): WU has received support from NHSO to provide support of the Universal Health Coverage (UHC) of Thai citizens and to cooperate with WUH Networks and enable over 10,000 individuals benefiting from UHC in WU surrounding areas to improve health and well-being.

Thai Health Promotion Foundation (ThaiHealth): WU has cooperated with national health institutions in The Livable Community in the Upper South Region of Thailand Project with continuing fund support from ThaiHealth. It brings together community leaders and academic supporters from the seven provinces in the upper south. This project is further segmented into the Developing the Community Leadership Council Potential to Continuously and Sustainably Promote Livable Communities workshop, and there are more than 40 local health institutions of hospital networks and Subdistrict Health Promotion Hospitals, impacting on mental health and well-being of community members.



## Global Health Institution Collaboration

The Ministry of Health, Cook Islands, and the Medical Research Institute, Sri Lanka: WU engages in activities in cooperation with global health institutions in the Annual International Training Course (AITC) on Dengue and Zika Prevention Campaign, aiming to stimulate participators to understand of Dengue and Zika prevention and control, as well as to enhance the effectiveness of disease control through the application of technology. Moreover, it advocates for the implementation of Dengue and Zika prevention and control activities in the participants' respective countries.

In conclusion, WU's extensive collaborations with health institutions at the local, national, and global levels highlight its dedication to improving health and well-being outcomes. Through these partnerships, WU addresses critical health issues, enhances the quality of life for various communities, and contributes to global health efforts. These initiatives demonstrate the university's commitment to fostering healthier, more resilient societies.

## Dengue and Zika Prevention Campaign

