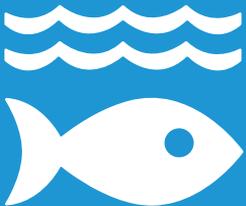




SDG REPORT 2024-2025

SUSTAINABLE DEVELOPMENT GOALS



SDG 3 GOOD HEALTH AND WELL-BEING



- 1 THE POLICY TOWARDS A SMOKE-FREE CAMPUS**
- 2 SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS**
- 3 PROMOTING HEALTH AND WELL-BEING THROUGH WU SOCIAL ENGAGEMENT PROGRAM AND PROJECT**
- 4 THE COLLABORATION IN HEALTH INSTITUTIONS FOR SUSTAINABLE WELL-BEING**



3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

MENTAL HEALTH MENTORING ORGANIZATIONS

STUDENTS

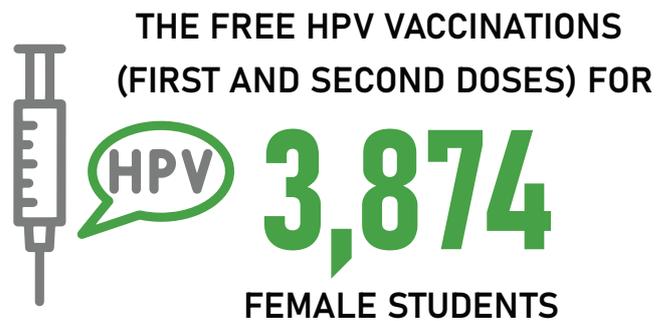


STAFF



MENTAL HEALTH MENTORING CLINIC (RAKJAI CLINIC)

THE NUMBER OF STUDENTS ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH-CARE SERVICES ON WORLD AIDS DAY SEMINAR



THE NUMBER OF HEALTH INSTITUTIONS COLLABORATING WITH WU





THE POLICY TOWARDS A SMOKE-FREE CAMPUS

Smoking is one of the biggest health problems in the world. Millions of people suffer from poor health due to smoking and exposure to secondhand smoke. Researchers estimate that approximately 8 million people die prematurely each year from smoking-related illnesses. Consequently, WU recognizes the impact of smoking on health and the environment. However, prohibiting addicted smokers on campus without a clear regulation or policy makes it difficult to achieve. Therefore, the university recognizes the importance of the existence of [a smoking-free campus policy](#), so it has implemented a smoke-free policy covering all areas of the campus since 2022.

Activities to Promote the Policy

WU has extended activities related to the smoke-free policy prohibiting the use of tobacco products at all indoor and outdoor campus locations. One such activity is the workshop “E-Cigarettes & Health: Empowering Young Leaders”, which aims to enhance the leadership skills with “Think-Pair-Share” learning technique for 20 student representatives in the upper southern region to communicate the e-cigarette use risks and prevent its adoption among youth.



Impact and Monitoring

WU has evaluated the impact of smoking on health and the environment within its campus and has committed to regularly updating the university community on its progress. This policy has not only reduced the smoking rate within the university but also encouraged the creation of smoke-free zones in surrounding communities. It reflects the university’s dedication to fostering a healthier environment and improving the well-being of all.



This policy aims to create a safe environment and promote a healthier quality of life for students and staff. It was further revised in 2024 to include the regulation of e-cigarettes and cannabis-related products, along with clear penalties for violations, such as behavioral point deductions and close monitoring.

SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS

Sexual and reproductive health issues, particularly unintended pregnancies among adolescents, are critical concerns that require urgent and comprehensive solutions in Thai society, especially among university students. Educational institutions play a crucial role in fostering an environment conducive to providing knowledge and services that sustainably prevent these issues. WU provides students free access to sexual and reproductive health-care services including information and education services which are about sexual health services and safe pregnancy guidance, offering direct services to students to enhance their quality of life and reduce associated risks.

Free Information



WU has established the Smile & Smart Center and Psychiatry Clinic to promote access to free information and services related to sexual and reproductive health for students. This includes information on preventing sexually transmitted infections (STIs) and safe pregnancy planning with online and on-site access.



Additionally, the WUH has organized awareness campaigns, including a World AIDS Day seminar and public awareness activities focusing on HIV prevention. These initiatives aim to enhance

awareness of the importance of HIV prevention, receiving positive engagement from over 1,070 students, faculty members, and the general public.

Free Education Services

For educational services related to sexual and reproductive health, the WUH has organized an AIDS awareness exhibition as part of World AIDS Day activities. This exhibition serves to educate students on HIV/AIDS prevention, symptoms, and treatment options, reinforcing the importance of proactive health care.



Other Related Services

The WUH also provides free HPV vaccinations (first and second doses) for 3,874 female students. This initiative aims to prevent HPV-related diseases and promote student health in alignment with the university's health promotion policies. Additionally, the hospital offers free HIV screening services on World AIDS Day, ensuring accessible healthcare for students.



To sum up, WU is committed to promoting students' sexual and reproductive health through accurate information dissemination (Free Information), educational programs (Free Education Services), and related healthcare services (Other Related Services) to ensure students receive quality healthcare.

PROMOTING HEALTH AND WELL-BEING THROUGH WU SOCIAL ENGAGEMENT PROGRAM AND PROJECT

Health is a fundamental priority for all individuals. However, access to health knowledge and services remains limited for certain groups due to geographical and socio-economic constraints. Consequently, WU delivers outreach programs and projects in various health disciplines, including physical therapy, traditional Thai medicine, pharmacy, and other medical sciences, to implement integrated programs aimed at enhancing the well-being of local communities, disadvantaged people, and immigrant communities. These initiatives not only improve public health in the short term but also ensure long-term sustainability through problem diagnosis, project development, community engagement, and impact assessment.

Projects for Local Communities

For local communities, WU delivers outreach projects with various activities: basic health screenings, NCDs screenings for hypertension, diabetes, and obesity, as well as educational programs on self-care and nutrition. Also, there was a health database system development for better monitoring and follow-up. Additionally, the activities under the project were aimed to promote healthier lifestyle choices by encouraging reduced consumption of salt, sugar, and fats while promoting regular exercise.



Projects for Disadvantaged People

The target group of this issue is focusing on bedridden patients. As their restrict conditions, regular home visits and annual health assessments are conducted by university staff in collaboration with VHVs and local public health personnel. These efforts include screening for chronic diseases,

providing nutritional guidance, and training VHVs to properly care for them. Moreover, rehabilitation programs using physical therapy and traditional Thai medicine, such as basic exercise and therapeutic massage, have been introduced to help alleviate complications resulting from prolonged immobility.



Projects for Refugee and Immigrant Communities

Given the significant number of immigrant workers, particularly Cambodians and Laotians, residing in areas near WU, the institution has extended its healthcare projects to this group by conducting health screening for anemia, blood pressure monitoring, and urinalysis, revealing that some immigrant workers suffer from anemia and hypertension. To address these issues, nutritional counseling and health behavior modification programs have been introduced. Additionally, they have received training on musculoskeletal injury prevention related to their physically demanding jobs. Workshops on basic self-care and first aid have also been conducted to empower them to take better care of their health.

WU's social engagement projects in 2024 reflect a strong commitment to improving health and well-being across all target groups—local communities, disadvantaged people, and immigrant communities. Through a comprehensive approach that includes diagnosis, development, community engagement, and impact assessment, WU has effectively contributed to sustainable health improvements. By fostering long-term health awareness and self-care capabilities, these projects play a crucial role in building healthier communities and enhancing overall well-being in the region.

THE COLLABORATION IN HEALTH INSTITUTIONS FOR SUSTAINABLE WELL-BEING

WU plays a crucial role in improving health and well-being outcomes. Conversely, all the successful outcomes would not achieve without collaborations. The collaborations with local, national, and global health institutions are developed. These collaborations not only enhance the capabilities of medical professionals and students but also elevate healthcare standards and create a positive impact on healthcare services at a broader scale.

Local Collaborations

WU has established collaborations with at least 18 local health institutions to enhance knowledge and develop the capacities of medical personnel, students, and communities. Focusing on professional training of students, WU collaborates with 14 hospitals across southern, eastern, and northeastern regions, allowing senior Thai Traditional Medicine students to integrate their knowledge with real-world clinical experience in diverse settings. Two more hospitals that have current collaboration with WU are the Trang Medical Education Center and Vachira Phuket Medical Education Center to develop and train medical students, focusing on educational management. Also, the “Cross-Island Welcoming Event” was hosted to strengthen relationships between WU’s medical students and Vachira Phuket Hospital. Furthermore, WU works closely with Thung Song Hospital and Maharaj Nakhon Si Thammarat Hospital by conducting graduate physician visits to collect feedback and recommendations for refining and enhancing the Doctor of medicine program of WU to meet the needs of the health institutions

National Collaborations

WU has ongoing collaborations with the Thai Health Promotion Foundation (ThaiHealth). A formal agreement was signed to develop health promotion programs, focusing on preventing non-communicable diseases (NCDs) and strengthening healthcare systems. ThaiHealth

also provides funding for the School of Nursing to support projects such as “Provincial-Level Management Units for Expanding Small-Scale Health Promotion Programs in Nakhon Si Thammarat” and “Developing Community-Based Elderly Care Systems and Innovations” to advance community health knowledge and promote sustainable well-being. Additionally, WU, in collaboration with the Ministry of Public Health and ThaiHealth, supports the Healthy Living Program, which promotes workplace wellness by improving the quality of life for employees and reducing health risks in occupational settings .

International Collaborations



WU has expanded its healthcare collaborations internationally, focusing on exchanging expertise, medical technologies, and innovative healthcare solutions. WU collaborations with Changhua Christian Hospital in Taiwan to study Medical Technology Innovations for developing WU Hospital into a Smart Hospital. Also, WU has an ongoing collaboration with Nuvance Health, a healthcare network in the United States, through the Global Health Academy Program to facilitate the exchange of medical students and healthcare professionals between the two countries. WU actively participates in global health conferences such as the 3rd Global Health Conference and the 2nd Global Summit on Public Health, where international partnerships and healthcare research collaborations are discussed