WALAILAK UNIVERSITY

SDG REPORT 2025-2026



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SUSTAINABLE DEVELOPMENT GOALS

3 GOOD HEALTH AND WELL-BEING



1. PROACTIVE MENTAL HEALTH PROMOTION AND SUPPORT FOR STUDENTS
2. STUDENTS' SEXUAL AND REPRODUCTIVE HEALTH-CARE PROVISION THROUGH COMPREHENSIVE INFORMATION, EDUCATION, AND HEALTHCARE SERVICES
3. HEALTH OUTREACH PROGRAMMES FOR LOCAL, DISADVANTAGED, AND REFUGEE COMMUNITIES
4. CURRENT COLLABORATIONS WITH HEALTH INSTITUTIONS TO IMPROVE HEALTH AND WELL-BEING
5. TELEHEALTH RESEARCH TO IMPROVE CHRONIC DISEASE CARE IN COMMUNITIES

3 GOOD HEALTH AND WELL-BEING

SDG 3 : GOOD HEALTH AND WELL-BEING

PROACTIVE MENTAL HEALTH PROMOTION AND SUPPORT FOR STUDENTS

Walailak University provides students with access to mental health support and has developed a active and systematic approach to promoting students' good mental health. The process begins at the point of admission through mental health screening for new students, enabling the university to diagnosis students who may require additional support and provide appropriate assistance at an early stage.





The university has trained faculty members serving as student helpers and advisors within schools and colleges. Through competency-building training, helpers develop skills in in-depth counselling, understand the student support system, and learn appropriate referral procedures. The university also organizes conferences on student mental health care to facilitate collaboration among academic schools and strengthen a systematic support and referral network.

In addition, the Smile & Smart Center provides professional development for faculty members, including the "Enneagram" training course, which promotes greater understanding of oneself and others and enhances the ability of staff to provide effective student counselling.

To actively promote good mental health, the university provides a range of activities and learning opportunities designed to strengthen students' emotional well-being, self-awareness, resilience, and life skills. These include the Contemplative Education Program, under the theme "Mirror of Self," which encourages self-awareness, understanding of others, compassion, and reflective learning; the "Journey to Success: Designing Your Life and Achieving Success" activity, which supports students in developing life-management skills and finding personal motivation; and Resilience Quotient (RQ) training, organized by the Smile & Smart Center in collaboration with Mental Health Center No. 11. The RQ program helps students develop psychological resilience and protective factors for coping with challenging and potentially critical situations.



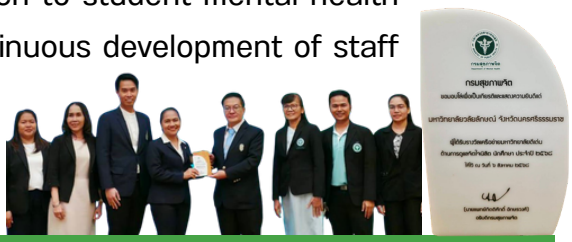


The university also provides information and signposting to mental health support services through video content created by students. The videos introduce available mental health services and explain how students can access appropriate support and how to seek assistance when needed. These provisions show WU's comprehensive approach covering mental health promotion, early identification, counselling, support, and referral. The WU's student mental health support has been recognized through the Best Practice Award for an Outstanding University Network in Student Mental Health Care (2025), received from the Ministry of Public Health and the Department of Mental Health, Thailand.





Together, these initiatives demonstrate a systematic approach to student mental health that integrates diagnostic screening and early identification, continuous development of staff and student capabilities, active engagement across university and community partners, and measurement of participation with more than 88% of sastification, outcomes, and support processes.



STUDENTS' SEXUAL AND REPRODUCTIVE HEALTH-CARE PROVISION THROUGH COMPREHENSIVE INFORMATION, EDUCATION, AND HEALTHCARE SERVICES

WU is committed to promoting students' health and well-being by ensuring equitable and free access to sexual and reproductive healthcare services. The university provides comprehensive sexual and reproductive health support through information services, educational services, and other related services. These initiatives aim to increase students' awareness, encourage responsible health behaviors, and reduce the risks associated with sexually transmitted infections (STIs).





To ensure that students can easily access free essential healthcare services, WU continuously disseminates information services on sexual and reproductive health through multiple public communication channels, including its official website, social media, and informational posters. One of the key initiatives is the promotion of free Human Papillomavirus (HPV) vaccination services for students, enabling them to receive cervical cancer prevention vaccines without any cost. Also, educational exhibitions services on sexually transmitted infections are organized annually during World AIDS Day, providing students with accurate information on disease prevention, available healthcare services, and appropriate sexual health practices.



WU also collaborates with partner organizations to organize the "School Tour: Let's Talk About Sexual Health!" campaign in Southern Thailand. The program creates a safe and supportive environment where students can openly discuss sexual health issues and access reliable health information. During the event, participants receive guidance on condom use, HIV self-testing, HPV vaccination, and the prevention of sexually transmitted infections through interactive exhibitions and educational services. These initiatives empower students to make informed decisions regarding their sexual and reproductive health.

The university provides healthcare services through its Sexually Transmitted Infection Screening and Prevention Program. Students are offered free health screening, pre-test counselling by healthcare professionals, and individualized health consultations. Students identified as being at risk are referred to physicians for further diagnosis, treatment, and follow-up under their healthcare entitlements. This integrated healthcare approach ensures timely access to professional medical services and appropriate treatment.

Education service remains a key component of the university's sexual and reproductive health strategy. During the annual World AIDS Day campaign, the Department of Social Medicine at Walailak University Hospital, in engagement with the Mplus Foundation, provides educational services on sexually transmitted infections, HIV prevention, and sexual health promotion. The event also offers health screening services and professional counselling delivered by qualified healthcare personnel.





The World AIDS Day activities include expert panel discussions that promote accurate knowledge and positive attitudes toward sexual health. Students are encouraged to practice safe sex by using condoms consistently and to seek immediate medical advice if they have engaged in high-risk sexual behavior or suspect HIV exposure. These educational forums help improve health literacy, strengthen awareness of disease prevention, and encourage responsible decision-making among students.

Through these comprehensive initiatives, Walailak University demonstrates its strong commitment to providing accessible sexual and reproductive healthcare services for students. By integrating free healthcare services with information services, health education services, counselling, screening, and referral mechanisms, the university fosters a healthy, inclusive, and supportive campus environment. Furthermore, all activities are publicly communicated through the university's official communication channels, ensuring that students and the wider community can access information about available sexual and reproductive healthcare services.

HEALTH OUTREACH PROGRAMMES FOR LOCAL, DISADVANTAGED, AND REFUGEE COMMUNITIES

In 2025, Walailak University implemented a range of health outreach programmes and community-based projects to improve and promote health and well-being among local communities, disadvantaged people, and refugee and immigrant communities. The programmes combined diagnostic screening and assessment, rehabilitation, nutrition, physical activity, disease prevention, health education, and community capacity building through multidisciplinary collaboration.





For local communities, the Physical Therapy-Based Health Promotion and Rehabilitation Programme addressed the limited access to continuous rehabilitation services among homebound and bedridden patients. Through multidisciplinary engagement of physical therapists, Thai traditional medicine practitioners, pharmacists, and medical technologists, the programme also developed community capacity by providing a structured 20-hour training programme for community health volunteers.

In addition, health promotion activities were provided for 60 older adults in Tha Sala Subdistrict Municipality, together with Marching Exercise activities to promote physical activity and help prevent chronic diseases among at-risk groups. The programme measured its outcomes, with 83.33% of participating homebound and bedridden patients showing improved health outcomes in 2025. The establishment of the Sukjai Near-Home Health Rehabilitation Center further supported the development of a sustainable community-based rehabilitation services.



For disadvantaged people, the university provided outreach project to homebound and bedridden patients, people with psychiatric conditions, and people living in a residential protection facility for disadvantaged persons. Services included physical rehabilitation, muscle exercises, therapeutic massage, speech-stimulation activities, health screening, physical fitness assessment, Thai traditional medicine, and health advice based on sports science. Medical technology staff also conducted blood tests to screen for anaemia, followed by nutrition education focusing on iron-rich foods and appropriate recommendations Additional activities included aerobic exercise and non-communicable disease (NCD) prevention education, helping disadvantaged groups improve their health knowledge and ability to manage their well-being.



For refugee and immigrant communities, Walailak University conducted proactive health outreach for migrant workers, immigrants, and refugees from Cambodia, Myanmar, and Laos, including fishing and agricultural workers who may experience barriers to accessing public health services.
The multidisciplinary programme provided health history taking and urine testing for preliminary disease screening, physical fitness assessments, individualized physical therapy advice, Thai traditional medicine-based health promotion, exercise education, muscle stretching, resistance-band exercises, and healthy nutrition guidance.



The programme generated positive outcomes across three groups. Among homebound and bedridden patients in the Satit Walailak Community, 83.33% experienced improvements in their ability to perform activities of daily living and their quality of life. In 2025, local community leaders responsible for patient care and rehabilitation also developed enhanced rehabilitation skills, while participation increased from 6 leaders in the first cohort. In addition, health screening of refugee and immigrant communities found that handgrip strength was the most common area below the standard, with 7 workers (43.75%) recording below-standard grip strength. They were subsequently provided with self-care guidance and recommendations to support improvements in their physical fitness and overall health.

CURRENT COLLABORATIONS WITH HEALTH INSTITUTIONS TO IMPROVE HEALTH AND WELL-BEING

In 2025, Walailak University maintained and expanded current collaborations with health institutions at local, national, and global levels to improve health and well-being outcomes. These partnerships integrate academic expertise, healthcare services, research, education, capacity building, and health promotion to address health needs in communities and strengthen the healthcare system.



At the local level, Walailak University has established Memoranda of Understanding (MOUs) with three surrounding Subdistrict Health Promoting Hospitals: Satit Walailak Pattana Community Health Promoting Hospital, Ban Han Subdistrict Health Promoting Hospital, and Ban Thung Chon Subdistrict Health Promoting Hospital. These institutions collaborate continuously through initiatives such as the Walailak Health Model, which integrates multidisciplinary health knowledge to improve the health and well-being of local populations. The university also works with 7 Upper Southern Provincial Mental Health Center to deliver resilience-building programmes, with the Nakhon Si Thammarat Provincial Public Health Office to strengthen community health services, and with district and provincial hospitals to provide clinical education and practical training for health professional students.

At the national level, the university collaborates with major health institutions and organizations, including the Ministry of Public Health and Department of Disease Control on public health education and field-based learning, and the Praboromarajchanok Institute on primary healthcare research networks. Collaboration with the Thai Health Promotion Foundation (ThaiHealth) supports student health promotion initiatives, health risk reduction campaigns, and alcohol-literacy networks.





The university also works with King Chulalongkorn Memorial Hospital, Thai Red Cross Society, and partners through the T-SCEPT project to develop health and well-being policies for Thai youth.

In addition, Walailak University Hospital collaborates with the Children's Heart Foundation to provide treatment for children with congenital heart disease, while partnerships with professional nursing organizations, Bamrasnaradura Infectious Diseases Institute, and Bhumibol Adulyadej Hospital support nursing quality improvement, medical research, and healthcare innovation.







At the global level, Walailak University collaborates with international health and academic institutions to advance health research, education, and professional capacity. These include research collaboration with the Division of Clinical and Metabolic Genetics, The Hospital for Sick Children (SickKids), Canada, focusing on physical activity promotion through Participatory Action Research; research networks with Jigme Dorji Wangchuck National Referral Hospital, Bhutan, the Department of Emergency Medicine, Southwest Consortium, USA, and the Research Center for Pharmaceutical Ingredient and Traditional Medicine, BRIN, Indonesia. The university also supports international knowledge exchange through participation in global health conferences, the Majid Sadigh, MD Scholarship, and medical student exchange programmes with Nuvance Health, USA.





These partnerships demonstrate sustained engagement with health institutions at local, national, and global levels to strengthen healthcare delivery, health promotion, medical and public health education, research, innovation, and professional development. These partnerships demonstrate the University's continuing commitment to working with health institutions to improve health and well-being outcomes and contribute to a stronger and more sustainable health system.

TELEHEALTH RESEARCH TO IMPROVE CHRONIC DISEASE CARE IN COMMUNITIES

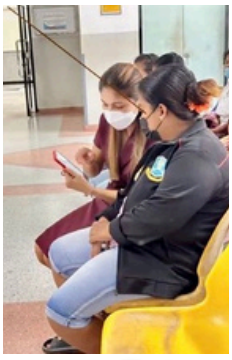


WU conducted research to develop and evaluate a telehealth/telemedicine model for patients with Type 2 Diabetes Mellitus and hypertension. The research aimed to develop a health service model that could reduce travel barriers and improve continuity of care for people in local communities. A mixed-methods research approach was used, together with the CIPPiest evaluation framework, covering context, input, process, product, impact, effectiveness, sustainability, and transportability. The Virtual OPD (V-OPD) system was tested with 220 patients, comprising 125 patients in the intervention group and 95 in the control group.



Research findings showed that patients receiving care through V-OPD experienced statistically significant improvements in key clinical outcomes. Systolic blood pressure decreased from 130.67 to 124.34 mmHg, diastolic blood pressure decreased from 78.45 to 70.46 mmHg, and fasting blood sugar decreased from 126.25 to 106.98 mg/dL. Patients and healthcare providers also reported high satisfaction with the service, particularly because it reduced the need for travel, saved time and transportation costs, and enabled more continuous health monitoring. These findings demonstrate the potential of telehealth to improve access to healthcare services and support non-communicable disease (NCD) management within primary healthcare settings.

The research findings were also applied and further tested in local communities through collaboration among hospitals, primary healthcare providers, patients, and Village Health Volunteers (VHVs). Community networks supported older adults and people with limited digital skills in accessing telehealth services, including entering health information, submitting test results, and receiving medicines through community distribution points. This approach reduced the need for patients to travel to hospitals while enabling them to receive remote consultation and continuous health monitoring. Findings from the implementation also informed adaptations to better fit the local context, including the use of familiar communication channels such as LINE and telephone alongside existing hospital information systems.



This research demonstrates how research-based knowledge, health technology, and local community collaboration can be translated into practical solutions to improve good health and well-being, particularly for older adults and people living with chronic diseases. By reducing travel burdens, improving continuity of care, and supporting the prevention and management of NCDs, the research contributes to SDG 3: Good Health and Well-being, particularly through health promotion, improved access to healthcare services, and the development of community-responsive health systems.