

# 3 GOOD HEALTH AND WELL-BEING



## Promote Good Health and Well-being for All

NIDA has undertaken various initiatives to promote and improve good health and well-being for students, personnel, and communities through research by the Center for Aging Society Research. In addition, the Institute emphasizes youth health in the surrounding communities by holding regular football practices, as well as educating its personnel and students about physical and mental health.

### Research on Health and Well-being

NIDA places an emphasis on research on health and well-being for people of all ages, particularly the elderly. The Center for Aging Society Research has continuously prepared for the aging population through a variety of projects; for example, prevalence and associated factors of successful ageing among people 50 years and older in a national community sample in Thailand; and bidirectional association between functional disability and multimorbidity among middle-aged and older adults in Thailand.

Moreover, with an allocated budget in 2023, the Institute has conducted various projects with regard to good health and well-being, such as the Project for Media Production and e-Learning on the Dissemination of Risk Communication on Public Health Knowledge in an Emergency Situation by the Department of Disease Control; the Dental Hygiene Assessment Project for the Elderly in Thailand 2015 - 2022; and the Project for the Revision and Production of Strategic Map by Bureau of Risk Communication and Health Behavior Development .

### Collaboration with Health Service Providers



### Current collaborations with health institutions

NIDA has entered into a Memorandum of Understanding with various national health service institutions, including the Department of Older Persons, Department of Empowerment of Persons with Disabilities. In addition, the Institute has collaborated with Navamindradhiraj University and the Thai Red Cross in organizing NIDA USR for Blood Donation. In 2023 alone, the Institute has arranged four blood donations, with a great number of donors from personnel, students, and the general public.

## Health outreach programmes/ Shared sports facilities

The Institute realizes its important role in promoting the social responsibility for good health. In this capacity, the Institute promotes football practice for community engagement, as well as helping develop athletic skills for children and youth in the surrounding communities and encouraging them to make good use of time. These skills can also be applied later in their future endeavors.



The Institute has also arranged for the dissemination of health-related knowledge and information for its personnel and students under the activity NIDA HR Clinic and NIDA Healthy Community via Facebook. Some examples of information that have been published this year include information on dengue fever, breast cancer, and office syndromes.



Furthermore, NIDA has organized academic conferences on the issues of good health and well-being, including the 151<sup>st</sup> HROD TALK: Awakening the Power of Modern-Era Organizations for Good Health and the 154<sup>th</sup> HROD TALK: Mind and Body Adjustment for Disease-free Health.



Moreover, the Institute has organized a preparation program for the personnel who are retiring this year to promote good physical and mental health and to encourage the retirees to be ready for the forthcoming change.



## Welfare Promotion Project for Personnel and Students

### Sexual and reproductive health care services for students/Mental health support

In 2023, the Institute undertook the project to support both physical and mental well-beings for its personnel and students by providing mental health services at the medical center on campus every Sunday from 10.00 - 12.00. In addition, the Institute offers a new medical screening service for breast cancer for female students and personnel every Monday and Wednesday from 13.00 - 16.00.



The Institute provides healthcare for its personnel and their families with the allocated budget of 10,000 baht per family per year, which can be used on healthcare for themselves, their spouses, children, and parents.