



# Promote Good Health and Well-Being for People of All Ages

**3** GOOD HEALTH  
AND WELL-BEING



## OVERVIEW

NIDA seeks to promote good health and well-being for students, staff, the surrounding community, and the general public through faculty research. Additionally, the institute collaborates with external organizations to conduct activities that enhance health and disseminate health knowledge to those interested. NIDA also prioritizes healthcare promotion for students and youth around the campus.

## RESEARCH/ FUNDING

### Improving health & well-being of all age groups

NIDA emphasizes research related to the health and well-being of people across all age groups. This is evident from the health-related research conducted by the faculty, focusing on the well-being of people in various areas. NIDA has also received funding support from various agencies. Some of the funded research topics include:

- Ecological and Health Risks of Polycyclic Aromatic Hydrocarbons in the Sediment Core of Phayao Lake, Thailand
- Community Empowerment and Health Promotion: A Case Study of Phongsathue Community in Thailand
- Factors Influencing Drug Use Risk Behaviors among Undergraduate Students in a University in the Southern Border Provinces
- Strategic and Master Plan Development for Human Resources at the Provincial Electricity Authority towards Becoming a Sustainable Energy Organization
- Employee Engagement Using Emo-Meter for the National Cancer Institute in 2023
- Evaluation of the Dental Health Program for the Elderly in Thailand

## RESEARCH/ FUNDING

### Evaluation of the dental health program for the elderly in Thailand

This project was funded by the Department of Health, Ministry of Public Health, with a budget of 1,400,000 THB. The objective was to assess how the dental health program serves the elderly in Thailand to ensure good oral health and functional teeth throughout life, as oral health is a crucial indicator of overall health in older adults. The findings from the project were:

1. The dental health program which enhances the capacity of personnel to support elderly oral health care has benefited older adults in tangible ways. For every 1 THB of government investment, there was a 1.57 THB social return, justifying the need for continued funding for the second phase of the program.
2. Assessments showed that the elderly in areas with trained dental health personnel had better oral health-related quality than those in areas without such trained personnel.
3. Overall, the Ministry of Public Health managed the program effectively, ensuring that dental health personnel could participate in training as planned.
4. However, there were limitations: a lack of readiness for technology and dental innovation, particularly funding, resources, and equipment for training, and an imbalance in the curriculum, which tends to focus more on dental repair than on preventive care.
5. The research recommended a need for workforce planning that should align with workforce production and highlighted the urgent need for the country to promote preventive healthcare alongside treatment.

## ENGAGEMENT

### Health collaboration with external organizations

In 2023, NIDA partnered with the Thai Red Cross-National Blood Centre to organize the "NIDA USR Blood Donation" program, encouraging staff, students, and the general public to participate. The program was held four times, with each event attracting many participants and blood donors.



Moreover, NIDA organized a seminar titled "Towards Comprehensive Health Through Primary Healthcare Systems" in collaboration with the Health Systems Research Institute, the Association of Provincial Administrative Organizations of Thailand, the Public Health Association, and the Association of Primary Healthcare Directors. The event featured a keynote speech by Dr. Cholnan Srikaew, the Minister of Public Health, and included a roundtable discussion on "Driving Primary Healthcare Systems Towards Comprehensive Public Health."



## COMMUNITY OUTREACH

### Promoting youth health around the institute



The Corporate Communication Division, in collaboration with the International Relations Division, organized an annual soccer program for youth under the "NIDA USR" project. This initiative aimed to provide sustainable societal benefits, in line with NIDA's commitment to Wisdom for Sustainable Development, empowering people at all levels and contributing to society in all aspects. The soccer program helped local youth develop football skills, use their free time productively, learn sportsmanship, and acquire skills they could use in the future. Soccer training sessions were held every Thursday and Friday from 4:30 PM to 6:30 PM at NIDA's soccer field.

## COMMUNITY OUTREACH

### Supporting healthcare for students

The NIDA Basketball Club hosted the "NIDA Cup #7 Basketball Tournament" at the indoor gymnasium on the 2nd floor of the Choop Kanjanaprakorn Building. The event brought together current and former students to foster camaraderie and unity through sports. The competition featured four teams: Freshy Finish, NIDA Old Star Friend, Nouvel Espoir, and Jaosua. It is the Nouvel Espoir team who won the championship.

