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GOOD HEALTH
AND WELL-BEING





Good Health and Well-Being to guarantee good health for people in the community and security for people of all ages

3 GOOD HEALTH AND WELL-BEING

Policy and Commitment to SDG 3: Good Health, Sakon Nakhon Rajabhat University, Fiscal Year 2025

Sakon Nakhon Rajabhat University (SNRU) contributes to SDG 3, Good Health and Well-being, through its strategy. As a university for local development, it trains health graduates to meet community needs and develops innovations for Sakon Nakhon's and the Northeast's aging society. Students in the Public Health program (Faculty of Science and Technology) run regular community health-promotion activities and work with Sakon Nakhon Municipality on food-sanitation inspections of campus vendors. SNRU researchers developed “Safe Step," a fall-prevention health technology for older people. It combines traditional dance-based exercise, self-assessment tools, and sensor-based risk monitoring and was showcased at Thailand Research Expo 2025. Under the Happy University framework, SNRU supports student well-being through the free, confidential SNRU Mental Health Counseling Clinic, in partnership with the Department of Mental Health and Sakon Nakhon Hospital. The university also ran HPV vaccination for female students with the Provincial Public Health Office, became a smoke-free and e-cigarette-free campus, and opened its sports facilities to the public, showing its commitment to well-being for people of all ages on campus and in the community.

Key Activities & Projects : Collaborations and health services



Sakon Nakhon still lacks enough health workers, and in 2025, Sakon Nakhon Rajabhat University (SNRU) set out to change that by laying the groundwork for a future Faculty of Nursing. The first step came on 10 September 2025, when SNRU signed an MOU on nursing and midwifery education with four key provincial partners: the Provincial Public Health Office, Sawang Daen Din Crown Prince Hospital, Wanon Niwat Hospital and the Provincial Administrative Organization. Together, they will share resources and create quality clinical training sites for future nursing students.

The network soon grew. In November, SNRU signed agreements with Nakhon Phanom Rajanagarindra Psychiatric Hospital, under the Department of Mental Health, and with Sakon Nakhon Hospital, the province’s regional hospital. These partners will provide training sites and work with SNRU on staff development, joint research, and better community health services. The same partnerships already support people today. SNRU works with the Department of Mental Health and both hospitals to screen and refer students who need mental health care, and with the Provincial Public Health Office to vaccinate female students against HPV. In villages, its Public Health and Health Science students join local health centers and village health volunteers to screen residents, track disease, and promote healthy living. Step by step, SNRU is building a health network that trains tomorrow’s nurses and cares for the community today.

Key Activities & Projects : Health outreach programmes

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SNRU Public Health Students Work with Ban Khok Lai Villagers to Tackle Community Health Issues





On 22 January 2025, villagers of all ages gathered at the temple pavilion of Ban Khok Lai, Mueang District, Sakon Nakhon, for a community health forum run by Public Health students from Sakon Nakhon Rajabhat University (SNRU). The forum was part of the students' community health practicum. In the weeks before, the students had surveyed households and collected health data across the village. At the forum, they presented their findings in charts and tables so that residents could see their community's health status at a glance. Villagers then discussed the problems, ranked them by priority, and helped design solutions. Older residents shared their experiences and needs, ensuring their voices shaped the plan. The priorities agreed at the forum became the basis for a community health project that students and villagers carried out together. The forum reflects SNRU's approach as a university for local development. Students learn public health from real community situations, and villagers take ownership of their own health. The activity supports SDG 3, particularly Target 3.8 on access to essential health services and Target 3.d on strengthening local capacity to manage health risks.









SNRU Public Health Students Promote Healthier Communities through Cleaner Environments

Good community health starts with clean air, safe water, and waste-free homes. In early February 2025, third-year public health students at Sakon Nakhon Rajabhat University (SNRU) took what they had learned in their Community Environmental Management course into villages in Sakon Nakhon, working with residents on three projects. At Ban Pracha Suk San, students, community leaders, and local agencies cleared leaf litter and built firebreaks in the community forest during the dry season. This reduces forest fires and PM2.5 haze, a major cause of respiratory illness among children and older people. A second project, "Sort Before You Throw" taught households to separate waste, cutting breeding sites for mosquitoes and other disease carriers. A third introduced simple filtration methods to improve tap-water quality and lower the risk of waterborne disease. The community, its leaders, and local agencies all took an active part. Students practiced as health communicators in real settings, and residents gained practical ways to protect their health through better environmental management. The projects support SDG 3, particularly Target 3.9, which aims to reduce illness from air, water, and soil pollution.

SNRU Public Health Students Bring Health Checks and Smiles to Older People in Tha Rae





Sakon Nakhon is an aging society where many older people need close health care. On 4 December 2025, third-year Public Health students from Sakon Nakhon Rajabhat University (SNRU) ran a health service day for older people at the Archdiocese of Thare-Nonseng Center in Tha Rae, as part of their Elderly Health and Well-being course. The students assessed each participant's health through interviews, basic physical checks, and mobility assessments, and gave personal self-care advice. They then led health-promoting recreational activities, including stretching and gentle exercises to build strength and balance. The session was full of laughter: the older participants gained knowledge and enjoyment, and the students gained hands-on experience in elderly care.

The activity shows SNRU's role in preparing public health professionals for an aging society and in helping older people in the community stay healthy in body and mind. It supports SDG 3, healthy lives and well-being for all at all ages.

Key Activities & Projects : Health outreach programmes

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SNRU Builds Health Skills for Students at Thetsaban 3 Yuttitham Wittaya School

On 18 July 2025, lecturers and students of the Public Health programme, Faculty of Science and Technology, Sakon Nakhon Rajabhat University (SNRU), visited Grade 10 students at Thetsaban 3 Yuttitham Wittaya School under the university's partner-school laboratory skills initiative. The students practised first aid, measured vital signs such as pulse and blood pressure, and used occupational health meters for light and noise to learn how their surroundings affect health. They took part with enthusiasm, gaining skills to care for themselves and others and a first look at careers in public health. The activity supports SDG 3 by promoting health literacy for people of all ages.











SNRU Equips High School Students with Life-Saving Skills at SCIENCE CAMP

In an emergency, the first minutes before medical help arrives can decide whether someone survives. On 5 September 2025, the Public Health program at Sakon Nakhon Rajabhat University (SNRU) ran first-aid, basic life support, and life-skills training for Grade 11-12 students from Triam Udom Suksa School of the Northeast during their SCIENCE CAMP. Lecturers and public health students taught students how to assess injuries, provide first aid, and perform CPR, then had them practice on training mannequins. The students left with the knowledge and confidence to help family and community members in emergencies such as road accidents or cardiac arrest. The training shows SNRU's role in passing health knowledge on to young people and creating "life-savers" in the community. It supports SDG 3, particularly reducing deaths from accidents and strengthening readiness for health emergencies.

SNRU Public Health Students Strengthen Village Health Centres through Cooperative Education

For most rural families in Sakon Nakhon, the nearest source of care is the Sub-district Health Promoting Hospital, yet these centers are often short-staffed. In FY2025, SNRU's Public Health program helped close this gap by placing its fourth-year students at sub-district health promoting hospitals across Sakon Nakhon and Nakhon Phanom for a full semester of cooperative education. Working full-time alongside local health teams, the students took part in the centers' everyday work. They promoted health through community talks and antenatal care, helped prevent disease in the villages they served, and supported basic treatment, including home visits to bedridden patients and older people. The placements benefited everyone involved. Communities gained wider access to care, health centers gained extra hands, and students gained real-world experience before graduating, preparing them to serve their home region. This work supports SDG 3, particularly Target 3.8 on universal health coverage and Target 3.c on strengthening the health workforce.











Key Activities & Projects : Health outreach programmes

SNRU Strengthens Life-Saving Skills of Village Health Volunteers in Muang Lai

In rural villages, the first person to reach a patient is often a Village Health Volunteer (VHV). On 6 June 2025, lecturers and second-year Public Health students from Sakon Nakhon Rajabhat University (SNRU) held a refresher training on first aid and basic CPR for VHVs in Muang Lai Subdistrict, under the university's "One Program, One Community" initiative. The director of Ban Muang Lai Sub-district Health Promoting Hospital opened the session. The volunteers reviewed emergency assessment, first aid, and chest compressions, then practiced them one by one on manikins, with close coaching from the students. These skills help VHVs give timely care in emergencies while waiting for medical teams. The students, in turn, learned to work alongside the community health network. "One Program, One Community" reflects SNRU's commitment to linking teaching with local development and strengthening primary health care. It supports SDG 3, particularly reducing accident-related deaths and developing the health workforce.

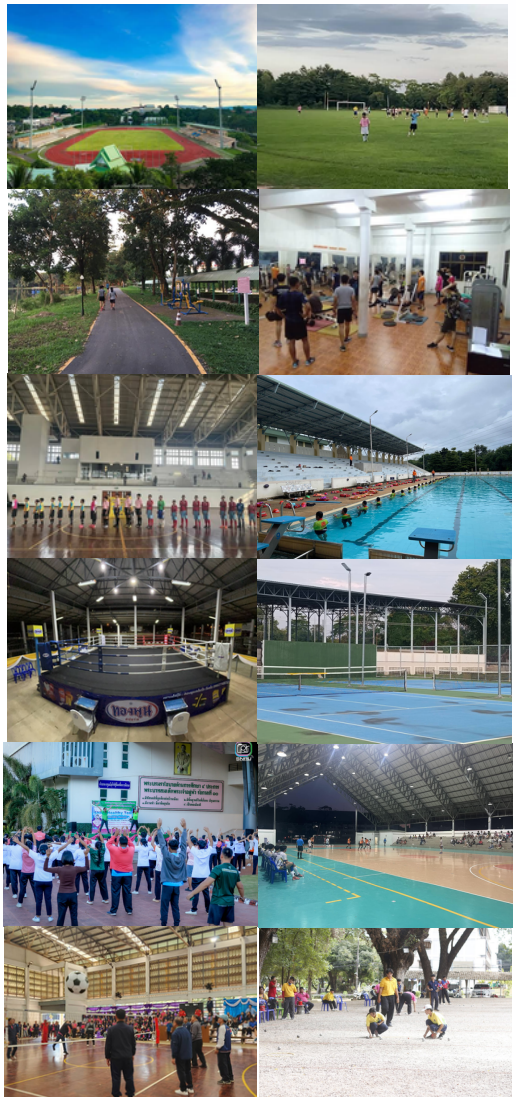








Key Activities & Projects : Shared sports facilities



Sakon Nakhon Rajabhat University (SNRU) promotes community health by opening its sports grounds and facilities to individuals, organizations, schools, and communities in Sakon Nakhon and neighboring provinces. Many local communities lack standard sports grounds and exercise spaces, which affects public health and young people's sporting development. SNRU offers a wide range of outdoor and indoor facilities. Outdoors, there is the Ratchaphruek Stadium, a standard stadium with an athletics track and grandstands, along with the Nong Ya Sai Sports Field and a shaded jogging path around Nong Ya Sai Pond with outdoor exercise equipment. Indoors, there are a New Gymnasium for basketball and sepak takraw, an Old Gymnasium, a futsal court, a boxing ring, a swimming pool, and a fitness center. There is also a tennis court, a pétanque court in front of the Faculty of Education, and the Building 20 multipurpose plaza, used for group exercise such as aerobics. The outdoor areas are open daily to students, staff and the public for running, walking and exercise. The swimming pool, fitness center and indoor courts are open during university-designated hours. Schools, agencies and communities can also book the stadiums and gymnasiums for sports competitions and health-promotion events through the Property and Revenue Section, Central Administration Division, Office of the President. These facilities give people of all ages convenient, safe access to exercise and help local youth develop their sporting skills. This supports SDG 3: healthy lives and well-being for all at all ages.

Key Activities & Projects : Mental health support for students and staff

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SNRU provides a structured mental health care system for students and staff, from screening and counseling to treatment referrals. The Health and Sanitation Unit, Student Development Division, leads it in partnership with the Department of Mental Health (Mental Health Center Region 8), Sakon Nakhon Hospital, and Nakhon Phanom Rajanagarindra Psychiatric Hospital.





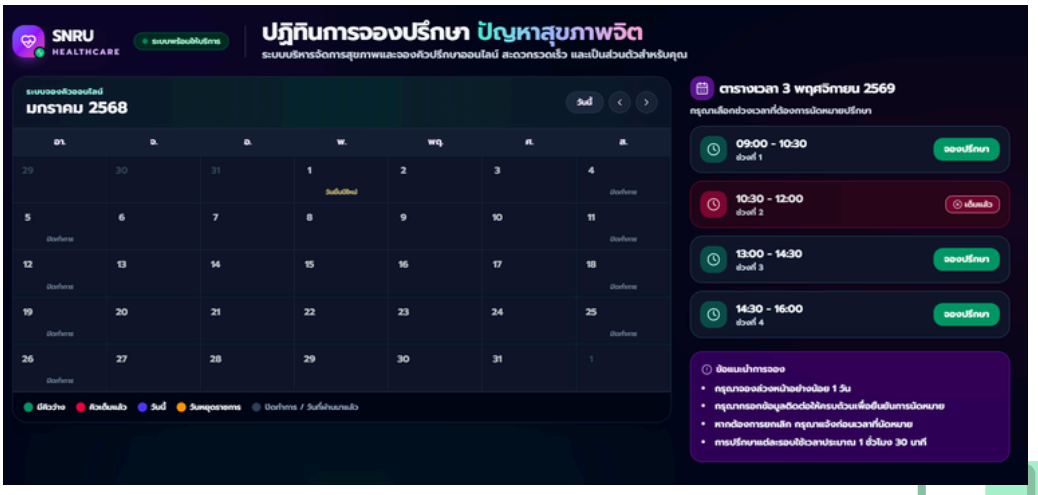
Access channels

- Mental Health Check-in: the Department of Mental Health's online self-assessment. Students scan a QR code, select SNRU, and enter their student ID, so results reach the university for prompt follow-up.
- SNRU Mental Health Counseling Clinic: Under the motto "Everyone deserves peace of mind: you're ready to share, we're ready to listen," it offers free, confidential counseling to students and staff. Book via QR code or walk in at the "Hug Room" (Building 20, ground floor), Monday to Friday, 09:00–12:00 and 13:00–16:00. Counselors include health science and nursing lecturers, as well as guidance staff.
- Phone: internal lines 185, 195, and 196, plus the 24-hour national mental health hotline 1323.
- Academic advisors: the first point of contact, who notice concerns, give initial advice, and refer students on.

Care pathway

1. Screening: all students are assessed through a mental health check-in and grouped as either normal or at-risk/with problems.
2. Normal group: the university runs ongoing well-being and development activities.
3. At-risk group: academic advisors give initial support. Cases beyond their capacity go to the Health and Sanitation Unit for in-depth counseling. Crises are reported straight to the EOC team.
4. Referral to Sakon Nakhon Hospital: high-risk or complex cases, such as those with a risk of self-harm, receive treatment matched to their needs.
5. Referral to Nakhon Phanom Rajanagarindra Psychiatric Hospital: complex cases the provincial hospital cannot manage are referred under the Service Plan system for treatment until improvement.
6. Return and follow-up: once they improve, patients are referred back to the university, where advisors provide continued care and record outcomes.

Students covered by Health Region 8 can be treated at any facility in the region through "R8 Anywhere," and students from outside the region can transfer their entitlement. Staff use the same clinic and referral pathway, alongside workplace well-being activities under the Happy University framework with ThaiHealth. The Health and Sanitation Unit records every consultation and referral, and reports service use each year. This work supports SDG Target 3.4 on promoting mental health and well-being.



Key Activities & Projects : Smoke-free policy

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Implementing the smoke-free and anti-smoking policy at Sakon Nakhon Rajabhat University does not begin and end with a written declaration on paper. Instead, it resembles a collective journey undertaken by the university community to transform mere regulations into a "white organizational culture"–one that is deeply embedded in the daily lives of both staff and students alike. This transformation began with a "strategic policy compass and a shared pledge." Senior executives systematically integrated well-being into the university's overarching institutional vision. As an active member of the National Healthy University Network, Sakon Nakhon Rajabhat University firmly declared its stance through the nationwide campaign, "Doing Good with the Heart: Rajabhat People Unite Against the Threats of E-cigarettes in Universities." This initiative serves as a powerful demonstration of solidarity, sending a clear message that this learning sanctuary must remain a safe haven, entirely free from toxic smoke and addictive substances. With top management setting a clear direction, the next chapter focused on "empowering the new generation and fostering creative innovations." Recognizing that prohibitions alone cannot drive deep-rooted change, the university shifted its focus toward inspiring youth to lead the transformation themselves. This led to the launch of the "Comprehensive and Sustainable Smoke-Free, E-Cigarette, and Tobacco-Free Higher Education Institution Development Project." The university opened spaces for Gen Z students to brainstorm, design social media content, and develop creative campaign prototypes. These student-led initiatives speak the language of the youth, collectively fostering a new cultural norm: being a happy young person who enjoys life does not require a dependence on cigarettes or intoxicants. To ensure that these campaigns translate into practical outcomes, the university executed "strict zoning controls and robust enforcement measures." Areas within and around academic buildings, administrative offices, student dormitories, and other high-risk spots across campus have been designated as 100% smoke-free and e-cigarette-free zones. These strict protocols are fully integrated into the university's occupational health and safety system. This involves close cooperation among the Student Affairs Division, faculty members, and campus security personnel to monitor, supervise, and diligently prevent any illicit use or sale of tobacco products within the educational institution.

