



Thai UHC Journey Workshop 2024

“Health Promotion: A Transformative Path Towards Sustainable Health and Well-being”

4-8 November, 2024 in Bangkok, Thailand

A. BACKGROUND

Universal health coverage (UHC) means that all people have access to the full range of quality health services they need without financial hardship. It covers the full continuum of essential health services, from health promotion to prevention, treatment, rehabilitation and palliative care. To deliver on this promise, countries need to have strong, efficient and equitable health systems. Every country has a different path to achieving UHC and to decide what to cover based on the needs of their populations and the resources at hand.

At the same time, health and well-being are also influenced by factors outside of the health sector, namely the overlapping and intersectional social, structural, economic, political, environmental and commercial determinants of health. Despite the progress made in health, the 21st century is also marked by parallel, overlapping and connected crises on a global scale, such as major pandemics, rising burden of noncommunicable diseases (NCDs), social and political fluctuations, economic instability, extreme weather conditions, increasing inequities with a direct impact on the health of individuals and communities. Such crises reinforce each other, exacerbate health inequities and hinder progress towards achieving UHC and the Sustainable Development Goals.

Health promotion is being recognized as an essential components of Universal Health Coverage (UHC). It is rooted in equitable and sustainable economic, environmental and social development, as well as a positive view of health. Health promotion addresses the determinants of health so as to create a substantial health gain for the people. Ottawa Charter (1986) declared five action areas for effective health promotion, including

1. build healthy public policy
2. create supportive environments for health
3. strengthen community action for health
4. develop personal skills, and
5. re-orient health services

Therefore, the 4th edition of the **Thai UHC Journey Workshop** will be held under the theme “**Health Promotion: A Transformative Path Towards Sustainable Health and Well-being.**” This international workshop is co-hosted by key health organizations in Thailand, composing of the Ministry of Public Health (MOPH), the Thai Health Promotion Foundation (ThaiHealth), the National Health Security Office (NHSO), the National Health Commission Office (NHCO) and the International Health Policy Foundation (IHPF) in collaboration with the ThaiHealth Academy (THA), the Enhancing Leadership on Global Health-Thailand Program under the WHO Country Cooperation Strategy (CCS-EnLIGHT). The Thai UHC Journey Workshop 2024 will be held between November 4 – 8, 2024 in Bangkok, Thailand. The workshop aims to provide a platform for experience sharing and networking on promoting health and well-being for all, to build capacity of participants from LMICs to understand and realize importance of health promotion as an essential component of UHC. Furthermore, the workshop expects the participants to apply the knowledge gained and capacity to make real actions based on their country contexts.

B. OBJECTIVES / EXPECTED OUTPUTS OF THE WORKSHOP

Objectives

1. To learn about health promotion as an essential component of UHC and as a transformative path towards sustainable health and well-being in Thailand, particularly through the lessons learned and experiences of Thailand's key health organizations
2. To exchange about national and international movements on health promotion, especially among participating LMICs.
3. To build network to promoting health and well-being and UHC.

Expected Outcomes

1. Participants will learn key elements to make health promotion successful, through the lessons learned and experiences of Thailand's key health organizations and the sharing among workshop's participants.
2. Participants can apply and adapt the knowledge from the workshop to their work according to their country context.
3. Participants build and expand their professional networks with other participants and speakers.

C. LOGISTIC INFORMATION

C.1 Financial Requirement:

C.1.1 The host organizations will be responsible for: the workshop facility, meeting package (2 breaks and lunch per day) for the whole period of workshop, teaching materials, and study visit.

C.1.2 The participants will be responsible for:

- 1) An airfare
- 2) Transportation expense in your country and incurred within Thailand
- 3) Other related expenses such as obtaining a passport, visa, health insurance and incidental expenses
- 4) Hotel accommodation
- 5) Per-diem during the workshop period

C.2 Workshop Venue:

ThaiHealth Centre

Thai Health Promotion Foundation

99/8, Soi Ngamduplee, Thung Maha Mek,

Sathorn, Bangkok 10120, Thailand

Phone: (+66) 2 343 1500

Email: InterRelations@thaihealth.or.th

Website: <https://en.thaihealth.or.th/>

Google map: <https://maps.app.goo.gl/1yyRwUE3oK7yvMWz5>

C.3 Contact:

Email: thaiuhcjourney@gmail.com

D. TENTATIVE WORKSHOP PROGRAM

Day 1: November 4, 2024	Program Overview <ul style="list-style-type: none">• Opening ceremony• Overview of Thailand's health systems and UHC• Setting the scene "Health Promotion: A Transformative Path Towards Sustainable Health and Well-being"• Overview of Health Promotion in Thailand
Day 2: November 5, 2024	Learning from Thailand's Health Promotion Best Practices <ul style="list-style-type: none">• Sharing notable examples of health promotion movements in Thailand (a Panel Discussion) <i>[by the Thai Health Promotion Foundation (ThaiHealth)]</i>

	<ul style="list-style-type: none"> • Study Visit: “Farm Funmae Organic by Suan Sampran” in Ratchaburi Province. The model for the development of a value chain of the sustainable food system towards holistic well-being for all <i>[by the ThaiHealth Academy (THA)]</i>
Day 3: November 6, 2024	<ul style="list-style-type: none"> • Integrating Health Promotion into Universal Health Coverage (UHC) <i>[by the National Health Security Office (NHSO)]</i> • Enabling Participatory Healthy Public Policies in Thailand, particularly, national health assembly resolutions related to NCDs <i>[by the National Health Commission Office (NHCO)]</i>
Day 4: November 7, 2024	<ul style="list-style-type: none"> • Strengthening Health Promotion through Evidence Informed Policies and Global Health Movement <i>[by the International Health Policy Program Foundation (IHPF) and CCS-EnLIGHT]</i> • Digital transformation towards improving health system and advancing well-being <i>[by ThaiHealth and Digital Health Innovations partners, Thailand]</i> • (Optional) Physical Activity: Walk the Talk at the Lumpini Park
Day 5: November 8, 2024	<ul style="list-style-type: none"> • Presentation by country • Conclusion: Reflection & Certificate Giving Ceremony



Provisional Program
Thai UHC Journey Workshop 2024
“Health Promotion: A Transformative Path Towards Sustainable Health and Well-being”
 4-8 November, 2024 in Bangkok, Thailand

Day 1: November 4, 2024 [Program Overview and Overall Health Promotion Concept] at Meeting Room 206, ThaiHealth Center, Bangkok, Thailand

Time	Topics	Details/Responsible Person(s)	Learning Objectives/Key Message
9.00-9.30	Self-Introduction and Ice Breaking	Participants Self-introduction and Ice Breaking Facilitated by <i>ThaiHealth Academy Team</i>	Ice Breaking & Learn Expectation from participants
9.30-10.00	Opening ceremony	Program Introduction <i>by Mr. Rungsun Munkong, International Relations Expert, ThaiHealth</i> Welcome Remarks <i>by Dr. Prakasit Kayasith, Senior Assistant CEO, ThaiHealth</i> Group photo All	Introduction of the overall 5-day workshop program Welcome and opening of the workshop.
10.00-10.30	Keynote Presentation:	Keynote Presentation: “Setting the Scene: Health Promotion: A Transformative Path Towards Improved and More Sustainable Well-being” <i>by Dr. Prakasit Kayasith, Senior Assistant CEO, ThaiHealth</i>	<ul style="list-style-type: none"> - What is health promotion? - Practical Health Promotion Frameworks : from Ottawa Charter (1986) to Geneva Charter for well-being (2021) - Key trends and challenges of health promotion in the 21st Century (global and Thailand contexts)

10.30-11.00	Healthy Break and Networking		
11.00-12.00	Overview of health systems and UHC Thailand	Presentation: Overview of health systems and UHC Thailand by Dr. Warisa Panichkriangkrai, CCS- EnLIGHT	Overview of the landscape/players/interconnectedness of health systems and UHC in Thailand
12.00-13.00	Healthy Lunch		
13.00 – 13.45	Overview of Health Promotion in Thailand	Overview of Health Promotion in Thailand <ul style="list-style-type: none"> • Landscape/players/interconnectedness of health promotion movements in Thailand. • Innovative Financing Mechanism for Health Promotion (ThaiHealth model: sin-tax based health promotion fund) Presentation by <i>Mr. Rungsun Munkong, International Relations Expert, ThaiHealth</i>	<ul style="list-style-type: none"> • Landscape/players/interconnectedness of health promotion movements in Thailand. • ThaiHealth model, using surcharge excise tax from tobacco and alcohol to support population-based health promotion initiatives/projects in Thailand. • Focus on how Thailand translate 5 action areas under Ottawa Charter into practice.
13.45-14.45	Group Work 1: Identify key health promotion challenges and mapping effective approach/interventions to address them.	Divided into group of 3-4 people, then do group exercise via following key questions: <ul style="list-style-type: none"> • What are currently the 3 major challenges on health promotion in your country? (e.g. tobacco, e-cig, alcohol, road traffic accidents, unhealthy diet, air pollution, mental health, aging, insufficient PA, and etc.) • Discuss effective approach/interventions to address those challenges in your group's view? Map the interventions into key actions areas of the Ottawa Charter and/or the strategic areas under WHO Global Framework for Well-being? • Each group presents their finding (2-3 minutes/group) Moderated by <i>Ms. Sininard Wangdee, International Relations Specialist, ThaiHealth</i>	Group exercise to preliminarily identify health promotion challenges and mapping practical approach/interventions to address them into health promotion frameworks
14.45-15.15	Healthy Break and Networking		

15.15-16.00	ThaiHealth's Green Building Tour	<p>ThaiHealth's Green Building Tour to demonstrate how health promotion concept can be applied to the design of workplace and its environment.</p> <p>By <i>ThaiHealth Learning Center Team</i></p>	<p>Demonstrate how health promotion concept can be applied to the design of workplace and its environment to promote holistic health (physical, mental, social and intellectual health).</p> <p><i>[Ottawa Charter: Area 2. Create supportive environments for health]</i></p>
Day 2: November 5, 2024 [Learning from Thailand's Health Promotion Best Practices] at ThaiHealth and Partner's Site Visit			
9.00-9.15	Recap by participants	Recap of day 1 key learning by selected participants	Recap of day 1 key learning
9.15-10.30	Panel Discussion: Sharing notable examples of health promotion movements in Thailand	<p>Panel Discussion of multisectoral speakers sharing notable examples of health promotion movements in Thailand (deep dive into how to plan, implement, monitor and evaluate the movements to drive PA movement, healthy diet policies (e.g. SSB Tax) in Thailand.</p> <p>Speakers:</p> <ol style="list-style-type: none"> 1. Dr. Pairoj Saonuam, Deputy CEO, ThaiHealth 2. Dr. Piyada Prasertsom, Sweet Enough Network, Thailand 3. Ms. Orana Chandrasiri, PA Researcher, Thailand <p>Facilitator: <i>Mrs. Milin Sakornsin Ruddit, International Relations Specialist, ThaiHealth</i></p>	<ul style="list-style-type: none"> • Exchanging of notable health promotion movements in Thailand (global and national PA plan, and SSB Tax) <p><i>[Ottawa Charter: Area 1. Building Healthy Public Policy and Area 2. Create supportive environments for health]</i></p>
10.30-12.30	Travel from ThaiHealth Center to Farm Funmae Organic by Suan Sampran at Ratchaburi Province		
12.30-13.30	Healthy Organic Lunch at Farm Funmae Organic by Suan Sampran		
13.30-16.00	Site Visit at Farm Funmae Organic by Suan Sampran	<p>"Farm Funmae Organic by Suan Sampran" The model for the development of a value chain of the sustainable food system towards holistic well-being for all. The upstream farmers gained economic and health security, midstream entrepreneurs' business thrived, and downstream consumers attained good health and a balanced lifestyle.</p> <p>Facilitated by <i>ThaiHealth Academy Team</i></p>	<i>[Ottawa Charter: Area 3. Strengthen community action for health]</i>
Day 3: November 6, 2024 [Visit NHSO and NHCO]			

8.00-9.00	Depart from Hotel to NHSO		
9.00 -12.00	Integrating health promotion into UHC	<ul style="list-style-type: none"> • Welcome Remark by <i>Mrs. Waraporn Suwanwela, Deputy Secretary-General, NHSO</i> • Walking tour of the Universal Coverage Service Center • Health Promotion and Disease Prevention for All: From Policy to Practice by <i>Mr.Kanitsak Chantrapipat Assistant Secretary-General, NHSO and team</i> 	<i>[Ottawa Charter: Area 4. Re-orient health services (towards disease prevention and health promotion)]</i>
12.00-13.00	Healthy Lunch at NHSO		
13.00-14.00	Travel to NHCO		
14.00-16.00	Enabling Participatory Healthy Public Policies in Thailand	Participatory policy process (e.g. Thailand National Health Assembly and its resolutions related to NCD risk factors)	<i>[Ottawa Charter: Area 1. Building Healthy Public Policy, Area 3. Strengthen community action for health]</i>
Day 4: November 7, 2024 [Health Systems] at Meeting Room 206, ThaiHealth Center, Bangkok, Thailand			
9.00 -9.15	Recap by participants	Recap of day 3 key learning by selected participants	Recap of day 3 key learning
9.15 – 10.30	Strengthening Health Promotion through Evidence Informed Policies and Global Health Movement	Strengthening Health Promotion through Evidence Informed Policies and Global Health Movement: <ul style="list-style-type: none"> - Overview of Global Health - Evidence for policy: evidence -> movement -> monitoring <i>by Dr.Warisa Panichkriangkrai</i> - Global health movements relevant to health promotion <i>by Dr. Orratai Waleewong</i> <i>by IHPF & CCS-EnLIGHT</i>	<i>[Ottawa Charter: Area 1. Building Healthy Public Policy, Area 5. Develop personal skills]</i>
10.30-11.00	Healthy Break		
11.00 – 12.00	Strengthening Health Promotion through Evidence Informed Policies and Global Health Movement (continue)	(continue) Strengthening Health Promotion through Evidence Informed Policies and Global Health Movement: <ul style="list-style-type: none"> - Monitoring the progress: SDGs <i>by Dr. Angkana Lekagul</i> <i>by IHPF & CCS-EnLIGHT</i>	<i>[Ottawa Charter: Area 1. Building Healthy Public Policy, Area 5. Develop personal skills]</i>

12.00-13.00	Healthy Lunch		
13.00-14.30	Digital transformation towards improving health system and advancing well-being	<p>Digital transformation towards improving health system and advancing well-being</p> <ul style="list-style-type: none"> • Digital Health towards Well-being for All by Ms. Wipattra Totemchokchaikarn, Senior Foresight Researcher at FutureTales Lab by MQDC • Case studies and exchange on “Digital technology utilization to enhance work for promoting health promotion and well-being” <ul style="list-style-type: none"> ○ Case Study 1: SAANSOOK Application for holistic healthy living by Assoc. Prof. Dr. Chujit Treerattanaphan, King Mongkut's University of Technology Thonburi ○ Case Study 2: "Nong Tung Jai" Chatbot, A chatbot service to help quit drinking by Assoc. Prof. Dr. Rasamon Kalayasiri, M.D., Center for Addiction Studies, Chulalongkorn University • Facilitated by Ms.Nalinee Ruangritthisak, Academic and Innovation Specialist, ThaiHealth 	<i>[Ottawa Charter: Area 2. Create supportive environments for health]</i>
14.30-15.00	Healthy Break and Networking		
15.00-16.00	Group Work 2: Identify key health promotion challenges and mapping effective approach/interventions to address them.	<p>Divided into group/individual by country:</p> <ul style="list-style-type: none"> • Based on actual evidence, what <u>is the top challenging issue or problem on health promotion</u> in your country? What is the specific <u>issue/problem that you are personally interested or currently working on?</u> • Using the knowledge learned in the past 4 days, <u>analyse the main approach that your country is using to address such issue/problem?</u> What would you suggest to improve the effectiveness of your country interventions, why? 	Group exercise to preliminarily identify health promotion challenges and mapping practical approach/interventions to address them into health promotion frameworks

		<ul style="list-style-type: none"> • What/How do you plan to contribute to addressing such issue/problem when you go back to your country? • Each group prepare a presentation for the final day (5 minutes/country) (PPT format to be provided) <p>Moderated by <i>Ms. Sininard Wangdee, International Relations Specialist, ThaiHealth</i></p>	
17.30-18.30	PA Walk the Talk at the Lumpini Park (optional)	PA Walk the Talk at the Lumpini Park <i>Facilitate by ThaiHealth Academy Team & ThaiHealth (IR Team)</i>	

Day 5: November 8, 2024 [Wrap up & Reflection and Conclusion] at Meeting Room 206, ThaiHealth Center, Bangkok, Thailand			
9.00 -9.15	Recap by participants	Recap of day 4 key learning by selected participants	Recap of day 4 key learning
9.15-12.00	Wrap up Session : Country Presentation	<p>Presentation by each country (15 mins each = 5 mins presentation + 5 mins feedbacks/comments + 5 mins additional discussion) (estimated 10 countries x 15 mins = 150 mins)</p> <p>Commentators:</p> <ul style="list-style-type: none"> • <i>Dr. Warisa Panichkriangkrai Programme Manager, CCS-EnLIGHT, IHPF</i> • <i>Dr. Nuttapun Supaka, Senior Director, Academic and Innovation Section, ThaiHealth</i> • <i>Ms. Nanoot Mathurapoj, NHCO</i> • <i>Ms. Chalantorn Yothasamut, NHSO</i> • <i>Dr. Bussabong Wisetpholchai, ThaiHealth Academy</i> <p>[including 15-mins morning break during the session]</p>	To summarize key learnings and way forward for each country with expert comments

12.00-13.00	Lunch		
13.00-14.00	Conclusion: Reflection & Certificate Giving	Reflection & Certificate Giving Facilitated by <ul style="list-style-type: none"> • <i>Dr. Warisa Panichkriangkrai Programme Manager, EnLIGHT</i> • <i>Ms. Sininard Wangdee, International Relations Specialist, ThaiHealth</i> 	