



มหาวิทยาลัยราชภัฏร้อยเอ็ด ROI ET RAJABAHT UNIVERSITY



**SDG3 : Good Health
and Well-being**
เป้าหมายที่ 3 การมีสุขภาพ
และความเป็นอยู่ที่ดี

รายงานผลการดำเนินงานตามเป้าหมายการพัฒนาที่ยั่งยืน
มหาวิทยาลัยราชภัฏร้อยเอ็ด พ.ศ. 2567
SUSTAINABLE DEVELOPMENT GOALS 2024



THE GLOBAL GOALS
For Sustainable Development

SDG3 - Good Health and Well-being

3.3 Collaboration with health organizations at present

3.3.1 Collaboration with current health organizations for the year 2022

1) Provincial-level collaboration (local: within the same town/city)

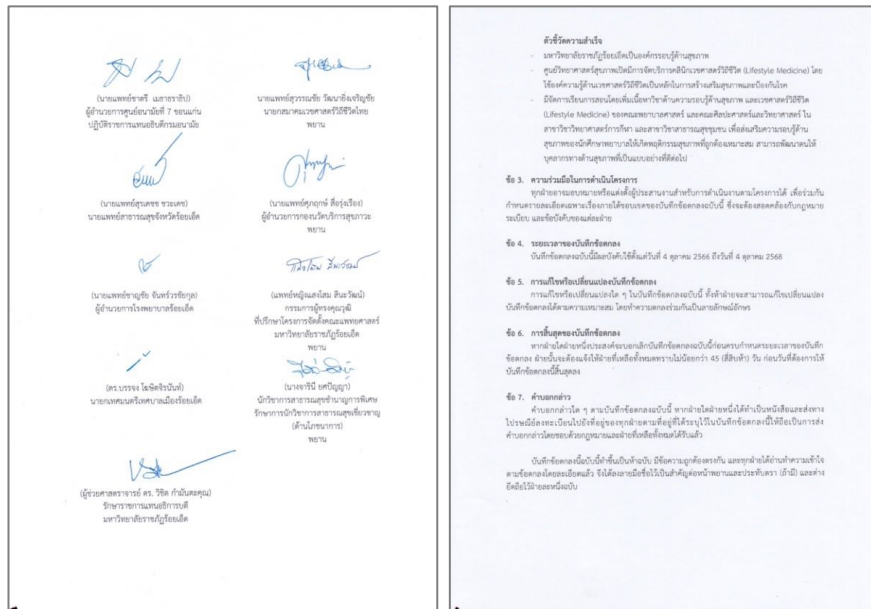
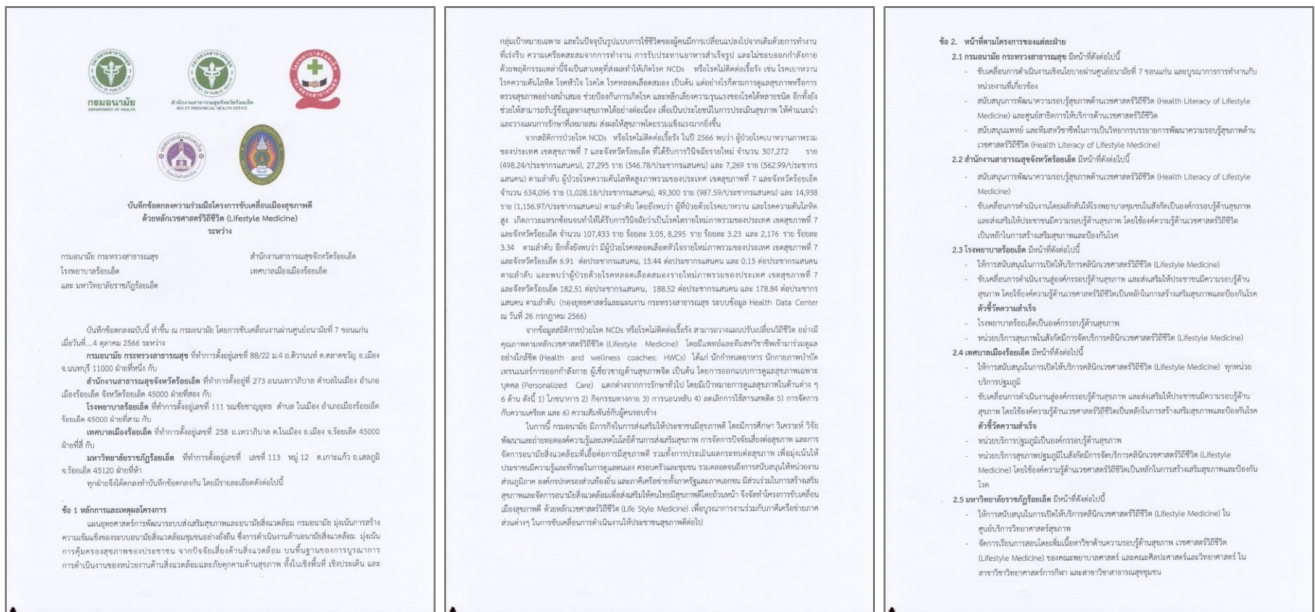
Rajabhat Roi Et University has signed a memorandum of understanding with 7 local organizations in various provinces to enhance health and quality of life in communities. The main objective is to create cooperation in each area, including facilities, research, and organizing nursing-related activities, such as community health surveys, health promotion training, and establishing public health cooperation networks among different areas. These agreements have been set from the year 2021 to 2025.



2.1) Rajabhat Roi Et University signed a memorandum of understanding with the Ministry of Public Health in 2022 to establish a smoke-free zone within the university. The aim is to support the university area as a smoke-free zone, organize education about smoking cessation, and support activities for those who want to quit smoking. This agreement is set from the year 2022 to 2026.



2.2) The university also signed an MOU for the development of health literacy in the field of Lifestyle Medicine together with the Department of Health, Health Center 7, Roi Et Provincial Public Health Office, Roi Et City Municipality, and Roi Et Hospital. This collaboration supports activities and projects by using the six principles of Lifestyle Medicine to support health service development projects and activities for the public, develop Lifestyle Medicine curricula, and exchange personnel and knowledge to create a healthy society and community. These agreements have been set from the year 2023 to 2025.



3) International collaboration

The university collaborates with international agencies, specifically Luohe Medical College in the People's Republic of China, to develop a cooperative plan for promoting public health and planning to strengthen the production of health science graduates. This plan was established on November 28, 2022, at 14:00, in the meeting room of the Faculty of Medicine establishment project at Rajabhat Roi Et University (<https://www.reru.ac.th/pr-news/8570/>).



**พิธีบันทึกข้อตกลงความร่วมมือทาง
วิชาการ
ระหว่าง มหาวิทยาลัยราชภัฏร้อยเอ็ด
และ Luohe Medical College
สาธารณรัฐประชาชนจีน**

3.2.2 Health-related programs/projects in the years 2022-2023

1. Surveillance, monitoring, and development of surveillance, prevention, and control of occupational and environmental diseases among informal worker groups project.

On June 27, 2023, Dr. Thawatchai Dacherngkhao, Head of Community Public Health Department, Faculty of Liberal Arts and Science, Roi Et Rajabhat University who was invited to attend the Surveillance, monitoring, and development of surveillance, prevention, and control of occupational and environmental diseases among informal worker groups project meeting from the Disease Prevention and Control Office 7, Khon Kaen Province. In this meeting, Dr. Thawatchai Dachoengkhao, who was presented about research results in respirable dust inhalation exposure and to BTEX (benzene, toluene, ethylbenzene, and xylene) vapor exposure among buddha foundry workers to provide information and discuss guidelines for health care service unit to use in surveillance, prevention, and control of occupational and environmental diseases among informal workers in Roi Et Province. There were participated representatives from Roi Et Provincial Public Health Office, Roi Et Hospital, Selaphumi District Public Health Office, Selaphumi Hospital, Phothong Subdistrict Municipality, and Nongpha Subdistrict Health Promoting Hospital at Selaphumi District Public Health Office.



Reference. <https://www.facebook.com/profile.php?id=100057091344897>

2. A project aimed at improving the quality of life for people of all ages, the elderly, caregivers, and preparing for old age.

Department of Community Public Health, Roi Et Rajabhat University has organized a project according to the 2023 Roi Et Rajabhat University strategy for local development, a project to improve the quality of life for people of all ages, the elderly, and caregivers of the elderly, and prepare for the elderly ages. This project was 50 older persons in Nonchaisri Subdistrict, Phonthong, Roi Et province and implementing by the “Visit to Grand Farther-Mother Health project”, which had sub-activities: 1) screening to find elderly groups with dementia using routine assessment form Barthel Activities of Daily Living (ADL), Preliminary dementia test (MMSE-Thai 2002), and Depression Assessment 2) Training to provide knowledge in promoting and preventing dementia for the elderly and caregivers for the elderly in the family.



3. A project promoting behavioral changes in health to prevent complications in patients with diabetes and high blood pressure.

Department of Community Public Health, Roi Et Rajabhat University has organized a project according to the 2023 Roi Et Rajabhat University strategy for promotion to research to public health problems solving in local communities, which is the goal and destination of learning wellness destination community in terms of health promotion and treatment multidisciplinary nursing and rehabilitation. There was 100 persons (50 persons in Bansonghong subdistrict, Pontong and 50 persons in Thamoung subdistrict, Selaphumi) for patient groups target in diabetes and high blood pressure disease. This project was conducted on July 26-27, 2023, in both areas and consists of the following activities: Lecture and workshop in changing health behaviors according to the principles of "3A. 2S." in preventing diabetes and high blood pressure (food: food model base for diabetic patients, Exercise base, emotional management base). The result was increasing knowledge by 100 percent on target group.



4. A health behavior development program designed to prevent liver fluke disease in at-risk groups.

Department of Community Public Health, Roi Et Rajabhat University in collaboration with Chiang Khwan Hospital were organized a health behavior development program to prevent liver fluke disease among liver fluke risk group to provide knowledge on changing health behaviors to liver fluke disease prevention. There was trained through knowledge 5 base activities: 1) A new way of life, paying attention to liver flukes 2) Stop cooking raw, turn to cooked 3) It can be delicious when cooked 4) Know, stay safe, and 5) What should I eat. All activities were taught to 45 person targets in Bandonsumrannuan, Prathat subdistrict, Chiang Khwan, Roi Et province on August 15, 2023. The result was increasing knowledge by 100 percent on target group.



5. A school hygiene training program.

On August 23, 2023, Community Public Health Department, Roi Et Rajabhat University, Led by Asst. Prof. Patcharawan Chanphet, lecturer team, and students were organized a school health project for 60 students at Nong Luang Prachabamrung School, Baluang Subdistrict, Selaphumi, Roi Et province. There was a knowledge base about sex education, adolescent hygiene, and the prevention of infectious diseases in teenagers.



Reference. <https://www.facebook.com/profile.php?id=100057091344897>

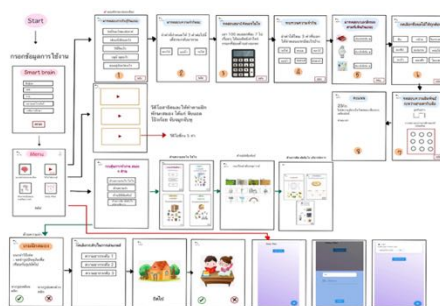
6. A project to enhance the quality of life for individuals at all stages of life, the elderly, their caregivers, and those preparing for old age.

The Faculty of Nursing at Roi Et Rajabhat University carried out a project in 2023 for local development, focusing on enhancing the quality of life for all ages, including the elderly and their caregivers. Activities included committee meetings, needs assessments, and quality of life evaluations in Tha Muang, Ko Kaeo, Na Mueang, and Nong Luang sub-districts. The program led to improved health and sustainable community development, with significant participation in health promotion, dementia prevention, and preparation for retirement, resulting in a high community happiness index and developmental progress in early childhood and student health. Results show that residents in the target areas enjoy good health at all ages, with sustainable community development, the ability to manage their own affairs, and a high community happiness index. Development in early childhood quality of life was noted at 60%, with 60% of school-aged children receiving health promotion in both physical and mental aspects through teacher and parent involvement. Additionally, 81.90% of the elderly in the Nong Luang area were assessed for dementia prevention with family participation, and 60% of people aged 55-59 were supported in preparing for retirement.



7. A project to promote the prevention of dementia in the elderly with the involvement of families and communities.

The Faculty of Nursing has developed an application named "Smart Brain" and checked its usage to provide training for Village Health Volunteers (VHV), caregivers, and the elderly. They conducted practical workshops for VHV from groups 1-9 on using the "Smart Brain" application and recording in the application's manual. The project also includes a follow-up activity involving weekly home visits to the elderly in groups 1-9 for six weeks to assess the use of the "Smart Brain" application. The program aims to prevent dementia in the elderly with community and family involvement. The gender distribution of the project participants was 19 males (18.10%) and 86 females (81.90%). The age distribution of "Smart Brain" app users is as follows: 45 people aged 60-65 years (42.86%), 23 people aged 66-70 years (21.90%), and 37 people aged 71 years and above (35.24%). Regarding education levels, 92 people had primary education (87.62%) and 13 had education levels higher than primary (13.28%). The dementia assessment results showed that 104 people (99.04%) met the assessment criteria, and 1 person (0.96%) did not. There was no change in dementia scores between the first and sixth week, indicating no increase in dementia conditions among the participants.



8. A workshop project preparing for old age in Nong Luang Sub-district, Selaphum District, Roi Et Province.

The Faculty of Nursing conducted a practical training program on preparing for old age in Nong Luang Subdistrict, Selaphum District, Roi Et Province from April 24 to 26, 2023, with follow-up visits from April 27 to May 14, 2023. The target group was 100 residents aged 55-59, who underwent basic health checks before the training. The program covered topics on lifestyle changes, correct nutrition, exercise, home environment adaptation, financial planning, and the use of media and technology. Participants showed a high level of satisfaction, with an average rating of 4.49.



9. A project to enhance the capabilities of caregivers in taking care of bedridden patients at home.

The Faculty of Nursing carried out a project to enhance the capabilities of caregivers looking after bedridden patients at home. Meetings were held to establish operational committees in four sub-districts: Tha Muang, Na Mueang, Nong Luang, and Ko Kaeo, with each sub-district committee consisting of 5 members, alongside professors from the adult and elderly nursing department, totaling 30 people. The committees planned the project collaboratively, involving participants in planning the learning topics they were interested in and reviewing care for bedridden patients. This included measuring vital signs, physical rehabilitation, basic first aid, basic life support, tube feeding, and general body hygiene care, such as bathing, hair washing, body wiping, and caring for the cleanliness of genitalia in patients with urinary catheters. The target groups for the training were Village Health Volunteers (VHV), Village Health Communicators (VHC), and caregivers of the elderly who are bedridden, with 25 individuals from each sub-district, totaling 100 participants. The aim was to develop their capacity to care for bedridden patients at home. The project was successful, with an overall participant satisfaction average of 4.76.



10. A community program for developing skills in caring for the elderly and bedridden patients.

The Faculty of Nursing has successfully carried out a program to develop care skills for the elderly and bedridden patients in the community, funded by the Committee for the Promotion of Science, Research, and Innovation. This initiative is part of a broader research plan to enhance research and innovation in higher education, aiming to improve caregivers' skills and understanding. The training is structured in three stages: 18 hours of theoretical activities spread over three days, 12 hours of practical exercises over two days, and 30 hours of hands-on community care spread over five days. The program has trained 500 individuals, including health officers and community leaders, with participants achieving more than 80% knowledge improvement and high satisfaction rates. The Faculty of Nursing at Rajabhat Roi Et University will continue to offer this training program for community service.



11. The "Bright Mind, Healthy Aging" project aimed at promoting mental well-being and disease prevention in the elderly.

The Faculty of Nursing's Mental Health and Psychiatric Nursing group, along with third-year nursing students in 2023, conducted the "Bright Mind, Healthy Aging" program. Held during September to November 2023, it targeted 200 elderly and general residents in Tha Muang Subdistrict, Roi Et Province, to improve mental health knowledge and prevention of mental health issues. The program included home visits, mental health screenings using various questionnaires, and provided individual and group stress management training. Most participants were elderly, stressed about their health and family working away, with some experiencing loneliness and depression. Post-program, they reported increased knowledge, social engagement, and the highest levels of happiness and satisfaction in years.



12. "Than Ya Rak" Foundation

In 2023, the Faculty of Nursing at Roi Et Rajabhat University joined the "Than Ya Rak" Foundation, established in 1994 by Her Royal Highness Princess Mother to reduce breast cancer mortality and improve access to timely treatment in Thailand. With a royal donation of 12 million baht, the center provides comprehensive breast cancer diagnostic services, the first in Thailand with international standards. Over 29 years, it has been successful in offering these services continuously, backed by quality control systems. The Faculty of Nursing has been actively involved and established the "Than Ya Rak Club" at the university, also launching a Facebook page to disseminate knowledge. On September 21, 2023, club leaders planned and reviewed self-breast examination projects to be conducted on September 25, 2023, training students in self-examination and breast cancer education via an application and e-learning.



13. Health Science Service Center, Rajabhat Roi Et University

In 2022, Rajabhat Roi Et University established an executive committee for the Health Science Service Center to promote health service activities, academic services, and to become a hub of health cooperation network with medical agencies in Roi Et province and surrounding areas. In 2023, a meeting was held to prepare for the registration as a primary care service unit (as per the news at <https://pr.reru.ac.th/?p=32444>). Additionally, the center began providing basic health services to staff and students free of charge. From April to October of the same year, the center provided services 1,306 times, including treatments for colds, stomach pain, diarrhea, wound care, muscle pain, and others.



3.3.3 The provision for the use of sports facilities and equipment.

Roi Et Rajabhat University has opened sports facilities with free access, including a central stadium and basketball court for university's students & staff and villagers around the university. The fitness center and swimming pool have a fee charge for yearly members and a one-time service charge.

1. Swimming pool

บัญชีแบบทำงบประมาณมหาวิทยาลัยราชภัฏร้อยเอ็ด
เรื่อง หลักเกณฑ์และอัตราค่าบริการสระว่ายน้ำ

อัตราค่าบริการสระว่ายน้ำมหาวิทยาลัยราชภัฏร้อยเอ็ด

ประเภท	สมาชิก	ต่อครั้ง	หมายเหตุ
นักศึกษาปริญญาตรี นักเรียนโรงเรียนสาธิต	๓๐๐ บาท	๒๐ บาท	กรณีรายวิชาว่ายน้ำจะไม่เสียค่าใช้จ่าย
คณาจารย์ บุคลากร เจ้าหน้าที่ ศิษย์เก่า นักศึกษาระดับ บัณฑิตศึกษา	๓๐๐ บาท	๓๐ บาท	ศิษย์เก่า ซึ่งเป็นสมาชิก ชมรมศิษย์เก่า มหาวิทยาลัยราชภัฏ ร้อยเอ็ด
ครอบครัวคณาจารย์ บุคลากร เจ้าหน้าที่	เด็ก ๓๐๐ บาท ผู้ใหญ่ ๓๐๐ บาท	เด็ก ๒๐ บาท ผู้ใหญ่ ๓๐ บาท	เด็ก : อายุต่ำกว่า ๑๕ ปี และต้องได้รับความ ยินยอมจากผู้ปกครอง
กรณีไม่เป็นสมาชิก	-	๔๐ บาท	ผู้ใหญ่ : อายุ ๑๕ ปี ขึ้น ไปและมีบัตรประจำตัว ประชาชน หรือหลักฐาน เอกสารที่ทางราชการ ออกให้
บุคคลทั่วไป (เด็ก/ผู้ใหญ่)	๕๐๐ บาท	๗๐๐ บาท	๓๐ บาท
กรณีไม่เป็นสมาชิก	-	๕๐ บาท	๖๐ บาท
ผู้สูงอายุ ๖๐ ปี ขึ้นไป	-	๒๐ บาท	-
หน่วยงานราชการหรือ หน่วยงานเอกชนรัฐวิสาหกิจ	๑๕,๐๐๐ บาท	๕๐ บาท	ไม่เกิน ๒๕ คน/ หน่วยงาน
การจัดแข่งขันว่ายน้ำ	-	ไม่ต่ำกว่า ๑๐,๐๐๐	-
อื่น ๆ ที่นอกเหนือจากที่กำหนด ให้คณะกรรมการพิจารณาตามความเหมาะสม			

เอกสารประกอบการสมัครบัตรสมาชิก

- ใบรับรองแพทย์ ที่ได้รับการยืนยันว่าเป็นโรคติดต่อหรือเป็นอุปสรรคต่อการว่ายน้ำ
จำนวน ๑ ฉบับ
- สำเนาบัตรประจำตัวประชาชน หรือหลักฐานเอกสารอื่นที่หน่วยงานราชการออกให้ หรือในกรณี
เด็กเล็กให้ใช้สำเนาสูติบัตร หรือสูติบัตรพร้อมทั้งสำเนาบัตรผู้แทนโดยชอบธรรม จำนวน ๑ ชุด
- รูปถ่าย ๑ นิ้ว จำนวน ๒ รูป (ถ่ายไม่เกิน ๖ เดือน)



2. Fitness center

- Open Monday to Friday from 16:30 - 20:30 hrs.
- Closed on Saturday-Sunday, public holidays, and during school breaks.

Service Rates	Daily (Baht per session)	Monthly (Baht per month)
Students/Staff/Faculty/School	20	300
General Public	50	900



3. Central Stadium and Basketball court



3.3.4 Provision of Health Services Related to Sex Education for Students

Roi Et Rajabhat University, through the Student Affairs Office, has established the TO BE NUMBER ONE center to provide health counseling services related to sexual health and communication to students within the university free of charge. Additionally, the university organized a Workshop of Sex Education for students by Life Skills Thailand on the topic of developing sexual health communication skills. This activity, for the third cohort of students, took place from August 5-7, 2023, conducted by LifeSkillsThailand and supported by AJWS. There are also plans to extend these activities to various faculties within the university.



Furthermore, the university has a clinic to provide counseling to students of the Faculty of Education, offering 24-hour online counseling services (inquiries through the inbox of the page) <https://www.facebook.com/rerueducationservice>. This service includes counseling on study, university life, sex, sexual orientation, sexual communication, and other counseling services. Counseling rooms are available every Wednesday and Thursday from 9:00 AM to 4:30 PM in room 307 of the Faculty of Education building. Appointments can be made in advance through the page's inbox or students can walk in to use the service free of charge.

Counseling Rooms



3.3.5 Mental Health Care Services

The mental health care system of the university

The university has established a mental health care system for students and staff. This system includes collecting basic data from the academic office, preliminary health screening, organizing activities outside the classroom, offering counseling for various issues, and coordinating with external organizations for further treatment if needed.

In the academic year 2023, the university created web pages for coordination and counseling, such as the **Mind Care Center**, the Faculty of Education Student Club, the Faculty of <https://www.reru.ac.th/pr-news/9130/Education> at Roi Et Rajabhat University, a counseling clinic, and the Teacher Professional Experience Development Department's student and cultural development page. They appointed six faculty advisors who underwent training in three modules, with three completing the course. A counseling clinic was established, and it was found that students and staff, as well as interested parties, sought counseling services, including 60 students for academic advice, 2 parents for mental health care advice, and 6 faculty advisors for student care and support. There were no internal referrals and no external referrals to Roi Et Hospital or Selaphum Hospital.

The university also provided counseling services for academics and life skills to students through multiple online channels, including various Facebook pages, resulting in 300 people receiving services in 2023. The quality of these services was rated very highly, with an average score of 4.68 out of 5. The recommendation was to increase online contact options to facilitate more accessible and prompt access to information that could help guide academic problem-solving, personal life issues, and self-development pathways.

The university offers online counseling services where inquiries can be made through the inbox feature of their respective Facebook pages. Additionally, there is a representative faculty advisor appointed for each faculty to serve as a dedicated consultant for that department.



-ยินดีให้บริการด้วยหัวใจ



Reference.

<https://www.facebook.com/profile.php?id=100091501633194>

Reference. <https://www.reru.ac.th/pr-news/9130/Education>

3.3.6 Smoke-Free Policy

Roi Et Rajabhat University's Faculty of Nursing initiated a smoke-free university campaign in 2018, establishing designated non-smoking areas across the campus in 2022-2023. Activities included participation in a "Tobacco Control Managers" conference, establishing a student network for tobacco control, processions against the dangers of smoking, and training student leaders for a smoke-free environment. The Nursing Faculty also created the "RERU No Nicotine" club and Facebook page to promote awareness and support students and staff in quitting smoking.

1) Officially declaring several areas within the campus as non-smoking zones, marked by visible no-smoking signs.



2. Attended a professional conference on "Risk Factor Managers for Tobacco Control" in Bangkok on May 16, 2023, to enhance student representatives' knowledge in tobacco management.



Resources: https://www.khaosod.co.th/pr-news/news_7667635

Resources: <https://www.facebook.com/profile.php?id=100057091344897>

Resources: <https://www.facebook.com/RERUnicotine>

3. Formed a network of students from different disciplines like public health, sports science, and veterinary science to drive campaigns against smoking with funding from the Thai Health Promotion Foundation, conducting year-round activities in 2023.



4. Held a parade against the dangers of smoking during the "Funpla Games" sports event on February 17, 2023.



5. Continuously supported integration of anti-smoking education across all university faculties and departments to raise awareness of smoking hazards and assist university personnel and students in quitting smoking.



6. The Nursing Faculty established the "RERU No Nicotine" club in 2013, with a Facebook page [RERU No Nicotine] (<https://www.facebook.com/RERUUnonicotine>) to disseminate information and facilitate communication.



7. On February 28, 2023, the student club held a new smoker prevention program at Ban Na Kratueb School, sharing knowledge about the dangers of smoking with primary school students to prevent new smokers.



8. On World No Tobacco Day, May 31, 2023, the club joined a project to strengthen and develop a network of students in preventing and addressing drug and alcohol problems in educational institutions.



9. On June 28, 2023, the club set up a booth at the "Mind Care Center" event to provide information and advice on quitting smoking.



10. On August 25, 2023, the Faculty of Nursing and the student club held a community health promotion project "Healthy Community, Happy Life with 3 A's and 2 S's," educating about smoking prevention in Muang Suang District.



11. On September 29, 2023, the student club organized an activity to rejuvenate elderly care knowledge as part of the "Elderly Health Promotion" project.



12. On October 20, 2023, the Faculty of Nursing conducted a community-involved health promotion project for a smoke-free environment in Ban Pham Yai.



13. On October 22, 2023, the Faculty of Nursing held an activity visiting homes and markets to educate about the dangers of smoking, providing information on quitting smoking in the local community market.

