

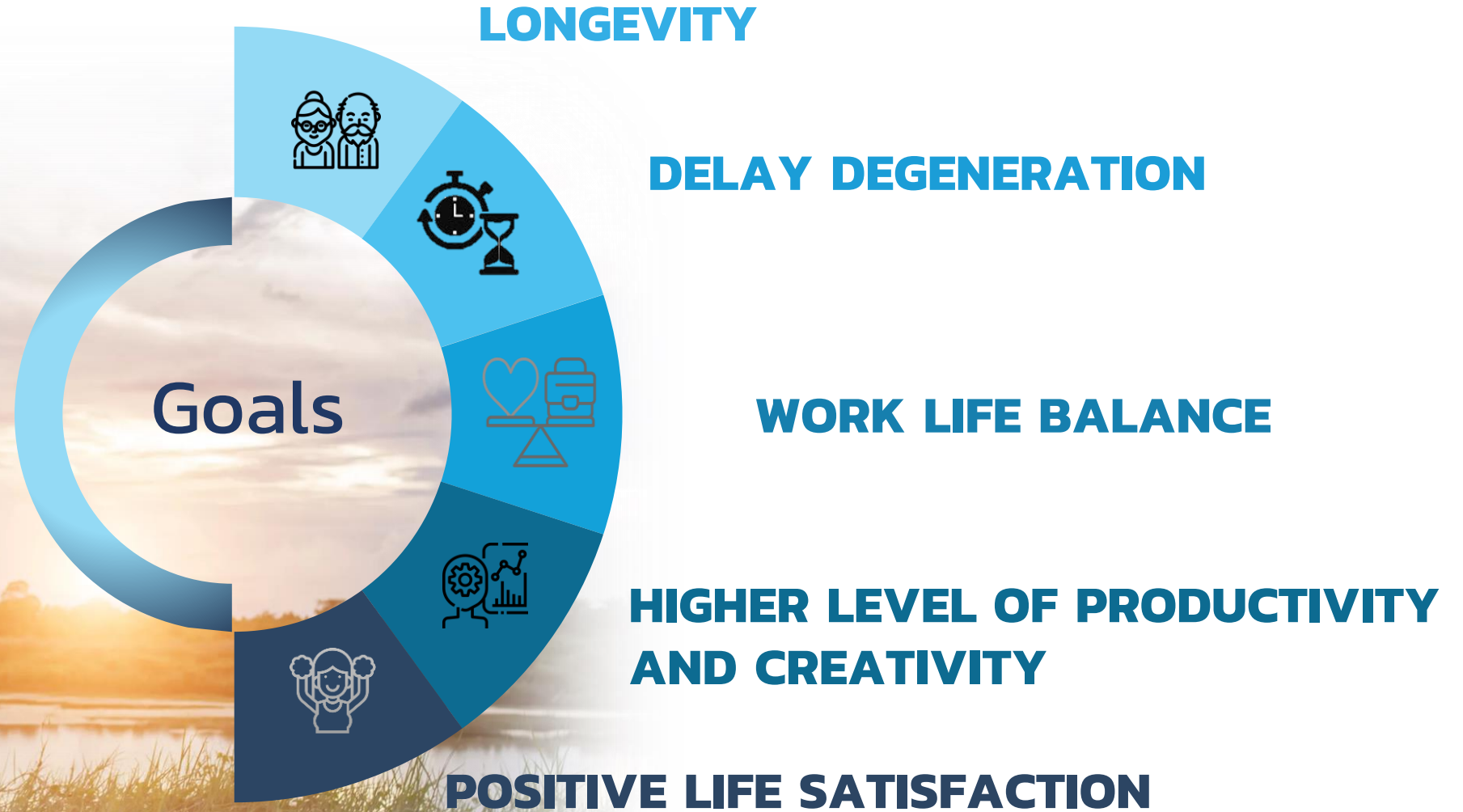
New Approach of Health Promotion to Achieve Well-being



นพ. สุวรรณชัย วัฒนายิ่งเจริญชัย
อธิบดีกรมอนามัย



Goal : Health Promotion to Well-being





Key Trends in Health Concepts

BIOPSYCHOSOCIAL APPROACH

HEALTH LITERACY

PERSONALIZED MEDICINE

DIGITAL HEALTH

HEALTH EQUITY



» What Is Health and Wellness?

World Health Organization (WHO) defines **health** as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness).”

WHO defines **wellness** as “the optimal state of health of **individuals and groups**,” and wellness is expressed as “a **positive approach to living**.”



The primary difference between health and wellness is that **health is the goal** and **wellness is the active process of achieving it**.

“You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.”

Health versus wellness

While you cannot choose the state of health, you can consciously choose wellness by **living your life responsibly** and **taking proactive steps for your well-being**.

- **Health** comprises the diagnosis of a disease/illness, predisposition to a disease, and any unexpected injury.



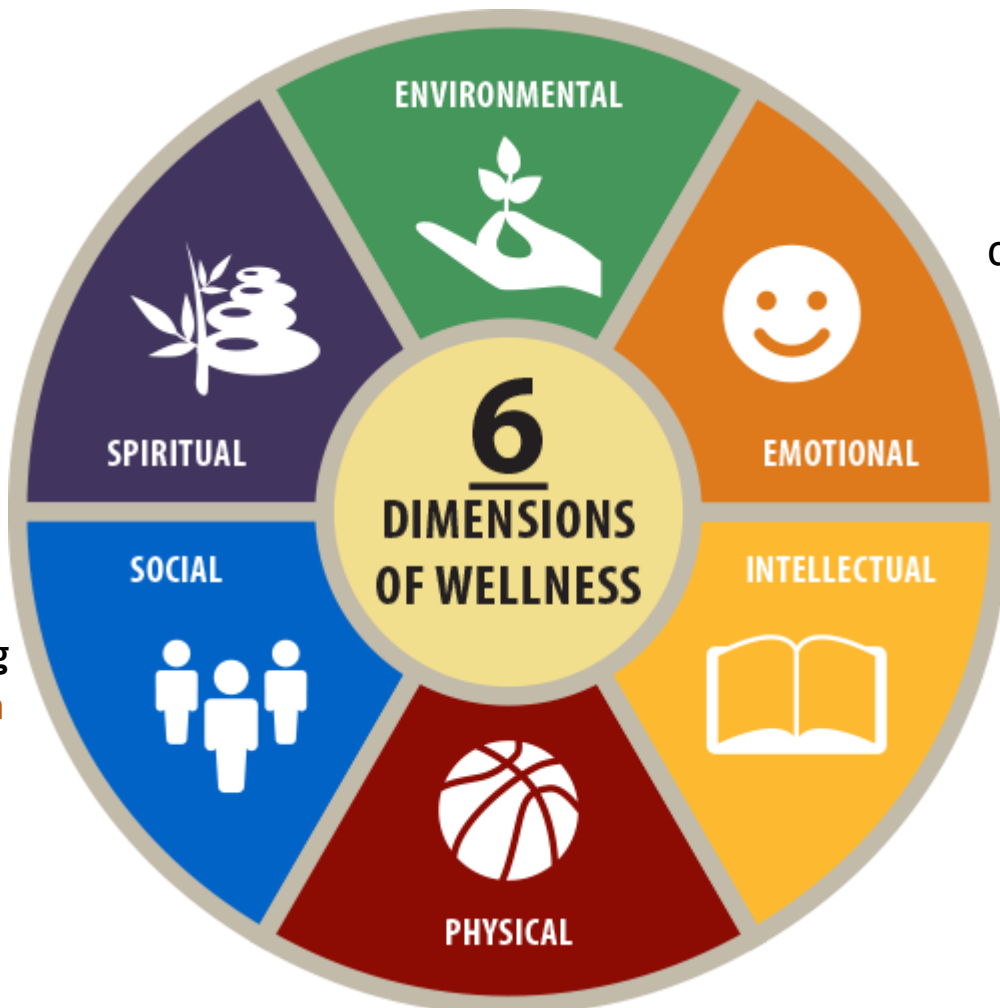
- **Wellness** is an active process of growth and change to reach your fullest health and well-being. It is associated with
 - **actively pursuing activities,**
 - **making choices and lifestyle changes,**
 - **controlling risk factors** that can harm a person,
 - **focusing on nutrition, having a balanced diet,**
 - **and following spiritual practices** that lead to holistic health.

How Many Dimensions of Wellness Are There?

living in a healthy physical environment
free of hazards promotes wellness

Relating, interacting, and contributing to a community, establishing good interpersonal relations, and maintaining long-term relationships with family and friends keep a person happier and healthier.

the search for meaning and purpose of human existence.



can deal with stressful situations

Mental exercise and engagement through learning, problem-solving, and creativity support intellectual wellness and promote a better attitude.

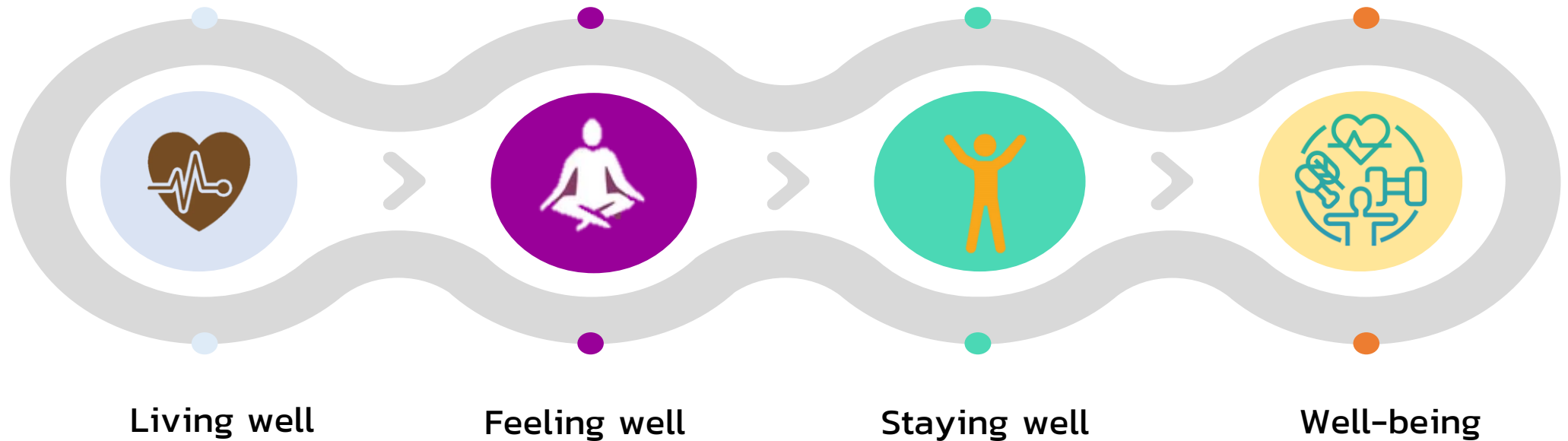
increases physical fitness :

Physical activity, nutrition, Sleep

Well-being : being well & living well

- ❑ a positive state experienced by individuals and societies.
- ❑ a resource for daily life and determined by social, economic and environmental conditions.

Type of well

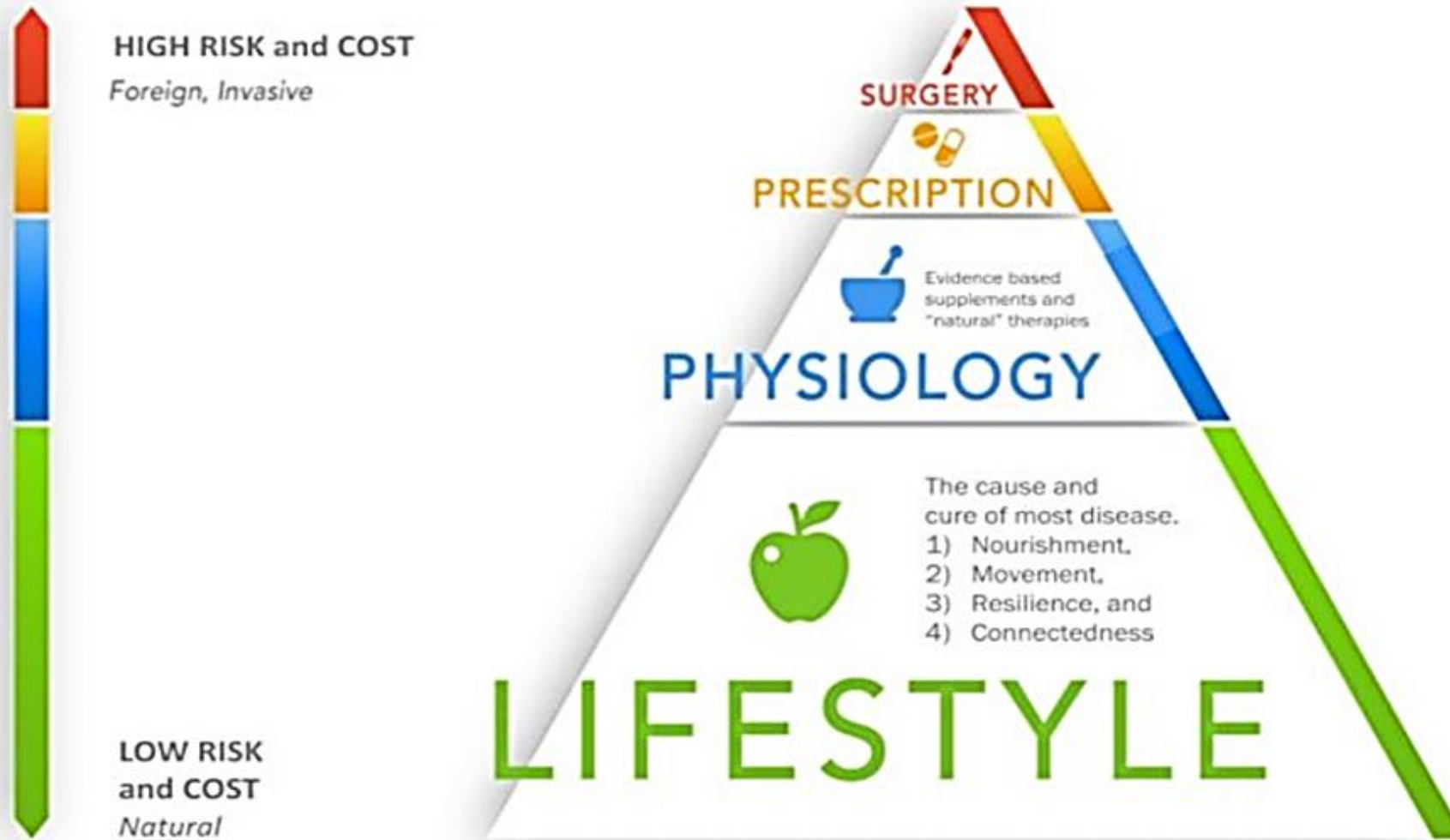




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The Treatment Triangle : Foundations for health and Wellness



©Marc Braman MD, MPH

<http://www.solidrocklifestylemedicine.com/about.html>



Transforming healthcare and levelling health inequalities through **“lifestyle medicine”**

“The Three Principles of Lifestyle Medicine”

1

Acknowledge the need for action on socioeconomic determinants of health

2

Proven techniques to support people to **sustain** lifestyle changes

3

Knowledge of **“The 6 Pillars of Lifestyle Medicine”**



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» The Six Pillars of Lifestyle Medicine



» The Skills of Lifestyle Medicine

- move away from the traditional doctor-patient relationship where the clinician is **the expert information provider**.
- work with people and their values to **support problem solving and equip them with skills to make the changes they want to make**.

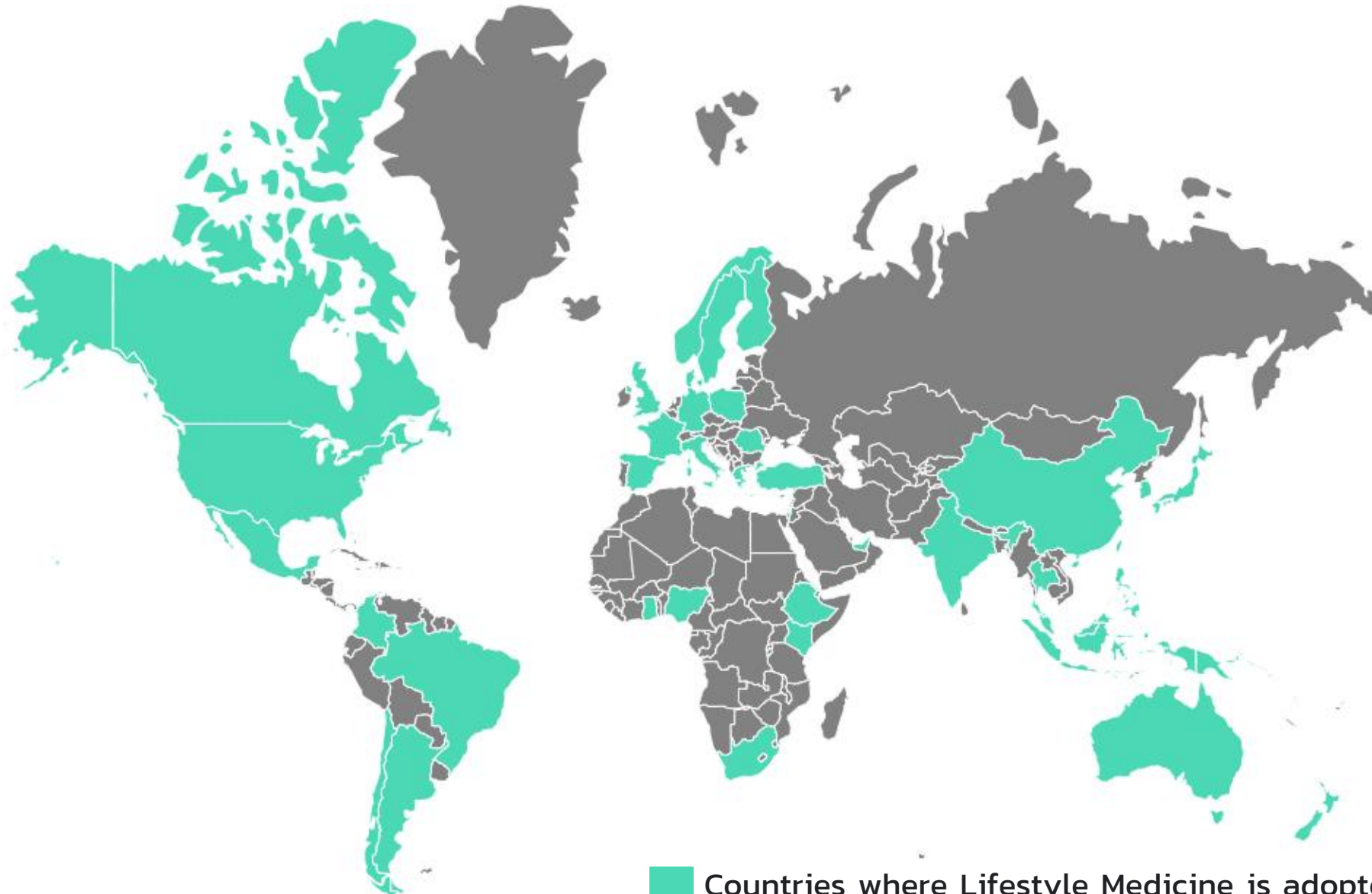
personalized care



<https://bslm.org.uk/>



Countries: Lifestyle Medicine



- Argentina
- Australia
- Brazil
- Canada
- Chile
- China
- Colombia
- Denmark
- Dubai
- Ethiopia
- Finland
- France
- Germany
- Ghana
- Greece
- Hong Kong
- India
- Indonesia
- Israel
- Italy
- Japan
- Kenya

- Malaysia
- Mexico
- New Zealand
- Nigeria
- Norway
- Papua New Guinea
- Philippines
- Poland
- Romania
- Singapore
- South Africa
- South Korea
- Spain
- Sweden
- Taiwan
- Thailand
- Turkey
- UAE
- UK
- USA

 Countries where Lifestyle Medicine is adopted



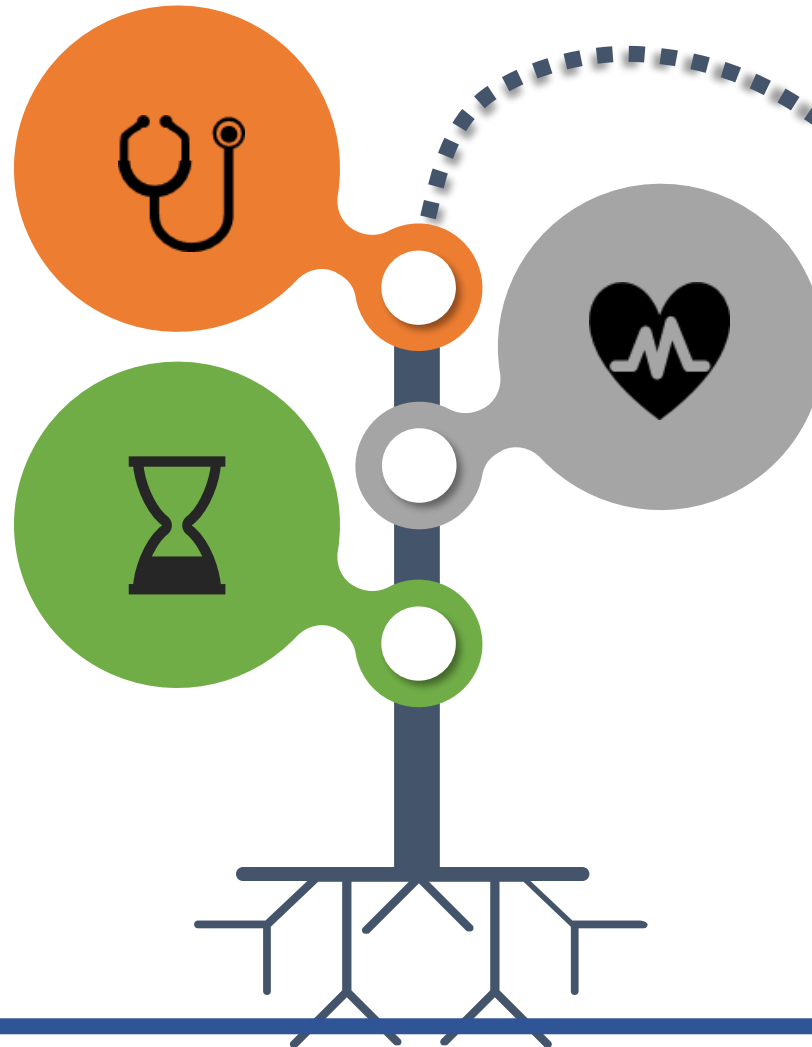
Integration Concept : Comprehensive Healthcare

Conventional Medicine

- treating and managing disease
- using medications, surgery, and other medical interventions

Lifestyle Medicine

- address the root causes of disease conditions rather than simply treating the symptoms (caused or exacerbated by poor lifestyle choices)
- preventing and treating diseases through lifestyle changes



Health and
Well-being

Holistic Wellness care

- address the whole person, rather than just the disease or condition
- address these aspects of a person's life to promote optimal health and wellbeing



DoH must Move Up Quickly in Next Episode ??

....in Lifestyle Medicine and Wellness Care

- Clarify and formulate national plans/programs.
- Set up a service plan : เป้าหมาย บริการ และ Master Plan 5 ปี ส่วนกลาง และภูมิภาค และขยายงานนอกกรม (Area, Setting)



01

Service Delivery : แผนจัดบริการ/ศูนย์ความเลิศ/หน่วยบริการ

02

Workforce : แผนกำลังคน MD, Non-MD [Recruitment, HRD]

03

Health Information : ระบบ/แพลตฟอร์มจัดเก็บข้อมูล การเชื่อมโยงข้อมูล

04

Access to essential Medicine : แผนครุภัณฑ์, แผนก่อสร้าง, แผนเวชภัณฑ์

05

Finance : แผนการลงทุน แผนงบประมาณ

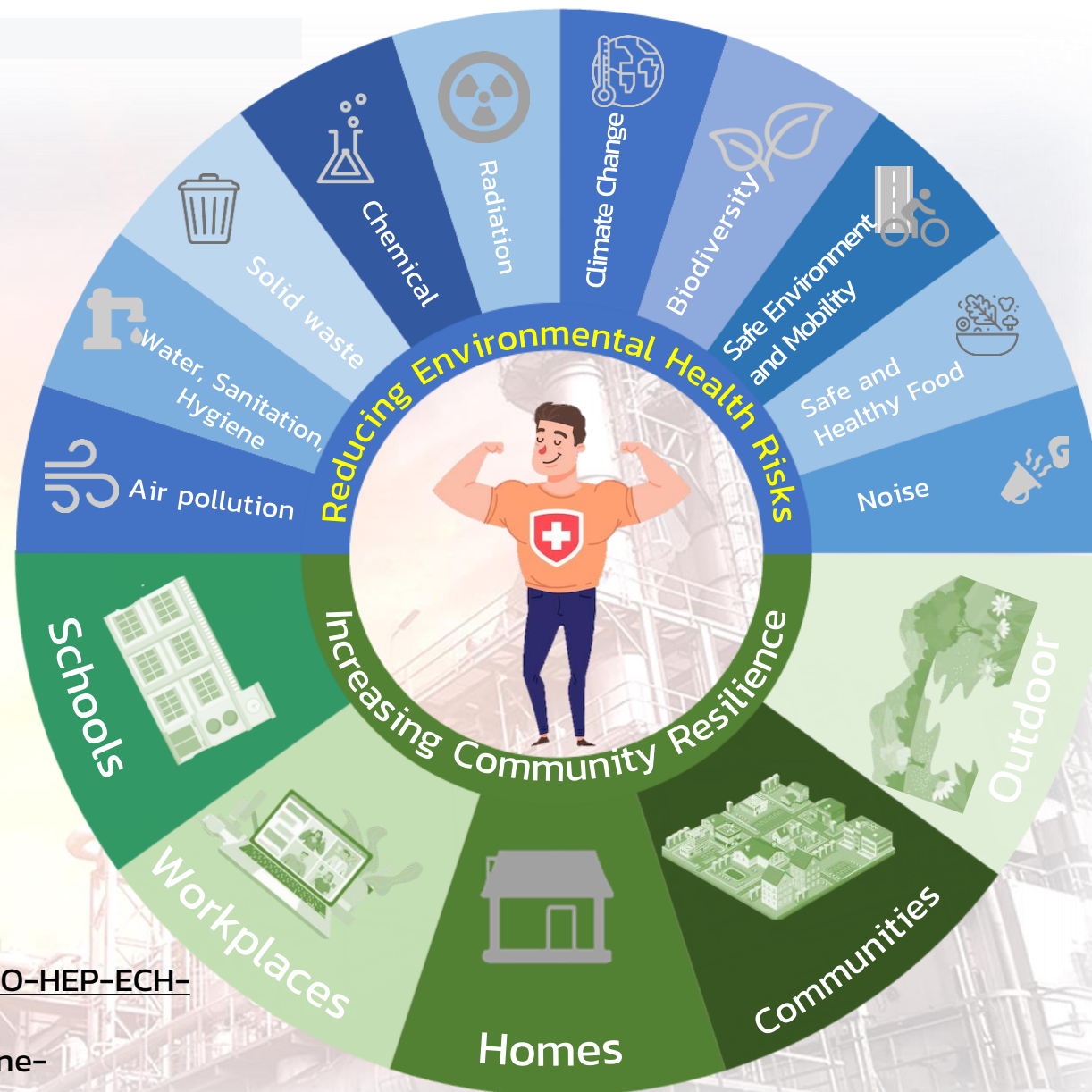
06

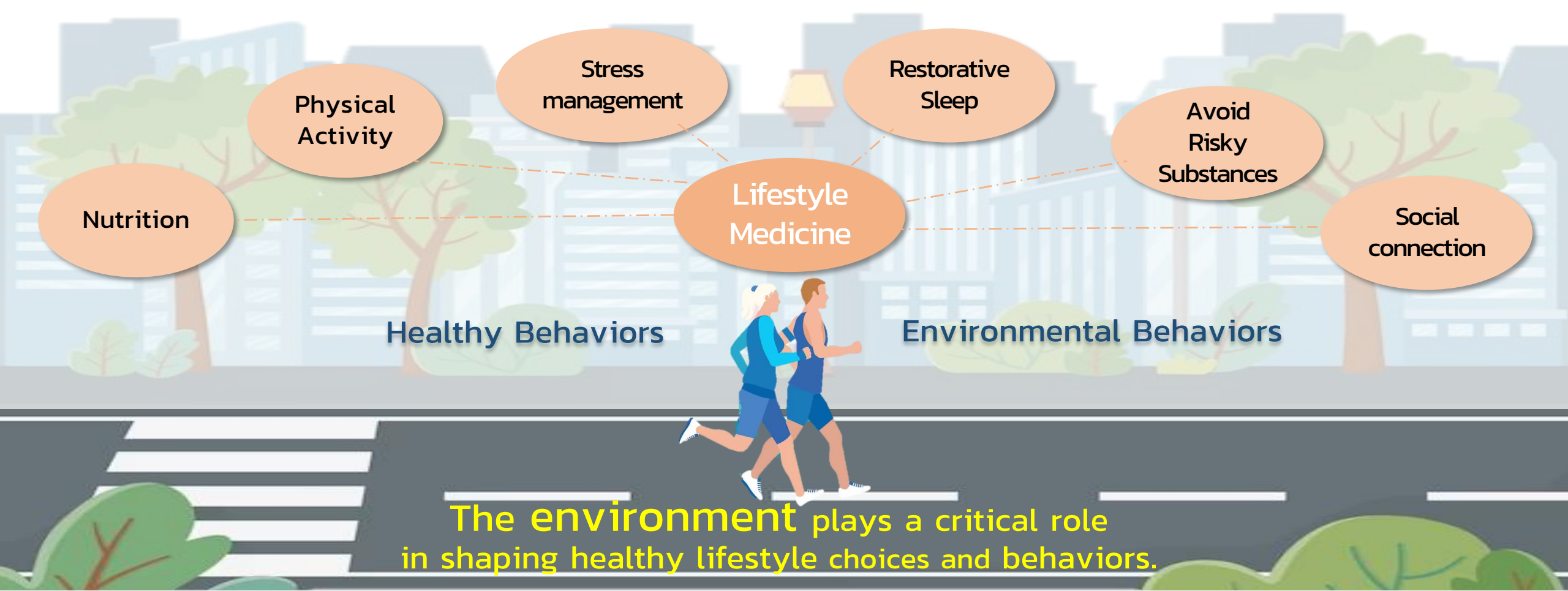
Governance : Service Plan Cluster, LM & Wellness Strategy

Environmental Health & Healthy Places for All

➤ **Reducing** Environmental Health Risks

➤ **Increasing** Community Resilience





Environmental factors that can influence healthy lifestyle modifications.

Availability of healthy food options:
healthy food & healthy eating habits

Built environment:
sidewalks, bike lanes, and parks can encourage walking and biking

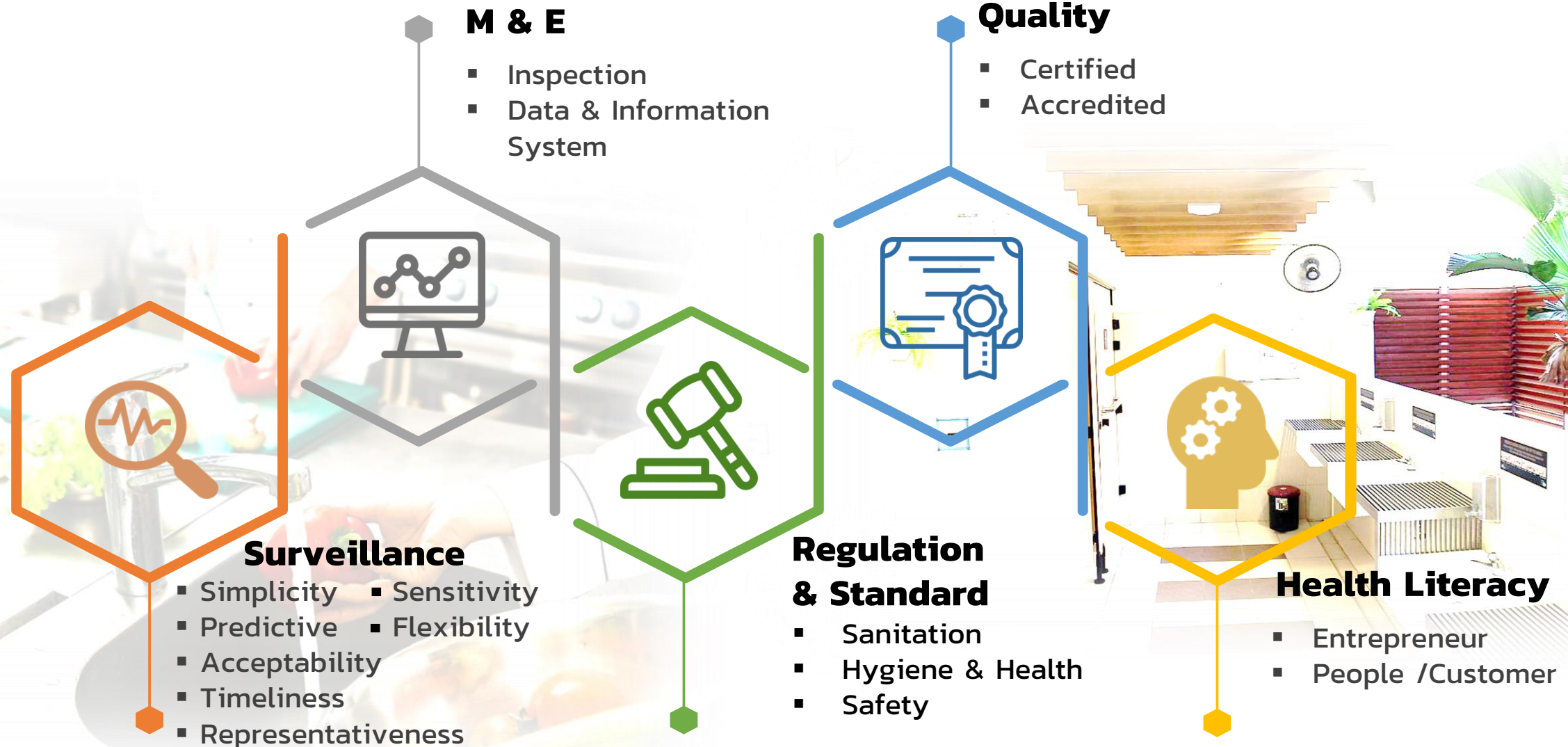
Social environment:
adopting and maintaining healthy behaviors.

Economic environment:
access to affordable healthy food options and safe places to be physically active



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Environmental Health Management





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Advancing to the Next Step

การปรับ กม.ให้ส่งเสริมขับเคลื่อนสังคมและเศรษฐกิจ

ส่งเสริม ผปก./จพง. ให้เข้าถึง และดำเนินการตามมาตรฐาน สร. และไม่เป็นอุปสรรคต่อการดำเนินกิจการ

การจัดการฐานข้อมูล

การขึ้นทะเบียน setting/คน การเชื่อมโยงข้อมูลกับภาคีเครือข่าย

การบังคับใช้ กม

- พัฒนาระบบปฏิบัติการให้ จพง.ดำเนินการบังคับใช้ กม.ได้โดยสะดวก
- การดำเนินการเมื่อทำผิด กม.



พัฒนาโครงสร้างพื้นฐาน/Platform ด้านดิจิทัล

Business Partner

รัฐร่วมเอกชน/ส่งเสริมเอกชนในการลงทุน พัฒนาโมเดล/Lab ด้านอนามัยสิ่งแวดล้อม

พัฒนาบริการด้านอนามัยสิ่งแวดล้อม (Service Plan)

- อ่างอิง/เฟ้หาระวัง/คาดการณ์/ทำนาย/อนุญาต/ควบคุมกำกับ
- แผนการจัดบริการ และแผนการลงทุน

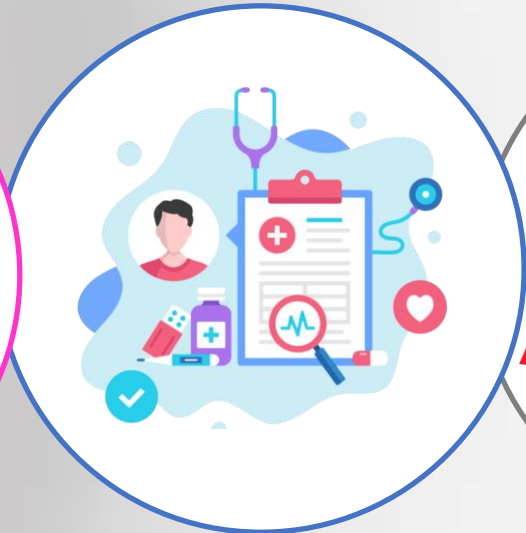


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»» What to do next ?



Creating and development of **lifestyle medicine workforce**



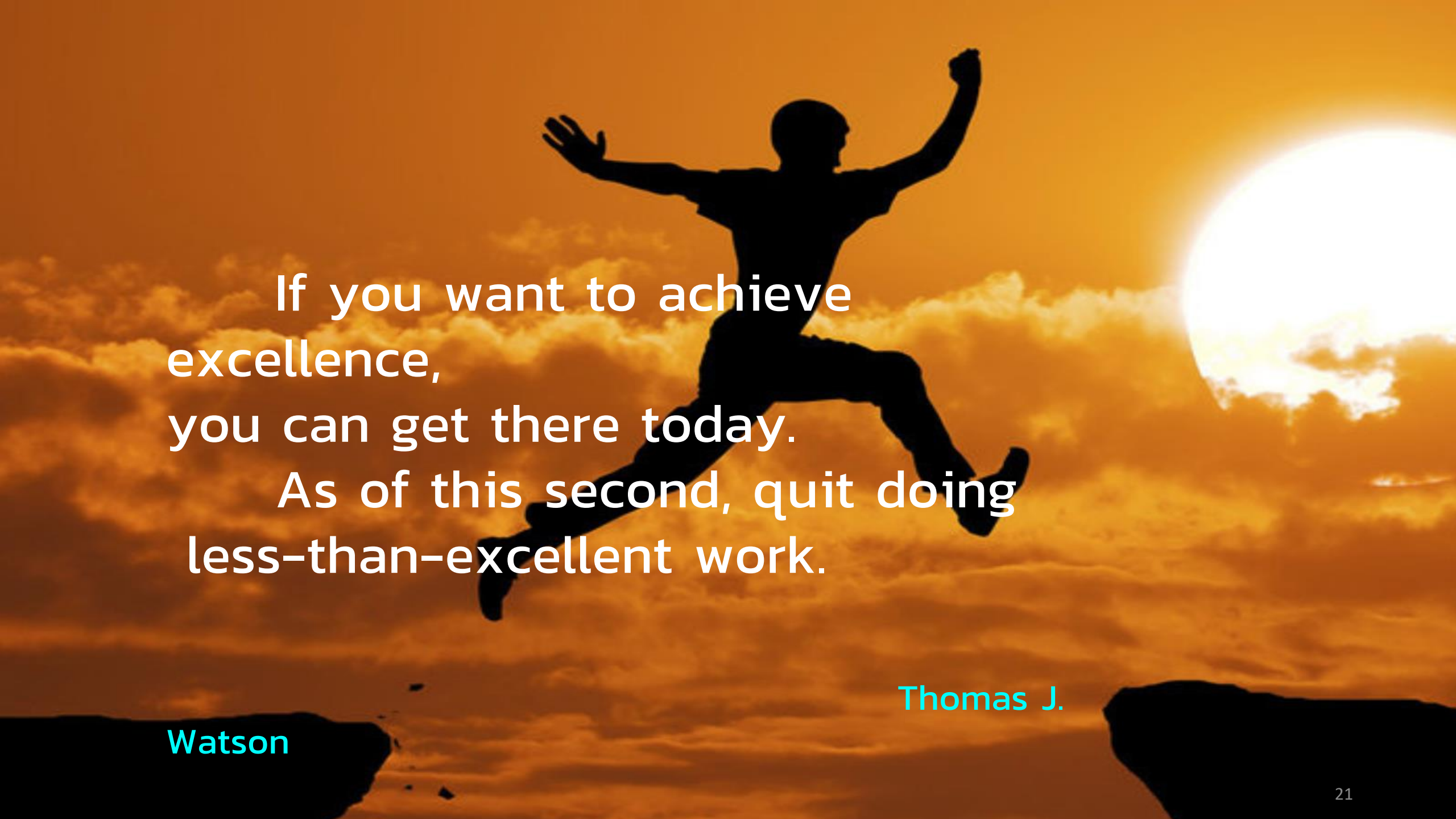
Creating a **new ecosystem** of lifestyle medicine and wellness care in public health services



Level up lifestyle medicine as a **national strategy and program**



Raising **perception** in all sectors

A silhouette of a person in mid-air, jumping or running with arms outstretched, set against a vibrant sunset sky. The sun is a large, bright orb on the right side, partially obscured by clouds. The overall color palette is warm, dominated by oranges, yellows, and reds.

If you want to achieve
excellence,
you can get there today.

As of this second, quit doing
less-than-excellent work.

Thomas J.

Watson



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ขอบคุณครับ