



ASEAN
University
Network

Health Promotion Network

HURS
2023



HURS

Healthy University Rating System

Healthy University Rating System (HURS)

Version 2023

HURS

Version 2023

Published by Mahidol University

ISBN 978-616-443-716-6

Copyright © Mahidol University 2023

HURS
2023

Healthy University Rating System (HURS)

Version 2023

**Developed and Supported by
ASEAN UNIVERSITY NETWORK-
HEALTH PROMOTION NETWORK
(AUN-HPN)**

**In collaboration with
MAHIDOL UNIVERSITY
And
THAI HEALTH PROMOTION FOUNDATION**

AUN-HPN Secretariat Office
Website: <https://aun-hpn.or.th/>
Email: aunhpn@mahidol.ac.th

AUN-HPN Members

Healthy University Rating System (HURS) Version 2023

The authors of this guideline book / (We) would like to thank all the individuals, institutions and universities who have contributed in different ways to this on the development of this rating tool, and in particular wish to acknowledge the invaluable contributions of:

AUN-HPN Core Members

| | |
|--|---|
| Universiti Brunei Darussalam, Brunei Darussalam | University of Yangon, Myanmar |
| Royal University of Law and Economics, Cambodia | Ateneo de Manila University, Philippines |
| Royal University of Phnom Penh, Cambodia | De La Salle University, Philippines |
| Institut Teknologi Bandung, Indonesia | University of the Philippines, Philippines |
| Universitas Airlangga, Indonesia | Nanyang Technological University, Singapore |
| Universitas Gadjah Mada, Indonesia | National University of Singapore, Singapore |
| Universitas Indonesia, Indonesia | Singapore Management University, Singapore |
| National University of Laos, Lao PDR | Burapha University, Thailand |
| Universiti Kebangsaan Malaysia, Malaysia | Chiang Mai University, Thailand |
| Universiti Malaya, Malaysia | Chulalongkorn University, Thailand |
| Universiti Putra Malaysia, Malaysia | Mahidol University, Thailand |
| Universiti Sains Malaysia, Malaysia | Prince of Songkla University, Thailand |
| Universiti Utara Malaysia, Malaysia | Can Tho University, Vietnam |
| Yangon University of Economics, Myanmar | Vietnam National University, Hanoi, Vietnam |
| University of Mandalay, Myanmar | Vietnam National University, Ho Chi Minh City, Vietnam |

AUN-HPN Associate Members

| |
|---|
| Osaka University, Japan |
| Thammasat University, Thailand |
| Ubon Ratchathani University, Thailand |
| Walailak University, Thailand |
| King Mongkut's University of Technology North Bangkok, Thailand |
| Naresuan University, Thailand |
| Maharakham University, Thailand |
| Adventist International Institute of Advanced Studies, Philippines |
| Khon Kaen University, Thailand |
| King Mongkut's University of Technology Thonburi, Thailand |

Version 2023

Published by Mahidol University

ISBN: 978-616-443-716-6

Copyright © Mahidol University 2023

Message from President of Mahidol University Chair of the AUN-HPN International Advisory Committee



It is my great honor and privilege to present the updated version of the Healthy University Rating System for 2023.

We are delighted to launch this book of guidelines as a way to make the Healthy University Rating System available and accessible to all university members.

I want to congratulate all ASEAN University Network university members who contributed to the successful development of our innovative rating tool. From the initial idea of a Healthy University Framework back in 2016 to our present day – this achievement would not have been possible without your continued dedication and efforts over the years.

We recognize the significance of representing multiple members from across the universities and institutes, so we encouraged stakeholders to actively engage in this rating system tool. This is an important time for all universities in the ASEAN region to come together to improve the health and well-being of our communities.

Mahidol University is dedicated to building and sustaining a healthy learning environment by being an exemplary leader in effective regional collaborations. We look forward to working with all university members to ensure that we strive to have the very best educational environment.

A handwritten signature in blue ink that reads "B. Mahaisavariya".

Prof. Banchong Mahaisavariya, M.D.

President of Mahidol University

Chair of the AUN-HPN International Advisory Committee

Message from the AUN Executive Director



Looking back for a moment to 2014, we knew that health and particularly health promotion would be the high-impact agenda for our higher education sector and the ASEAN region. We did not know, like many would be, that the Covid-19 pandemic would happen and brought with it many consequences including the realization, more than ever, of the key role health promotion approach would play in society at large. But back then Mahidol University, the host university of AUN-HPN, was well prepared more than many for the long-term commitment to promote people's health and wellness for the ASEAN region and beyond. And this Revised HURS Manual Version 2023 (HURS: Health University Rating System) is one of many current achievements of AUN Health Promotion Network (AUN-HPN).

Like the previous one, this new Manual presents the methodological aspect and tools for assessing the current state of health promotion policies, programs and activities within the university, following the guidelines set up in AUN-HPN's Healthy University Framework (2016). Both the Framework and tools and methodologies of HURS can also be adapted or applied to other kinds of human organizations outside HEIs given that health and wellness of the people sit well with the leadership of those organizations. That is to say, to promote health and wellness in organization requires good leadership.

On behalf of the entire ASEAN University Network (AUN) and its Secretariat, I would like to thank the AUN-HPN Secretariat for their hard work in revising HURS Manual, and to both HPN Secretariat and Mahidol University for this great contribution and their resolute support and commitment to promote the healthy well-being of the people. I believe that more universities in Southeast and East Asia, and perhaps beyond, will join this healthy movement led by AUN-HPN through the practice of HURS.

Choltis Dhirathiti

Choltis Dhirathiti, Ph.D.

Executive Director of ASEAN University Network

Message from Chief Executive Officer of the Thai Health Promotion Foundation (ThaiHealth)



Healthy University Rating System (HURS) guideline book was official launched in 2021 as a monitoring and evaluation tool for tracking the progress and success of a health promoting university. Since then, the guidebook has been revised every year through the contribution of the AUN-HPN Secretariat Office and network members.

This HURS version 2023 will be an efficient tool to support universities across the region for implementing the AUN Healthy University Framework and holistic and comprehensive health promotion policies and program.

As a close partner with AUN-HPN since the very beginning, I am delighted to be a part of this journey to support the network to fulfil its mission; to share knowledge, skills and resources among the network members in order to build capacity for health promotion and to develop innovative solutions for common health challenges in the region.

ThaiHealth is pleased and honored to continually support AUN-HPN for their critical roles in contributing evidence-based knowledge to drive a public policy and to empower the society leading to the effective health promotion actions in Thailand and our region.

Supreda Adulyanon

Dr. Supreda Adulyanon
Chief Executive Officer
Thai Health Promotion Foundation
Thailand



Mahidol University



PREFACE

In August 2016, AUN-Health Promotion Network (AUN-HPN) organized an international meeting in Thailand, gathering experts from AUN university members to develop a framework for healthy university with an aim to identify the essential areas that would require for promoting health in higher education institutions. Subsequently, AUN-HPN developed a document entitled “Healthy University Framework - HUF” which recommends 22 areas of activities for university health promotion. The document was published by AUN Secretariat and was adopted at the 9th AUN Rectors’ Meeting on 18th July 2017. Since then, AUN-HPN has disseminated this framework to many universities, institutions, and organizations, and continuously advocated the implementation of healthy university concept recommended by the Healthy University Framework - HUF.

In order to assess the progress of healthy university policy, AUN-HPN has developed a tool aiming to monitor the implementation of the university’s process. The tool, which is called “the Healthy University Rating Scale”, or “HURS”, contains 42 assessment items based on 22 areas of the Healthy University Framework (HUF). HURS is an accessible online tool that a university can score their own progress based on the level of implementation in all 22 areas, with a total score of 1,000. The overall composite score can be used to calibrate or compare with the preset rating criteria classified into 1 – 5 stars, similar to the hotel star-rating system. Participating universities can use the scores to evaluate health promotion progress as well as to compare the healthy university status among different faculties within the institution or with other universities.

On July 9th, 2021, the Healthy University Rating System (HURS) was presented and approved at the 12th AUN Rectors’ Meeting; and was endorsed for official launch starting August 2021. Accordingly, university members were invited to participate in the implementation of HURS and provide constructive feedback to improve the tool. The launch of HURS marked a start of the new self-assessment tool used to track health promotion status among universities, with the participation of 8 universities in the network. After careful consideration and review of the first version of HURS, the HURS updated version in 2023 has now been improved based on the gaps and issues identified in the previous version.

Broader participation among all AUN member universities, as well as other universities within and outside the ASEAN region may well be the next context in which we want to encourage to advocate the use of this tool.

Table of Contents

| | |
|--|-----------|
| 1. What is Healthy University Rating System (HURS)? | 1 |
| 2. Who can participate? | 2 |
| 3. What are the benefits? | 2 |
| 4. How can universities enroll in the HURS? | 2 |
| 5. What is the methodology? | 3 |
| 6. How to contact us? | 6 |
| General information of universities | 7 |
| Questionnaire (Criteria and Indicators) | 8 |
| - SI System and Infrastructure | 8 |
| - ZT Zero Tolerance Areas | 16 |
| - HP Health Promotion Areas | 19 |
| References | 25 |
| Appendices | |
| Appendix 1 Resolution on the Adoption of Healthy University Rating System (HURS) at the 6 th AUN-HPN International Advisory Committee Meeting | 26 |
| Appendix 2 AUN's Adoption of Healthy University Rating System (HURS) | 27 |
| Appendix 3 List of the Committee on HURS Development | 28 |

Healthy University Rating System (HURS)

Version 2023

Developed and Supported by
ASEAN UNIVERSITY NETWORK-
HEALTH PROMOTION NETWORK
(AUN-HPN)

In collaboration with
MAHIDOL UNIVERSITY
And
THAI HEALTH PROMOTION FOUNDATION

AUN-HPN Secretariat Office
Website: <https://aun-hpn.or.th/>
Email: aunhpn@mahidol.ac.th

1. What is Healthy University Rating System (HURS)?

Healthy University Rating System (HURS) is a tool used to track the progress and success of a health promotion university. The HURS is developed based on the Healthy University Framework (HUF) (Figure 1) of ASEAN University Network – Health Promotion Network (AUN-HPN). The HUF document is available and can be downloaded from the Internet through the link shown below. HURS contains 42 self-assessment questions based on the 22 areas listed in the Healthy University Framework.

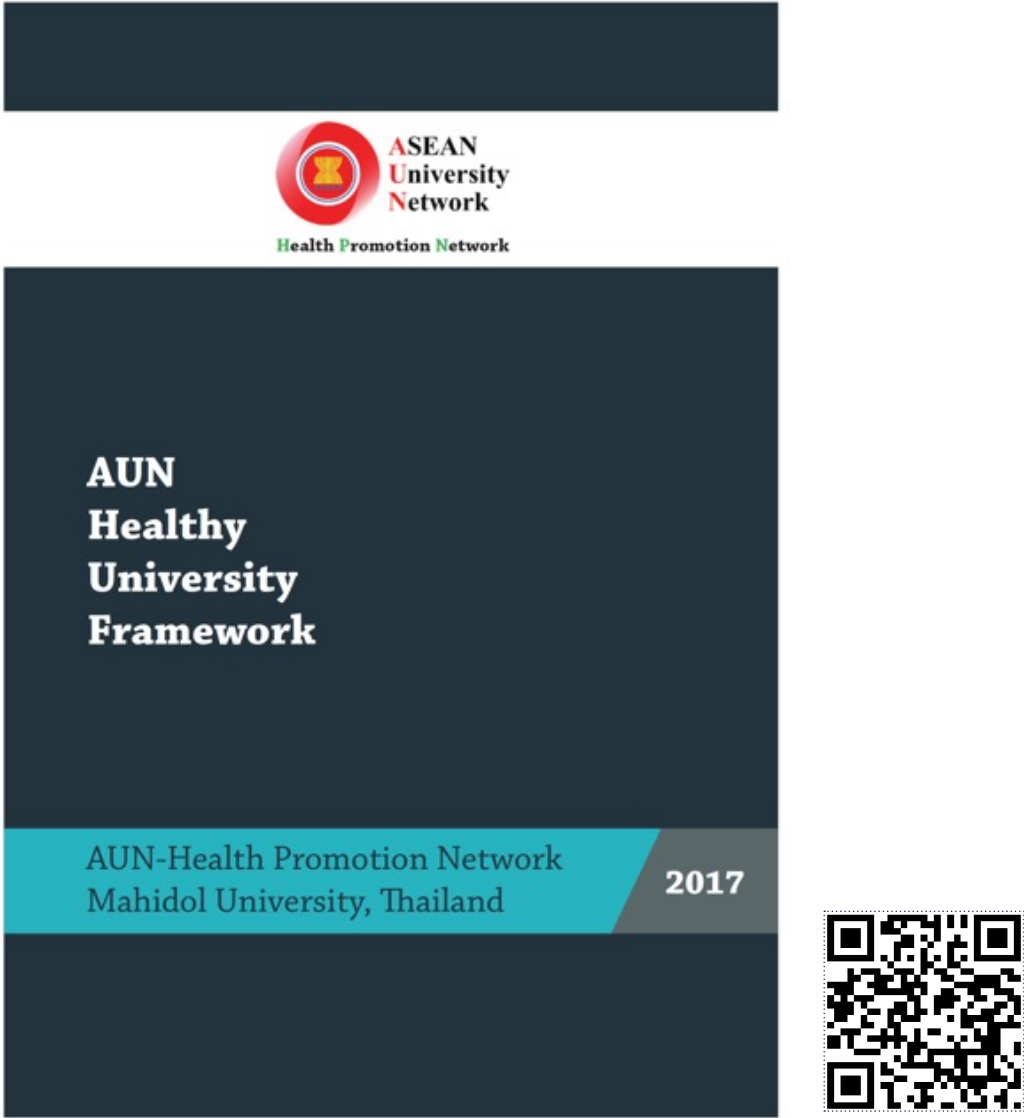


Figure 1: Healthy University Framework (HUF)

2. Who can participate?

At the initial phase, 30 AUN-HPN membered universities and associated universities can participate in the annual Healthy University Rating System. Following this, all universities worldwide with strong intention to be healthy universities will be invited to join the HURS platform.

3. What are the benefits?

Universities that participate in the HURS will have the possibility to increase their international visibilities and networking. It is expected that universities that enroll in the HURS network can share their best practices on the healthy university aspects with others through international or local workshops held by the AUN-HPN or local host universities.

4. How can universities enroll in the HURS?

Each university can study the requirement and detailed contents of the tool in this guideline book. Subsequently, each university is requested to assign a relevant person to be responsible for the completion of the online survey, and provide his/her name together with the email address to our email address: aunhpn@mahidol.ac.th. This step is necessary to generate username and password to access the HURS website. The AUN-HPN Secretariat Office will send the link and password for signing into the online HURS questionnaire to key respondents and data approver of each participating university. The key respondent or a group of respondents will be responsible for filling out the online questionnaire and sending the completed questionnaire to the data approver, being authorized by the rector or president of the university, to recheck the completed questionnaire before submitting it to the AUN-HPN secretariat office.

Please be informed that the system has been officially opened on August 15th, 2023 and the data entry period will end on November 16th, 2023.

5. What is the methodology?

The questionnaire is categorized into 3 main groups: system and infrastructure (SI), zero tolerance areas (ZT), and health promotion areas (HP), as shown in Table 1. The indicators of three categories and their corresponding points are demonstrated in Table 2.

Table 1 Categories of self-assessment questions used in the HURS

| Category | No. of question | Total points | Percentage of total points |
|--------------------------------|-----------------|--------------|----------------------------|
| System and infrastructure (SI) | 20 | 400 | 40% |
| Zero tolerance areas (ZT) | 9 | 300 | 30% |
| Health promotion areas (HP) | 13 | 300 | 30% |
| TOTAL | 42 | 1,000 | 100% |

Table 2 Categories and indicators suggested for use in the 2023 rating

| No. | Categories and indicators | Point | Weighting |
|------|---|-------|-----------|
| SI | System and infrastructure | 400 | 40% |
| SI 1 | Healthy university policies | 50 | |
| SI 2 | Safe buildings and safe, clean, green environments | 50 | |
| SI 3 | Health promotion services, counseling and advisory support | 50 | |
| SI 4 | Equal opportunities including accessibility and disability friendly | 40 | |
| SI 5 | Health promotion curriculum and co-curriculum | 50 | |
| SI 6 | Capacity building on health promotion | 40 | |
| SI 7 | Health promotion research | 40 | |
| SI 8 | University volunteerism | 40 | |
| SI 9 | Budgetary support for healthy university programs | 40 | |

Table 2 Categories and indicators suggested for use in the 2023 rating (cont.)

| No. | Categories and indicators | Point | Weighting |
|-----------|--|------------|------------|
| ZT | Zero tolerance areas | 300 | 30% |
| ZT 1 | Smoking | 60 | |
| ZT 2 | Alcohol consumption | 60 | |
| ZT 3 | Illicit drug use | 40 | |
| ZT 4 | Gambling | 40 | |
| ZT 5 | Violence, bullying and sexual harassment | 40 | |
| ZT 6 | Road safety violations including helmet use | 60 | |
| HP | Health promotion areas | 300 | 30% |
| HP 1 | Health literacy | 50 | |
| HP 2 | Mental well-being | 60 | |
| HP 3 | Social interaction | 30 | |
| HP 4 | Physical activity and active mobility | 50 | |
| HP 5 | Healthy diet and balanced nutrition | 50 | |
| HP 6 | Safe sexual behavior | 30 | |
| HP 7 | Work life balance (integration) and healthy ageing | 30 | |

Each question in the online HURS questionnaire contains 5 choices, and each choice is assigned a score from 0, 0.25, 0.5, 0.75 to 1. The score for each question will be multiplied by its own weight, ranging from 10 to 50, to become a calculated score (Table 3). All calculated scores will be summed up to become the final composite score out of the total score of 1,000.

Table 3 Examples of score calculation for each question

| No. | Categories and indicators | Point | Score | Weighting |
|---------------|--|------------|-----------|------------|
| SI | System and infrastructure | 400 | | 40% |
| SI 1 | Healthy university policies | 50 | | |
| SI 1.1 | Healthy university policy statement | 30 | | |
| | None | | 0 | |
| | Having policies at university level and policy implementation in <25% of faculties/institutes/campuses | | 0.25 × 30 | |
| | Having policies at university level and policy implementation in 25-50% of faculties/institutes/campuses | | 0.5 × 30 | |

Table 3 Examples of score calculation for each question (cont.)

| No. | Categories and indicators | Point | Score | Weighting |
|---------------|--|-----------|-----------|-----------|
| | Having policies at university level and policy implementation in 51-75% of faculties/institutes/campuses | | 0.75 × 30 | |
| | Having policies at university level and policy implementation in >75% of faculties/institutes/campuses | | 1 × 30 | |
| SI 1.2 | Responsible body at university level | 20 | | |
| | None | | 0 | |
| | Establish a coordinating body | | 0.25 × 20 | |
| | Establish a coordinating body + develop an action plan | | 0.5 × 20 | |
| | Establish a coordinating body + develop an action plan + implementing of action plan | | 0.75 × 20 | |
| | Establish a coordinating body + develop an action plan + implementing, monitoring and evaluation of action plan for continuous improvement | | 1 × 20 | |

The composite score is classified into 5 categories, 1 to 5 stars as follows:



Remark For the completion of each item of HURS, **please declare and provide data for each faculty/institute to support your evidence of the latest yearly (annual) data** that you have by uploading the pdf format of your achievements onto our website or providing any URL where the data is available at your university’s website. Evidence can be displayed as data, pictures, graphs, tables and description. Please provide explanation of evidence in English and highlight the text or information that relates to each question in an easy-to-follow manner. It is noteworthy that lack of evidence might result in a declined score.

The AUN-HPN Secretariat will send the completed questionnaire to two reviewers who will evaluate the answers based on the evidence submitted to the online HURS questionnaire. The consensus between the reviewers will secure the evaluation and corresponding stars to the participating universities will be granted. At the initial phase, please be informed that all the scores and feedback will be kept confidential.

6. How to contact us?

Contact us at the following address:

AUN-HPN Secretariat Office

ASEAN Institute for Health Development

Mahidol University

999 Phuttamonthon Sai 4 Road

Salaya, Phuttamonthon

Nakhon Pathom, 73170, Thailand

+66 (0) 2441 9040-3 ext. 72

Website: <https://aun-hpn.or.th/>

Email: aunhpn@mahidol.ac.th

General information (GI) of universities

Universities are requested to provide general information of your universities/institutions as follows:

- 1. Name of Institution
- 2. Name of Country
- 3. Numbers of Campus
- 4. Numbers of Faculty/Institutes
- 5. Approximate numbers of students
- 6. Approximate numbers of academic staff and general staff
- 7. Total university budget in US Dollars (Latest year)
- 8. Name of Respondent for Data Entry:.....
Position:..... Unit/ Faculty:.....
Email address:
- 9. Name of Data Approver:.....
Position:..... Unit/Faculty:.....
Email address:

Questionnaire (Criteria and Indicators)

There are three main categories in the questionnaire, which consist of: system and infrastructure (SI), zero tolerance areas (ZT), and health promotion areas (HP). These categories are divided into several sections, with detailed explanation below question. Accordingly, please provide us the answer and relevant evidence to reflect your university's status in the best possible way.

SI Systems and Infrastructure

SI 1 Healthy university policies (50 points)

SI 1.1 Healthy university policy statement (30 points)

Please select one of the following information on whether or not your universities/institutions have any healthy university policy statement at the university or other levels.

- None
- Having policies at university level and policy implementation in <25% of faculties/institutes/campuses
- Having policies at university level and policy implementation in 25-50% of faculties/institutes/campuses
- Having policies at university level and policy implementation in 51-75% of faculties/institutes/campuses
- Having policies at university level and policy implementation in >75% of faculties/institutes/campuses

SI 1.2 Responsible body at university level (20 points)

Please select one of the following information on whether or not your universities/institutions have any responsible body (at the university level) to promote healthy activities and please provide evidence about their progression.

- None
- Establish a coordinating body
- Establish a coordinating body + develop an action plan
- Establish a coordinating body + develop an action plan + implementing of action plan
- Establish a coordinating body + develop an action plan + implementing, monitoring and evaluation of action plan for continuous improvement

SI 2 Safe buildings and safe, clean, green environments (50 points)

SI 2.1 Safe buildings and infrastructure (10 points)

Please select one of the following information on whether or not your universities/institutions have any safety regulation/standards and please provide evidence about their progression and outputs.

- No safety regulation/standards
- Safety regulation/standards available at university level
- Active implementation of safety management in the university
- Monitoring and evaluation of safety management in the university
- No incidents reported as a result of safety management

SI 2.2 Waste management (10 points)

Please look through the examples of waste management system (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Provide variety of bins that efficiently stream waste that can be recycled or reused
 - Promote behavioral change to minimize the amount of waste that goes to landfill
 - Paper and plastic minimization campaign is implemented, monitored and reported
 - Hazardous waste is managed complying with the regulations
 - Install recycling facility in the campus and recycled materials are used (e.g. Garden waste can also be collected and turned into compost to be re-used in campus)
 - Others..... (please specify)

SI 2.3 Water management (10 points)

Please select one of the following information that reflects the water management system at your universities/institutions from the basic to more advanced implementation.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Monitoring water use and setting target
- Promote behavioral change to conserve water
- Install water saving devices
- Analysis of the infrastructure's performance in order to identify any system failures, such as pipe or tap leakage
- Alternatives to potable water are used (such as harvesting rainwater or on-site recycling of water for some activities such as gardening or toilet flushing)
- Others..... (please specify)

SI 2.4 Energy usage (10 points)

Please look through the examples of energy management system (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items

- Monitoring energy usage and setting target
- Promote behavioral change to conserve energy
- Analysis of the behavioral energy usage and infrastructure's performance in order to identify any system failures
- Greenhouse gas emission is monitored
- Alternative energy is used (biogas, solar energy etc.)
- Others..... (please specify)

SI 2.5 Eco-friendly transportation (10 points)

Please look through the examples of eco-friendly transportation management system (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Cover way and bike lanes
- Non or low emission of pollutant designed-shuttle bus or tram in campus
- Interconnection between campus transportation service and public transportation
- Private parking control policy
- Others..... (please specify)

SI 3 Health promotion services, counseling and advisory support (50 points)

SI 3.1 Medical check-up (10 points)

Please fill in an approximate number of staffs who have medical check-up with counseling at your university.....

Formula: (number as abovementioned × 100)/GI 6

- None
- <25% of personnel with counseling
- 25-50% of personnel with counseling
- 51-75% of personnel with counseling
- >75% of personnel with counseling

SI 3.2 Mental health support (20 points)

Please look through the examples of mental health support for students and staffs (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Academic guidance on mental health
 - Academic service for disability, dyslexia and other specific learning difficulties
 - Counseling for life difficulties
 - Psychological counseling (e.g. Crisis support/ protocol, Personal violence response and prevention, Suicide response and prevention)
 - Provision of psychiatric psychotherapy including referral system
 - Others..... (please specify)

SI 3.3 Healthy lifestyle support (20 points)

Please look through the examples of healthy lifestyle support (shown below) and define how many items have been implemented at your university.

- None
 - 1 item
 - 2 items
 - 3 items
 - 4 items or more
 - Advice on ergonomics
 - Physical activity advice
 - Dietary advice
 - Investment & Saving advice
 - Advice to abstain from smoking, alcohol and drugs
 - Others..... (please specify)
-

SI 4 Equal opportunities including accessibility and disability friendly (40 points)

SI 4.1 Disability friendly (20 points)

Please look through the examples of disability friendly (shown below) and define how many items have been implemented at your university.

- None
 - 1 item
 - 2 items
 - 3 items
 - 4 items or more
 - International symbol of access marked in a parking space reserved for vehicles
 - A public lavatory with facilities designed for wheelchair users
 - Slope path to access different levels of space
 - Accessible to campus transportation
 - Others..... (please specify)
-

SI 4.2 Opportunity of health promotion (20 points)

Please fill in the numbers of faculties/institutes that provide opportunity of health promotion for the disability group at your university.....

Formula: (number as abovementioned × 100)/GI 4

- None
- Support available in <25% of faculties/institutions
- Support available in 25-50% of faculties/institutions
- Support available in 51-75% of faculties/institutions
- Support available in 76-100% of faculties/institutions

SI 5 Health promotion curriculum and co-curriculum (50 points)

SI 5.1 Health promotion curriculum (50 points)

Please fill in the numbers of faculties/institutes that have implemented health promotion curriculum at your university.....

Formula: (number as abovementioned × 100)/GI 4

- None
- available in <25% of faculties/institutes
- available in 25-50% of faculties/institutes
- available in 51-75% of faculties/institutes
- available in 76-100% of faculties/institutes

SI 6 Capacity building on health promotion (40 points)

SI 6.1 Training on health promotion in the university (20 points)

Please select one of the following information that reflects the quantity and quality of teaching/training activities on health promotion at your university.

- No training at the university level
- A training session (per year) aiming to provide knowledge on health education or health promotion
- Several training sessions (per year) aiming to provide knowledge on health education or health promotion
- A training workshop (per year) aiming to develop skills on lifestyle change or policy advocacy
- Several training workshops (per year) aiming to develop skills on lifestyle change or policy advocacy

SI 6.2 The online tools and resources available to support capacity building in health promotion (20 points)

Please look through the examples of online tools and resources to support capacity building in health promotion (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Having available applications or online tools for health promotion
 - Having health promotion resources including fitness center facilities for training
 - Having trainers/advisors in health promotion trainings
 - Having monitoring and evaluation program for capacity building in health promotion
 - Others..... (please specify)

SI 7 Health promotion research (40 points)

SI 7.1 Research on health promotion at the university (20 points)

Please fill in the numbers of faculties/institutes that have health promotion research at your university.....

Formula: (number as abovementioned × 100)/GI 4

- None
- Availability of research in <25% of faculties/institutions
- Availability of research in 25-50% of faculties/institutions
- Availability of research in 51-75% of faculties/institutions
- Availability of research in 76-100% of faculties/institutions

SI 7.2 Research granted by university or public agencies (20 points)

Please look through the examples of research support on health promotion from university or other organizations (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Having policy to promote health promotion research
- Funding support for health promotion research from university
- Availability of funding support on health promotion from outside university
- Regular training for research on health promotion
- Others..... (please specify)

SI 8 University volunteerism (40 points)

SI 8.1 Establishment of university volunteerism (40 points)

Please look through the examples of university volunteerism (students and staffs) on health promotion (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Regular activities on health promotion campaigns in community
 - Having community engagement in health promotion programs of the university
 - Engagement of university personnel in national or subnational health promotion programs
 - Engagement of university in policy development/implementation in health promotion at national or international level
 - Others..... (please specify)

SI 9 Budgetary support for healthy university programs (40 points)

SI 9.1 Budgetary support for health promotion programs (20 points)

Please fill in the numbers of faculties/institutes that have received budgetary support for healthy university programs from your university.....

Formula: (number as abovementioned × 100)/GI 4

- None
 - Support available in <25% of faculties/institutions
 - Support available in 25-50% of faculties/institutions
 - Support available in 51-75% of faculties/institutions
 - Support available in 76-100% of faculties/institutions
-

SI 9.2 Budgetary support for health promotion in the university (20 points)

Please fill in an approximate number of university budget (in US Dollars) used for health promotion at your university.....

Formula: $(\text{number as abovementioned} \times 100) / GI 7$

- Less than 0.01 % of a university budget
- 0.01 to 0.49 % of a university budget
- 0.5 to 0.99 % of a university budget
- 1 to 2 % of a university budget
- More than 2% of a university budget

ZT Zero tolerance areas

ZT 1 Smoking (60 points)

ZT 1.1 Policy for banning tobacco use (30 points)

Please look through the examples of banning policy against tobacco use (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items
 - Prohibit selling tobacco within university
 - Prohibit smoking within university
 - Educate and provide warning on the risk of smoking
 - Prohibit advertisement of tobacco within university
 - Counseling and referral system for smoking cessation
 - Others..... (please specify)

ZT 1.2 Smoking prevalence among students and personnel in the university (30 points)

Please fill in an approximate number of students and staffs who are a smoking group at your university.....

Formula: $(\text{number as abovementioned} \times 100) / (GI 5+6)$

- $\geq 20\%$ of personnel and students smoking
- 10-<20% of personnel and students smoking
- 5-<10% of personnel and students smoking
- 2-<5% of personnel and students smoking
- <2% of personnel and students smoking

Remark: please provide information on population size and the process or method used to survey / get results along with your evidence

ZT 2 Alcohol consumption (60 points)

ZT 2.1 Alcohol control in the universities (30 points)

Please look through the examples of activities to control alcohol consumption (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Prohibit selling alcohol within university or prohibit 300 meters surrounding the university
 - Prohibit alcohol consumption in all social functions within university
 - Educate and provide warning on the risk and negative impact of alcohol consumption
 - Prohibit advertisement on alcohol consumption within university
 - Counseling and referral system for alcohol cessation
 - Others..... (please specify)

ZT 2.2 Alcohol consumption among students and personnel in the past year (30 points)

Please fill in an approximate number of students and staffs who consumed alcohol at your university during the past year.....

Formula: $(\text{number as abovementioned} \times 100) / (GI\ 5+6)$

- >40% of personnel and students drink alcohol
- >30-40% of personnel and students drink alcohol
- >20-30% of personnel and students drink alcohol
- 10-20% of personnel and students drink alcohol
- <10% of personnel and students drink alcohol

Remark: please provide information on population size and the process or method used to survey / get results along with your evidence

ZT 3 Illicit drug use (40 points)

ZT 3.1 Policy for banning narcotic drug use (40 points)

Please look through the examples of policies and activities to prohibit narcotic drug use (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Prohibit the use of narcotic drugs within university
- Conduct surveillance of narcotic drug sale and use
- Regular education campaigns against narcotic drug use within the university
- Counseling and referral system for narcotic drug treatment
- Others..... (please specify)

ZT 4 Gambling (40 points)

ZT 4.1 Policy to prohibit gambling within the universities (40 points)

Please look through the examples of policies and activities to prohibit gambling (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Prohibit gambling within the university
 - Provide education on adverse effects of gambling
 - Active surveillance of gambling within the university
 - Counselling/probation program for habitual gamblers
 - Others..... (please specify)

ZT 5 Violence, bullying and sexual harassment (40 points)

ZT 5.1 Policy to prohibit violence, bullying and sexual harassment within the universities (40 points)

Please look through the examples of policies and activities to prohibit violence, bullying, and sexual harassment (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Policy to prohibit violence, bullying, and sexual harassment within the university
 - Implementation of education program to prevent violence, bullying, and sexual harassment
 - Surveillance program on sexual harassment
 - Confidential system to report incidents on violence, bullying, and sexual harassment
 - Having rehabilitation/empowerment programs for people affected by violence, bullying and sexual harassment
 - Others..... (please specify)

ZT 6 Road safety violations including helmet use (60 points)

ZT 6.1 Policy to prohibit road safety violations within the university and the vicinity (e.g. to enforce seat-belt use while sitting in a car and helmet use for motorcyclists) (30 points)

Please look through the examples of policies and activities to prohibit road safety violations (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Policy to prohibit road safety violations within the university including compulsory use of seat belt in the car and helmet for motorcyclists
 - Appropriate road safety education within the university
 - Establish safety environment to prevent road traffic accidents
 - Emergency management protocol for traffic injury
 - Others..... (please specify)

ZT 6.2 Helmet use among motorcyclists within university (30 points)

Please select one of the following information that reflects the coverage or percentage of helmet use among motorcyclists at your universities/institutions.

- <25% of helmet use
- 25-50% of helmet use
- 51-75% of helmet use
- 76-99% of helmet use
- 100% of helmet use

Remark: please provide information on population size and the process or method used to survey / get results along with your evidence

HP Health promotion areas

HP 1 Health literacy (50 points)

HP 1.1 Health literacy: Providing information on healthy lifestyle (25 points)

Please look through the examples of activities to promote health literacy (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Regular exhibition of boards/posters on health promotion within university
- Regular conduct of health promotion events or provision of health promotion knowledge/information through printed materials or websites in the university
- Regular provision of health promotion knowledge/information through radio / TV / web-based channels
- Conduct regular health promotion or lifestyle training programs in the university
- Others..... (please specify)

HP 1.2 Health Literacy: Assessment of knowledge, attitude & practices (KAP) on healthy lifestyle of students and university personnel (25 points)

Please select one of the following information on whether or not your university have any strategies for assessment of health literacy among students and staffs in a variety of aspects.

- No assessment of KAP on healthy lifestyle of the students and university personnel
- Conducting survey on KAP towards healthy lifestyle of the students and university personnel once in the past 4 years
- Conducting survey on KAP towards healthy lifestyle of the students and university personnel once in past 4 years; and utilize the results for the improvement of health literacy programs
- Conducting annual survey on KAP towards healthy lifestyle of the students and university personnel; and utilize the results for the improvement of health literacy programs
- Conducting annual survey on KAP towards healthy lifestyle of the students and university personnel, and utilize the results for the improvement of health literacy programs. There is an evidence of improvement of KAP on healthy lifestyle of the students and university personnel

HP 2 Mental well-being (60 points)

HP 2.1 Providing stress reduction program (30 points)

Please fill in the number of faculties/institutes that provide stress reduction program at your university.....

Formula: (number as abovementioned × 100)/(GI 4)

- No stress reduction program at all
- Availability of stress reduction program in <25% of faculties/institutes in the university
- Availability of stress reduction program in 25-50% of faculties/institutes in the university
- Availability of stress reduction program in 51-75% of faculties/institutes in the university
- Availability of stress reduction program in 76-100% of faculties/institutes in the university

HP 2.2 Systematic assessment for persons with mental health problems (30 points)

Please select one of the following information on whether or not your university have any systematic assessment on mental health problems in students and staffs.

- No mental health assessment program
- Availability of mental health program with experts in the university
- Mental health screening program and counseling services for students and personnel
- Surveillance or vigilant program for mental health for students and personnel; and provision of assistance and support for affected persons
- Surveillance or vigilant program for mental health for students and personnel; and provision of care and referral support for affected persons

HP 3 Social interaction (30 points)

HP 3.1 Social interaction (e.g. social activities such as student clubs) (30 points)

Please fill in the number of faculties/institutes that provide social activities on health promotion for students at your university.....

Formula: $(\text{number as abovementioned} \times 100) / (GI\ 4)$

- No student club on health promotion
- Availability of student clubs on health promotion (e.g. running club, cycling club, etc.) in <25% of faculties/institutes
- Availability of student clubs on health promotion in 25-50% of faculties/institutes
- Availability of student clubs on health promotion in 51-75% of faculties/institutes
- Availability of student clubs on health promotion in 76-100% of faculties/institutes

HP 4 Physical activity and active mobility (50 points)

HP 4.1 Utilization of facilities for physical activity (25 points)

Please look through the examples of policies and facilities to promote physical activity (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more

- Policy to promote physical activity including the organization of special health promoting exercise events
- Accessibility to outdoor exercise platform in the campus/university
- Accessibility to indoor exercise spaces (fitness centers) in the university
- Accessibility to multiple facilities (other than indoor and outdoor – such as bicycle track, swimming pool, soccer field, basketball or valley ball stadium, etc.) for physical exercise in the university and faculties/institutes
- Others..... (please specify)

HP 4.2 Sport or physical activity (PA) events (competitions) (25 points)

Please fill in the number of faculties/institutes that provide sport or physical activity events at your university during the past year.....

Formula: (number as abovementioned × 100)/(GI 4)

- No sport or physical activity events at all
- Availability of sport or physical activity events in <25% of faculties/institutes in the university
- Availability of sport or physical activity events in 25-50% of faculties/institutes in the university
- Availability of sport or physical activity events in 51-75% of faculties/institutes in the university
- Availability of sport or physical activity events in 76-100% of faculties/institutes in the university

HP 5 Healthy diet and balanced nutrition (50 points)

HP 5.1 Healthy diet program (25 points)

Please look through the examples of policies and activities to promote healthy diet (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Policy on healthy diet in the university
 - Regular educational programs on healthy diet
 - Arrangement of market places for the supply of healthy food for students and personnel
 - Arrangement of demonstration program for the production of healthy food and vegetables in the university and/or in the community
 - Others..... (please specify)

HP 5.2 Healthy canteen (25 points)

Please select one of the following information that reflects the coverage of faculties/institutes that have healthy canteen at your university.

- No healthy canteen policy
- Training on healthy food programs for food sellers in faculties/institutes
- Promote healthy food in canteens and food outlets of some faculties/institutes
- Promote healthy food in canteens and food outlets of all faculties/institutes
- Regular surveillance of unhealthy food in canteens, food outlets and the surrounding vicinity of the university

HP 6 Safe sexual behavior (30 points)

HP 6.1 Educational sessions (15 points)

Please fill in the number of faculties/institutes that provide sex educational programs at your university.....

Formula: $(\text{number as abovementioned} \times 100) / (GI 4)$

- No sex education provided
- sex educational programs provided at <25% of faculties/institutes
- sex educational programs provided at 25-50% of faculties/institutes
- sex educational programs provided at 51-75% of faculties/institutes
- sex educational programs provided at 76-100% of faculties/institutes

HP 6.2 Safer sex programs (15 points)

Please look through the examples of activities to promote safer sex (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Availability of counselling program for safer sex behaviors
 - Surveillance program for sexual risk behaviors
 - Campaign for preventing sexual risk behaviors
 - Availability of safer sex commodities within the university
 - Others..... (please specify)

HP 7 Work life balance (integration) and healthy ageing (30 points)

HP 7.1 Availability of programs related to work life balance (15 points)

Please fill in the number of faculties/institutes that provide programs related to work life balance at your university.....

Formula: $(\text{number as abovementioned} \times 100) / (GI 4)$

- No program related to work life balance
- Having program for work life balance in <25% of faculties/institutes
- Having program for work life balance in 25-50% of faculties/institutes
- Having program for work life balance in 51-75% of faculties/institutes
- Having program for work life balance in >75% of faculties/institutes

HP 7.2 Availability of programs related to integrated healthy ageing (15 points)

Please look through the examples of programs related to integrated healthy ageing (shown below) and define how many items have been implemented at your university.

- None
- 1 item
- 2 items
- 3 items
- 4 items or more
 - Conduct awareness programs on healthy and active ageing in the university
 - Ageing skill program for pre-ageing personnel of the university
 - Program for job provision of ageing people
 - Empowering programs for ageing population in the surrounding communities
 - Others..... (please specify)

References

1. QS Stars University Ratings. Available at <https://www.topuniversities.com/qs-stars>
2. Universitas Indonesia. Guideline UI GreenMetric World University Rankings 2021. Available at <https://greenmetric.ui.ac.id/>
3. ASEAN University Network-Health Promotion Network (AUN-HPN). AUN Healthy University Framework 2017. Available at <http://www.aunsec.org/pdf/publication/Healthy%20University%20Framework%20Final.pdf>
4. National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. CDC Worksite Health Scorecard Manual 2014. Available at https://www.cdc.gov/dhdsp/pubs/docs/hsc_manual.pdf
5. World Health Organization. WHO Healthy Workplace Framework and Model: Background and Supporting Literature and Practices. Available at https://www.who.int/occupational_health/healthy_workplace_framework.pdf

Appendix 1

Resolution on the Adoption of Healthy University Rating System (HURS) at the 6th AUN HPN International Advisory Committee Meeting

Report of the 6th AUN HPN International Advisory Committee Meeting

5th November 2020

ASEAN Institute for Health Development, Mahidol University

Agenda 6.3: Development of Healthy University Rating System (HURS)

Prof. Dr. Chatchalerm Isarankura-Na-Ayudhya, Chairman of Committee on HURS Development presented the Development of Healthy University Rating System (HURS) using the conceptual framework of HURS system criteria of evaluation set by consensus of the members in the capacity building workshop in 2019. It has combined ideas from QS star rating system and scoring system. Proposed score and point calculation were based on five-point Likert rating scale system and the total score is 1000 points for all 22 areas. The rationale of how to assess universities on different backgrounds and not only to compete, similar to the rating of quality of hotels, the QS star rating system combined with Universitas Indonesia's Green Metric was proposed to create a methodology of HURS. He reported that in the initial trial, the members would participate in online submission of data during January – February 2021. Proposal for submission of evidence of activity and verification would be conducted from March to April 2021.

The Meeting agreed that the HURS invitation letters will be drafted and sent to AUN-HPN member universities in order to invite them to participate in the HURS trial. Members are requested to participate in the process. Eventually, the final version of HURS will be proposed for endorsement in a Rector's meeting in the near future; and will be followed by promotion activities for all universities in ASEAN and beyond.

The meeting adopted the development of the Healthy University Rating System (HURS).

Appendix 2

AUN's Adoption of Healthy University Rating System (HURS)

Report of the 12th ASEAN University Network Rectors' Meeting

9th July 2021

Hosted online (Zoom) by

the ASEAN University Network Secretariat and Universitas Gadjah Mada (UGM)

Agenda Item 5.2: Healthy University Rating System (HURS) developed by AUN-Health Promotion Network (AUN-HPN)

Prof. Dr. Chatchalerm Isarankura-Na-Ayudhya, Dean of the Faculty of Medical Technology, Mahidol University and Chairman of the working group for HURS Development and Assoc. Prof. Dr. Phudit Tejativaddhana, Director of ASEAN Institute for Health Development, Mahidol University and Executive Director of AUN-HPN presented the progress of development of Healthy University Rating System (HURS) using the AUN Healthy University Framework which was adopted by the AUN during the 9th AUN Rector's Meeting in July 2017. He requested the rectors' meeting to consider the following:

1. To endorse HURS as a tool of the AUN system to monitor the progress and the achievement of the Healthy University Framework implementation;
2. To provide recommendations and assistance for further improvement of the tool;
3. To engage in the utilization of the tool, both during the testing period and the regular use in the future (as a tool for promote health in the university);
4. To advocate the wider use of HURS in other higher educational institutions.

The Meeting acknowledged the official launch of the Healthy University Rating System (HURS) to be conducted in August 2021 and encouraged all AUN members to support it on a voluntary basis.

The Meeting adopted the Healthy University Rating System (HURS).

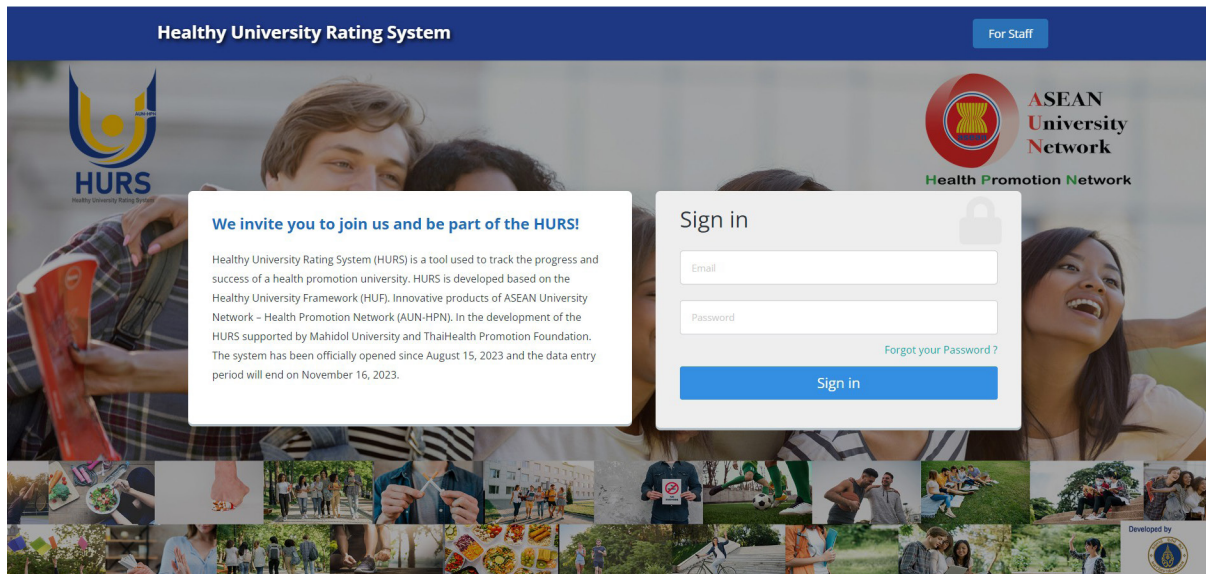
Appendix 3

List of the Committee on HURS Development

| | | |
|-----|---|---------------------|
| 1. | Prof. Banchong Mahaisavariya, M.D. President of Mahidol University | Advisor |
| 2. | Dr. Choltis Dhirathiti AUN Executive Director | Advisor |
| 3. | Assoc. Prof. Nopraenuw Sajjarax Dhirathiti, Ph.D. Vice President for International Relations and Corporate Communication, Mahidol University | Advisor |
| 4. | Prof. Dr. Chartchalerm Isarankura-Na-Ayudhya Dean, Faculty of Medical Technology, Mahidol University | Chair |
| 5. | Assoc. Prof. Dr. Phudit Tejativaddhana, M.D. Director, ASEAN Institute for Health Development, Mahidol University and AUN-HPN Executive Director | Deputy Chair |
| 6. | Asst. Prof. Dr. Thatchavee Leelawat Vice President for Information Technology and Kanchanaburi Campus, Mahidol University | Committee |
| 7. | Dr. Wiwat Rojanapithayakorn Advisor of Executive Director of AUN-HPN | Committee |
| 8. | Mr. Teerapan Vimolsarawong, Director of Division of IT, Mahidol University | Committee |
| 9. | Asst. Prof. Dr. Vijj Kasemsup, M.D. Instructor, Faculty of Medicine Ramathibodi Hospital | Committee |
| 10. | Assoc. Prof. Dr. Thunwadee Suksaroj Deputy Executive Director of AUN-HPN, Mahidol University | Committee |
| 11. | Asst. Prof. Dr. Supaporn Songpracha Deputy Executive Director of AUN-HPN, Mahidol University | Committee |
| 12. | Dr. Vo Thi Hue Man Assistant Executive Director of AUN-HPN, Mahidol University | Committee |
| 13. | Ms. Somsook Nakawattanakul Head, IT Development and Administration, Division of IT, Mahidol University | Committee |
| 14. | Ms. Wongsuwan Kankaew System Analyst, Division of IT, Mahidol University | Committee |
| 15. | Mrs. Thiprada Kongtapan Educator, ASEAN Institute for Health Development, Mahidol University | Secretary |
| 16. | Ms. Jariya Sriklad Researcher, ASEAN Institute for Health Development, Mahidol University | Assistant Secretary |

Healthy University Rating System website is now available!

We are pleased to announce the launch of our joint work - **HURS website** which is used as the online tool to track the progress and success of a healthy promotion university! AUN-HPN members now can access HURS by just a simple “sign in” on the homepage.



HURS website is accessible at: <https://hurs.mahidol.ac.th/>. QR code is also available:



Your feedback is important to us as we hope to develop a mutual platform that is valuable to all of our members. Please send any questions, comments, and suggestion to AUN-HPN email's address: aunhpn@mahidol.ac.th

We look forward to welcoming you in the website!

Healthy University Rating System (HURS) Version 2023

ASEAN University Network-Health Promotion Network (AUN-HPN)

ASEAN Institute for Health Development

Mahidol University

999 Salaya Phuttamonthon, Nakhon Pathom, 73170 THAILAND

Tel: (66) 2-441-9040-3 ext.72

Fax: (66) 2-441-9994

E-mail: aunhpn@mahidol.ac.th

Website: <https://aun-hpn.or.th/>