

YALE-NUS COLLEGE X USL :
LEARNING ACROSS BOUNDARIES (LAB)

Equitable City for Health & Wellbeing

REPORT



Summer LAB
June 5 - June 12 2023
Pomprap Sathu Prai, Bangkok, Thailand
www.uslbangkok.com

URBAN
STUDIES
LAB

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Executive Summary

Under the short span of 8 days, the Equitable City for Health and Well-being LAB has been a transformative experience for the participants, providing them with valuable knowledge at various scales, from the local community level to the global initiative level. The collaborative partnership with local stakeholders and the exploration of the equity gap in Bangkok have highlighted the need for effective solutions and guidelines to address this pressing issue.

Throughout the course, the participants have demonstrated their eagerness to learn, actively engaging in lectures and seeking insights from the professional experiences of the lecturers. Fruitful discussions have been a consistent feature of the LAB, fostering a rich learning environment. The site visits to the communities in the Nang Loeng Area have offered firsthand experiences and insightful information about health and well-being at the community level. The participants have gained a deep understanding of the challenges these communities face and have learned to view their needs from their own perspectives.

Under the guidance of mentors, the participants have embraced new tools and applied them to their proposed solutions, allowing for the development of innovative projects. Workshops on user empathy, SWOT analysis, and stakeholder mapping have equipped them with essential skills and frameworks to better understand community needs and identify development opportunities within their projects. The culmination of the LAB was the presentations held at Bangkok City Hall, where participants had the opportunity to share their ideas and solutions with the Department Social Development and the Department of Health. These presentations provided invaluable feedback from key stakeholders, allowing participants to gain insights from governance agencies and stakeholders with extensive working experience.

Overall, the Equitable City for Health and Well-being LAB has not only broadened participants' knowledge but also empowered them to apply their learning and contribute to the development of solutions that address health and well-being disparities in Bangkok. The LAB has fostered a deep sense of understanding and commitment among the participants, paving the way for future initiatives aimed at creating a more equitable and healthy city.



Context

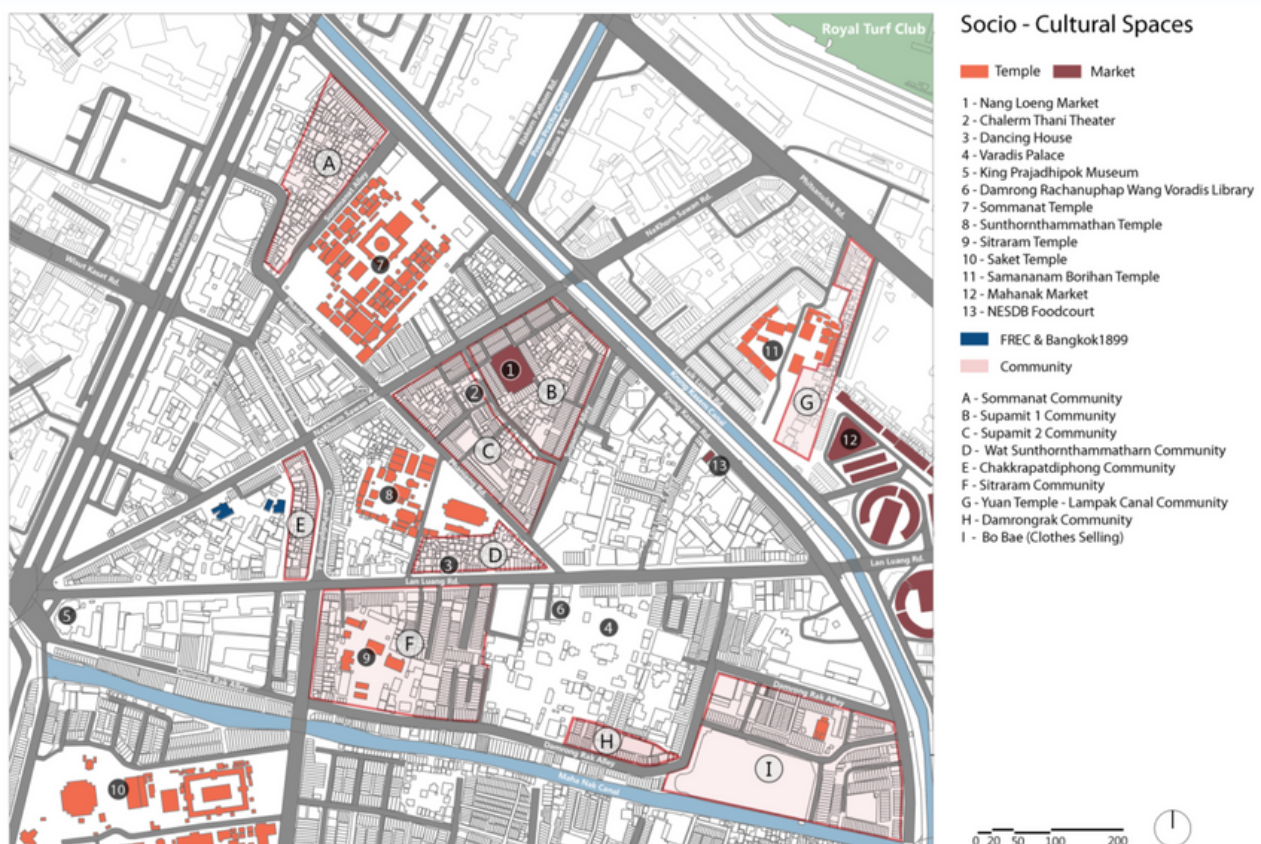
Pom Prap Sattru Phai District, Bangkok, Thailand

Study Area: Nang Loeng

Nang Loeng is located right next to Rattanakosin Island. This makes the neighborhood one of the oldest in the capital. Nang Loeng is famed for its market, which in present days has become the one thing the area is known for. What most do not realize is that underneath the façade of the lively market scene is a complex neighborhood with a diverse and strong cultural richness that is standing at a crossroads and bracing for future changes.

Nang Loeng is compact and densely populated. The buildings are mostly low, offering human scale vistas throughout the neighborhood. There is a diverse mix of building use in the area. Temples and government complexes are the largest building types and are often surrounded by small houses. Typical of older neighborhoods close to the royal palace, the urban infrastructures such as roads, pedestrian walkways are well maintained. This makes the area very walkable.

There are 9 communities in Nang Loeng which consists of Wat Sommanat Community, Supamit 1 Community, Supamit 2 Community, Wat Khae Community (Wat Sunthornthammatharn), Chakkrapatdiphong Community, Sitaram Community, Yuan Temple-Lampak Canal Community, Damrongrak Community, and Ba Bae / Mahanak Community. The average income of Nang Loeng is below the average of the BMA which put them under the low income households. The residents are mostly low-skilled, placing them at a disadvantage in every social and economic aspect. To community leaders, community members gaining new skills relevant to their goals and facilitation in applying them are key in helping them determine their own future.



A lack of security measures is also affecting perceptions of neighborhood safety and quality of life. There is more to be done to prevent and eradicate illegal and criminal activities. Most importantly, the two groups that need assistance and guidance the most are the elderly and the youth. Each have their own unique set of challenges and require tailored solutions. There is still much room for physical improvement in Nang Loeng. Local infrastructure is not prepared for the aging community or catered to the young. There are not much drawing people to do activities outside of their buildings and thus it is hard to find life in the streets.

Program Detail

Urban Studies Lab (USL) is promoting the urban living lab model in Thailand; to build a platform for collaborative/bottom-up action with academic institutions, public sector, local community, and private sector to create real impact such as community revitalization, participatory strategy development, budget design, and public policy recommendation.

The urban classroom acts as a workshop and open studio for people from various fields and professions to work on urban issues. It is open not only to participants but also to anyone who is interested in learning about place-based challenges and processes, with a focus on impact and communities. Participants are encouraged to develop their own area of focus and method of field research in collaboration with the USL team. Some of USL's previous work include Covid Relief Bangkok which they work closely with. During the global pandemic COVID-19 while some people in Bangkok are able to quarantine safely at home, there are many elderly and low-income households who rely on daily wages to support their families, making social distancing impossible. With their demographic data, it helped identify and locate the most in-need based on age and income, ensuring their efforts are targeted and have the most impact. It is very important that participants learn and exchange knowledge through collective data from key players in the area to support their decision making on the solution.



Public engagement is central to USL classroom activities. By connecting classroom participants with local stakeholders that are dealing with real-world challenges, they aim to foster a future network of urban leaders that can create real-world impact. It is also their goal to maintain Urban Classroom projects as an up-to-date 'project bank' from which they can draw evidence and ideas to advocate for further change.

The Equitable City for Health and Wellbeing LAB will be focusing on developing practical and innovative tools to enhance health promotion strategies in Bangkok. In this course, participants will learn about the different approaches, methods, and interventions that are currently in use for the health and wellbeing of the 4 vulnerable groups (at-risk youth, people with disabilities, urban poor, and aging elderly).

The LAB will focus on the 4 vulnerable groups' access to health and wellbeing from policy level to action level. participants may come across issues such as lack of public space, cleanliness, waste management, mental struggles, for example. They will be able to decide what specific issues they want to focus on based on their interests after gathering enough information. We encourage participants to think outside the box and ideate solutions that best fits the community needs. participants may find solutions that tackle issues from a top-down approach or a bottom-up approach. The main goal is to strengthen and empower the local community. We take into consideration that the participants may be inexperienced in the field. We plan to have our trained staff working alongside the participants to help frame their questions and guide them throughout the entire process.

Learning Sequence

Participants will be divided into pairs or small groups of three, and each pair or group will collect data on the 4 vulnerable groups.
1.Vulnerable Youth 2.Health Disability 3.Vulnerable Poor 4.Aging Elderly)





Aims

USL Urban Classrooms offer a co-learning experience for participants at Yale-NUS to be in direct contact with Bangkok's local communities, including those of low-income and vulnerable groups. USL staff will assist with translation for participants during the site visits.

This LAB aims to promote positive change in the city through conducting qualitative and quantitative data collection and analysis, knowledge sharing as well as building partnerships with the wider public. It will create new innovative solutions that will benefit the city as a whole. participants will develop their communication and engagement skills through the community visits while also strengthening their data gathering capability.

Objectives

The objectives are to promote learning, inclusive placemaking and to encourage collaborative partnerships to develop platforms for knowledge sharing while also supporting transparent and informed decision making in the city. participants will have the opportunities to work with a variety of city partners which include government agencies, local communities, private sectors, non-governmental organizations (NGOs), and others. USL shall act as the middle person with the collective data collected from research work and interviews with the local communities. Using the collective data, it could support participants in their decision-making process to come out with the proposed solutions.

Expected Learning Outcomes

The core learning outcomes are urban intervention and policy, multi-stakeholder management, data innovation, learning experience with professional experts, and project bank. This LAB will focus on evidence-based urban governance and community engagement, which leads to equitable health and wellbeing at the local level. The problem statements will be focusing on four vulnerable groups (at-risk youth, people with disabilities, urban poor, and aging population) through working with USL's expert partners namely, Sati Foundation on youth education, Thai Health Promotion Foundation on the elderly population, Bangkok Metropolitan Administration (BMA) and Ministry of Higher Education, Science, Research, and Innovation (MHESI) on urban poverty alleviation. participants will be given the opportunity to come up with their own problem statement through the process of site visits and SWOT Analysis from data and interviews they have collected. USL will provide engagement training for the participants with their Placemaking team. USL staff will monitor participants while they are working with the vulnerable groups, and they shall work with participants in helping them to reframe their questions and guide them through sensitive issues. participants will acquire multi-stakeholder management skills, which are crucial to developing the city.

Participants will also learn about the concept of equity and inclusion in the urban realm within the framework of health and wellbeing. Special attention will be given to the vulnerable groups of the urban population. USL will collaborate with its ongoing project partners, such as the Bangkok Urban Poverty Alleviation Platform, health index development for vulnerable communities, FREC education programs, the Leaving No One Behind (LNOB) inclusive housing development project with UN HABITAT, and others.

Participants will understand the impact of urban data collection and policy mapping towards their design decisions, and they will be expected to produce alternative solutions to their problem statements, such as physical intervention, place-based design, tools and innovation, policy recommendation, etc.





Skill Development

This LAB will help participants to develop the following skills:

	Working with others in team
	Locating, organizing, and evaluating data and information
	Written communication
	Verbal communication
	Applying knowledge and skills to real world settings
	Deepened knowledge of a field or discipline
	Intercultural sensitivity
	Showing and taking initiative
	Proficiency in other languages
	Self-knowledge

List of additional skills, specific to the academics or professional field:

	Empathy towards local community
	Analytical skills
	Tolerance in cultural diversity
	Project management
	Storytelling
	Community data gathering
	Data analytics
	Stakeholder management

Program Itinerary

Monday 5 June 2023 – Orientation and Training at FREC	
Time	Activity
9:00 – 10:00	Orientation – Introduction
10:00 – 10:45	Ice-breaking Activity
11:00 – 12:00	Keynote Speaker on Healthy Metropolitan: a case of BMA By Deputy Governor Prof. Tavida Kamolvej (BMA)
12:00 – 13:30	Lunch
13:30 – 14:45	Training – User Empathy and Design Thinking By Pin Udomcharoenchaikit , Associate Director USL, FREC Secretariat
14:45 – 16:00	Tool Learning – City Data Collection and Analysis By Dr. Pongpisit Huyakorn , UDDI Director, USL Director
16:00 – 16:30	Wrap up
Tuesday 6 June 2023 - Lecture Series and Site Visit	
Time	Activity
9:00 – 9:15	Introduction at FREC
9:15 – 10:30	Lecture / Findings on Urban Governance for Health and Well-being By Wan Chantavilasvong , Urban and environmental planning researcher. MIT
10:45 – 12:00	Lecture / Findings on Health and Well-being Projects for Vulnerable Population: case study By Nonarit Bisonyabut, Ph.D. , Senior Researcher (Thailand Development Research Institute Foundation)
12:00 – 13:30	Lunch
13:30 – 14:30	Site Visit – Van at FREC Chakkraphatdi Phong Community By Mrs. Chaweewan Tantermkieat, Community Leader
14:30 – 15:30	Visit Nang Loeng Community By Mrs. Suwan Welployngam, Community Leader
15:30 – 16:30	Visit Wat Sommanat Community By Mrs. Malaimal Treewan, Community Leader
16:30 – 17:30	Visit Mahanak Community By Mr. Samarn Mekloy, Community Leader
17:30 – 18:00	Wrap up

Wednesday 7 June 2023 - Lecture Series and Site Visit	
Time	Activity
9:00 – 9:15	Introduction at FREC
9:15 – 10:30	Debrief Sessions in Groups with Mentors
10:45 – 12:00	Lecture / Findings on Space Based Innovation for Health and Well-being By Assoc. Professor Panit Pujinda (Ph.D) Healthy Space Forum
12:00 – 13:30	Lunch
13:30 – 16:00	Site Visit - Walk Visit Public Health Center 20
16:00 – 16:30	Wrap up
Thursday 8 June 2023 - SWOT and Problem Statement at FREC	
Time	Activity
9:00 – 10:45	Findings Discussion / SWOT Analysis Development Workshop With USL staff
10:45 – 12:00	Work in groups
12:00 – 13:30	Lunch
13:30 – 15:00	Problem Statement with experts and USL staff Experts / mentors
15:00 – 17:00	Work in groups

Friday 9 June 2023 Working with stakeholders and representatives/ Community Suggestion at FREC	
Time	Activity
9:00 – 12:00	Initial Finding Presentation (group 1-4) Dr. Pongpisit Huyakorn
12:00 – 13:30	Lunch
13:30 – 15:30	Meet with stakeholders / Develop projects with community members based on the groups' problem statement for feedback • Dr. Pongpisit Huyakorn, UDDI Director, USL Director • Assistant Professor Kisanaphol Wattanawanyoo (King Mongkut's University of Technology Thonburi) • Pimchanok Tragoolsilp, FREC Manager • Nang Loeng COMMUNITY Leader • Mahanak Community Leader
15:30 - 17:00	Work in groups
Saturday 10 June 2023 - Data Analytics at FREC	
Time	Activity
9:00 – 9:30	Introduction At FREC
9:30 – 12:00	Policy Recommendation By Dr. Pongpisit Huyakorn, UDDI Director, USL Director
12:00 – 13:30	Lunch
13:30 – 16:30	Mentoring session with Sati Foundation on at-risk youth, homelessness experts, and other public health experts By Sakson Rouypirom, Director of Sati Foundation, social entrepreneur
Sunday 11 June 2023 – Working groups	
Time	Activity
8:00 – 12:00	Work in groups at FREC
12:00 – 13:30	Lunch
	Free afternoon

Monday 12 June 2023 - Final Report Presentation at BMA city Hall, Nopparat Room, Floor 5

Time	Activity
9:00 - 12:00	Work in groups At FREC
12:00 - 13:30	Lunch
13:30 - 14:00	Final Presentation at BMA City Hall, Nopparat room, floor 5 Welcoming Speech by Dr. Pongpisit Huyakorn, USL Director
14:00 - 14:30	15 minute presentation by Group 1 + Feedback and discussion
14:30 - 15:00	15 minute presentation by Group 2 + Feedback and discussion
15:00 - 15:30	15 minute presentation by Group 3 + Feedback and discussion
15:30 - 16:00	15 minute presentation by Group 4 + Feedback and discussion
16:00 - 16:30	Announcement and wrap up
16:30 - onwards	Farewell Dinner at ครีวดอกไม้ขาว บำรุงเมือง White Flower Restaurant



Program Result

The Equitable City for Health and Well-being LAB is initiated with the aim of fostering inclusive learning, hands-on experience, and promoting innovative problem-solving. The problem statements within the LAB will specifically address the challenges faced by four vulnerable groups: youth, individuals with health disabilities, vulnerable populations in poverty, and the aging elderly. Participants will have the opportunity to develop their own problem statements based on data and interviews collected during site visits, as well as conduct a SWOT analysis. Furthermore, participants are expected to substantiate their findings by referencing information from USL's collective dataset.

The LAB operates under a collaborative partnership model involving government sectors, private sectors, NGOs, and local communities. USL plays a crucial role as an intermediary, utilizing collective data obtained through research and community interviews. Amidst the global pandemic COVID-19, while some individuals in Bangkok have the ability to safely quarantine at home, many elderly individuals and low-income households heavily rely on daily wages to support their families, making social distancing practically impossible. Through the initiative of Covid Relief Bangkok, our demographic data has been instrumental in identifying and locating the most vulnerable individuals based on age and income, ensuring targeted efforts that have a significant impact. It is of utmost importance that participants engage in the exchange and learning of knowledge through the collective data provided by potential partners, as it supports their decision-making process in finding effective solutions.

Program Output

Programs

- 8 Lectures
- 4 Tools Learning
- 4 Solution Proposals

Activities

- 1 1 Ice Breaking Activity
- 5 Site Visits
(4 Communities, 1 Public Health Centers)
- 7 Mentoring Sessions
(6 session with group mentor,
1 session with stakeholder)
- 1 Initial Findings Presentation
- 1 Final Presentation at BMA
- 1 Farewell Dinner

Services

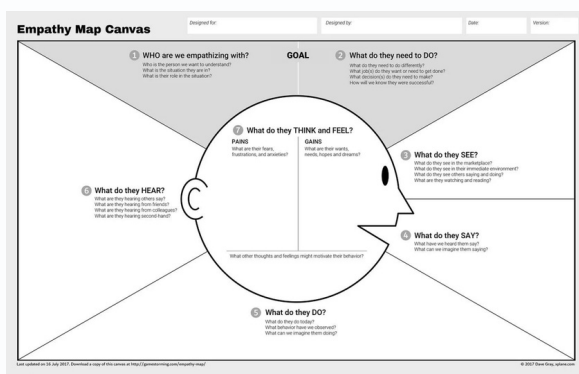
- | | |
|------------------------------------|------------------------------------|
| 6 Guest Speakers | 4 Community Leaders |
| 2 Instructors
Urban Studies Lab | 1 LAB Manager
Urban Studies Lab |
| 4 Mentors | 1 Yale-NUS Staff |
| 3 Guest Stakeholders | 11 Participants |



Tool Learning

Participants in the program demonstrated a keen utilization of diverse analytical tools and frameworks to enhance problem-solving and project development. The SWOT Analysis provided participants with a comprehensive understanding of community challenges and enabled them to identify key concerns. The Social Impact Assessment (SIA) tool allowed participants to assess the project's output, outcome, and socio-economic impact, providing valuable insights for project evaluation. The User Empathy Canvas served as a powerful tool for gaining deeper understanding of interviewees' challenges and needs, fostering empathy-driven solutions. Additionally, stakeholder mapping facilitated the categorization of diverse stakeholders based on their power, interest, and utilizing top-down silo approaches, ensuring effective stakeholder engagement. These analytical tools and frameworks empowered participants to make informed decisions and create impactful projects that address the needs of communities effectively.

01 User Empathy Canvas



The participants effectively utilized the user empathy canvas as an interviewing tool, enabling them to gain profound insights into the interviewees' situations and challenges. By employing the canvas, they successfully captured the pain points experienced by the interviewees, fostering a stronger sense of empathy and understanding. This approach facilitated a deeper comprehension of the needs and requirements of the target users, leading to a more comprehensive analysis of their underlying motivations and desires. The user empathy canvas served as a valuable framework for systematically capturing and analyzing user needs, empowering participants to develop solutions that precisely address user behaviors and aspirations.

02

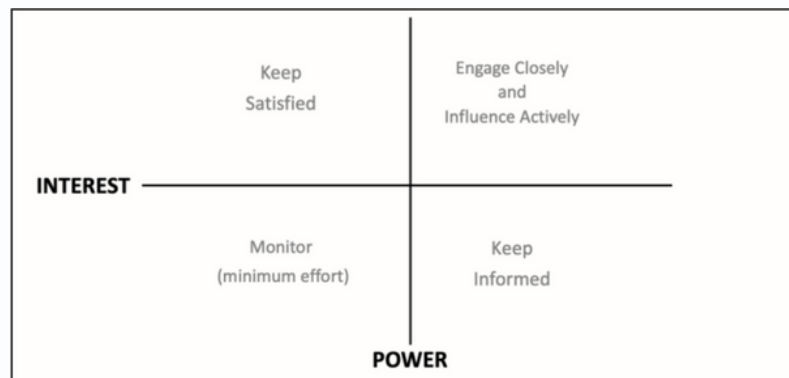
SWOT Analysis

SWOT / TOWS Analysis		Internal Factors	
		Strengths	Weaknesses
External Factors	Opportunities	S-O (Strengths-Opportunities)	W-O (Weaknesses-Opportunities)
	Threats	S-T (Strengths-Threats)	W-T (Weaknesses-Threats)

Participants in the LAB made effective use of this tool to analyze the information they gathered during their site visits. By utilizing this tool, they were able to gain a comprehensive understanding of the challenges faced by the communities and identify specific problems and concerns. The tool proved invaluable in assisting them in envisioning their projects and identifying opportunities for intervention. Additionally, it helped them recognize potential constraints and limitations that needed to be addressed when developing their proposed solutions. Overall, the tool facilitated a structured and systematic approach to analyzing the site visit data, enabling participants to make informed decisions and design solutions that were responsive to the needs and context of the communities.

03

Stakeholder Mapping



Through stakeholder mapping exercises, participants successfully analyzed and categorized potential stakeholders into various groups, including public governmental agencies, private businesses, academic institutions, and local communities. Many groups referred to the provided database and utilized the quadruple helix stakeholder analysis, which considers both the power and interest of stakeholders. Additionally, some groups employed the top-down silo stakeholder mapping approach to visually present their stakeholders during their presentations. These mapping exercises allowed participants to gain a comprehensive understanding of the key stakeholders involved in their projects and effectively identify their roles, interests, and influence within the context of their initiatives.

SOCIAL IMPACT ASSESSMENT (SIA) PROJECT NAME

URBAN STUDIES LAB

PROJECT DESCRIPTION

■ A short project overview

PROJECT GOALS

🎯

- Input goal 1 here
- Input goal 2 here
- Input goal 3 here

ACTIVITY TO ACHIEVE GOAL 1	OUTPUT 1	MEASURE1	RESOURCE 1	OUTCOME 1	MEASURE 1	RESOURCE 1
ACTIVITY TO ACHIEVE GOAL 2	OUTPUT 2	MEASURE 2	RESOURCE 2	OUTCOME 2	MEASURE 2	RESOURCE 2
ACTIVITY TO ACHIEVE GOAL 3	OUTPUT 3	MEASURE 3	RESOURCE 3	OUTCOME 3	MEASURE 3	RESOURCE 3

CONCLUSION

USL Pillars

Areas of Impact

Urban Interventions

Urban Policy

Open Data + Knowledge Sharing

Urban Classroom

THE GLOBAL GOALS

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Lecture Summary

01

Healthy Metropolitan:

A Case of Bangkok Metropolitan Administration (BMA) by Dr. Tavid Kamolvej, Deputy Governor of Bangkok

The lecture provided an in-depth analysis of the urban challenges faced by Bangkok, covering a wide range of issues such as climate change, air pollution, traffic congestion, inadequate healthcare services, limited public space, and social inequality in the metropolitan area. Data-driven evidence was presented to illustrate the extent of these challenges, highlighting the urgency of addressing them. The lecture also offered policy solutions and tools that can be employed by policymakers to tackle these issues and prevent future adverse outcomes. Examples of such solutions included land-use regulations, transportation policies, and waste management policies.

A significant portion of the lecture was dedicated to discussing the state of health and well-being in Bangkok's urban areas. The focus was primarily on the capacity and service area of public healthcare facilities managed by the Bangkok Metropolitan Administration. It was acknowledged that the current healthcare infrastructure is inadequate to meet the growing demands, particularly among vulnerable groups. To bridge this gap, the use of telemedicine tools was emphasized as a viable solution for expanding healthcare services in the community. Telemedicine offers enhanced accessibility to healthcare assistance, particularly in areas where physical healthcare centers are scarce or insufficient. Overall, the lecture shed light on the multifaceted urban challenges faced by Bangkok and presented policy recommendations, with a specific emphasis on improving healthcare services through the implementation of telemedicine solutions.



02

City-Data Collection and Analysis

**by Dr. Pongpisit Huyakorn, Director of Urban Studies Lab,
FREC Bangkok Committee Member**

The lecture provided insights into presenting urban health data in spatial data maps, using real examples from USL's previous and ongoing projects, such as urban poverty alleviation and the COVID-Relief Bangkok initiative. The data collection and analysis process was explained, emphasizing the importance of combining the research framework, raw data, and site context to derive spatial insights. By layering different urban data, particularly spatial location information, development opportunities can be identified, and areas in urgent need of relief can be pinpointed. For instance, by overlaying data on building density, locations of low-income households, and households with health issues, the most vulnerable areas requiring immediate healthcare access during the COVID-19 pandemic can be identified.

The lecture also stressed the significance of translating proposed solutions into actionable steps by collaborating with the appropriate partners and stakeholders, utilizing either bottom-up or top-down approaches. Moreover, it was encouraged to consider setting up local infrastructure to address potential disruptions and to incorporate digital and data literacy, aligning with the vision of Thailand 4.0. Overall, the lecture provided practical insights into leveraging spatial data mapping for urban health analysis, emphasizing the importance of actionable solutions and considering local infrastructure and digital literacy in urban projects.



03

User Empathy and Design Thinking by Pin Udomcharoenchaikit, Associate Director USL, FREC Secretariat

This lecture focuses on understanding user needs and adopts a user-centric design approach. Its purpose is to provide participants with the necessary tools and techniques to cultivate empathy towards users. By deeply understanding users' perspectives, experiences, and challenges, participants can generate valuable insights that drive the creation of practical solutions. The lecture introduces the user empathy canvas as a practical framework for developing a profound understanding of user needs. By utilizing this tool, participants can gather insights, generate ideas, and contribute to developing user-centred designs that meet users' specific needs and desires.

In addition, the session includes a workshop where participants practice interviewing each other using the user empathy canvas. This exercise enables participants to apply the canvas and hone their skills before engaging in site visits and interacting with community leaders.



04

Urban Governance for Health and Well-being by Wan Chantavilasvong, Urban and Environmental Planning Researcher

The lecture introduced the Regional Laboratory on Urban Governance for Health and Well-being (RL-UGHW) as a social laboratory dedicated to developing city models for health and well-being and advancing urban governance. The Lab collaborates with the World Health Organization South-East Asia Region (WHO-SEAR) Healthy Cities Network and utilizes the WHO's determinants of Health & Well-being to assess the performance of different areas in terms of health and well-being. This assessment helps initiate preventive and corrective measures to enhance urban governance accountability and capability in socio-economic and physical contexts, with the ultimate goal of achieving positive health outcomes.

The lecture also provided an overview of health promotion initiatives at a regional scale, focusing on policy, index, and goals. The Healthy Cities Initiative aims to promote health and equity in all local policies, strive for universal health coverage (UHC), encourage healthy urban planning and design, invest in green policies, and support community empowerment. These initiatives are designed to contribute to positive health outcomes and improve the overall well-being of urban populations.



05

Health and Well-being Projects for Vulnerable Population: A Case Study **by Nonarit Bisonyabut, Ph.D., Senior Researcher** **(Thailand Development Research Institute Foundation)**

The lecture focused on vulnerable groups and presented a case study on Bangkok's health and well-being system. The lecturer comprehensively defined vulnerable populations, considering factors such as poverty, illness, and disabilities. The impact of lacking facilities and utilities, including healthcare centers, transportation, and education, on individuals was emphasized.



A case study was presented on the ageing society in Thailand and the policy instruments currently in place. The "welfare card" project was highlighted as a significant initiative, particularly during the Covid-19 pandemic. This project aims to provide financial aid to the elderly and vulnerable citizens and implement a time bank system. The time bank system facilitates the exchange of services or skills between individuals or communities using time as a currency. This approach has a significant impact on society, raising awareness and encouraging community members to engage in social activities while assisting the elderly with sanitation and care.

06

Space-Based Innovation for Health and Well-being **by Assoc. Professor Panit Pujinda (Ph.D)** **Healthy Space Forum**



This engaging lecture introduced participants to a space-based project that promotes healthy behavior among citizens by creating exercise spaces. The session provided valuable insights into engaging participatory user design and developing place-based projects to encourage improved health outcomes. The lecturer shared various case studies, showcasing successful examples of engaging with communities and fostering positive health behaviors. Participants left the lecture with enhanced knowledge and inspiration for their place-based initiatives aimed at promoting better health.

07

Introduction to Public Policy and Implication for Bangkok: Lesson from Urban Studies Lab by Pongpisit Huyakorn, Ph.D.



In this lecture, participants were educated on the importance of public policy, its framework, and the various layers it encompasses. They were also presented with case studies at the international, city-wide, and neighborhood scale to illustrate real-world examples. Additionally, the participants were shown how policy solutions and recommendations align with the strategies of the Bangkok Metropolitan Administration (BMA).

While some groups may not have delved deeply into policy discussions, the methodology of applying policies and aligning them with the BMA strategy proved to be valuable for participants. This approach helped guide them in assessing whether their innovations or solutions were in line with the BMA strategy and existing policies in Bangkok.

08

Mentoring session on at-risk youth through a non-profit organization perspectives by Sakson Rouypirom, Director of Sati Foundation, Social Entrepreneur

The lecture primarily focuses on youth, and it has generated considerable interest among different groups. Throughout the session, it became evident that various solutions could be implemented to address the challenges faced by at-risk youth. Activities such as photography, art, and cooking have proven effective in boosting confidence, self-worth, skill development, and facilitating positive career choices. These solutions have been devised after identifying the core issues and understanding the underlying causes.



It is highly enlightening to witness how the firsthand experience engages with the youth, enabling us to comprehend their needs and struggles more effectively. Rather than devising solutions without involving the beneficiaries, it is crucial to engage the main stakeholders from the outset to ensure the development of the most efficient and tailored solutions for them.

Project Solutions

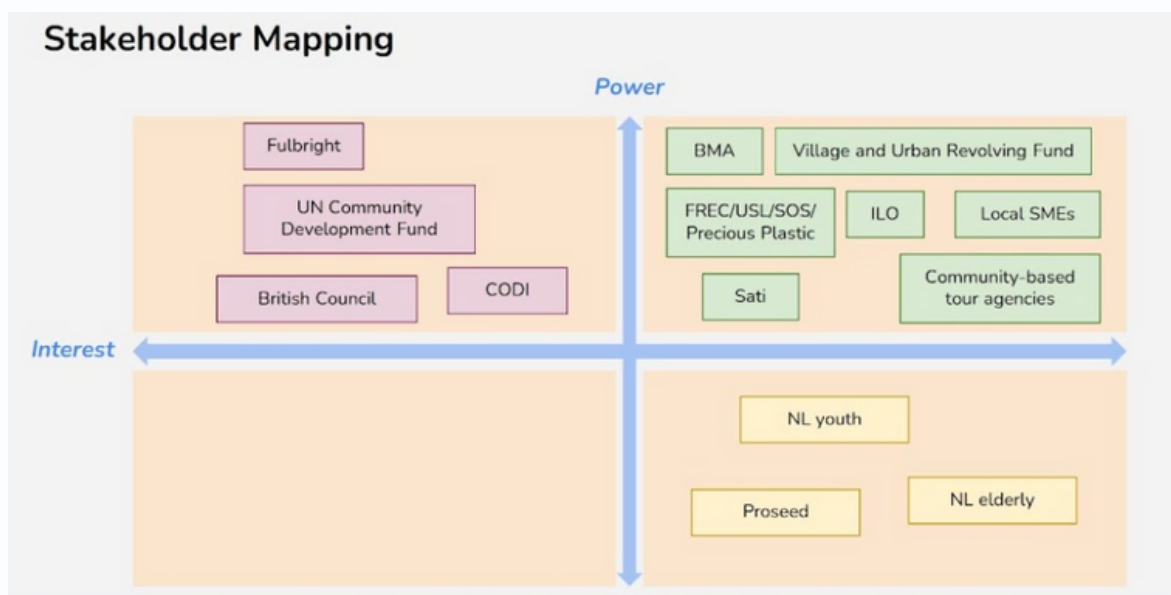
01

Economic Empowerment for Sustainable Growth: Fostering Healthier Communities in Bangkok

by Tanisha Naqvi, Shenali Nimanthini Wijesinghe, Ivy Liao Yen-Wen

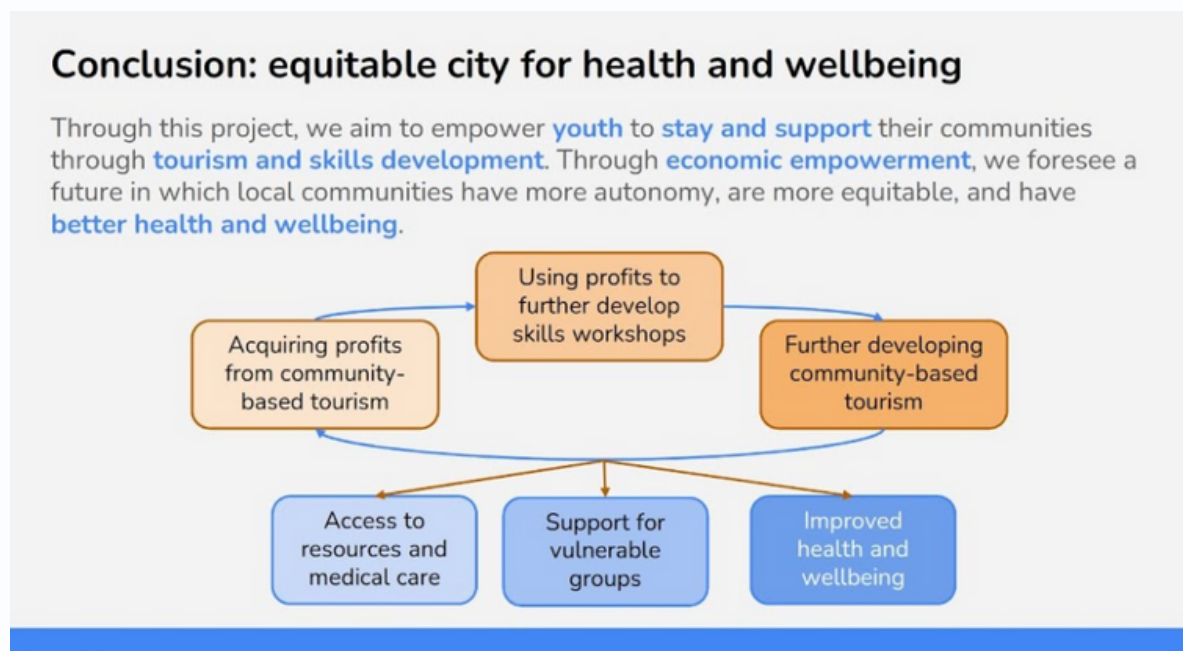


The migration of the youth population towards urban centers has led to a disparity in economic opportunities within local communities, leaving vulnerable groups such as children and the elderly behind. Consequently, there is an imbalance in work and care responsibilities, limited access to resources and healthcare, and a decline in the overall quality of life within these communities. The project focuses on empowering the youth and working adults in the Wat Khae Nang Loeng community through reskilling and upskilling for community-based tourism programs. The vision is to provide economic opportunities by repurposing communities for tourism and conducting skills workshops. A sustainable growth model is proposed, where tourism profits contribute to the development of skills workshops, enhancing economic opportunities. This improved economy aims to provide better access to resources and care, ultimately supporting vulnerable groups and promoting overall health and well-being.



The stakeholders involved in this project encompass various sectors, including the governmental sector and non-governmental organizations. The governmental sector comprises local authorities and departments such as the BMA Social Development Department, BMA Department of Strategy and Evaluation, BMA Culture, Sports, and Tourism Department, and BMA Bangkok Social Security Office. In addition, non-governmental organizations such as the International Labour Organization (ILO), UN-Habitat Community Development Fund, Community Organizations Development Institute (CODI), SATI Foundation, Ford Resource and Engagement Center (FREC), and Scholars of Sustenance are also key stakeholders collaborating in this project.

The policies aim to boost job opportunities, vocational training, and the creative economy for urban residents. The solutions involve vocational training, support for traditional arts, and connecting SMEs, large companies, and small tourist ventures to foster collaboration and economic growth. Besides, the project builds on existing community networks in Nang Loeng to enhance economic activity and create job opportunities. It promotes information sharing and collective learning while emphasizing group-based financial literacy and planning. These strategies foster stronger community ties, boost economic activity, and empower members for sustainable development. Lastly, to achieve effective system management of money and people plus promote the participation of people in city management, the project focuses on conducting workshops that enhance financial literacy, particularly in business contexts. These workshops aim to equip community members with the necessary knowledge and skills to effectively manage their finances, thereby contributing to the overall economic stability and growth of the community.



02

Nang Loeng: Involving Youth in Community Healthcare

by Rinko Kawamoto, Samantha Seah Man Ru, Bekzod Normatov



Nang Loeng: Involving Youth in Community Healthcare

นางเล็ง: การมีส่วนร่วมของเยาวชนในการดูแล
สุขภาพชุมชน

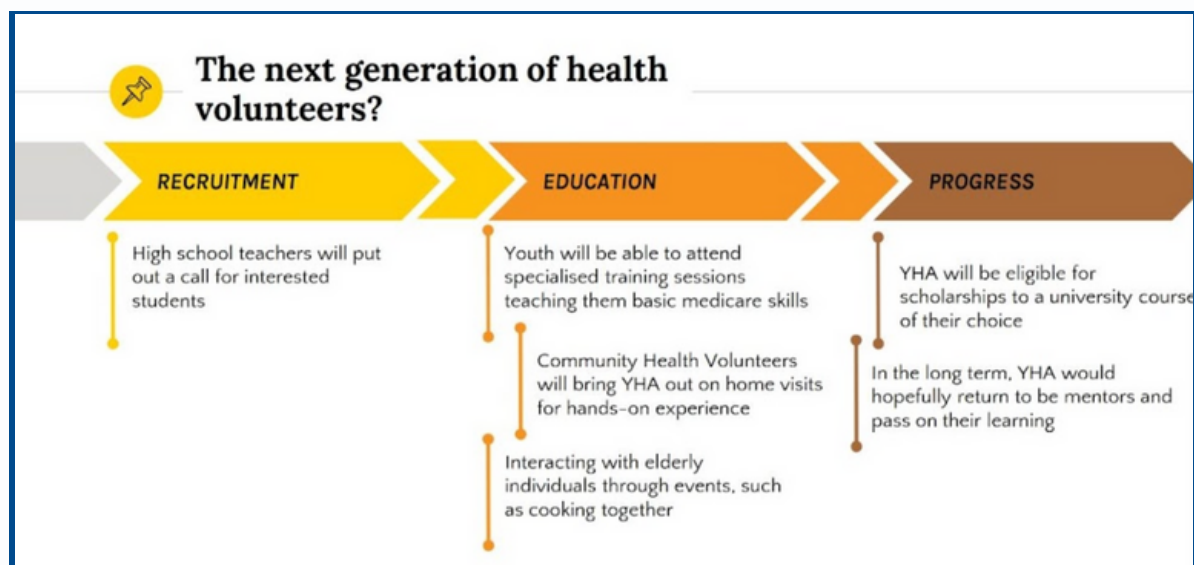


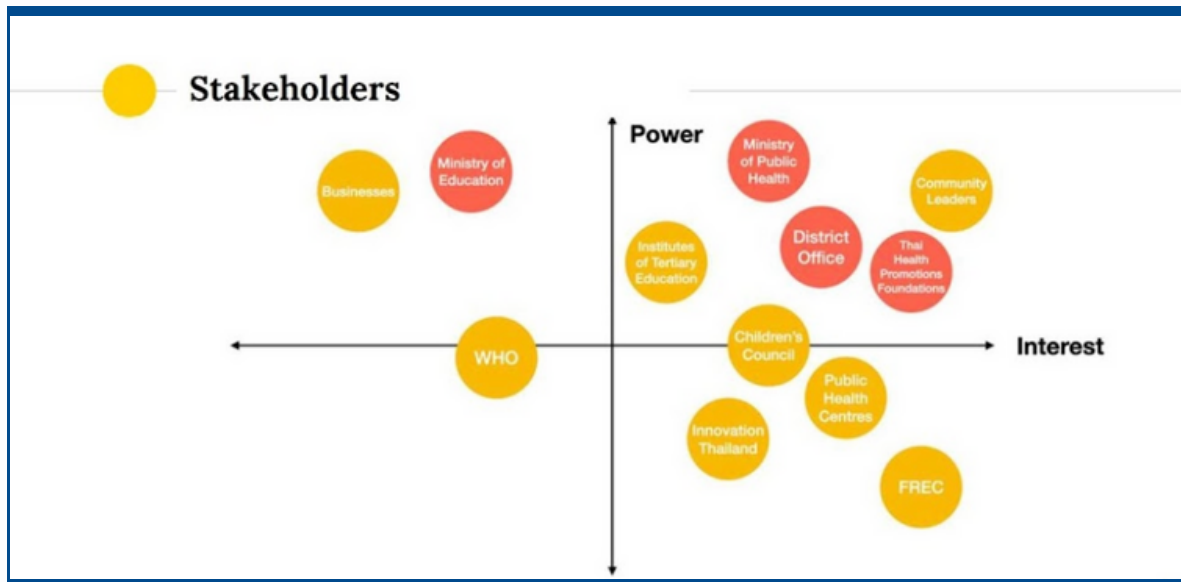
Bekzod Normatov, Rinko Kawamoto,
Samantha, Burdee



Health issues, especially among vulnerable groups, are of great concern in contemporary society, particularly in Bangkok. The site visit to the Nang Loeng area revealed a notable issue concerning the aging population. Additionally, it was observed that these elderly individuals fulfill vital roles as community leaders, health volunteers, and collaborators, offering crucial support to their fellow senior citizens. However, this situation presents a potential challenge due to the insufficient involvement of young people in health volunteering, which constitutes the primary focus of this project.

The target groups for this initiative encompass youth, ranging from junior high school to university participants, within the community. Additionally, individuals from outside the area who are interested in becoming health volunteers in the Nang Loeng area of Bangkok are also included. The overarching vision of this project is to foster participation and collaboration among youth within the community through the implementation of incentive solutions. These incentives may include scholarships, time bank credits, or cash voucher rewards, serving as motivational factors for teenagers to actively engage in community involvement. By facilitating such participation, the project aspires to have a positive and enduring impact on older generations, who will rely on the support of the youth in the future.





This project proposal presents opportunities for collaboration with various organizations to participate in the youth volunteers campaign. Potential partners encompass the Children's Council, the Thai Health Promotion Foundation, the Ministry of Public Health, the Ministry of Education, and community leaders. Furthermore, this project aligns with two strategies outlined by the Bangkok Metropolitan Administration (BMA): "Bangkok as a city for all," which focuses on promoting equitable health and well-being, and "Bangkok as a democratic city," which emphasizes the encouragement of citizen and organizational participation.

GOALS	ACTIVITIES TO ACHIEVE GOALS	MEASURABLE OUTPUT	RESOURCES
Upward social mobility for at-risk youth	Skills development and experiential learning through after-school programs	All program participants to finish high school	Local high schools, youth centres, working professionals, and returning YHAs
Stabilise public health for local communities	Recruiting youth into local health system	20% of hours worked by health volunteers to be done by YHAs	Clinics and healthcare professionals
Foster community cohesion	More opportunities for intergenerational bonding	Increased turnout for community events	University students

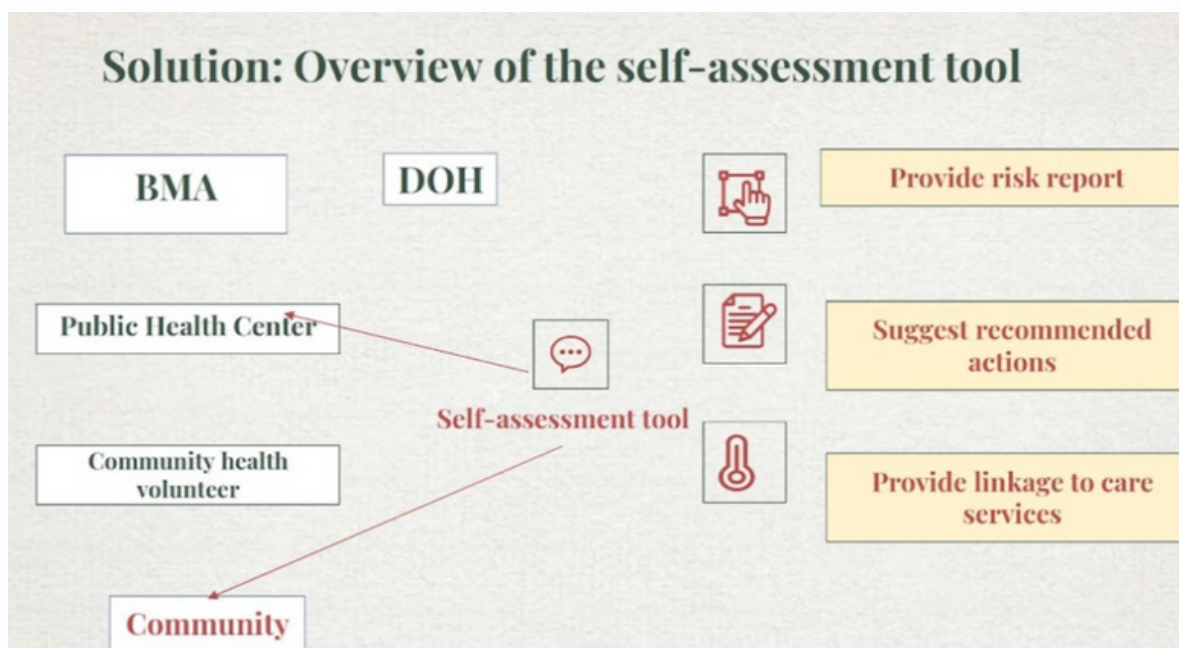
Leveraging Digital Self-Assessment tools to raise awareness on preventive health for working adults in Bangkok

by Xinyi Huang, Miguel Inigo Regollo Concha

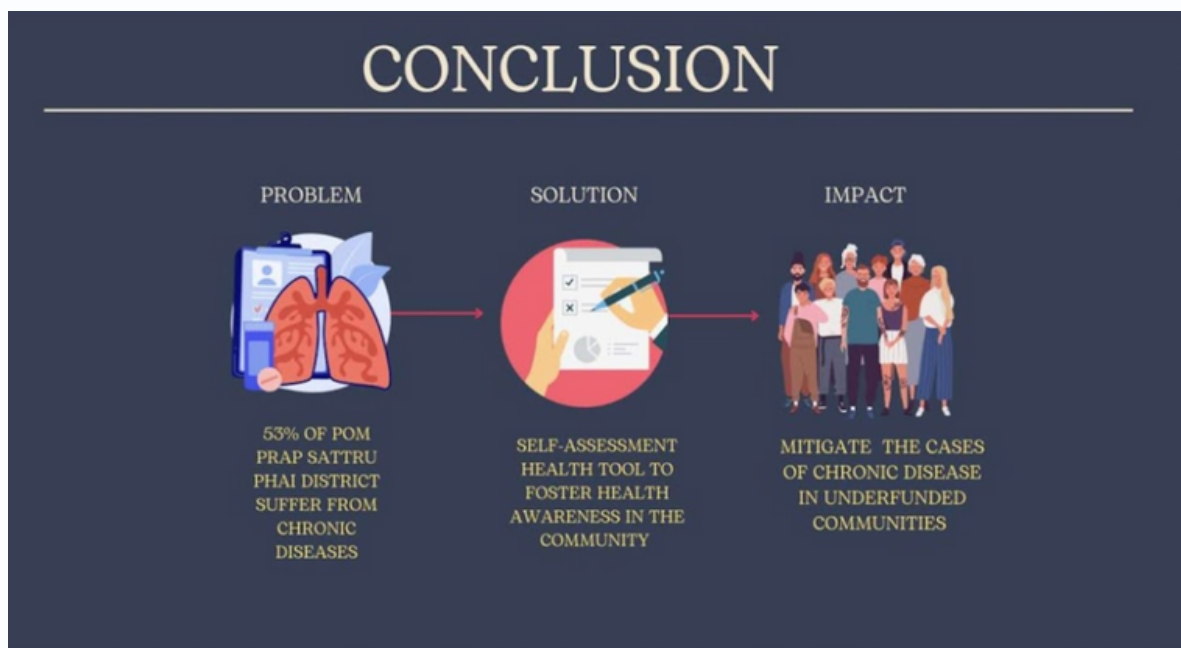
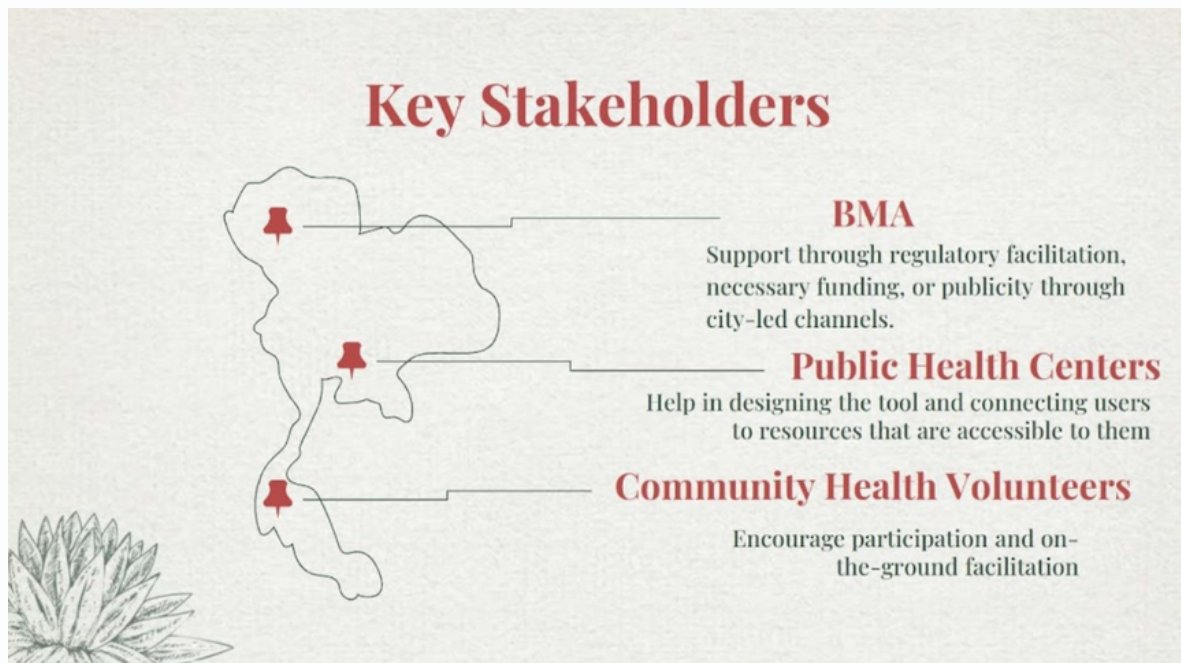


The project's objective is to promote community mobilization and raise awareness regarding personal and elder health conditions. Additionally, it aims to extend community screening services to working adults, thereby enabling early prevention of Non-communicable Diseases. By gathering and analyzing this data, the project envisions providing an overview of the regional population health profile. This valuable information will facilitate the delivery of healthcare services by relevant providers, ultimately enhancing the overall healthcare system.

The proposed solution entails implementing a digitized health assessment system for young adults and their households. The objective is to enhance awareness and understanding of their health status and provide recommendations for healthier behaviors. Consequently, individuals can become informed about their rights and welfare regarding medical services provided by the government. Additionally, the system incorporates incentives to encourage continuous participation, thereby attracting more target groups to actively engage in the survey process.



This project aligns with the mission of the Public Health Center in Pom Prap, which aims to expand the collection of health data among community members, particularly the working adult population, which is not readily accessible to Public Health Volunteers. Furthermore, the project is in line with the policy of the Bangkok Metropolitan Administration (BMA), specifically the Healthy City Plan, which emphasizes the empowerment and engagement of citizens. The objective is to establish an integrated public health information system that benefits both citizens and officers involved in public health services, ensuring inclusivity in healthcare provision.



WWW: Workshops with Women

by Reneez Aiyana Gaspar Felix, Kyla Teo Kai Le, Nicole Quah



WWW: Workshops with Women

Kyla, Nicole, Reneez

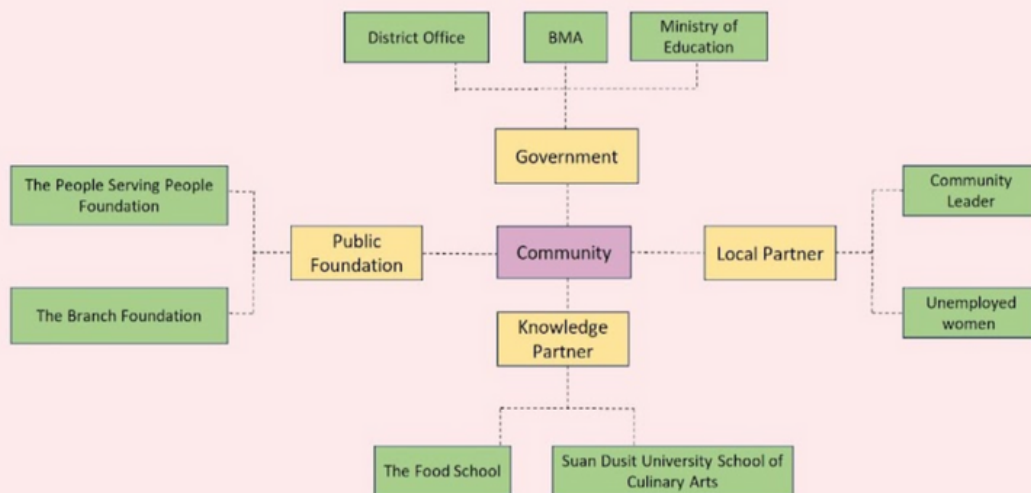
During site visits and engaging in discussions with community leaders, the group identified a significant presence of unemployed women within the Nang Loeng community. These women often face challenges in terms of time availability and the necessary skills to pursue economic opportunities due to their primary roles as caretakers within their families, placing them at a socio-economic disadvantage. As a response, the group formulated a vision to enhance the economic circumstances of these unemployed women by providing upskilling opportunities through workshops conducted in existing communal spaces. The primary target audience for this initiative is economically active-age women, predominantly housewives with children.

Phases of our Solution

- | | |
|---------|---|
| Phase 1 | <p>To conduct workshops teaching unemployed women F&B skills</p> <ul style="list-style-type: none"> • Collaborate with culinary students from local universities • Host workshops in an existing underutilized art house of Wat Kae • Collect reviews and suggestions from both parties |
| Phase 2 | <p>To host additional types of courses</p> <ul style="list-style-type: none"> • Possible courses: digital literacy and entrepreneurial skills • Partner with more NGOs, such as Digiserve IT academy • Continue collaborating with university students: invite Business & Management students |
| Phase 3 | <p>To expand this program to other communities in Nang Loeng</p> <ul style="list-style-type: none"> • Skills-Exchange Program: Different communities to have different workshop focuses • Workshops on Wheels: Mobile vans to park near the vicinity of communities that do not have communal spaces to host the workshops • Host community markets to sell what they make in the workshops |

The group's solution is structured into three phases. Firstly, conducting workshops to teach unemployed women food and beverage skills. Secondly, expanding the courses to include digital literacy and entrepreneurial skills. Lastly, extending the program to other communities within Nang Loeng.

Stakeholder Mapping



In Phase 1, the stakeholders involved would encompass governmental agencies, local partners, knowledge partners, and public foundations. Specifically mentioned stakeholders in the final presentation include the district office, BMA, Ministry of Education, community leaders, unemployed women, The People Serving People Foundation, The Branch Foundation, Suansit University School of Culinary Arts, and The Food School.

The expected impact of the upskilling efforts is twofold. Firstly, it is anticipated that there will be a rise in the number of economically active women within the Wat Kae community who can utilize their newly acquired skills. Secondly, there is expected to be an increase in overall household income as a result. These solutions are aligned with the policies of the BMA, which prioritize enhancing opportunities in the labor market, fostering a creative and district economy, improving living conditions for vulnerable and disabled groups, and fostering community development. By addressing these areas, the solutions aim to contribute to the development of strong and thriving communities.

Summary of Project Implementation

Resources / Inputs	Activities	Outputs	Outcomes	Impact
Communal spaces to host the workshop (i.e., art house) University students to teach the workshops Funding from the BMA / Local District Raw materials (using Community garden and university donation)	Conducting biweekly workshops focusing on F&B skills (and in later phases, digital literacy, jewellery-making, etc.)	Number of participants attending the workshops (and in later phases: number of courses successfully launched and number of communities that hosted workshops)	Skills and knowledge gained from the workshops (e.g. culinary skills)	Increase the number of economically active women in the Wat Kae community using their newly acquired skills Increase in overall household income

Project Comment

from Bangkok Metropolitan Administration (BMA), Department of Health, and
Department of Social Development

01

Economic Empowerment for Sustainable Growth: Fostering Healthier Communities in Bangkok

by Tanisha Naqvi, Shenali Nimanthini Wijesinghe, Ivy Liao Yen-Wen



- The group captured the problem and the opportunity in the selected community very well.
- To add-on, the project runs by “community’s little guide”
- Physical impact = conservation of building and architecture the area. They should also consider social, cultural, and environmental impact as well, not only economic impact.
- The stakeholder with low interest - low power = not part of our project.

02

Nang Loeng: Involving Youth in Community Healthcare

by Rinko Kawamoto, Samantha Seah Man Ru, Bekzod Normatov



- Department of Health also has “Public Health Volunteer in School” (๓๔๕.) Constraints on Technology Literacy; telemedical, tech volunteer
- Currently, they have a certified program provided; the current volunteers are the participants who want to join or continue their studies in the medical field, and they are from well-off families. This might be a great opportunity to attract these groups to become health volunteers.
- The proposed project highlights prevention > healthcare service, and want to expand on the youth incentives.
- From the case studies from schools in Singapore (points system in school for exercise in exchange for money or medals, merit system in school- leads to scholarship)

Project Comment

from Bangkok Metropolitan Administration (BMA), Department of Health, and
Department of Social Development

03

Leveraging Digital Self-Assessment tools to raise awareness on preventive health for working adults in Bangkok

by Xinyi Huang, Miguel Inigo Regollo Concha



- Using the same database system in every silo of work can be challenging to apply in the real world
- The Stakeholder should add DOH to the key stakeholder to oversee the system.
- There are some concerns regarding the applicable use of the proposed platform and volunteering system in different contexts such as high-rise condominiums and gated communities.
- This project can be integrated with 2nd project to expand wider network of public health service providers

04

Nang Loeng: Involving Youth in Community Healthcare

by Rinko Kawamoto, Samantha Seah Man Ru, Bekzod Normatov



- Department of social development states that currently there are 10 occupational training schools in Bangkok but limited in courses and are not covering all the communities.
- Bangkok still lacks an inclusive survey system, there are also some vulnerable groups that officers/volunteers can not access.
- It is really important to acknowledge citizens more on occupational skill sets, especially at the community level. In addition, besides providing knowledge about business management skills, the project should include tax management as well.

Program Outcome



Throughout the duration of the LAB, participants have not only gained expected knowledge and skills, such as empathy towards the local community, analytical abilities, cultural diversity tolerance, project management, storytelling, community data gathering, data analytics, and stakeholder management, but they have also applied these skills effectively in their work, even within a short period of time. The primary objective of the LAB is to foster the application of knowledge gained through direct engagement with community members, recognizing the importance of understanding the context in which the participants focus. To facilitate this, the LAB provided guidelines such as the User Empathy Canvas and the Social Impact Assessment (SIA) from USL. Furthermore, the LAB not only encouraged inclusive learning across multiple disciplines, but it also facilitated peer learning opportunities for the participants.

Throughout the LAB, participants have generated various design decisions, including physical interventions, place-based designs, innovative tools, and policy recommendations, which have been compiled into the 'Project Bank.' These proposals will be submitted to the relevant authorities, such as the BMA, Department of Health, and Department of Social Development, as urban development project proposals or urban design projects, while the collected participant data will be stored in a database for future reference. The primary outcome of the program is the policy recommendation provided by the participants. With a focus on the implementation feasibility within the context of Bangkok, the LAB provided participants with valuable insights from experts in the field, including the Deputy Governor of BMA and other influential urban change-makers. As a result, even though not all participants come up with policy recommendations, the LAB successfully empowered participants to draft and develop policies that align with their design decisions, shaping a comprehensive approach to urban development.

OUTCOME



1

Skill / Knowledge Gain:

User empathy canvas,
Social Impact Assessment (SIA)

2

Network / Connection

Participants form long-lasting
connection among like-minded peers

3

Policy to action

Linking existing policies to their
solution proposals

4

Inclusive Placemaking and Learning

Inclusive placemaking and learning
promoted

End products (reflecting learning
objectives and skill development):

Project bank

(urban intervention and initiative
database for city development)

Database

Urban development
project proposal

Analytics map

Policy recommendation

Intervention project

Conclusion

Throughout the program, participants achieved valuable outcomes, including acquiring skills and knowledge related to user empathy canvas and social impact assessment toolkit (SIA), establishing connections with their peers, linking existing policies to their solution proposals, and fostering inclusive placemaking and learning. As a result, four distinct solutions were generated by the participants. With the objective to promote learning, inclusive placemaking, and collaborative partnerships, the LAB has successfully encouraged participants to use evidence-based data through site visits and interviews with the local community to support their solution findings. Lastly, given that the majority of participants do not have a background in urban studies, they may not be well-versed in data visualization techniques or the process of developing solutions based on place-based mapping. However, considering the limited time provided, it is understandable that they faced challenges in these areas.

Key metrics

This collaborative partnership between Urban Studies Lab (USL) and Yale-NUS on the Summer LAB has resulted in:



8 DAYS

Summer LAB Program



4 AREAS

Community visited



11

Participants



4 IDEAS

Proposed projects

CHALLENGES



We encountered obstacles due to a tight schedule and the cancellation of a lecture. To overcome these setbacks, we utilized the additional time resulting from the lecture cancellation to facilitate a debriefing session, allowing participants to share their thoughts and findings, ultimately compensating for the unmet expectations.

SOLUTIONS



Since the participants are all from different majors and backgrounds, their proposed solutions can be categorized in:



**Business model
and Policy
Recommendation**



**Volunteering
system**



**Innovation and
Technology**



**Under-utilized
space and
up-skilling**



Appendix

Participants:

Rinko Kawamoto Major: Global Affairs, 2024
Reneez Aiyana Gaspar Felix Major: Life Sciences, 2024
Tanisha Naqvi Major: Philosophy, Politics and Economics, 2024
Xinyi Huang Major: Undeclared Major, 2025
Kyla Teo Kai Le Major: History, 2025
Samantha Seah Man Ru Major: Urban Studies, 2025
Miguel Inigo Regollo Concha Major:
Bekzod Normatov Major: Math,Comp & Stat Sci (Hons), 2023
Shenali Nimanthini Wijesinghe Major: Global Affairs, 2021
Nicole Quah Major: Urban Studies, 2021
Ivy Liao Yen-Wen Major: Psychology, 2023

Yale-NUS Staff:

Tan Yock Theng, Assistant Senior Programme Manager, Centre for International & Professional Experience (CIPE), Yale-NUS College

Instructor:

1. Pongpisit Huyakorn, Ph.D, Director of Urban Studies Lab, FREC Committee Member
2. Pin Udomcharoenchaikit, Associate Director of Urban Studies Lab, FREC Secretariat

LAB Manager:

1. Lalita Ounsakulseree, Knowledge Application Manager, Urban Studies Lab

Group Mentor:

1. Wirakan Rakamma, LAB Mentor, Designer, Urban Studies Lab
2. Tanavara Chawanid, LAB Mentor, Knowledge Management Officer, Urban Studies Lab
3. Yong Wai Yee, LAB Mentor, Marketing and Fundraising Manager, Urban Studies Lab
4. Thanaburdee Salazar, LAB Mentor, Researcher, Urban Studies Lab

Guest Speaker:

1. Deputy Governor By Prof. Tavida Kamolvej (BMA)
2. Wan Chantavilasvong, Urban and environmental planning researcher. MIT
3. Nonarit Bisonyabut, Ph.D., Senior Researcher (Thailand Development Research Institute Foundation)
4. Assoc. Professor Panit Pujinda (Ph.D) Healthy Space Forum

Guest Stakeholder:

1. Pimchanok Tragoolsilp, FREC Manager, Ford Resource and Engagement Center (FREC)
2. Chamnarn Tirapas, Ph.D, (King Mongkut's University of Technology Thonburi), USL Advisor
3. Assistant Professor Kisnaphol Wattanawanyoo (King Mongkut's University of Technology Thonburi), USL Advisor

Community Speaker:

1. Mrs. Chaweewan Tantermkieat, Chakkraphatdi Phong Community Leader
2. Mrs. Suwan Welployngam, Nang Loeng Community Leader
3. Mrs. Malaimal Treewan, Wat Sommanat Community Leader
4. Mr. Samarn Mekloy, Mahanak Community Leader

Activity Photo

Ice Breaking Activity



Site Visit - Chakkraphatdi Phong Community



Site Visit - Wat Khae Community



Site Visit - Wat Sommanat Community



Site Visit - Mahanak Community



Site Visit - Public Health Center 20



Final Presentation



Group Photo



Project Solutions

1. Economic Empowerment for Sustainable Growth: Fostering Healthier Communities in Bangkok by Tanisha Naqvi, Shenali Nimanthini Wijesinghe, Ivy Liao Yen-Wen



Executive Summary

Introduction

- Introduction to the project
- Analysis of strengths, weaknesses, opportunities, and threats
- Main problem identified: youth and working adults leaving communities

Solution

- Overall vision: economic empowerment through tourism and skills workshops for sustainable growth
- Target demographic: youth and working adults in Nang Loeng
- Detailed implementation plan

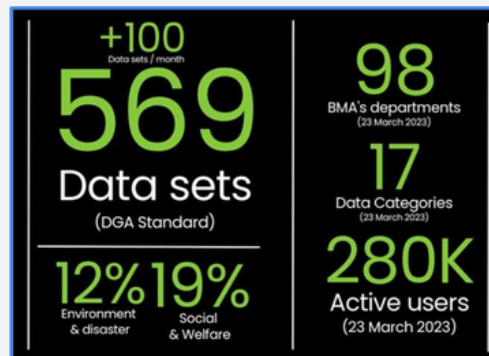
Impact

- Measuring impacts
- Project's contributions to BMA KPIs

Introduction: equitable city for health and wellbeing

In recent years, the BMA has made **significant progress** toward promoting equity, health, and wellbeing in the city of Bangkok.

57 Policies
Strengthening
Urban resilience



Source: BMA presentation

Introduction: equitable city for health and wellbeing

The current project aims to **complement goals of the BMA** by further improving the health and wellbeing in **vulnerable communities** in Bangkok.



Cities are considered as healthy when they are "continually creating and improving those **physical and social environments** and expanding those community resources which enable people to **mutually support** each other in performing all the **functions of life** and developing to their **maximum potential**" (Duhl et al., 1988).



Source: Nang Loeng community visits, UGHW presentation

What are the strengths, weaknesses, opportunities, and threats of local communities?

Strengths

- Optimal community size
- **Strong bond** within communities
- **Clear roles** within communities
- Communities make good use of resources
- Connections with the **government and NGOs**

Weaknesses

- **Uneven distribution** of work and care
- Access to resources and medical care
- Sanitation and hygiene
- Lack of high-paying **employment opportunities**

Opportunities

- Networks (to government and NGOs) and education to provide vocational skills training
- Stimulating economic activities using **existing community strengths**
- Microfinance model to provide loans

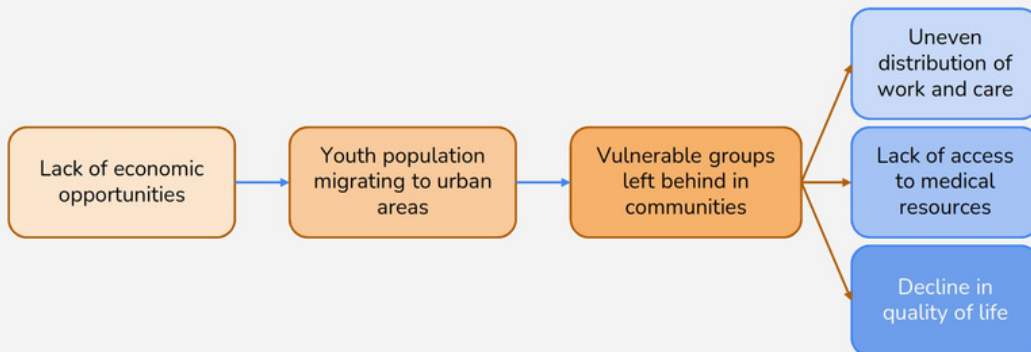
Threats

- **Gentrification of space** may widen inequality, leading to unaffordable living costs
- Potential resistance to repurposing the community
- Difficulty **unifying** community opinions

Source: team analysis with USL staff

What is the main problem we have identified from our analysis?

Due to a **lack of economic opportunities** around local communities, the youth population has gradually moved toward the urban center, leaving **vulnerable groups** (children and elderly) behind in these communities.

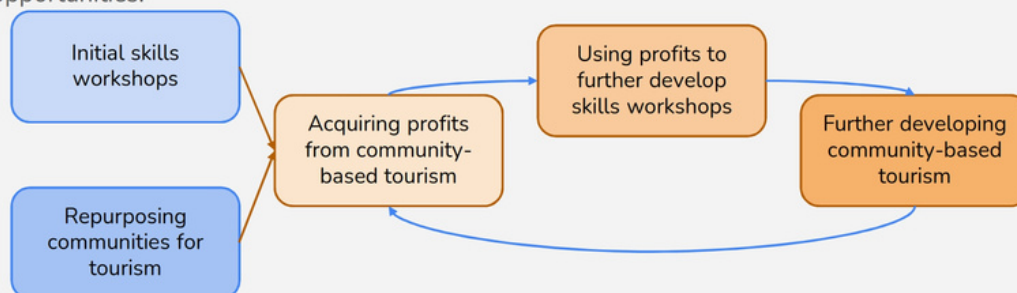


Source: team analysis with USL staff

What is our overall vision for the project?

Our vision is to **empower youth** through providing **economic opportunities**, which involve repurposing communities for **tourism** and conducting **skills workshops**.

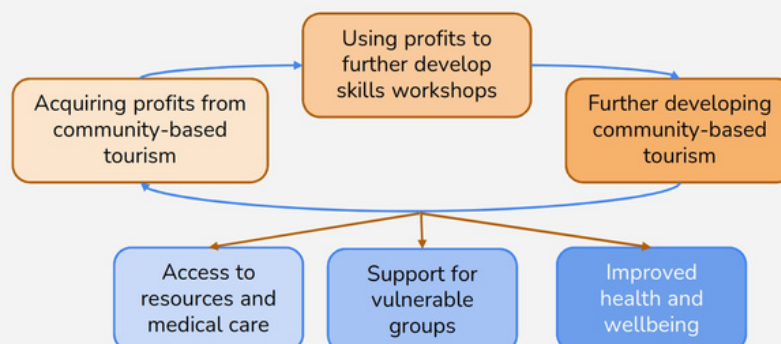
We propose a **sustainable growth model** by which **profits** acquired from tourism will contribute to the **development of skills workshops**, further improving economic opportunities.



Source: team analysis with USL staff

What is our overall vision for the project?

The improvement in economy will thereby bring about **greater access to resources and care** and **provide support for vulnerable groups** in the community, thereby leading to better **health and wellbeing**.



Source: team analysis with USL staff

Community-based tourism: what is it and why?



53%

of US tourists that they have a better travel experience when they learn as much as possible about their destination's **customs, geography, and culture.**

75%

of British tourists agree that their trip should include experiences of **local culture and food.**

53%

of British tourists would be prepared to **pay more** for their holiday in order that workers in the destination could be guaranteed **good wages and working conditions.**

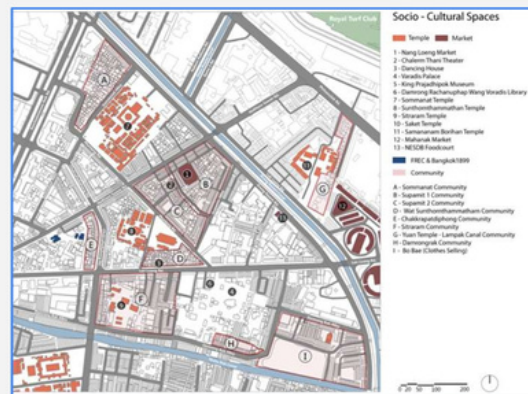
Source: UN World Tourism Organization

Who is our target demographic?

The target demographic of this project will be **youth** in the **Nang Loeng communities.**

Known for its **food, arts, and culture**, Nang Loeng has a strong potential to be developed into a **tourist hotspot.**

Youth (aged 20-29) currently only account for **15%** of the population, while children (0-19) and elders (55-100) account for 46%.



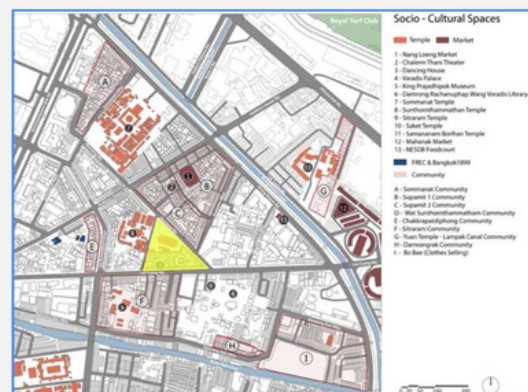
Source: USL database

Who is our target demographic?

This project will be piloted on the **Wat Khae** community, which is known for its arts and culture.

By **stimulating economic activities** through **tourism development**, we expect to see a change in demographic distribution as **youth** are encouraged to **remain** in the community.

If the project proves to be **successful**, similar strategies may be implemented across **other vulnerable communities** in Nang Loeng and wider Bangkok.



Source: USL database

Why the Wat Khae Nang Loeng community?

"I want to **stop our traditions from fading**... I fund our tourism initiatives with my own money, my personal savings... I believe that tourism will help **make a name** for our community."



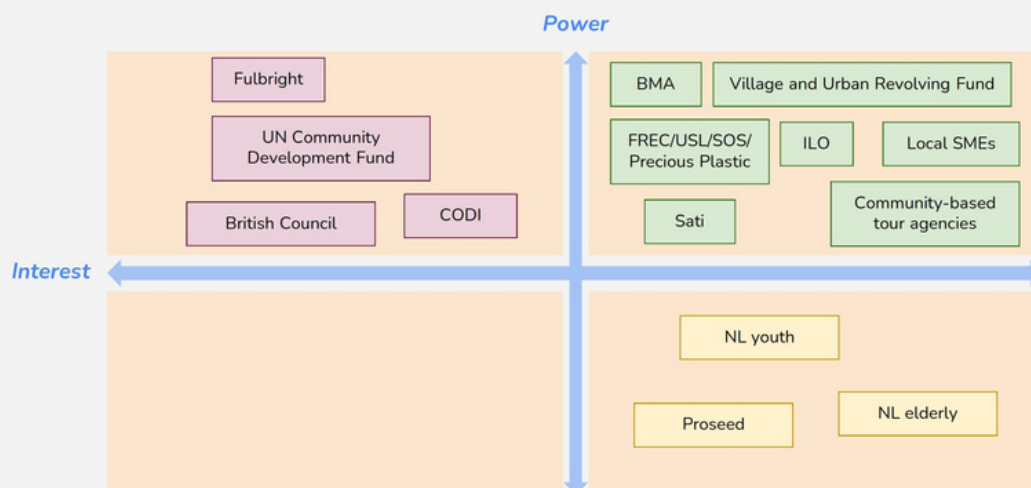
Source: Nang Loeng community visits

What is our proposed timeline for the project?

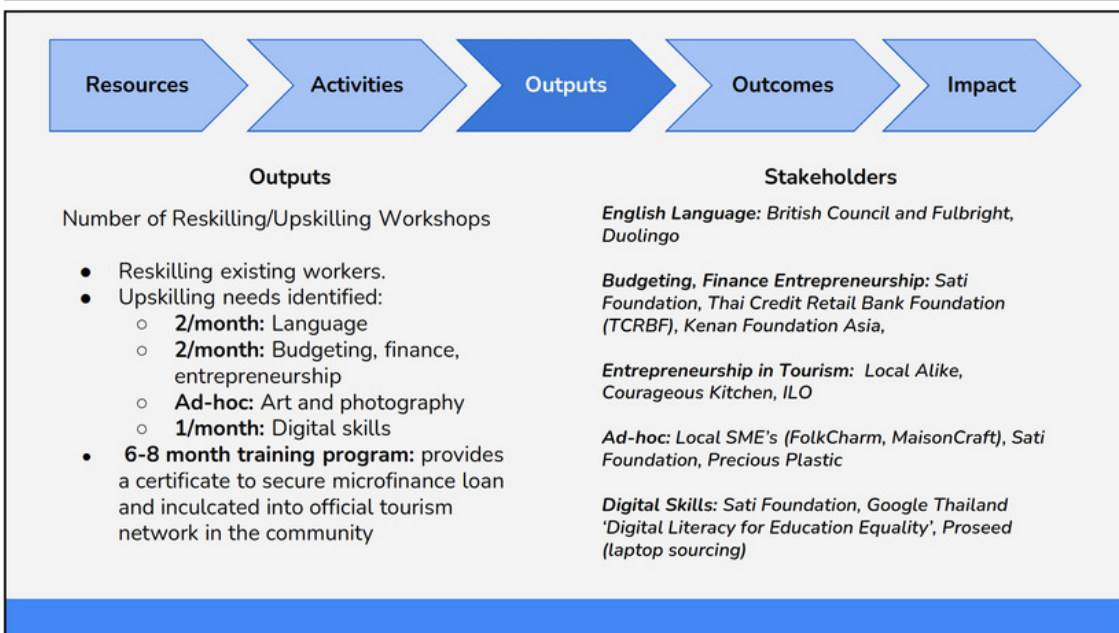
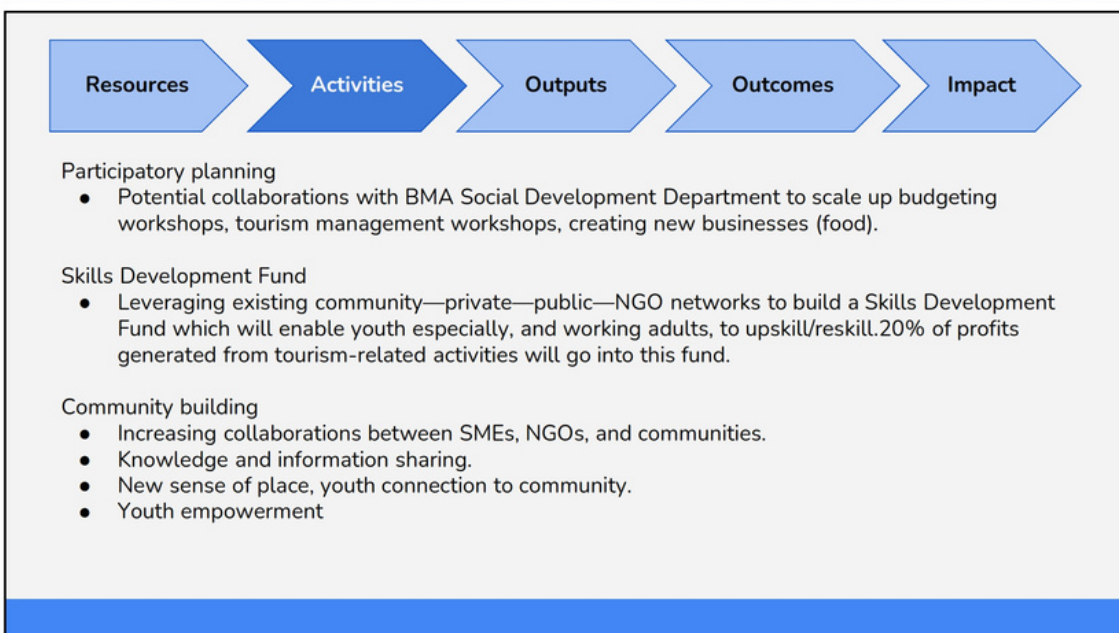
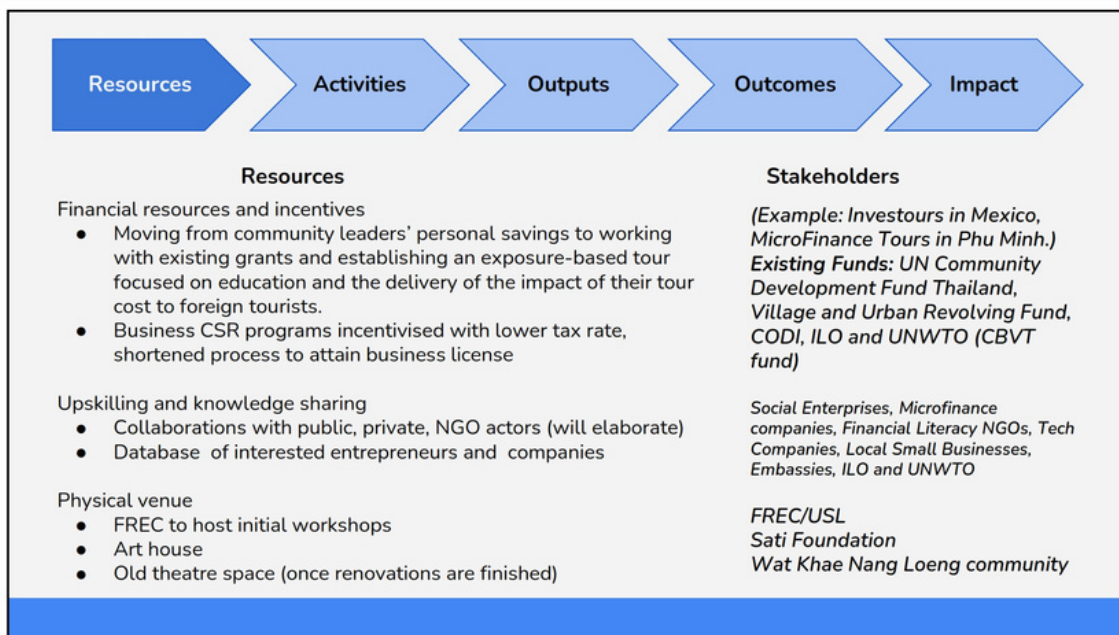
	Description	Target Users	Stakeholders
Stage 1 (6-8 months)	Acquiring seed grant and using an exposure-based tour to fund the project and developing initial skills workshops.	Nang Loeng youth, working adults (existing Social Enterprise Committee and tourism volunteers).	UN Community Development Fund, CODI, Village and Urban Revolving Fund, ILO
Stage 2 (12-24 months)	Developing tourism in the area by collaborating with local SME's and Microfinance schemes (12-24 months).	Local SMEs, foreign tourists, Nang Loeng tourism workers.	Community-based tour groups: Local Alike, Courageous Kitchen Local SME's: Mae Teeta, Folkcharm, MaisonCraft, Microfinance scheme: Village and Urban Revolving Fund
Stage 3 (Indefinite)	Using profits from tourism schemes to further develop skills workshops → self-sustaining growth.	Nang Loeng tourism workers.	Sati Foundation, FREC, British Council, Fulbright ETA, Proseed, Google Thailand

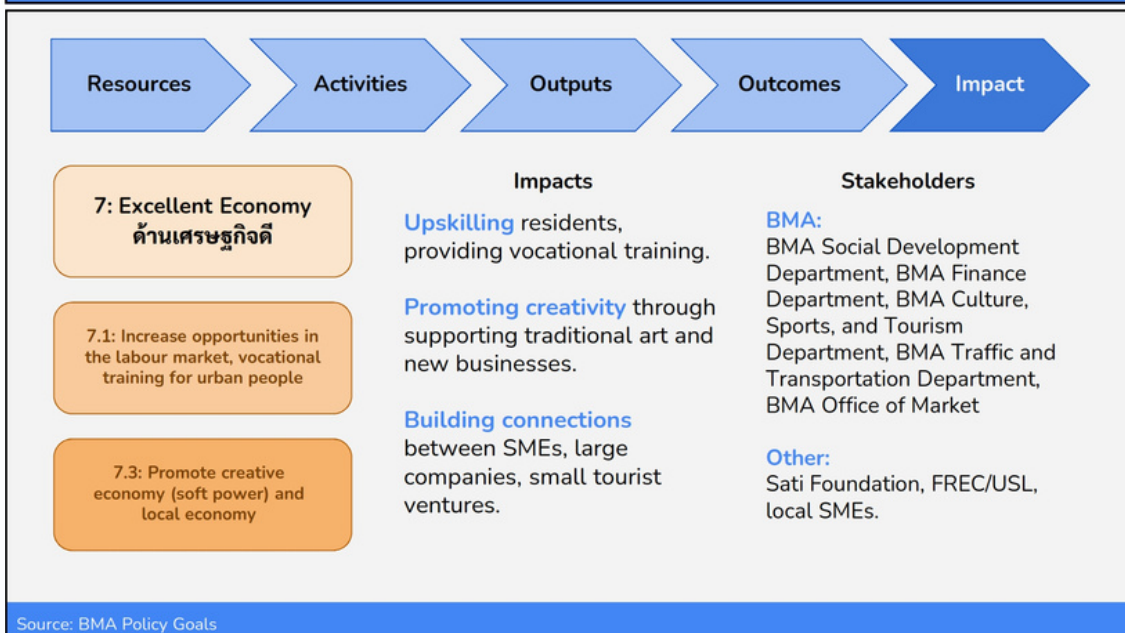
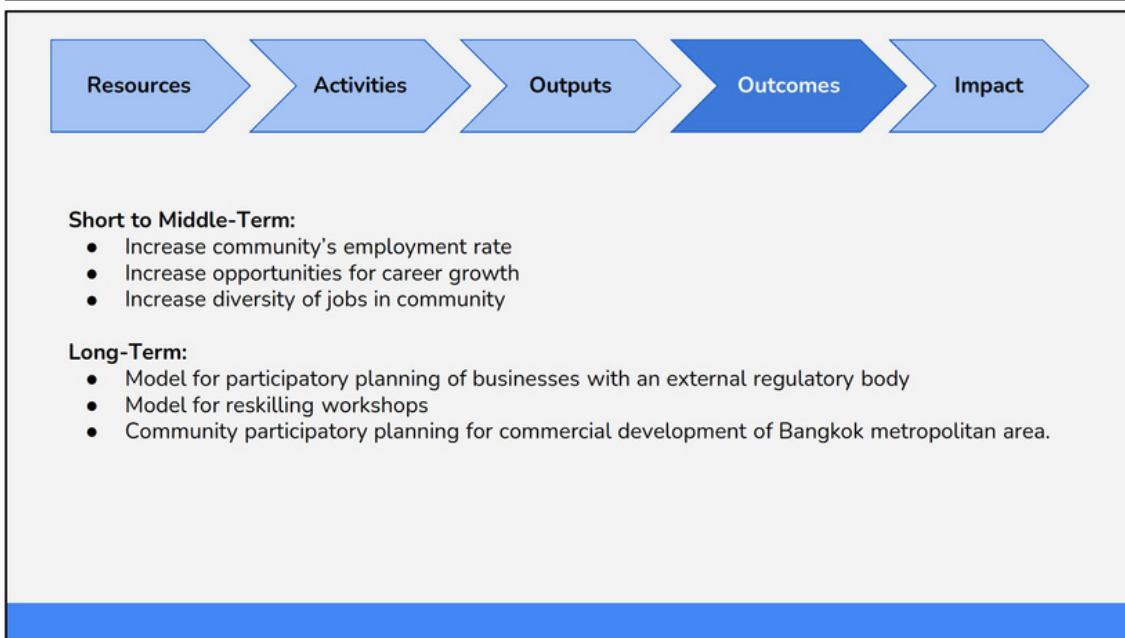
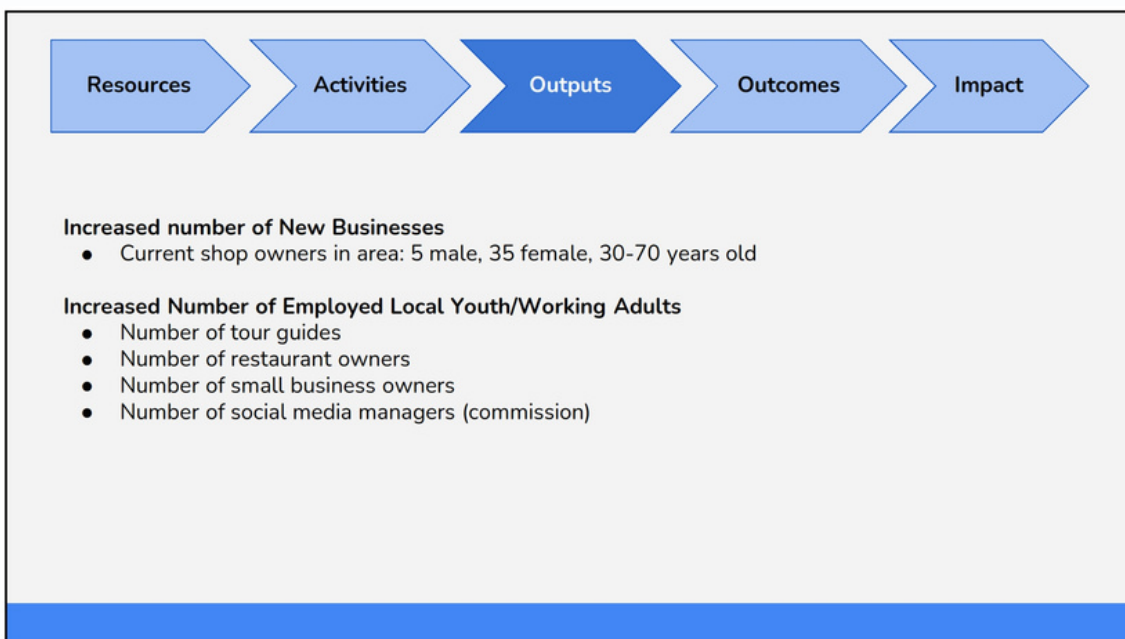
Source: team analysis with USL staff

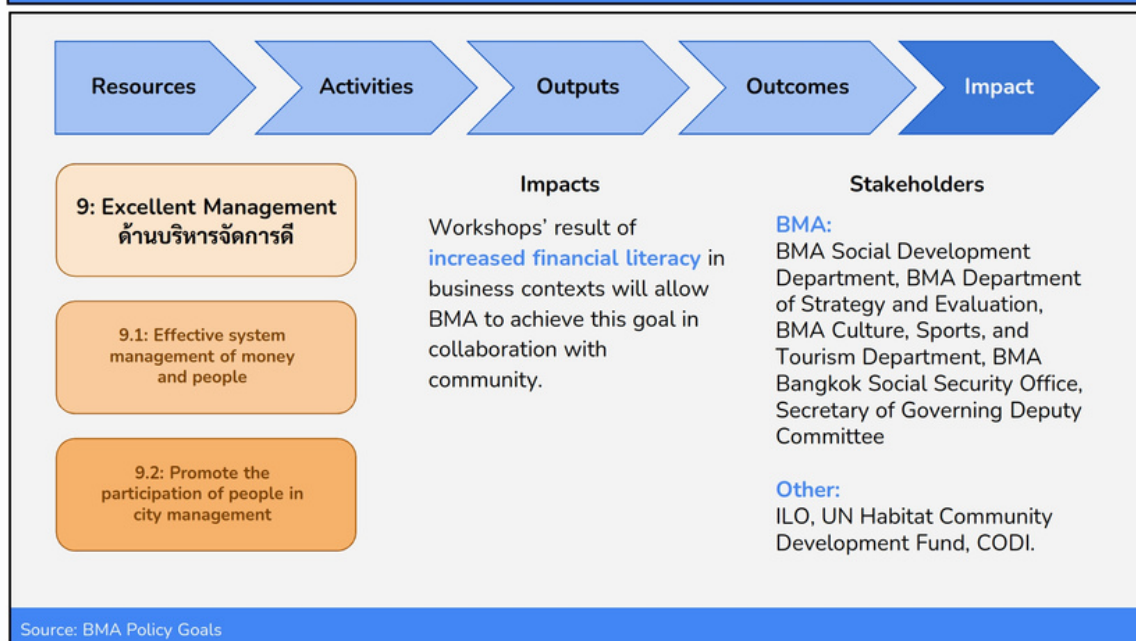
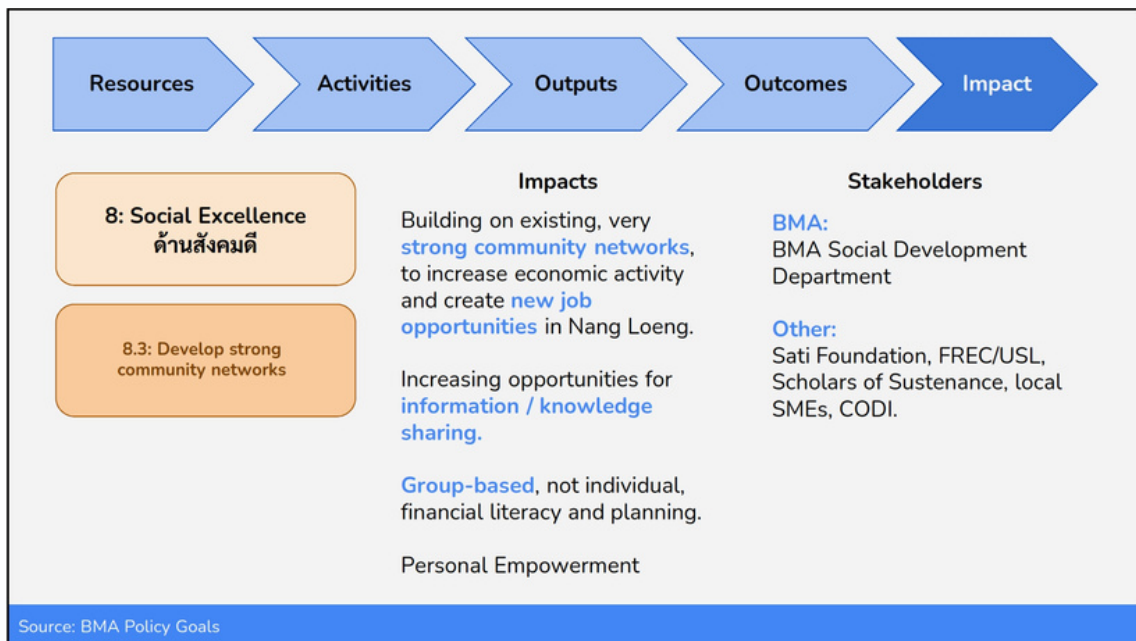
Stakeholder Mapping



Source: Nang Loeng community visits, UGHW presentation

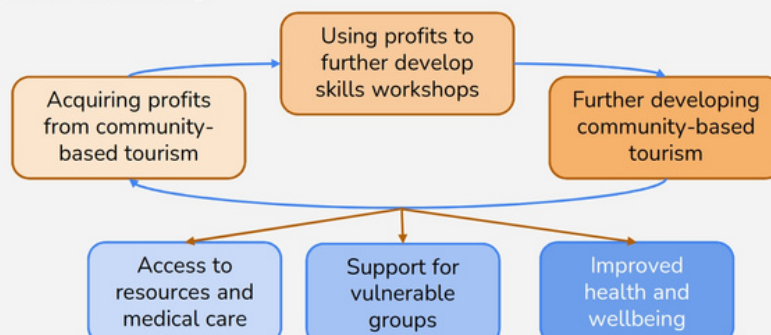






Conclusion: equitable city for health and wellbeing

Through this project, we aim to empower **youth** to **stay and support** their communities through **tourism and skills development**. Through **economic empowerment**, we foresee a future in which local communities have more autonomy, are more equitable, and have **better health and wellbeing**.



2. Nang Loeng: Involving Youth in Community Healthcare

by Rinko Kawamoto, Samantha Seah Man Ru, Bekzod Normatov

Nang Loeng: Involving Youth in Community Healthcare

นางเลิ้ง: การมีส่วนร่วมของเยาวชนในการดูแล
สุขภาพชุมชน



Bekzod Normatov, Rinko Kawamoto,
Samantha, Burdee



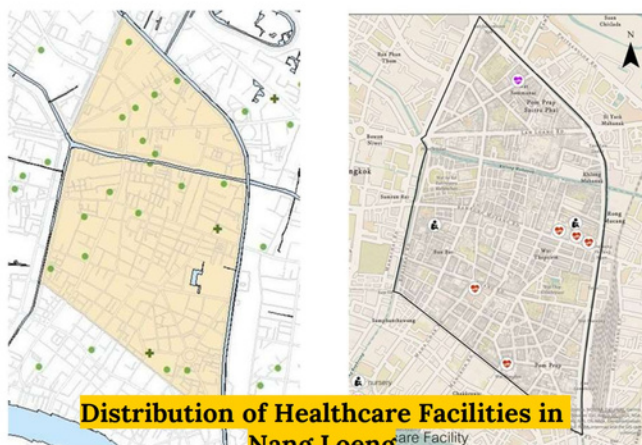
Understanding Nang Loeng's Needs

เข้าใจความต้องการของนางเลิ้ง

Gaps in the healthcare network (ข้อจำกัดด้านการบริการทางสุขภาพ)

- Long wait times at public hospital
- Lack of awareness on available resources e.g. Gold Card
- Understaffing in public health centres and community health volunteer system

2



Distribution of Healthcare Facilities in
Nang Loeng

สถานอนามัยในนางเลิ้ง

3



Understanding Nang Loeng's Needs

เข้าใจความต้องการของนางเลิ้ง

Gaps in the healthcare network (ข้อจำกัดด้านการบริการทางสุขภาพ)

- Long wait times at public hospital
- Lack of awareness on available resources e.g. Gold Card
- Understaffing in public health centres and community health volunteer system

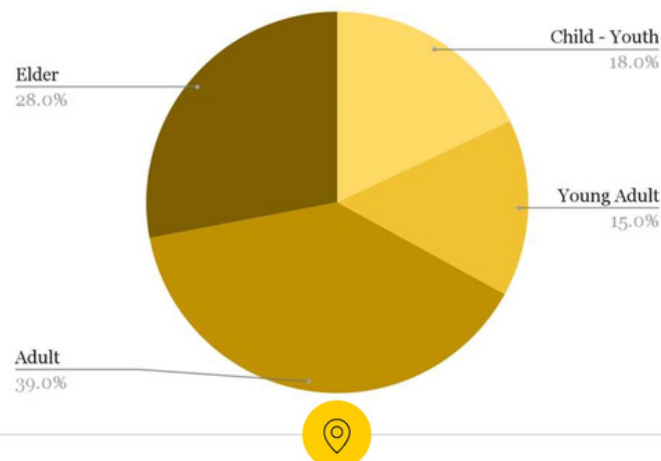
Lack of growth in the community (ความแตกต่างของกลุ่มวัยในชุมชน)

- Lack of unity
- Indifference from youths
- Inadequate opportunities and support systems

4

The people of Nang Loeng

ประชากรนางเลิ้ง



5

Problem Statement:

The community healthcare system in Nang Loeng is not sustainable due to a **lack of interest and involvement from younger generations**. By engaging youths to contribute to their community we can improve both the **living conditions and cohesiveness** of Nang Loeng.

“กระตุ้นความสนใจในการเป็น
อาสาสมัครสุขภาพสำหรับคนรุ่นใหม่”

6



Teenagers aged 13-18 interested in **healthcare** in the Nang Loeng Area

7



Case Study: Aid for Seniors

กรณีศึกษา: โครงการการดูแลผู้สูงอายุในประเทศแคนาดา

- Started in 1984 in the City of Pointe-Claire, Canada
- Enables
 - low-income seniors to remain in their homes longer
 - helps break their isolation
 - promotes involvement in the community
 - employment for young people
 - inter-generational connections
- Started with 5 students
- Now has 34 regular employees, 20 volunteers

Main Outcome:

help older people meet their basic needs

Target Groups:

60 years and older and young students aged between 16-25 years old

Vision:

Engage younger generations to become active, productive members of the community through the **Young Health Ambassador Program**.

“อาสาสมัครสุขภาพะสำหรับคนรุ่นใหม่”

9



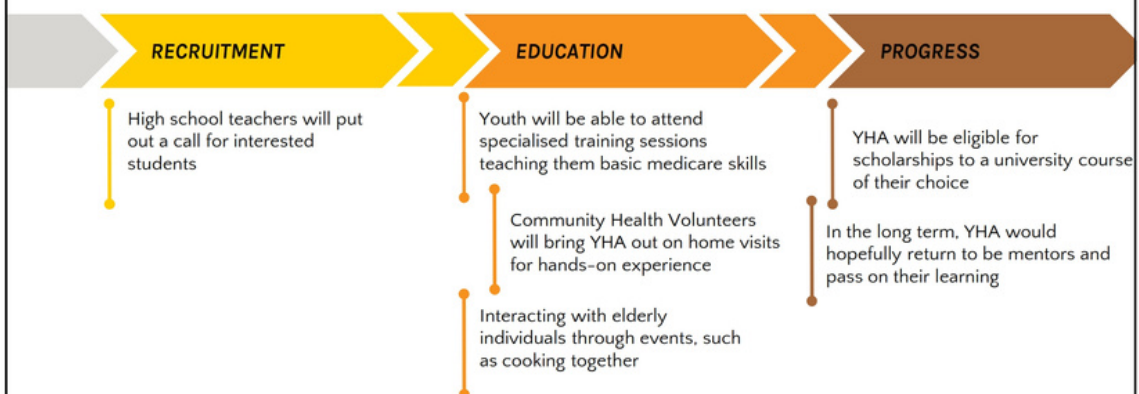
Case Study: Youth Empowerment Programmes

- Training Programmes: Pratthanadee Foundation, UNICEF Thailand Young People's Resilience, Connectedness and Empowerment programme for 2022-2026
- Youth Ambassador programmes: One Young World Ambassador programme

10



The next generation of health volunteers?



11



Incentives (นโยบายที่จะช่วยส่งเสริมการมีส่วนร่วม)

Points System (throughout the programme)

- Youth can earn points for volunteering for a certain number of hours, or completing certain training workshops
- These can be exchanged for vouchers which can be redeemed at local businesses

Official Certifications

- Youth can obtain official certificates for certain skills workshops, including but not limited to CPR training, basic nursing skills etc.
- These can be used both for tertiary education and lower-level employment

Tiered Leadership System

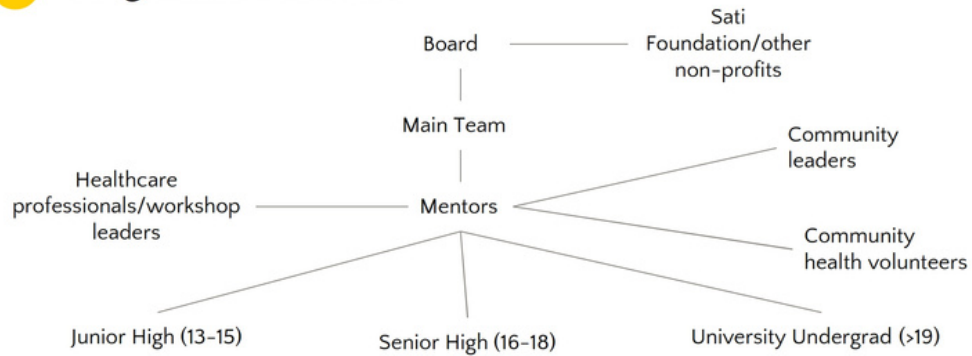
- Youth will be given the chance to step up to different levels of leadership throughout the six years; these leadership positions will strengthen their CV

Scholarships

- At the end of six years, all youths who have been consistent with and contributed significantly to the programme may wish to apply for a full-coverage scholarship to a university course of their choice

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Programme Structure



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STRENGTHS

- Utilises local youth for the benefit of the local communities
- Takes advantage of local resources
- Addresses a need that has been vocalised by communities
- Involves both soft and hard skills development
- Provides vocational, recreational and learning opportunities for the youth

S

WEAKNESSES

- Requires a lot of outreach to recruit the youth and explain the benefits
- Requires sustained interest and continuous recruitment of new youth
- Aging population results in smaller number of available youths in the communities

W

- Long-term impact on youth development
- Provides role models for idle youth
- Accomplishments can be used for resume building on all fronts (high school, university)
- May stabilise the situation of local public health in Nang Loeng
- Connects with other previous government initiatives

O

- Difficulty in finding a suitable and willing Chairman for the board
- Lack of youth in some communities, such as Chakapatdi Phont
- Disinterest to get involved in communities like Chakapatdi Phont
- Paradox between upward social mobility and these youth leaving the community

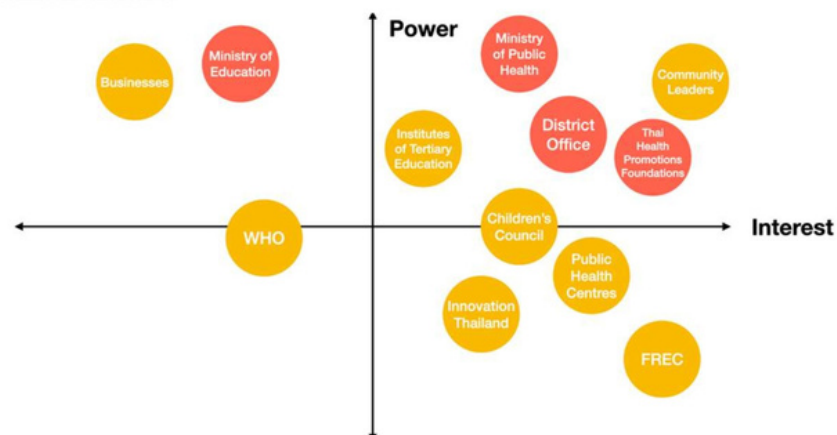
T

OPPORTUNITIES

THREATS

14

Stakeholders



15

Connecting the dots: BMA Strategies

3. Bangkok as a city for all

3.1. Providing facilities for the elderly, the disabled, and the disadvantaged

3.1.10. Percentage of the disadvantaged receiving support from communities

3.3. Education for all

3.3.1. Children residing in all districts of Bangkok receiving 12-year compulsory education and / or their desired education

5. Bangkok as a democratic city

5.2. A city with good governance

5.2.3: Participatory budgeting system

Bangkok Post

Voices of youngsters essential, says BMA

Voices of youngsters essential, says BMA

PUBLISHED: 16 FEB 2023 AT 04:00

NEWSPAPER SECTION: NEWS
WRITER: ANCHON CHITVIRONGKAL

BMA prepares for 'super-aged societies'

BMA launches 'After School' project

16

17

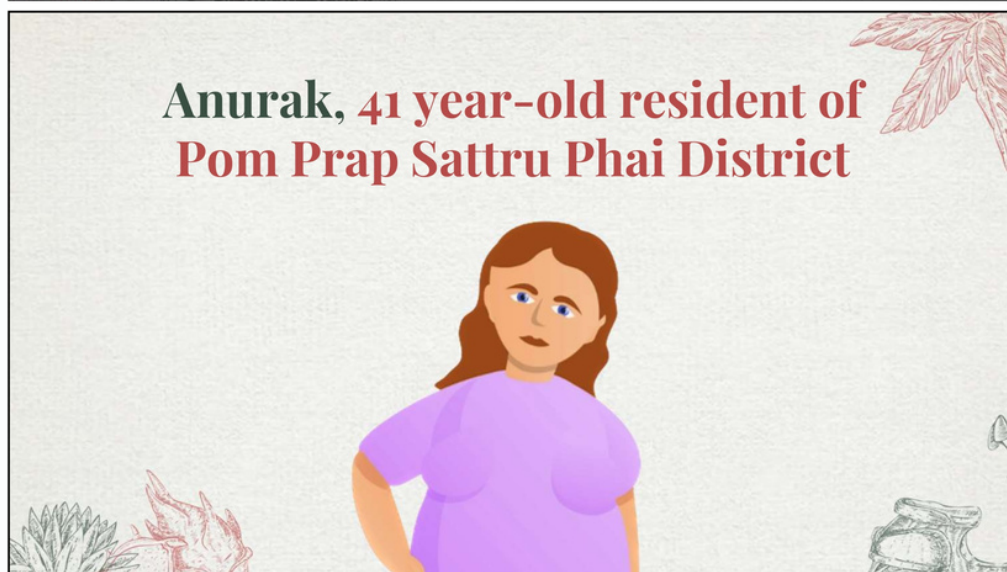
Social Impact Assessment

“

GOALS	ACTIVITIES TO ACHIEVE GOALS	MEASURABLE OUTPUT	RESOURCES
Upward social mobility for at-risk youth	Skills development and experiential learning through after-school programs	All program participants to finish high school	Local high schools, youth centres, working professionals, and returning YHAs
Stabilise public health for local communities	Recruiting youth into local health system	20% of hours worked by health volunteers to be done by YHAs	Clinics and healthcare professionals
Foster community cohesion	More opportunities for intergenerational bonding	Increased turnout for community events	University students

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3. Leveraging Digital Self-Assessment tools to raise awareness on preventive health for working adults in Bangkok by Xinyi Huang, Miguel Inigo Regollo Concha



Background information							
A strong community "When I go door to door, It's a good environment between the elder to elder. The patient really appreciates door to door visits "The public health center want to digitalize the survey. The CHV is also at the old age so can't understand to key in the survey. It will be good if the community can do themselves."	Community Health Volunteer <table><tr><td>General and environmental health survey</td><td> - Personal info - BMI - Location of house - Electricity - Ventilation - Sanitized drinking water </td></tr><tr><td>Caregiver visits</td><td> - measurement tools, blood pressure machine </td></tr><tr><td>Nurse visits</td><td> - Temperature - Blood glucose check </td></tr></table>	General and environmental health survey	- Personal info - BMI - Location of house - Electricity - Ventilation - Sanitized drinking water	Caregiver visits	- measurement tools, blood pressure machine	Nurse visits	- Temperature - Blood glucose check
General and environmental health survey	- Personal info - BMI - Location of house - Electricity - Ventilation - Sanitized drinking water						
Caregiver visits	- measurement tools, blood pressure machine						
Nurse visits	- Temperature - Blood glucose check						
Health lifestyle indicators Smoking ■■■□□□ 18.4 % Alcohol consumption ■■■□□□ 28.9 % Physical activity ■■■□□□ 54.3 %							

Problem statement: what is the problem we have?

High prevalence of NCDs

Lack of awareness of individual health status

Need to expand primary care services and support

- There is a need to
- **prioritize prevention of chronic disease**
 - **raise individual awareness** on preventive health and
 - **expand primary care services** to the screening demand of the entire population

Problem statement: why is this problem important?

healthy city



comprehensive health service system



accessibility of medical services and public health service



Proactive Urban health promotions



Integrated public health information system



Promote environmental sanitation and occupational health



Food Safety



Health Protection

e.g. vaccinations, smoking control

Health Promotion

e.g. physical activity & diet

Screening

Use of validated tests that detect disease early resulting in cure or delay of clinical disease

Treatment

Treatment to prevent complications and/or improve quality of life. Rehabilitation.

Vision: What are we hoping to achieve?

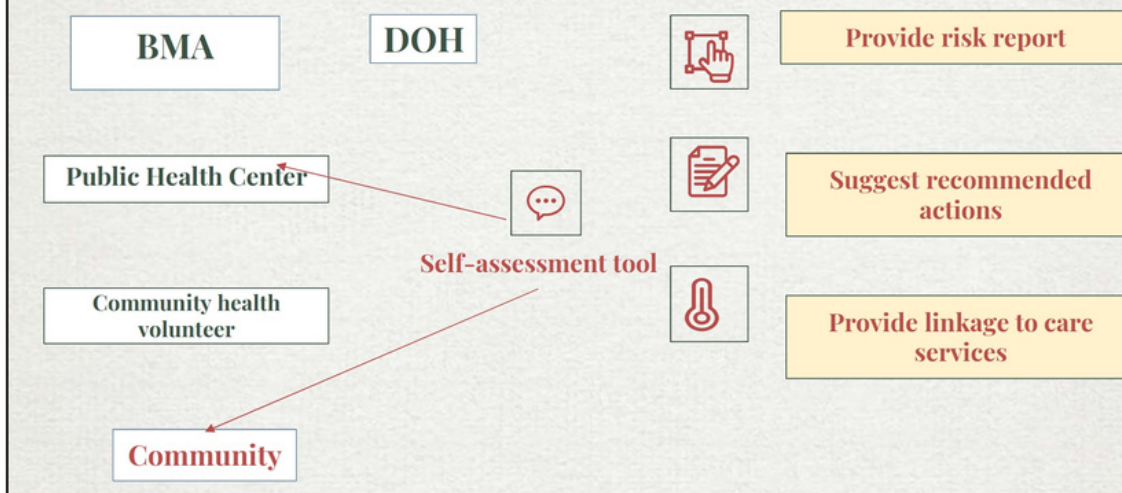
Through introducing a digital self-assessment tool for both adults and elders, we aim to mobilize the community to be more aware of their own and their elder's health conditions and expand community screening services to working adults for earlier prevention of diabetes, dyslipidemia etc.. We envision that this data will also be able to offer an overview of the regional population health profile to facilitate healthcare delivery from relevant providers.

Population Health and Health for all

...
"a concept which portrays health as a part of everyday living, an essential dimension of the quality of our lives... the opportunity to make choices and to gain satisfaction from living."

– *Achieving Health for All*, 1986
Canadian Department of Health and Welfare

Solution: Overview of the self-assessment tool



General Details of the Self-Assessment Tool

Questions would include:

Eating habits
Physical activity
Sleep
Energy
Family history
Alcohol consumption
Age



Key Stakeholders



INCENTIVIZING PARTICIPATION

HEALTH
ACCESSIBILITY

FOOD
COUPONS

INSURANCE
AND
EMPLOYER
BENEFITS

GAMIFICATION

Solution: Areas of Impact and Possible outputs and outcome



Public health center screening

- Increase screening participation among vulnerable adults by X%

Community-based primary care

Health prevention and promotion

Integrated database



Database

- Increase X% of significant data points in the regional health profile and thus facilitate an integrated database with home care visits and CHV greenbook

Policy Alignment with BMA

1. Healthy people, healthy city: Empowerment and engagement



2. Integrated Public Health information system

Policy Alignment with PHC



ภารกิจพื้นฐาน 7 ด้าน



1. สร้างเสริมสุขภาพ ป้องกัน และควบคุมโรค
primary health support + disease
2. รักษาพยาบาลปฐมภูมิ พื้นฟูสุขภาพ
primary health care + health recovery
3. สาธารณสุขมูลฐาน และเครือข่ายสุขภาพ
basic health service + health network
4. ป้องกัน บำบัดรักษา และฟื้นฟูการติดเชื้อและสารเสพติด
disease prevention, treatment and recovery
5. สนับสนุนระบบบริการสุขภาพ
support community health care system
6. สุขภาพโภชนาการและอนามัยสิ่งแวดล้อม
food and environment security
7. นโยบายและบริหารจัดการ
administration

สำนักงานสาธารณสุข 20

พันธกิจ(Mission)

1. พัฒนาระบบบริการสุขภาพด้วยเทคโนโลยีสารสนเทศ
to develop health care system with technology
2. ให้บริการด้านสุขภาพที่มุ่งเน้นการมีส่วนร่วมของเครือข่าย
to provide good service, emphasizing cooperation with public health network
3. พัฒนาศักยภาพเครือข่ายให้เข้มแข็ง
to improve health care network to be more strong & efficient
4. ส่งเสริมให้เกิดองค์กรแห่งความสุข
to promote "happy work place" in organization

CONCLUSION

PROBLEM



53% OF POM PRAP SATTU PHAI DISTRICT SUFFER FROM CHRONIC DISEASES

SOLUTION



SELF-ASSESSMENT HEALTH TOOL TO FOSTER HEALTH AWARENESS IN THE COMMUNITY

IMPACT



MITIGATE THE CASES OF CHRONIC DISEASE IN UNDERFUNDED COMMUNITIES

4. WWW: Workshops with Women

by Reneez Aiyana Gaspar Felix, Kyla Teo Kai Le, Nicole Quah



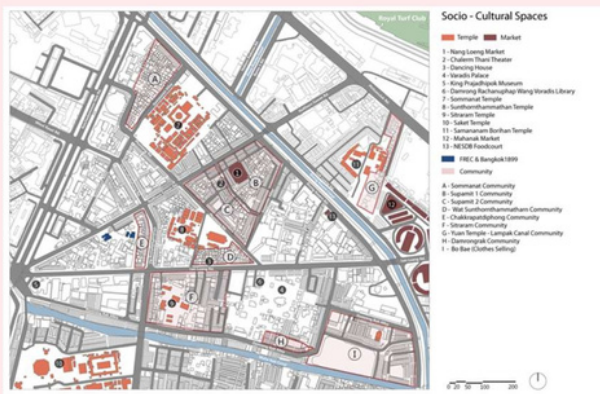
WWW: Workshops with Women

Kyla, Nicole, Reneez

Agenda

- 1 Introduction
- 2 Problem Statement
- 3 Vision & Objectives
- 4 Solutions (Phases 1 - 3)
- 5 Stakeholder Mapping
- 6 Project Implementation
- 7 Alignment with BMA's KPIs and SDGs

Nang Loeng



On Nang Loeng: A People and Place Report (2019), FREC

Strengths:

- Strong food culture, which is a key attraction of the neighborhood
- Diversity in the local economy (different economic clusters) that can be further promoted
- Historic and socio-cultural assets (e.g. dance families)

Weaknesses:

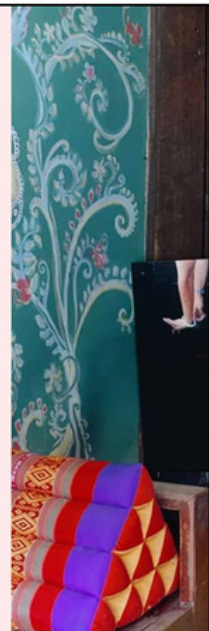
- Lack of public spaces for the community to gather
- Disconnect between different economic classes in the community

Introduction

- Observed a large number of working age adults in the Nang Loeng community during a workday afternoon who are predominantly women.
- Discussed with community leaders and came to understand that a lot of them are unemployed.

Problem Statement

Unemployed women in Nang Loeng community often lack the time and relevant skills to apply for economic opportunities given their role in the family as caretakers, which places them at a social and economic disadvantage.



Vision

To improve the economic situation of unemployed women by upskilling them through hosting workshops in existing communal spaces.

Target

Unemployed women of an economically active age (predominantly housewives with children)



Strategy & Objectives

Economic	Social	Physical
Teach women skills that they can leverage to find economic opportunities	Empower women through expanding their social network and building solidarity in the community	Create a communal space that allows for the community to unite
Empower women to become financially independent.	Build a stronger Wat Kae, and also Nang Loeng, community by connecting different organizations, schools, and residents.	Attract additional funding from the local district office & the BMA to improve the community's infrastructure
Reduce economic burden		

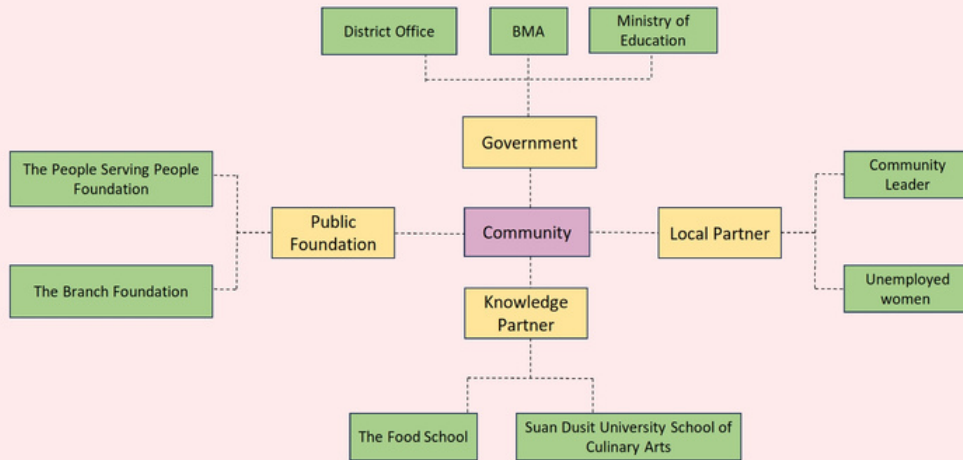
Phases of our Solution

- Phase 1
- To conduct workshops teaching unemployed women F&B skills**
- Collaborate with culinary students from local universities
 - Host workshops in an existing underutilized art house of Wat Kae
 - Collect reviews and suggestions from both parties
- Phase 2
- To host additional types of courses**
- Possible courses: digital literacy and entrepreneurial skills
 - Partner with more NGOs, such as Digiserve IT academy
 - Continue collaborating with university students: invite Business & Management students
- Phase 3
- To expand this program to other communities in Nang Loeng**
- Skills-Exchange Program: Different communities to have different workshop focuses
 - Workshops on Wheels: Mobile vans to park near the vicinity of communities that do not have communal spaces to host the workshops
 - Host community markets to sell what they make in the workshops

Phase 1 Strategy

- Phase 1
- Procure materials from the community garden and secure art house as the location for workshops
 - Liaise with universities
 - Suan Dusit University School of Culinary Arts
 - The Food School
 - Collaborate with public foundations
 - People Serving People Foundation
 - The Branch Foundation
 - Work with the District Office to reallocate funding from vocational training (under-utilized) to these community workshops
 - Conduct workshops twice a month for three months

Stakeholder Mapping



Summary of Project Implementation

Resources / Inputs	Activities	Outputs	Outcomes	Impact
Communal spaces to host the workshop (i.e., art house) University students to teach the workshops Funding from the BMA / Local District Raw materials (using Community garden and university donation)	Conducting biweekly workshops focusing on F&B skills (and in later phases, digital literacy, jewellery-making, etc.)	Number of participants attending the workshops (and in later phases: number of courses successfully launched and number of communities that hosted workshops)	Skills and knowledge gained from the workshops (e.g. culinary skills)	Increase the number of economically active women in the Wat Kae community using their newly acquired skills Increase in overall household income

Alignment with BMA's KPIs

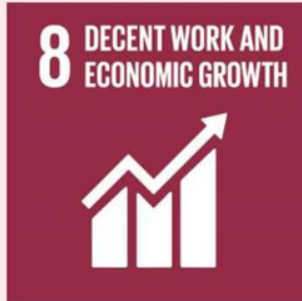
Strategy 7: Economic

- 7.1 Increase opportunities in the labor market
- 7.3 Promote creative economy and district economy

Strategy 8: Social Community

- 8.2 Supporting people's living conditions especially vulnerable groups & disable groups
- 8.3 Building strong community together with development

Alignment with Relevant SDGs



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



Empowering women by providing them with equal economic opportunities and become financially independent

YALE-NUS COLLEGE X USL :
LEARNING ACROSS BOUNDARIES (LAB)

Equitable City for Health & Wellbeing

REPORT

Summer LAB
June 5 - June 12 2023
Pomprap Sathu Prai, Bangkok, Thailand

www.uslbangkok.com

