



Healthy University Rating System (HURS)

Version 2021

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

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

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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

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Message from the President of Mahidol University



It is my great honor and privilege to present the latest version of the Healthy University Rating System for 2021.

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 would like 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 today – this achievement would not have been possible without your continued dedication and efforts over the years.

Since we understand the importance of representing multiple members from across universities and institutes, 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 build better health and wellbeing for our communities.

Mahidol University is dedicated to building and sustaining a healthy learning environment and being an exemplary leader of 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, which appears to read "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



This guidebook has been long in the making, with various meetings, tests, and revisions made, all for the effort of improving it and increasing its effectiveness in improving the health of all university stakeholders in ASEAN and the world. Ever since the inception of the Healthy University Framework and the AUN-Health Promotion Network Secretariat in 2016, its tree has continued to bear ever sweeter fruit.

I would like to thank the AUN-HPN Secretariat for their endeavors in creating HURS, as well as support from Mahidol University. This coordinated effort is bound to help all relevant stakeholders in the academic field. Universities will be better able to promote healthy practices and environments for people in their campuses, benefiting the sustainability of communities and the wider society.

This book would also not have been possible without the support and perspectives of the AUN Member Universities. As primary stakeholders, they have provided much relevant feedback that has developed and strengthened the effectiveness of HURS to its current form. Our AUN Members should feel some sense of ownership in this guidebook as well.

In all, the AUN Secretariat is proud to have supported and continue to support the implementation of HURS. We are committed to working with the AUN-HPN Secretariat in their effort to improve this system, alongside our AUN Member Universities and relevant partners.

Choltis Dhirathiti

Choltis Dhirathiti, Ph.D.

Executive Director of ASEAN University Network



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 of healthy university with the main objective to identify the essential areas that would require for promoting health in education institutions. Subsequently, AUN-HPN produced 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 18 July 2017. Since then, AUN-HPN has disseminated the book 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 university’s process. The tool which is called “the Healthy University Rating Scale”, or “HURS”, contains assessment items based on 22 areas of the Healthy University Framework (HUF). HURS is an accessible online tool that a university can score its own progress based on the level of achievement of all 22 areas of which the total score is 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 9 July 2021, the Healthy University Rating System (HURS) was presented and approved at the 12th AUN Rectors’ Meeting; and was endorsed for official launch starting from August 2021. Accordingly, university members are invited to participate in the implementation of HURS and provide constructive feedback in order to improve the tool. In the long term, all AUN member universities will be encouraged to advocate the use of the tool with other universities within and outside the ASEAN region.

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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 promoting 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.

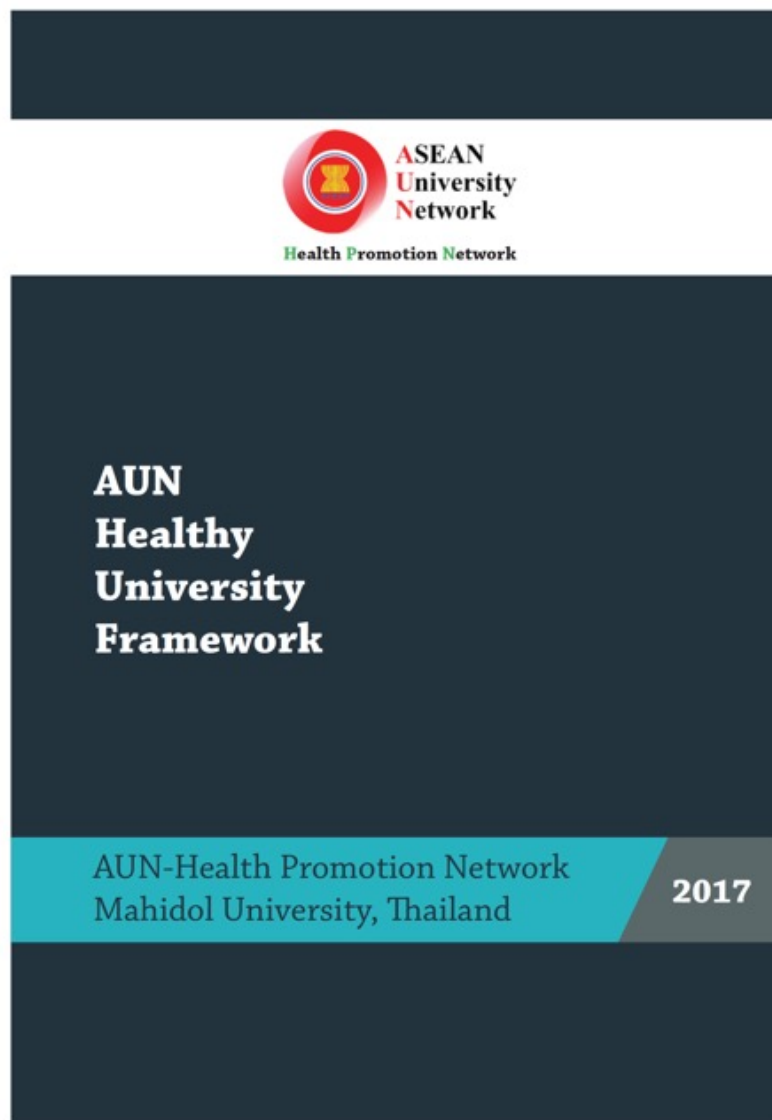


Figure 1 Healthy University Framework (HUF)

(Available at <http://www.aunsec.org/pdf/publication/Healthy%20University%20Framework%20Final.pdf>)

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 16, 2021 and the data entry period will end on November 15, 2021.

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 2021 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 2021 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 some faculties/institutes/campuses		0.25×30	
	Having policies at university level and policy implementation in <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 50-75% of faculties/institutes/campuses		0.75×30	40%
	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 provide 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.

The AUN-HPN Secretariat will send the completed questionnaire to two reviewers who will evaluate answers based on evidence submitted with the online HURS questionnaire and a consensus between the reviewers will secure the evaluation, assigning relevant stars to participating universities. 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

Website: <https://aihd.mahidol.ac.th/aun-hpn/>

Email: aunhpn@mahidol.ac.th



General information 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/Faculty

4. Approximate numbers of student/ academic staff/ general staff

5. Name of Main respondent

Position.....Unit/Faculty.....

Email address:

6. 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 explanations of the questions. Accordingly, please provide us the data 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 some faculties/institutes/campuses
- ☐ Having policies at university level and policy implementation in <50% of faculties/institutes/campuses
- ☐ Having policies at university level and policy implementation in 50-75% 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 select one of the following information that reflects the waste management system at your universities/institutions from the basic to more advanced implementation.

- ☐ [1]
- ☐ [1]+[2]
- ☐ [1]+[2]+[3]
- ☐ [1]+[2]+[3]+[4]
- ☐ [1]+[2]+[3]+[4]+[5]

[1] Provide variety of bins that efficiently stream waste that can be recycled or reused

[2] Promote behavioral change to minimize the amount of waste that goes to landfill

[3] Paper and plastic minimization campaign is implemented, monitored and reported

[4] Hazardous waste is managed complying with the regulations

[5] 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)

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.

- ☐ [1]
- ☐ [1]+[2]
- ☐ [1]+[2]+[3]
- ☐ [1]+[2]+[3]+[4]
- ☐ [1]+[2]+[3]+[4]+[5]

- [1] Monitoring water use and setting target
 - [2] Promote behavioral change to conserve water
 - [3] Install water saving devices
 - [4] Analysis of the infrastructure's performance in order to identify any system failures, such as pipe or tap leakage
 - [5] 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)
-

SI 2.4 Energy usage (10 points)

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

- ☐ [1]
- ☐ [1]+[2]
- ☐ [1]+[2]+[3]
- ☐ [1]+[2]+[3]+[4]
- ☐ [1]+[2]+[3]+[4]+[5]

- [1] Monitoring energy usage and setting target
 - [2] Promote behavioral change to conserve energy
 - [3] Analysis of the behavioral energy usage and infrastructure's performance in order to identify any system failures
 - [4] Greenhouse gas emission is monitored
 - [5] Alternative energy is used (biogas, solar energy etc.)
-

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 universities/institutions.

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

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

SI 3.1 Medical check-up (10 points)

Please select one of the following information that reflects the coverage or percentage of staffs who have received medical check-up and counseling at your universities/institutions.

- ☐ None
- ☐ <50% of personnel without counseling
- ☐ <50% of personnel with counseling
- ☐ ≥50-75% of personnel with counseling
- ☐ >75% of personnel with counseling

SI 3.2 Mental health support (20 points)

Please select one of the following information that reflects the mental health support at your universities/institutions from the basic to more advanced implementation.

- ☐ [1]
- ☐ [1]+[2]
- ☐ [1]+[2]+[3]
- ☐ [1]+[2]+[3]+[4]
- ☐ [1]+[2]+[3]+[4]+[5]

[1] Academic guidance on mental health

[2] Academic service for disability, dyslexia and other specific learning difficulties

[3] Counseling for life difficulties

[4] Psychological counseling

- Crisis support/ protocol
- Personal violence response and prevention
- Suicide response and prevention

[5] Provision of psychiatric psychotherapy including referral system

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 universities/institutions.

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

- Advice on ergonomics
- Physical activity advice
- Dietary advice
- Investment & Saving advice
- Advice to abstain from smoking, alcohol and drugs

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

SI 4.1 Opportunity of health promotion (in each campus) (20 points)

Please select one of the following information that reflects the coverage or percentage of persons with disability who have access to the health promotion activities at your universities/institutions.

- ☐ None
- ☐ Access by <25% of persons with disability
- ☐ Access by >25-50% of persons with disability
- ☐ Access by >50-75% of persons with disability
- ☐ Access by >75-100% of persons with disability

SI 4.2 Disability friendly (20 points)

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

- ☐ None
 - ☐ 1 item
 - ☐ 2 items
 - ☐ 3 items
 - ☐ 4 items
- 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
 - Other facilities provided for the disabled people

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

SI 5.1 Health promotion curriculum (50 points)

Please select one of the following information that reflects the coverage or percentage of faculties/institutes that have health promotion curriculum at your universities/institutions.

- ☐ None
 - ☐ <50% of faculties/institutes having health promotion curriculum
 - ☐ >50-75% of faculties/institutes having health promotion curriculum
 - ☐ >75-99% of faculties/institutes having health promotion curriculum
 - ☐ All faculties/institutes having health promotion curriculum
-

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 universities/institutions.

- ☐ No training at the university level
 - ☐ A teaching session related to health education or health promotion in a fiscal year
 - ☐ Several teaching sessions related to health education or health promotion in a fiscal year
 - ☐ A training workshop aiming to develop skills on lifestyle change or policy advocacy in a fiscal year
 - ☐ Several training workshops 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 universities/institutions.

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

SI 7 Health promotion research (40 points)

SI 7.1 Research support by the university (20 points)

Please select one of the following information that reflects the coverage or percentage of faculties/institutes that conduct research in health promotion aspects at your universities/institutions.

- ☐ No research in health promotion
- ☐ Research in health promotion in <50% of faculties/institutes
- ☐ Research in health promotion in 50-<75% of faculties/institutes
- ☐ Research in health promotion in 75-<100% of faculties/institutes
- ☐ Research in health promotion in all faculties/institutes

SI 7.2 Research granted by 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 universities/institutions.

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

SI 8 University volunteerism (40 points)

SI 8.1 Establishment of university volunteerism (40 points)

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

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

- [1] Regular activities on health promotion campaigns in community
 - [2] Having community engagement in health promotion programs of the university
 - [3] Engagement of university personnel in national or subnational health promotion programs
 - [4] Engagement of university in policy development/implementation in health promotion at national or international level
-

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

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

Please select one of the following information that reflects the coverage or percentage of faculties/institutes that allocate budget for health promotion activities at your universities/institutions.

- ☐ None
 - ☐ Support available in <25% of faculties/institutions
 - ☐ Support available in 25-<50% of faculties/institutions
 - ☐ Support available in 50-<75% of faculties/institutions
 - ☐ Support available in 75-100% of faculties/institutions.
-

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

Please select one of the following information that reflects the coverage or percentage of university budget to support health promotion activities at your universities/institutions.

- ☐ 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
 - ☐ 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 universities/institutions.

- ☐ 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

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

Please select one of the following information that reflects the prevalence of smoking among students and staffs at your universities/institutions.

- ☐ >20% of personnel/students smoking
- ☐ 10-<20% of personnel/students smoking
- ☐ 5-<10% of personnel/students smoking
- ☐ 2-<5% of personnel/students smoking
- ☐ <2% of personnel/students smoking

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 universities/institutions.

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

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

Please select one of the following information that reflects the prevalence of alcohol consumption among students and staffs at your universities/institutions.

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

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 universities/institutions.

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

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 universities/institutions.

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

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 universities/institutions.

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

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 universities/institutions.

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

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
 - ☐ <50% of helmet use
 - ☐ 50-74% of helmet use
 - ☐ 75-99% of helmet use
 - ☐ 100% of helmet use
-

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 universities/institutions.

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

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 universities/institutions have any strategies for assessment of health literacy among students and staffs in a variety of aspects.

- ☐ No assessment of KAP on healthy lifestyle
- ☐ 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.

HP 2 Mental well-being (60 points)

HP 2.1 Providing stress reduction program (30 points)

Please select one of the following information that reflects the coverage or percentage of faculties/institutes that provide stress reduction program at your universities/institutions.

- ☐ No stress reduction program at all
- ☐ Availability of stress reduction program in <25% of faculties/institutions in the university
- ☐ Availability of stress reduction program in 25-<50% of faculties/institutions in the university
- ☐ Availability of stress reduction program in 50-<75% of faculties/institutions in the university
- ☐ Availability of stress reduction program in 75-100% of faculties/institutions 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 universities/institutions 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 select one of the following information that reflects the coverage or percentage of faculties/institutes that provide social activities on health promotion for students at your universities/institutions.

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

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 universities/institutions.

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

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

Please select one of the following information on whether or not your universities/institutions have any sport or physical activities during the past years.

- ☐ No sport or PA event in the past year
- ☐ A few sport events at faculties/institutions in the past year
- ☐ Several sport events at faculties/institutions in the past year
- ☐ Several sport events at university level in the past year
- ☐ Being the host of big sport events at provincial, national or international level in the past 3 years

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 universities/institutions.

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

- 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

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 universities/institutions.

- ☐ 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 select one of the following information that reflects the coverage or percentage of faculties/institutes that provide sex educational programs at your universities/institutions.

- ☐ No sex education provided
 - ☐ A sex educational program provided at <25% of faculties/institutes
 - ☐ A sex educational program provided at 25-<50% of faculties/institutes
 - ☐ A sex educational program provided at 50-<75% of faculties/institutes
 - ☐ A sex educational program provided at 75-100% 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 universities/institutions.

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

- 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

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 select one of the following information that reflects the coverage or percentage of faculties/institutes that provide programs related to work life balance at your universities/institutions.

- ☐ 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 50-<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 select one of the following information that reflects the coverage or percentage of faculties/institutes that provide programs related to healthy ageing at your universities/institutions.

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

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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 6th AUN HPN International Advisory Committee Meeting

**Report of the 6th AUN HPN International Advisory Committee Meeting
5 November 2020
the 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 was based on five point like rating scale system and the total score is 1,000 points for all 22 areas. Rational of how-to assess universities on different backgrounds and not to compete only, similar to the rating of quality of hotels, combined QS star rating system with Universitas Indonesia's Green Metric to create a methodology of HURS was suggested. 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 noted that to develop the HURS, letter will be drafted to AUN-HPN member universities to participate in 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 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

9 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 Tejavivaddhana, 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).

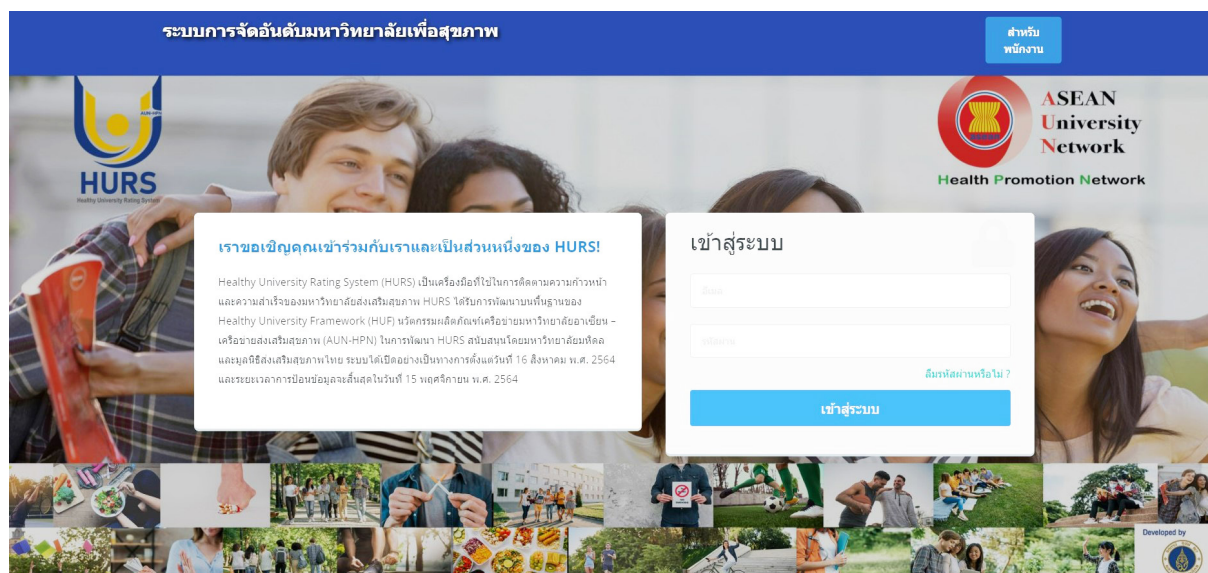
Appendix 3

Lists 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. Nopraenue 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 Tejatvaddhana, 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, AUN-HPN Secretariat Office	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. Sakda Arj-Ong Vallibhakara, M.D. Instructor, ASEAN Institute for Health Development, Mahidol University	Committee
11.	Assoc. Prof. Dr. Thunwadee Suksaroj Deputy Executive Director of AUN-HPN, Mahidol University	Committee
12.	Ms. Manita Khongsuwan Head, IT Development and Administration, Division of IT, Mahidol University	Committee
13.	Ms. Wongsuwan Kankaew System Analyst, Division of IT, Mahidol University	Committee
14.	Mrs. Thiprada Kongtapan Educator, Acting Manager of AUN-HPN Secretariat Office, Mahidol University	Secretary
15.	Ms. Jariya Sriklad Researcher, ASEAN Institute for Health Development, Mahidol University	Assistant Secretary

Health 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 health promoting 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 suggestions to the AUN-HPN email address: aunhpn@mahidol.ac.th

We look forward to welcoming you to HURS website!