

The Role of Student Club for Health Promotion

Phoobade Wanitchanon

Srinakharinwirot University, Thailand

ABSTRACT

The research study entitled "The Role of Student Clubs in Health Promotion" investigated the actions and results of health promotion efforts executed by student clubs at Srinakharinwirot University, Bangkok, with the cooperation of a network of public health agencies. The exercises were structured around three fundamental domains. The clubs prioritized health education to enhance physical activity and mitigate risk factors, including alcohol consumption, smoking, and mental health concerns stemming from lifestyle issues. Secondly, they promoted policy-level modifications in partnership with the university, encompassing rules to regulate the sale of health-affecting products and enhancements to campus cafeterias to guarantee food safety and nutritional integrity. Thirdly, the clubs endorsed research programs that emphasized the examination of health literacy, with the objective of establishing a comprehensive database to guide future health promotion efforts for the university community. The results indicated that student clubs significantly contributed to health awareness among young adults by utilizing social media platforms like Instagram, Facebook, and X. These platforms successfully garnered attention and facilitated information exchange and collaborative actions, consequently augmenting the overall efficacy of health promotion campaigns.

Keywords: health promotion; health network; social media; student club; teenage