



Course Outline

Annual International Training Course

1. Course Title:

Short Training Course on “Preventive Medicine in Public Health and Lifestyle Medicine”

Authorization and Jurisdiction:

All programs, topics, and activities outlined in this training course document are duly authorized and conducted under the jurisdiction of the Department of Health. The Department of Health reserves the right to make any necessary amendments to the course syllabus, schedule, or any other aspect of the training course as deemed necessary to ensure the quality, relevance, and effectiveness of the training provided.

2. Duration:

3 Weeks

3. Background:

Thailand, amidst its journey of socio-economic and technological evolution, encounters a myriad of health challenges. The swift pace of urbanization and technological adoption, spurred by globalization, has transitioned the nation from an industrial economy to a technological one. This transition necessitates an enhancement in scientific intelligence, technology, research, and innovation to address the country's unique challenges. Concurrently, demographic shifts towards an ageing society, coupled with a reliance on migrant labor, heighten health risks, marking a critical juncture in public health management.

The prevalent health issues span across various age groups, with underdevelopment in early childhood, low academic results during school age, unhealthy behaviors regarding Nutrition, Physical Activity, Sleep, Stress Management, Substance and Relationship use in the working population, and the surge of non-communicable diseases (NDCs) in the elderly. These health challenges pose significant hurdles to national development.

The Department of Health, under the Ministry of Public Health, stands at the forefront of promoting health and managing environmental health systems to ensure the populace's well-being. In aligning with the changing circumstances, such as economic growth, technological

advancements, complex health factors, and shifting consumption behaviors, the Department endeavors to foster a robust preventive medicine framework.

In response to these challenges, the Short Training Course on “Preventive Medicine in Public Health and Lifestyle Medicine” aims to equip medical and public health personnel with comprehensive knowledge and skills in health promotion health management and disease prevention. A pivotal aspect of this course will be the integration of Lifestyle Medicine and Holistic-Integrative Wellness Care into the preventive medicine paradigm. Lifestyle Medicine emphasizes the role of behavioral factors in health management, while Holistic-Integrative Wellness Care promotes a well-rounded approach to health, considering the physical, mental, and social aspects.

By assimilating these contemporary approaches, the course seeks to provide a more holistic understanding of preventive medicine, thereby empowering healthcare professionals to address the multi-faceted health challenges more effectively. The course will also support international cooperation on public health, aiming to mitigate the spread of communicable diseases across borders and enhance the collective capacity in promoting public health and preventing diseases.

Organization/Institution

Lifestyle Medicine Institute, Department of Health, Ministry of Public Health

4. Objectives:

The program is designed to:

- Enhance knowledge, understanding and skills in the concept and principles of Preventive Medicine, Public Health, and Lifestyle Medicine
- Serve as a platform for participants to share their experiences and to learn together, as well as to brainstorm on Preventive Medicine-related issues and to develop cooperation network for the future.

5. Course Contents:

Course Outline: The participants will be learned various topics and discussion sessions on to public health, especially preventive and lifestyle medicine, as follows:

- i. Introduction to Preventive Medicine in Public Health
- ii. Lifestyle Medicine Overview
- iii. Fundamentals and Principles of Preventive Medicine
- iv. Strategic Planning for Lifestyle Interventions
- v. Health Promotion in Public Health

- vi. Lifestyle Medicine Approach
- vii. Environmental Health
- viii. Sustainable Living
- ix. Health Impact Assessment
- x. Lifestyle Modifications
- xi. Non-Communicable Diseases
- xii. Lifestyle Risk Factors
- xiii. Mental Health
- xiv. Stress management
- xv. Tobacco, Alcohol, and Substance Misuse
- xvi. Lifestyle Intervention Case Studies
- xvii. Overview of Health System
- xviii. Lifestyle Medicine Services
- xix. Health Behavioral Change
- xx. Nutrition/Food Policy and Implementation
- xxi. International Trade, Health
- xxii. Health Literacy & Lifestyle Education Basics
- xxiii. Health in All Policies & Lifestyle-Integrated Policies
- xxiv. Health and Toxicology & Detoxification Lifestyle Practices
- xxv. Research in Preventive Medicine: Public Health & Lifestyle Medicine Research Overview
- xxvi. Physical Activity and Health & Lifestyle Physical Activity Guidelines
- xxvii. Sleep Management & Improving Sleep Quality
- xxviii. Relationship for well- being

Each session spans 3 hours, providing ample time for both theoretical exposition and practical exercises. This will ensure a comprehensive understanding and engagement with each topic, adhering to the desired 70:30 content ratio between Public Health and Lifestyle Medicine, as follows:

Topic	Hours	Theoretical	Practical
Introduction to Preventive Medicine in Public Health	3	Core concepts, principles, and importance of preventive medicine in public health	Analysis of case studies illustrating preventive medicine in action
Lifestyle Medicine Overview	3	Introduction to lifestyle medicine, its principles, and its relationship with preventive medicine	Identifying lifestyle factors in health through real-world scenarios

Topic	Hours	Theoretical	Practical
Fundamentals and Principles of Preventive Medicine	3	Detailed exploration of preventive medicine principles	Group discussions on applying preventive medicine principles in healthcare
Strategic Planning for Lifestyle Interventions	3	Planning and design principles for lifestyle interventions	Drafting a strategic plan for a mock lifestyle intervention
Health Promotion in Public Health	3	Strategies and methods of health promotion in public health	Designing a health promotion campaign
Lifestyle Medicine Approach	3	Approaches to integrating lifestyle medicine in health promotion	Adaptation of a health promotion campaign to include lifestyle medicine approaches
Environmental Health	3	Environmental determinants of health and public health interventions	Conducting an environmental health risk assessment
Sustainable Living	3	Principles of sustainable living as a lifestyle medicine approach	Creating a sustainable living action plan
Health Impact Assessment	3	Methodologies and importance of health impact assessments	Conducting a mock health impact assessment
Lifestyle Modifications	3	Lifestyle modification strategies for disease prevention	Developing a lifestyle modification plan for a specific health issue
Non-Communicable Diseases	3	Understanding the epidemiology, prevention, and control of non-communicable diseases	Analyzing case studies and developing prevention strategies
Lifestyle Risk Factors	3	Exploration of lifestyle risk factors contributing to non-communicable diseases	Risk assessment exercises and lifestyle modification planning
Mental Health	3	Overview of common mental health disorders and public health approaches to mental health	Mental health screening exercises and designing mental health promotion campaigns
Stress management	3	Understanding the meaning of stress, the causes, the factors, and effects of stress on physical	Apply knowledge to everyday life to cope with stress effectively and create good health

Topic	Hours	Theoretical	Practical
		health, behavior and stress management	
Tobacco, Alcohol, and Substance Misuse	3	The public health impact of substance misuse and prevention strategies	Designing substance misuse prevention campaigns
Lifestyle Intervention Case Studies	3	Review of evidence-based lifestyle interventions	Analysis and discussion of case studies
Overview of Health System	3	Structure and function of the health system, public health services	Health system analysis exercises
Lifestyle Medicine Services	3	Integrating lifestyle medicine services into existing health systems	Designing a proposal for integrating lifestyle medicine services
Health Behavioral Change	3	Theories and strategies for health behavioral change	Developing a behavioral change intervention plan
Nutrition/Food Policy and Implementation	3	Nutritional guidelines, food policy formulation, and implementation	Analyzing existing food policies, developing a mock food policy
International Trade, Health	3	Impact of international trade on health, trade of health and lifestyle commodities	Case studies analysis, discussion on international regulations
Health Literacy & Lifestyle Education Basics	3	Health literacy principles, lifestyle education strategies	Developing educational materials, conducting mock lifestyle education sessions
Health in All Policies & Lifestyle-Integrated Policies	3	Health in All Policies approach, integrating lifestyle considerations in policy formulation	Analyzing policy documents, drafting mock policies integrating lifestyle considerations
Health and Toxicology & Detoxification Lifestyle Practices	3	Understanding toxicology, detoxification practices	Assessing environmental toxins, discussing detoxification practices
Research in Preventive Medicine: Public Health & Lifestyle Medicine Research Overview	3	Research methodologies, current research in preventive and lifestyle medicine	Critiquing research articles, designing a mock research study

Topic	Hours	Theoretical	Practical
Physical Activity and Health & Lifestyle Physical Activity Guidelines	3	Physical activity guidelines, impact on health	Exercise sessions, designing physical activity programs
Sleep Management & Improving Sleep Quality	3	Understanding of sleep, assessment of sleep problems, and effective management of sleep	Apply knowledge to daily life in terms of assessing your sleep behavior, improving sleep hygiene, modifying behaviors to improve sleep quality
Relationship for well-being	3	Understanding, develop, and maintain healthy relationship to promote physical, mental, and social well-being	It's a crucial step that will help you build and maintain healthy relationships, leading to long-term well-being

6. Participants' Criteria:

6.1 Target group: Public Health personnel from ASEAN countries and other interested countries.

6.2 Qualification of participants: Bachelor's Degree in Doctor, Public Health or related.

7. Attendance and Evaluation

- Attend class more than 80 percent.
- The participants are required to participate and take pre and post tests.

8. Venue:

100% Online course. The Instructor may teach at Lifestyle Medicine Institute, 6th floor, Building 7, Department of Health, Ministry of Public Health

9. Expected Results:

The participants are able to exchange knowledge and experience from the training and are able to apply the knowledge and experience to add value to their works effectively.

10. Organization/ Institution:

Executing/Implementing Agency

1) Implementing Agency: Lifestyle Medicine Institute, Department of Health, Ministry of Public Health

2) Readiness of the implementing agency

The Short Training Course on “Preventive Medicine in Public Health and Lifestyle Medicine” has been held yearly by the Department of Health since 2025. The Department of Health has appointed a working group consists of 20 personnel who are responsible for the operation of the training course. The lecturer for each subject is the expert in that specific area to ensure that the knowledge will be pass on to the participants effectively. Regarding the materials and equipment availability, the Department of Health has designated a conference room equipped with necessary facilities for the training as the major venue of the training.

3) Address: Lifestyle Medicine Institute. 88/22, Moo 4, Tiwanon Road, Talad Kwan Sub-district, Muang District, Nonthaburi 11000

4) Contact person: Dr.Suparerk Suerungruang

5) Contact details: Telephone number: 02 590 4564

E-mail: lminstitute.anamai@gmail.com or
suparerk.s@anamai.mail.go.th

11. Expenditure/Funding:

Thailand International Cooperation Agency (TICA)

Government Complex, Building B (South Zone), 8th Floor,
Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND

Website: <https://tica-thaigov.mfa.go.th/en/index>

Email: aitc@mfa.go.th

Short Training Course on “Preventive Medicine in Public Health and Lifestyle Medicine” 2025

June 9 - 27, 2025

Department of Health, Ministry of Public Health, Thailand

Date	09.00 - 12.00 AM		13.00 - 16.00 PM
June 9, 2025	Welcome Session & Introduction to Preventive Medicine in Public Health	Break 12.00 - 13.00 PM	Lifestyle Medicine Overview
June 10, 2025	Fundamentals and Principles of Preventive Medicine		Strategic Planning for Lifestyle Interventions
June 11, 2025	Health Promotion in Public Health		Lifestyle Medicine Approach
June 12, 2025	Environmental Health		Sustainable Living
June 13, 2025	Health Impact Assessment		Lifestyle Modifications
June 14, 2025	Self study (no class)		Self study (no class)
June 15, 2025	Self study (no class)		Self study (no class)
June 16, 2025	Non-Communicable Diseases		Lifestyle Risk Factors
June 17, 2025	Mental Health		Stress management
June 18, 2025	Tobacco, Alcohol, and Substance Misuse		Lifestyle Intervention Case Studies
June 19, 2025	Overview of Health System		Lifestyle Medicine Services
June 20, 2025	Health Behavioral Change		Nutrition/Food Policy and Implementation
June 21, 2025	Self study (no class)		Self study (no class)
June 22, 2025	Self study (no class)		Self study (no class)
June 23, 2025	International Trade, Health		Health Literacy & Lifestyle Education Basics
June 24, 2025	Health in All Policies & Lifestyle-Integrated Policies		Health and Toxicology & Detoxification Lifestyle Practices
June 25, 2025	Research in Preventive Medicine: Public Health & Lifestyle Medicine Research Overview		Physical Activity and Health & Lifestyle Physical Activity Guidelines
June 26, 2025	Sleep Management & Improving Sleep Quality		Relationship for well- being
June 27, 2025	Post-Test		Closing Ceremony: Certificate Distribution, Closing Remarks, Farewell Refreshments, and Networking

Remark: The schedule will be changed due to situation