

BUILDING HEALTH-PROMOTING ENVIRONMENTS AND INFRASTRUCTURE



FOUNDATION OF HEALTH-PROMOTING ENVIRONMENTS






- Health is shaped by the environments where people live, work, and move – not only by hospitals or personal choices.




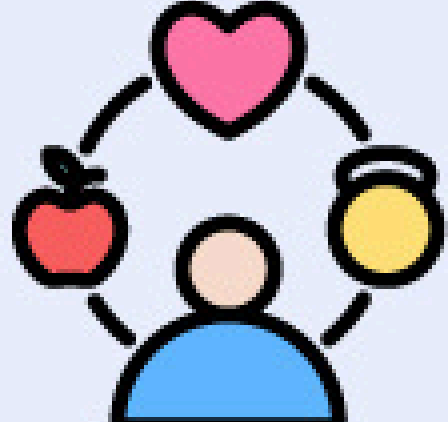
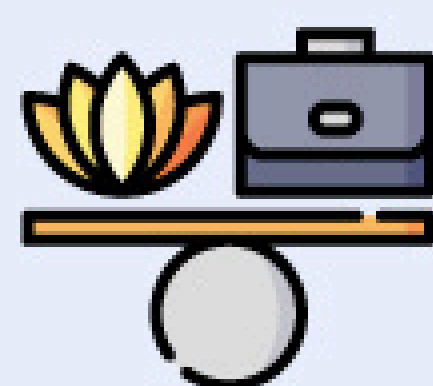
- Across Asia-Pacific, South Korea (KHEPI), Singapore (HPB), and Thailand (ThaiHealth) are turning cities and workplaces into environments that make healthy living part of daily life.

CASE STUDIES




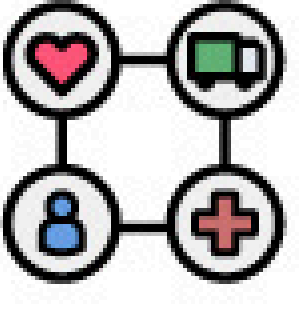

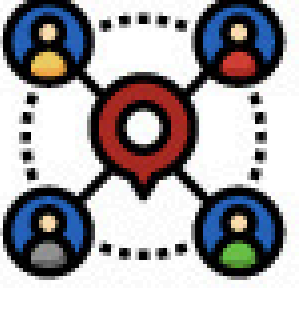


HEALTHY CITIES AND COMMUNITIES

ORGANIZATION	KEY INITIATIVES	HIGHLIGHTS	HEALTH IMPACTS
KHEPI South Korea	 Healthy Cities Movement 34 indicators across 5 domains (infrastructure, collaboration, participation, planning, information) under the National Health Promotion Act	<ul style="list-style-type: none">• Cities like Songpa and Gunsan integrate trails and greenways for walking and cycling.• Health Impact Assessment (HIA) ensures health is part of every policy.• Seoul Greenway Project connects 2,000 km of green paths for all.	<ul style="list-style-type: none">• More active living and climate resilience• Reduced regional health gaps• Greater equity and participation
HPB Singapore	 Walk–Cycle–Ride Vision with Silver Zones and Friendly Streets	<ul style="list-style-type: none">• Streets designed for pedestrians and cyclists.• Car-Free Sundays, Move-Lite campaigns promote active commuting.• Collaboration between HPB and the Land Transport Authority to align transport, health, and sustainability.	<ul style="list-style-type: none">• Promotes 300 min/week of physical activity through daily commutes• Improves mental health and community connectedness
ThaiHealth Thailand	 GoodWalk Project & Civic Mechanisms for Healthy Life-styles	<ul style="list-style-type: none">• Thailand’s first walkability index using GIS and citizen data.• Local leaders repurpose spaces—temples, riversides, schools—into activity zones.• Cultural activities (e.g., Grasshopper Dance, Nang Yai) used for exercise.	<ul style="list-style-type: none">• Lower healthcare costs and medication use• Strengthened local participation and cultural relevance

HEALTHY WORKPLACES

ORGANIZATION	APPROACH	KEY PROGRAMS	NOTABLE OUTCOMES
KHEPI South Korea	 Legal framework for Health-Friendly Workplace Certification	<ul style="list-style-type: none">• Certification under National Health Promotion Act.• Support through guidelines, forums, and tailored consulting.• Activities: flexible hours, on-site fitness, CSR for communities.	<ul style="list-style-type: none">• Reduced obesity (–2.1 kg avg)• 23% smoking quit rate• Improved mental health and job satisfaction
HPB Singapore	 Multi-tier system linking health, incentives & recognition	<ul style="list-style-type: none">• Workplace Outreach Wellness (WOW) – on-site programs, life style coaching.• Mindline at Work – digital mental-health support.• Corporate Challenge – team-based activity tracking.• Singapore Health Award for best employers.	<ul style="list-style-type: none">• Lower chronic-disease risk• More active, resilient workforce• Health culture embedded in businesses
ThaiHealth Thailand	 Holistic model linking happiness, mindfulness, and productivity	<ul style="list-style-type: none">• Happy Workplace – 8 dimensions of wellbeing (physical, mental, family, finance, etc.).• Mindfulness in Organization (MIO) – secular mindfulness for empathy and focus.	<ul style="list-style-type: none">• Enhanced emotional resilience• Improved teamwork and wellbeing• Long-term engagement and productivity

STRATEGIES FOR BUILDING HEALTH-PROMOTING ENVIRONMENTS

STRATEGIC FOUNDATION	IMPLEMENTATION APPROACH	SUSTAINABILITY MECHANISM
 KHEPI South Korea Embeds health into law via National Health Promotion Act	 Healthy City Indicators + Workplace Certification	 Legal frameworks, training, and policy forums
 HPB Singapore Integrates health into transport, workplace, and environmental policies	 Co-funded programs (WOW, Mindline, NSC Corporate Challenge)	 Digital engagement tools (Healthy 365 App) & recognition systems
 ThaiHealth Thailand Empowers local civic networks through co-investment	 Participatory design (GoodWalk, Happy Workplace)	 Leadership development, local mentorship, and community self-assessment

COMPARATIVE INSIGHT

KHEPI South Korea Top-down governance and standardization	HPB Singapore Cross-sector collaboration and digital incentives	ThaiHealth Thailand Bottom-up empowerment and cultural adaptation
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Together, they demonstrate how health can be built into cities, workplaces, and everyday systems, turning wellbeing into a shared social responsibility.