

SPACES FOR PROMOTION OF URBAN HEALTHY LIFESTYLES AND HEALTHY SPACE



Healthy Station Project : Lumphini MRT Station
Healthy Space : Benchakitti Park

10 November 2023

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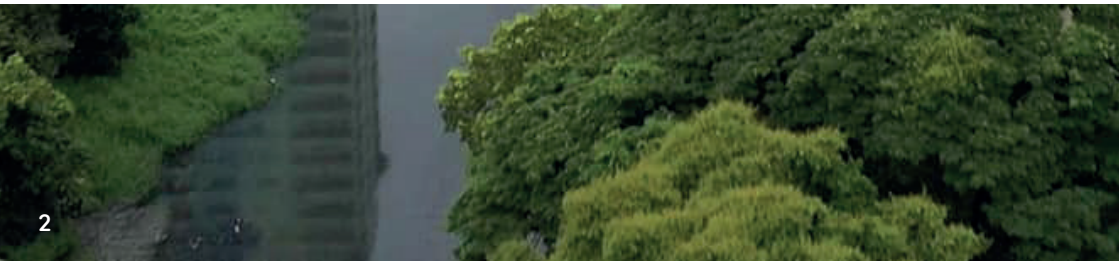
ThaiHealth places high importance to enabling **“healthy spaces”**, fostering healthy environment, public spaces, urban landscapes, and public transportation systems conducive to physical activities. In the upcoming five years (2023-2027), the organization aims to restore engagement in physical activity and active healthy lifestyles post Covid-19 for Thais of all ages. To achieve the goal, three strategic plans, called the **“3 Actives”** have been formulated as follows:

- ❖ **Active People:** encourage individuals to be active and cultivate health literacy among them
- ❖ **Active Environment:** create the environment conducive to physical activity
- ❖ **Active Society:** enable society to recognize and grasp numerous advantages of physical activity as it contributes to preventing many diseases effectively



In fact, Bangkok serves as a national hub for occupations, tourist attractions, educational institutions, and other activities as it is populated with millions of people. In this large and bustling city, a tremendous number of people suffer stress from different aspects of life, including work, study, traffic congestion, air pollution with detrimental effects on health, and the constant rush, resulting in a lack of self-care. All of these factors

contribute to the risks of Non- Communicable Diseases (NCDs) or illnesses induced by lifestyle behaviors – respiratory diseases, cardiovascular diseases, diabetes, cancer, and psychiatric disorders to name a few. Currently, 75 percent of Thai fatalities stem from these diseases, equivalent to 320,000 individuals per year, as a result of the stress of life and the environment which is not conducive to well-being. Transforming public spaces into healthy spaces, thus, plays a contributory role in promoting self-care among all individuals. The **“MRT Healthy Station”** initiative is aimed at transforming public spaces into healthy spaces for urban individuals.





MRT Healthy Station

There are five healthy stations, namely:

**Lumphini
Café**

at the MRT
Lumphini
Station

**No Helmet,
You Cannot
Make It**

at the MRT Queen
Sirikit National
Convention
Centre Station

**Unlock
Your Box**

at the MRT
Si Lom Station

**Move More
and Beat
the Office
Syndrome**

within an MRT train

**Lung
Tunnel**

at the MRT
Lumphini Station

1

“Lumphini Café” is intended to instill into Thais the awareness of relieving stress before stress accumulates; it encourages urban people to laugh 12-15 times a day to lessen their stress.

2

“No Helmet, You Cannot Make It” is aimed at promoting Thais’ awareness of the significance of wearing a helmet to reduce risks of severe injuries from accidents. Despite the fact that the fast-paced traffic in society accounts for a high rate of road accidents, merely a modest number of urban individuals wear a helmet. Consequently, ThaiHealth has attempted to show that if left unprotected without a helmet, the human brain is as fragile as a watermelon, a light bulb, or an egg falling onto the ground. Wearing a helmet can help reduce the severity upon impact.

3

“Unlock Your Box” is concerned with encouraging Thais to engage in an adequate amount of physical activity. In fact, adults are expected to engage in physical activity for a minimum of 10 minutes in each session, totaling no less than 150 minutes per week, while children are advised to partake in at least 60 minutes of daily physical activity. In this digital age, many individuals work longer hours and engage in online activities extensively for online shopping, gaming, and surfing the social media, they are inclined to have prolonged screen time, thus contributing to insufficient physical activity.

4

“Move More and Beat the Office Syndrome” is intended for those liable to suffer from muscle inflammation as a result of sedentary lifestyles, improper sitting and standing postures or prolonged durations of inactivity, leading to the office syndrome. In the train, techniques for muscle relaxation are displayed for all passengers, all of which have been recommended by sport scientists of the Network of Fatless Belly.

5

“Lung Tunnel” encouraged MRT underground passengers to walk through the lung tunnel of the Lumpini station. The tunnel is about 100 meters long, showing the graphic in the lung with AR technology to show a passerby the effects from smoking and supporting that human lung is able to recover after quit smoking.

Healthy Station media would serve as a starting point to establish public spaces, encourage all individuals to be aware of health risk factors, and build a society of happiness and smiles. Our gratitude is expressed to all concerned parties for their collaborative efforts in fostering a society with a system conducive to well-being, in alignment with ThaiHealth’s vision which is intended to enable “all Thai individuals to have lifestyles, society, and environment which foster well-being”. This has been attained through ThaiHealth’s and partners’ strategic approach to foster synergy, build innovations, and drive healthy communication.

MRT Healthy Station



LUMPHINI CAFÉ

at the MRT Lumphini Station

- ◆ Lumphini Café ◆ Healthy Station
- Laughing marks the beginning of good health. It is intended to instill into Thais awareness of stress relief before stress accumulates by encouraging urban people to laugh 12-15 times a day to lessen their stress.





LUNG TUNNEL

at the MRT
Lumphini station

◆ Lung tunnel ◆

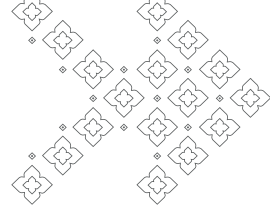
MRT Lumphini station The tunnel shows the graphic in the lung with AR technology to show you the effects from smoking and quit smoking support.

HEALTHY SPACE : BENCHAKITTI PARK



The environment is regarded as a social determinant of health which has been proven to have impacts on health, promoting physical activity, food, mental health, social interactions or community-based economy. Accordingly, green spaces and public parks have been one of the essential health infrastructures, which potentially contribute to well-being and the quality of life.

ThaiHealth's initiative for the development of **"Healthy Space"** aimed at establishing spaces to promote physical and health-related activities. ThaiHealth has worked on this in collaboration with its partners beyond the health sector. The work has continuously progressed over the years. In fact, not only has ThaiHealth accumulated a body of knowledge, best practices, and databases, but it has also focused on establishing collaboration with academia and civil society networks, thereby leading to collaborative efforts for advancing healthy spaces at the policy level. The examples are given below.



1 ➡

Model of a large public park to accommodate different lifestyles based on evidence: Initially, this stems from a collaboration between ThaiHealth and Bangkok Metropolitan Administration (BMA) in enhancing the quality of the Benchakitti Park, showcasing a case study of a healthy space. In particular, the research and development were conducted by the Faculty of Architecture, Kasetsart University, to be presented in the 6th International Congress on Physical Activity and Health 2016 (ISPAH2016), hosted by ThaiHealth in Thailand. This has pointed out that the data obtained through collaboration and research and development would promote the effective utilization of the spaces. Currently, Benchakitti Park has extended its space and collaborative network, transforming itself into Benchakitti Forest Park – a public park for urban dwellers and the environment.

2 ➡

The Sky Green Bridge is the elevated bike path linking Lumpini Park and Benchakitti Park serving as an ecological connector of Bangkok. It was aimed to

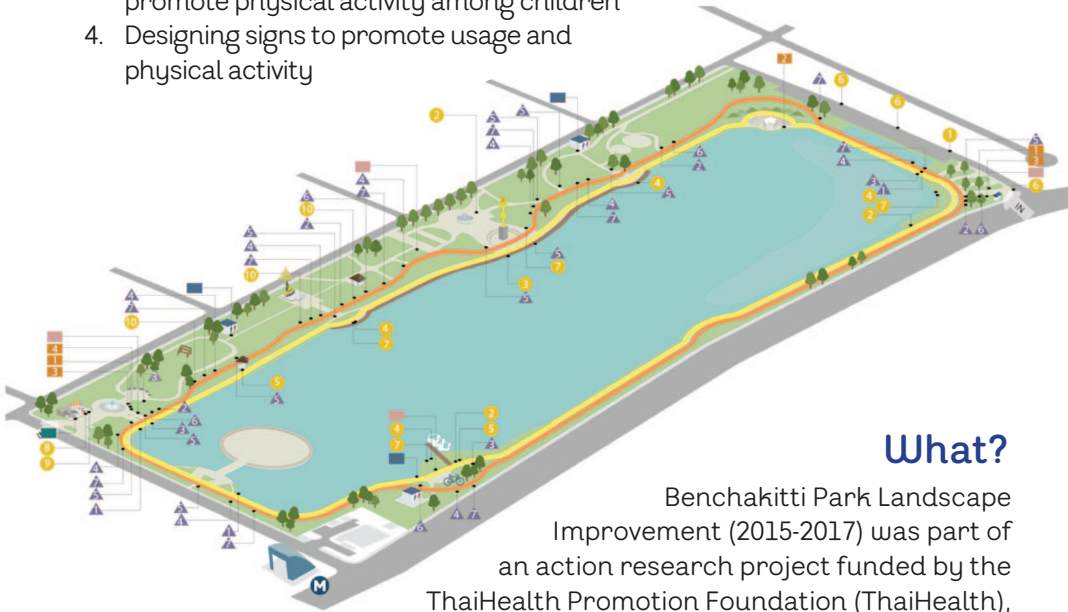
1. enhance the quality of traveling to promote increased engagement in physical activity
2. create a better environment
3. enhance the economic and social quality of life. It was developed through the utilization of databases, a body of knowledge, and experts' engagement to enhance holistic well-being, contributing to the emergence of the path connecting people and neighborhoods.

HEALTHY SPACE

◆ Benchakitti Park ◆

The transformation of a large public park to promote increased engagement in physical activity and well-being, accommodating people from all walks of urban life, was aimed at:

1. Altering the landscape of bike paths to promote physical activity
2. Transforming the landscape of walking-running paths to encourage physical activity
3. Changing the landscape of playgrounds to promote physical activity among children
4. Designing signs to promote usage and physical activity



What?

Benchakitti Park Landscape Improvement (2015-2017) was part of an action research project funded by the ThaiHealth Promotion Foundation (ThaiHealth), which investigated the effects of minor physical improvements in Thailand's public parks. The project was also used to investigate the feasibility of developing a pilot project on spaces and places to promote physical activity. The project was designed to be showcased at the 2016 International Society for Physical Activity and Health Congress, held in Bangkok and hosted by ThaiHealth.

Activethai.org: Open data platform to promote active environments and physical activity in Thailand

What did we do?

In February 2016, a steering committee was established to oversee park improvement, including the Bangkok Metropolitan Administration (BMA), Thai Health Promotion Foundation, Sports Authority of Thailand, community leaders, non-government organizations, and landscape architect professionals the research team. This project was divided into three phases.

1. Pre-intervention phase

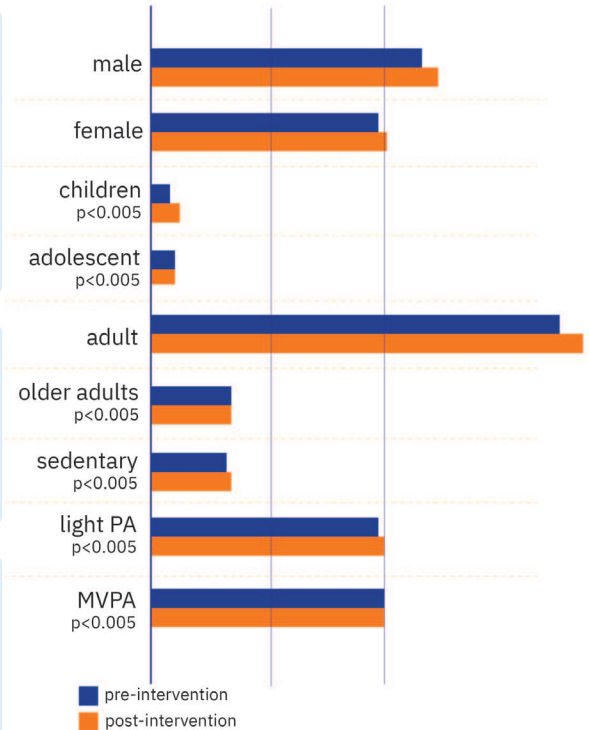
Research to understand the park characteristics (users, activities, features, etc.) and the existing design and non-design problems associated with park-based physical activity

2. Design intervention phase

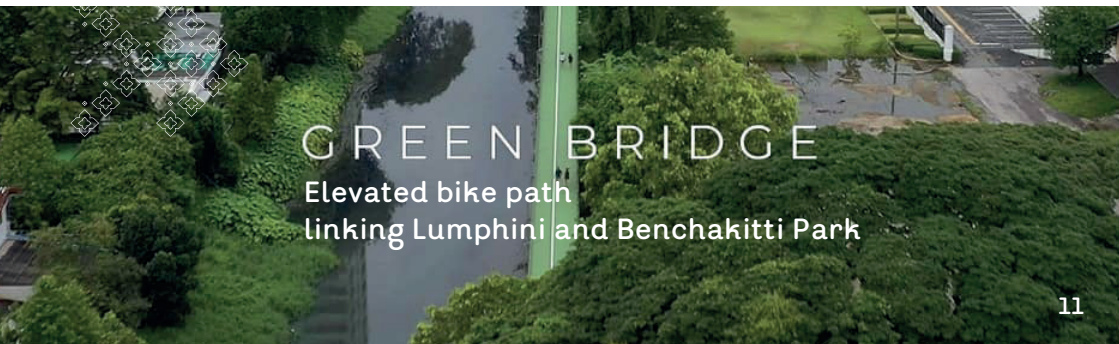
Developing design objectives and priorities, developing the final design and conducting design construction

3. Post-intervention phase

Design intervention evaluation to assess whether the intervention achieve the design objectives



Changes of users and physical activity patterns in Benchakitti Park



GREEN BRIDGE
Elevated bike path
linking Lumpini and Benchakitti Park



FIELD VISIT PROGRAMME

◆ Time	◆ Programmes	◆ Details	◆ Resource Persons
9.30 – 9.35 hrs.	Welcome Remarks	Venue : Room 302, 3 rd Fl., ThaiHealth Center	Dr. Pairoj Saonum Assistant CEO, ThaiHealth
9.35 – 10.00 hrs.	Sharing background and concept of MRT Healthy Stations	Venue : Room 302, 3 rd Fl., ThaiHealth Center	Mr. Kiatikun Siriwetchmongkolchai Senior Social Marketing
10.00 – 11.00 hrs.	Sightseeing inside the Lumphini MRT Station <ul style="list-style-type: none">• Lung Tunnel (Exit2)• Lumphini Cafe (Exit1)	Lumphini MRT Station <i>(leave ThaiHealth Center to MRT Lumphini)</i>	
11.00 – 11.30 hrs.	Travel to visit Queen Sirikit National Convention Centre MRT Station	Queen Sirikit National Convention Centre MRT Station <i>(Travel from MRT Lumphini)</i>	

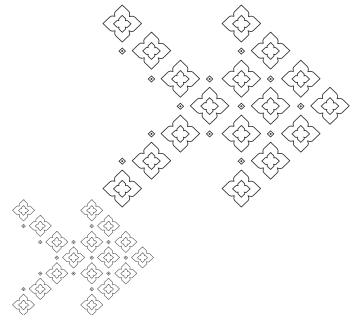
◆ Time	◆ Programmes	◆ Details	◆ Resource Persons
11.30 – 12.25 hrs.	Lunch	Queen Sirikit National Convention Centre	Mr. Krittayot Thanakan Project Management Analyst, Promotion of Healthy Life Style Section Ms. Kornnika Jitijawong Senior General Administrative Officer
12.25 – 12.30 hrs.	Introduction	Queen Sirikit National Convention Centre	Dr. Jetsada Arnin Department of Biomedical Engineer, Mahidol University
12.30 – 12.35 hrs.	Welcome remarks Present the background and concept of healthy space	Queen Sirikit National Convention Centre	Dr. Pairoj Saonuam Assistant CEO, ThaiHealth



FIELD VISIT PROGRAMME

◆ Time	◆ Programmes	◆ Details	◆ Resource Persons
12.35 – 12.50 hrs.	Walkable City: Wellbeing of walkable city	Queen Sirikit National Convention Centre	Asst. Prof. Dr. Niramon Serisakul Director of Urban Design and Development Center (UddC)
12.50 – 13.05 hrs.	Present the background of healthy space in the view of large scale of healthy space for everyone	Queen Sirikit National Convention Centre	Asst. Prof. Dr. Sigit Dwiananto Arifwidodo Faculty of Architecture, Kasetsart University
13.05– 13.20 hrs.	Presentation of the Benchakitti Forest Park	Queen Sirikit National Convention Centre	Arsom Silp Institute of the Arts
13.20 – 13.40 hrs.	Exchange and share about healthy space and urban policies together with representative of Bangkok Metropolitan	Queen Sirikit National Convention Centre	Representative of Bangkok Metropolitan Administration Dr. Pairoj Saonuum, ThaiHealth partners

◆ Time	◆ Programmes	◆ Details	◆ Resource Persons
13.40 – 14.20 hrs.	Walk the talk	Benchakitti Park	Promotion of Healthy Life Style Section and ThaiHealth
14.20 hrs.	End of the programme		





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