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วิทยาลัยเชียงราย

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ประโยชน์ที่ได้รับ

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เอกสารที่แนบมาด้วย

1. สรุปสาระสำคัญการประชุม

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Harmony of Sustenance: Integrating Food, Health, and Wellness Across a Lifetime

June 13-14, 2024

The 14th National and the 10th International PIM Conference are the annual academic conferences, organized by Panyapiwat Institute of Management (PIM). The purposes consist of providing a forum presentation of academic and research papers, conducted by faculty staff and students from various institutions and for sharing of findings and knowledge among researchers and professionals in many areas. In addition, participants will be provided significant suggestions from the qualified experts. This conference will be beneficial for research improvement in the future and for the creation of cooperative networks among the related academic disciplines. The main topic of the conference is "Harmony of Sustenance: Integrating Food, Health, and Wellness Across Lifetimes"

The Expected Outcomes:

1. Academics, professionals, faculty staff, researchers, and students have the forum to present their research papers, to exchange and share their knowledge, experiences and ideas, and to hear suggestions from qualified experts.
2. The creation of co-operative networks among academics in the same or related disciplines.

The global context of health and healthcare is shaped by a complex interplay of factors that include demographic shifts, economic disparities, technological advancements, environmental changes, and evolving disease patterns. Understanding this context is crucial for addressing the challenges and opportunities that arise in promoting global health equity. Here are the key components of the global health and healthcare context:

1. Demographic Shifts

- Aging Population: Many countries, particularly in the developed world, are experiencing an aging population, which increases the demand for healthcare services, especially for chronic conditions like heart disease, diabetes, and dementia. This shift requires healthcare systems to adapt to the needs of older adults, including long-term care, geriatric services, and palliative care.

- Population Growth and Youthful Demographics: In contrast, many low- and middle-income countries (LMICs) have rapidly growing populations with a high proportion of young people. This demographic reality presents challenges related to providing adequate

maternal and child healthcare, addressing infectious diseases, and creating opportunities for education and employment.

2. Economic Disparities and Health Inequities

- Access to Healthcare: There are significant disparities in access to healthcare services between and within countries. High-income countries generally have more robust healthcare systems, while LMICs often struggle with limited resources, leading to inadequate healthcare infrastructure, shortages of medical professionals, and limited access to essential medicines.

- Social Determinants of Health: Health outcomes are deeply influenced by social determinants such as income, education, housing, and employment. Inequities in these areas lead to disparities in health status, with marginalized and low-income populations often experiencing worse health outcomes.

3. Global Burden of Disease

- Epidemiological Transition: The global burden of disease is shifting from infectious diseases to non-communicable diseases (NCDs) like heart disease, cancer, and diabetes. While infectious diseases remain a significant challenge in many parts of the world, especially in LMICs, NCDs are becoming the leading causes of death globally, requiring different healthcare approaches.

- Emerging and Re-emerging Infectious Diseases: The world continues to face threats from emerging infectious diseases (e.g., COVID-19, Ebola) and re-emerging diseases (e.g., tuberculosis, malaria). Globalization, climate change, and human encroachment on wildlife habitats contribute to the spread and emergence of these diseases.

4. Technological Advancements

- Digital Health: The rise of digital health technologies, including telemedicine, electronic health records, and mobile health apps, is transforming healthcare delivery. These technologies have the potential to improve access to care, enhance disease monitoring, and empower patients, but they also raise concerns about data privacy and the digital divide.

- Medical Innovation: Advances in medical research and biotechnology, such as genomics, personalized medicine, and vaccines, offer new opportunities for disease prevention and treatment. However, the high costs associated with these innovations can exacerbate inequalities in access to cutting-edge therapies.

5. Environmental and Climate Change

- Impact on Health: Climate change poses significant risks to global health, including increased frequency of extreme weather events, shifts in the distribution of infectious diseases, food and water insecurity, and air pollution. Vulnerable populations, including those in LMICs, are disproportionately affected by these environmental changes.

- Sustainable Healthcare: There is a growing recognition of the need to develop sustainable healthcare systems that minimize environmental impact. This includes reducing the carbon footprint of healthcare facilities, promoting environmentally friendly practices, and addressing the health effects of climate change.

6. Global Health Governance

- International Organizations: Global health governance involves a range of international organizations, such as the World Health Organization (WHO), the World Bank, and non-governmental organizations (NGOs), which play key roles in coordinating responses to global health challenges, setting health standards, and providing funding and technical assistance.

- Global Health Security: The COVID-19 pandemic highlighted the importance of global health security and the need for coordinated international responses to public health emergencies. Issues such as vaccine equity, pandemic preparedness, and cross-border collaboration are central to ensuring global health security.

7. Cultural and Ethical Considerations

- Cultural Diversity in Healthcare: Cultural beliefs and practices influence health behaviors, perceptions of illness, and interactions with healthcare providers. Culturally competent care is essential for addressing the diverse needs of global populations and ensuring respectful, effective healthcare delivery.

- Ethical Challenges: Global healthcare raises ethical issues related to resource allocation, consent in medical research, and balancing individual rights with public health needs. Addressing these challenges requires a commitment to ethical principles and the development of global health policies that prioritize equity and justice.

8. Health Policy and Systems Strengthening

- Health System Resilience: Strengthening health systems to withstand shocks, such as pandemics or natural disasters, is a priority for many countries. This involves building robust infrastructure, training healthcare workers, and ensuring sustainable financing for health services.

- Universal Health Coverage (UHC): The global push for UHC aims to ensure that all individuals have access to quality healthcare services without financial hardship. Achieving UHC requires addressing barriers to care, such as cost, geographical access, and healthcare workforce shortages.

9. Global Health Initiatives and Partnerships

- Collaborative Efforts: Global health initiatives often involve partnerships between governments, international organizations, the private sector, and civil society. These collaborations are essential for addressing complex health challenges, such as infectious disease outbreaks, vaccine distribution, and the promotion of health equity.

- Global Health Funding: Financing for global health initiatives comes from various sources, including governments, international donors, and philanthropic organizations. Ensuring adequate and sustainable funding is critical for the success of global health programs.

Conclusion

The global context of health and healthcare is dynamic and multifaceted, influenced by demographic trends, economic conditions, technological advancements, environmental factors, and cultural diversity. Addressing global health challenges requires a coordinated, interdisciplinary approach that prioritizes equity, sustainability, and resilience, ensuring that all people, regardless of where they live, can achieve and maintain good health.

Holistic approach to food, health, and wellness

A holistic approach to food, health, and wellness is one that considers the whole person body, mind, and spirit—rather than focusing solely on isolated aspects of health. This approach recognizes that food, lifestyle, mental well-being, and environmental factors are interconnected and collectively contribute to overall health. Here's how a holistic approach can be applied:

1. Nutrition and Diet

- **Whole Foods**: Emphasize the consumption of whole, unprocessed foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential nutrients that support physical health, energy levels, and mental well-being.

- **Personalized Nutrition**: Recognize that nutritional needs vary from person to person based on factors like age, gender, activity level, and health status. A holistic approach involves tailoring dietary recommendations to meet individual needs and preferences.
- **Mindful Eating**: Encourage mindful eating practices, where individuals pay attention to their hunger and fullness cues, savor their food, and eat in a way that aligns with their body's needs. This can improve digestion, promote a healthy relationship with food, and prevent overeating.
- **Cultural Sensitivity**: Acknowledge and incorporate cultural and traditional dietary practices that contribute to health and wellness. Respect for cultural diversity in food choices is crucial in a holistic approach.

2. Physical Health and Activity

- **Exercise and Movement**: Regular physical activity is essential for maintaining overall health. A holistic approach includes a variety of activities such as aerobic exercises, strength training, flexibility exercises, and mind-body practices like yoga or tai chi—to promote cardiovascular health, muscle strength, and mental clarity.
- **Sleep and Recovery**: Adequate sleep and rest are fundamental components of physical health. A holistic approach emphasizes the importance of sleep hygiene, stress management, and recovery practices to ensure the body and mind are well-rested and rejuvenated.
- **Preventive Healthcare**: Focus on preventive measures, such as regular health screenings, vaccinations, and early detection of potential health issues. Preventive care helps in maintaining long-term health and avoiding chronic diseases.

3. Mental and Emotional Well-being

- **Stress Management**: Chronic stress can negatively impact physical and mental health. A holistic approach includes stress management techniques such as mindfulness, meditation, deep breathing exercises, and time spent in nature to reduce stress and enhance emotional resilience.
- **Mental Health Support**: Recognize the importance of mental health as part of overall wellness. This includes seeking professional support when needed, such as therapy or counseling, and incorporating practices that promote mental well-being, like journaling, creative expression, and social connections.

- **Emotional Awareness**: Encourage the development of emotional intelligence, which involves understanding and managing one's emotions, recognizing the emotions of others, and building healthy relationships.

4. Spiritual Health

- **Connection to Purpose**: A sense of purpose and meaning in life contributes to overall well-being. A holistic approach supports individuals in exploring and nurturing their spiritual beliefs, values, and practices, whether through religion, meditation, community service, or personal reflection.
- **Mind-Body Connection**: Practices that strengthen the mind-body connection, such as yoga, meditation, and mindfulness, are integral to a holistic approach. These practices promote inner peace, reduce stress, and enhance overall well-being.
- **Community and Belonging**: Spiritual health is also supported by a sense of belonging and connection to a community. Engaging in community activities, volunteer work, or group spiritual practices can foster a deeper sense of connection and well-being.

5. Environmental and Lifestyle Factors

- **Healthy Living Environment**: A holistic approach considers the impact of the environment on health. This includes creating a healthy living space with clean air, water, and natural light, as well as reducing exposure to toxins and pollutants.
- **Sustainable Practices**: Emphasize the importance of sustainability in food choices and lifestyle. This includes supporting local and organic farming, reducing food waste, and making environmentally conscious decisions that contribute to personal and planetary health.
- **Work-Life Balance**: Promote a balanced lifestyle that allows time for work, rest, play, and self-care. Achieving work-life balance is crucial for reducing stress, preventing burnout, and maintaining overall wellness.

6. Community and Social Well-being

- **Social Connections**: Strong social ties are a key component of a holistic approach to health. Encourage building and maintaining healthy relationships, participating in community activities, and seeking support from friends, family, and social networks.

- **Public Health and Social Equity**: A holistic approach also recognizes the broader social determinants of health, such as access to healthcare, education, and safe living conditions. Advocacy for social equity and public health initiatives that address these determinants is essential.
- **Collective Wellness**: Understand that individual health is connected to community health. A holistic approach promotes initiatives that benefit collective well-being, such as public health campaigns, community wellness programs, and efforts to reduce health disparities.

7. Integrative Healthcare

- **Complementary and Alternative Therapies**: Integrative healthcare combines conventional medicine with complementary therapies such as acupuncture, herbal medicine, chiropractic care, and massage therapy. A holistic approach values these therapies for their potential to enhance health and well-being.
- **Patient-Centered Care**: Healthcare should be personalized, involving the patient in decision-making and considering their preferences, values, and beliefs. A holistic approach supports a collaborative relationship between patients and healthcare providers.
- **Education and Empowerment**: A key aspect of a holistic approach is empowering individuals with knowledge and skills to take charge of their health. This includes providing education on nutrition, physical activity, mental health, and preventive care.

Conclusion

A holistic approach to food, health, and wellness is about seeing the bigger picture understanding how all aspects of life are interconnected and how they collectively influence well-being. By addressing the physical, mental, emotional, spiritual, and environmental dimensions of health, this approach promotes a balanced and fulfilling life, helping individuals achieve long-term wellness and resilience.

Caring across the lifespan

"Caring across the lifespan" refers to the comprehensive and continuous provision of care that supports individuals at every stage of life, from infancy through old age. This concept emphasizes the importance of adapting care practices to meet the evolving physical, emotional, social, and psychological needs of individuals as they age. It recognizes that each life stage presents unique challenges and opportunities, requiring tailored approaches to promote health, well-being, and quality of life.

Key Aspects of Caring Across the Lifespan

1. **Infancy and Early Childhood (0-5 years)**
   - **Focus**: During this stage, care emphasizes physical growth, developmental milestones, nutrition, immunization, and the establishment of a secure, loving environment.
   - **Key Needs**:
     - Breastfeeding or appropriate infant nutrition.
     - Regular health check-ups and vaccinations.
     - Early childhood education and developmental support.
     - Safe and nurturing care to promote emotional and social development.
2. **Childhood and Adolescence (6-18 years)**
   - **Focus**: Care during these years involves supporting continued physical growth, emotional development, education, and the formation of social relationships. Mental health and healthy lifestyle choices become increasingly important.
   - **Key Needs**:
     - Balanced nutrition and regular physical activity.
     - Support for academic and cognitive development.
     - Guidance on developing healthy habits, such as hygiene and exercise.
     - Emotional support and mental health care, particularly during adolescence.
     - Education on reproductive health and safety.

3. **Young Adulthood (19-40 years)**
    - **Focus**: This stage involves supporting individuals in establishing independence, pursuing education or career goals, forming relationships, and starting families. Preventive care and the management of early adulthood health issues are also crucial.
    - **Key Needs**:
        - Access to healthcare services for preventive care and screenings.
        - Support for mental health, including stress management and work-life balance.
        - Family planning and reproductive health services.
        - Nutritional guidance and encouragement of regular physical activity.
        - Support for career and educational pursuits.
4. **Middle Adulthood (41-65 years)**
    - **Focus**: Care in middle adulthood focuses on maintaining health and wellness, managing chronic conditions, and planning for retirement and later life. This stage may also involve caring for aging parents and supporting adult children.
    - **Key Needs**:
        - Regular health screenings for conditions like hypertension, diabetes, and cancer.
        - Management of chronic health conditions.
        - Mental health support, including coping with life transitions.
        - Financial planning and preparation for retirement.
        - Support for caregiving responsibilities, such as caring for elderly parents.
5. **Older Adulthood (66 years and older)**
    - **Focus**: In older adulthood, care emphasizes managing the health issues associated with aging, maintaining independence, and enhancing quality of life. Palliative care and end-of-life care also become important considerations.

- **Key Needs**:
    - Comprehensive management of multiple chronic conditions.
    - Support for mobility, fall prevention, and physical activity.
    - Mental health care, particularly in addressing loneliness, depression, or cognitive decline.
    - Assistance with activities of daily living (ADLs) and support for independent living.
    - Palliative care and advance care planning for end-of-life issues.

Principles of Caring Across the Lifespan

1. **Person-Centered Care**:
    - Care should be tailored to the individual's needs, preferences, and life circumstances at each stage of life. This involves actively involving individuals in their care decisions and respecting their autonomy.
2. **Continuity of Care**:
    - Continuous care is essential to address the changing health and wellness needs as individuals progress through different life stages. This involves coordination among healthcare providers, caregivers, and support systems to ensure seamless transitions between stages.
3. **Preventive Care**:
    - Emphasizing preventive care at every stage of life can help mitigate health risks and promote long-term well-being. This includes vaccinations, screenings, lifestyle counseling, and early intervention for potential health issues.
4. **Holistic Approach**:
    - A holistic approach to care considers all aspects of an individual's well-being, including physical, mental, emotional, and social health. This approach ensures that care addresses the full spectrum of needs across the lifespan.
5. **Support for Caregivers**:

- Recognizing the role of caregivers, especially for the very young and the elderly, is vital. Providing support, resources, and education to caregivers ensures they can offer effective care while maintaining their own well-being.

Conclusion

Caring across the lifespan is about recognizing the unique needs and challenges at each stage of life and providing appropriate, compassionate, and effective care to support individuals throughout their journey. By adopting a lifespan approach to care, healthcare providers, families, and communities can contribute to the health and well-being of individuals at every age, ensuring a better quality of life from infancy through old age.

Health and wellness technology

Health and wellness technology refers to a broad range of digital tools, devices, applications, and systems designed to monitor, manage, and improve health and well-being. These technologies are increasingly integrated into healthcare, fitness, and daily life, offering innovative solutions to enhance personal health, prevent diseases, and promote overall wellness. Here's an overview of what health and wellness technology encompasses:

1. Wearable Devices

- **Fitness Trackers**: Devices like Fitbit, Garmin, and Apple Watch track physical activity, heart rate, sleep patterns, and other health metrics. They help users set fitness goals, monitor progress, and maintain an active lifestyle.
- **Smartwatches**: Beyond fitness tracking, smartwatches offer additional health-related features like ECG monitoring, blood oxygen levels, stress tracking, and menstrual cycle tracking.
- **Medical Wearables**: Devices that monitor specific health conditions, such as continuous glucose monitors (CGMs) for diabetes or wearable ECG monitors for heart health, provide real-time data and alerts to users and healthcare providers.

2. Mobile Health Apps

- **Wellness Apps**: Apps like MyFitnessPal, Calm, and Headspace focus on aspects of wellness such as diet tracking, meditation, stress management, and sleep improvement.

- **Health Management Apps**: These apps help users manage chronic conditions (e.g., diabetes management apps), monitor symptoms, or adhere to medication schedules. They often sync with wearable devices or healthcare provider platforms.
- **Telemedicine Apps**: Platforms like Teladoc or Amwell allow users to consult with healthcare professionals remotely, making healthcare more accessible and convenient.

3. Telemedicine and Telehealth

- **Virtual Consultations**: Telemedicine enables patients to connect with healthcare providers via video calls, phone calls, or messaging. This is particularly valuable for routine check-ups, follow-ups, and consultations that do not require physical examinations.
- **Remote Patient Monitoring**: Telehealth includes the use of technology to monitor patients' health remotely, often through connected devices that transmit data to healthcare providers, enabling continuous care and timely interventions.

4. Smart Home Health Technology

- **Smart Health Monitors**: Devices like smart scales, blood pressure monitors, and thermometers can connect to apps and provide users with insights into their health trends over time.
- **Voice Assistants**: Devices like Amazon Echo or Google Home can assist with health management by setting medication reminders, providing health information, or even connecting to other health devices.
- **Home Fitness Equipment**: Smart fitness equipment, such as Peloton bikes or Mirror home gyms, offers interactive workouts, tracks performance, and provides a personalized fitness experience at home.

5. Artificial Intelligence (AI) in Health and Wellness

- **Personalized Health Recommendations**: AI algorithms can analyze data from wearable devices, health apps, and electronic health records to provide personalized health and wellness recommendations.
- **Virtual Health Assistants**: AI-driven chatbots or virtual assistants can offer health advice, answer questions, and assist with scheduling appointments or managing chronic conditions.

- **Predictive Analytics**: AI can be used in healthcare to predict health risks, such as the likelihood of developing certain conditions based on genetic, lifestyle, and environmental factors, enabling proactive health management.

6. Digital Therapeutics

- **Behavioral Therapy Apps**: These apps use evidence-based interventions to help manage conditions like anxiety, depression, or insomnia. They often include modules on cognitive-behavioral therapy (CBT), mindfulness, or habit formation.
- **Chronic Disease Management**: Digital therapeutics can provide personalized interventions for managing chronic diseases, such as apps that deliver structured programs for diabetes, cardiovascular disease, or asthma.

7. Genomic and Biometric Technologies

- **DNA Testing Kits**: Companies like 23andMe or AncestryDNA offer genetic testing kits that provide insights into an individual's ancestry, health risks, and potential responses to certain medications based on their genetic profile.
- **Biometric Scanners**: Devices that measure biometric data like retinal scans, fingerprints, or facial recognition are increasingly used in health and wellness contexts, particularly for secure access to medical records or personalized health services.

8. Virtual Reality (VR) and Augmented Reality (AR)

- **VR for Pain Management**: Virtual reality can be used as a tool for pain management, distraction therapy, and rehabilitation, particularly in chronic pain or post-surgery recovery.
- **AR for Fitness**: Augmented reality can enhance fitness experiences by providing interactive, immersive workouts, such as those that guide users through exercises or simulate real-world environments.

9. Health Information Systems

- **Electronic Health Records (EHRs)**: EHR systems store and manage patient health information digitally, allowing for easier access and sharing among healthcare providers, improving coordination of care.
- **Patient Portals**: These systems allow patients to access their health records, communicate with healthcare providers, and manage appointments online, promoting greater engagement in their own care.

10. Sustainability and Environmental Health Technology

- **Eco-friendly Health Products**: Technologies that promote environmental sustainability in health, such as biodegradable health products, energy-efficient medical devices, and apps that track environmental impacts on health (e.g., air quality monitors).
- **Sustainable Wellness**: Technologies that integrate wellness with environmental consciousness, like apps that encourage sustainable living practices, reducing the carbon footprint of personal health activities.

Conclusion

Health and wellness technology is revolutionizing the way individuals manage their health and well-being. By providing tools that enable personalized care, real-time monitoring, and remote access to healthcare services, these technologies empower people to take a more active role in their health, improve their quality of life, and prevent diseases. As technology continues to advance, it will likely play an even more integral role in shaping the future of healthcare and wellness.

Health innovation and change in behavior of people

Health innovation refers to the development and application of new ideas, technologies, practices, and systems that improve healthcare delivery, patient outcomes, and overall public health. This can include advancements in medical technology, new approaches to disease prevention, improved healthcare services, and novel health policies. **Change in behavior** is a critical component of health innovation, as the success of new health solutions often depends on the willingness and ability of individuals to adopt healthier behaviors.

Health Innovation

Health innovation encompasses a wide range of developments, including:

1. **Technological Advancements**:
    - **Digital Health Tools**: The use of mobile apps, wearable devices, telemedicine platforms, and AI-driven diagnostics to monitor and manage health.
    - **Medical Devices**: Innovations such as minimally invasive surgical tools, advanced imaging technologies, and smart implants.

- **Pharmaceuticals and Biotechnology**: The development of new drugs, gene therapies, and personalized medicine approaches that tailor treatment to individual genetic profiles.

2. **Service Delivery Innovations**:
   - **Telehealth**: The expansion of remote healthcare services, allowing patients to receive care from home, which became especially prominent during the COVID-19 pandemic.
   - **Integrated Care Models**: Approaches that coordinate care across different providers and settings, ensuring that patients receive comprehensive, continuous care.
   - **Community Health Initiatives**: Programs that bring healthcare services to underserved populations, often using mobile clinics, community health workers, or telehealth.
3. **Public Health Innovations**:
   - **Health Campaigns**: Public health campaigns that use social media, influencers, and other modern communication methods to promote vaccination, healthy eating, or other health behaviors.
   - **Disease Prevention Strategies**: Innovative approaches to prevent chronic diseases, such as community-based interventions, workplace wellness programs, or policies that promote healthy environments.
4. **Policy and Organizational Innovations**:
   - **Health Policy Reforms**: Changes in healthcare policies that aim to improve access, reduce costs, or enhance the quality of care, such as the implementation of universal healthcare systems or value-based care models.
   - **Organizational Change**: Innovations in how healthcare organizations operate, such as the adoption of electronic health records (EHRs), patient-centered care models, or interdisciplinary care teams.

Change in Behavior of People

For health innovations to be effective, they often require individuals to change their behaviors. Behavioral change is complex and involves several factors:

1. **Awareness and Education**:

- **Health Literacy**: Educating individuals about the importance of certain health behaviors, such as the benefits of regular exercise, healthy eating, or adherence to medication regimens.
- **Public Health Campaigns**: Initiatives that raise awareness about health risks and promote behavior change, such as anti-smoking campaigns or efforts to reduce alcohol consumption.

2. **Motivation and Incentives**:
   - **Personal Motivation**: Encouraging individuals to adopt healthier behaviors by connecting them to personal goals, such as improving quality of life, longevity, or the ability to enjoy activities.
   - **Incentive Programs**: Offering rewards or incentives for healthy behaviors, such as discounts on health insurance premiums for regular health check-ups or participation in wellness programs.
3. **Social Influence and Support**:
   - **Peer Influence**: Leveraging social networks and peer support to encourage behavior change. For example, people are more likely to quit smoking if they have friends or family members who also quit.
   - **Community Programs**: Group-based interventions, such as weight-loss programs or exercise classes, that provide social support and accountability.
4. **Environmental and Policy Changes**:
   - **Built Environment**: Modifying the physical environment to make healthy choices easier, such as creating walking paths, providing access to healthy foods, or implementing smoke-free zones.
   - **Regulatory Changes**: Policies that encourage healthy behaviors, like taxes on sugary drinks, restrictions on tobacco advertising, or mandates for physical education in schools.
5. **Behavioral Economics**:
   - **Nudging**: Designing environments and choices in a way that subtly encourages healthier behaviors without restricting freedom of choice. For example, placing healthier food options at eye level in stores to increase the likelihood of selection.

- **Default Options**: Making the healthy choice the default option, such as automatically enrolling employees in workplace wellness programs unless they opt out.

Interplay Between Innovation and Behavioral Change

For health innovations to be successful, they must be effectively adopted and utilized by individuals. This often requires a combination of technology, education, motivation, and supportive environments. Behavioral change theories, such as the Health Belief Model, Transtheoretical Model, and Social Cognitive Theory, provide frameworks for understanding how people adopt new health behaviors.

- **Adoption of Technology**: People may need to learn how to use new health technologies, such as wearable devices or health apps, and understand the benefits they offer.
- **Sustained Behavior Change**: Innovations must be designed to support long-term behavior change, not just short-term adoption. This includes providing ongoing motivation, feedback, and support.
- **Cultural and Social Considerations**: Innovations must be culturally sensitive and consider the social contexts in which people live. For example, a successful health app in one country may not be as effective in another due to differences in health beliefs, technology access, or social norms.

Conclusion

Health innovation and behavior change are closely linked, as new technologies and approaches often require individuals to modify their habits and routines. The success of health innovations depends on understanding and addressing the behavioral, social, and environmental factors that influence how people make health-related decisions. By combining cutting-edge technologies with strategies to support behavior change, it is possible to create lasting improvements in individual and public health.

คณะพยาบาลศาสตร์
วิทยาลัยเชียงราย
ที่ พย.วช. 941/2566
ว/ด/ป 02 เม.ย. 2567 เวลา
ผู้รับ.....

สำนักอธิการบดี
วิทยาลัยเชียงราย
ที่ 1661(ท)/2566
3 เม.ย. 2567 เวลา 16.30
ผู้รับ อรนิพ

วิทยาลัยเชียงราย

แบบคำขอไปร่วมประชุม สัมมนา อบรม

ภาคเรียนที่ ...2.... ปีการศึกษา.....2566.....

วันที่.....1.....เดือน.....เมษายน.....พ.ศ...2567

ข้าพเจ้า.....ผู้ช่วยศาสตราจารย์นริศรา ใคร้ศรี..... ตำแหน่ง.....อาจารย์ประจำ.....วิทยาลัย สังกัด คณะ/สำนัก.....พยาบาลศาสตร์.....สาขาวิชา การพยาบาลมารดาทารก และการผดุงครรภ์ มีความประสงค์จะขอไปร่วมกิจกรรม ดังนี้

☐การสัมมนา ☐ การฝึกอบรม ☑ การประชุมเชิงวิชาการ ☐ การประชุมเชิงปฏิบัติการ ☐ อื่นๆ.....

เรื่อง Harmony of Sustenance: Integrating Food, Health, and Wellness Across Lifetimes.

จัดโดย สถาบันการจัดการปัญญาภิวัฒน์ วันที่ 13 – 14 มิถุนายน 2567 เวลา 08.00-16.30 น สถานที่ห้องประชุม สถาบันการจัดการปัญญาภิวัฒน์ อำเภอปากเกล็ด จ.นนทบุรี

<u>วัตถุประสงค์</u> ส่งเสริมให้เกิดการแลกเปลี่ยนเรียนรู้และแลกเปลี่ยนความคิดเห็นของนักวิชาการของสถาบันต่างๆ ทั้งในและต่างประเทศ ตลอดจนการเผยแพร่ผลงานวิจัยที่มีประโยชน์สู่นักวิชาการและสู่สาธารณะ อันจะนำไปสู่การสร้างสรรค์ผลงานวิชาการที่มีคุณค่าและเป็นการสร่างเครือข่ายความร่วมมือ

<u>สิ่งที่คาดว่าจะได้รับ</u> ได้เครือข่ายความร่วมมือในการทำงานวิจัย

การขอร่วมประชุม สัมมนา อบรม ครั้งนี้ของข้าพเจ้าเป็นครั้งที่....1..... ในปีการศึกษา.....2566.....โดย

☐ เป็นความประสงค์ของข้าพเจ้าเอง ☑ ได้รับมอบหมายจากวิทยาลัย

☐ อื่นๆ(ระบุ)..... (ปรากฏตามเอกสารแนบท้ายนี้)

<u>วงเงินค่าใช้จ่าย</u> <u>ค่าลงทะเบียน</u> ☐ ไม่เสียค่าลงทะเบียน ☑ เสียค่าลงทะเบียน จำนวน.....4,000....บาท

<u>การเดินทาง</u> ☐ ขอใช้พาหนะของวิทยาลัย ☑ กรณีไม่มีพาหนะ ขอเบิกค่าใช้จ่าย

ค่ารถไปกลับ จำนวน.....1,300.....บาท

ค่ารถ TAXI ไปกลับ จำนวน.....บาท

ค่าที่พัก ☑ ตามเกณฑ์ของวิทยาลัย จำนวน.....800.....บาท

ค่าเบี้ยเลี้ยง ☐ ตามเกณฑ์ของวิทยาลัย จำนวน.....บาท

ชร-กทม 650*2 =1,300
รวม 1,300 บาท

เรียน ศึกษาบดี
เพื่อโปรดพิจารณา [illegible]
งบประมาณในการเข้าร่วมประชุม [illegible]
จำนวน 6,100 บาท [illegible]
[illegible]
4/4/67

รวมเป็นเงินทั้งสิ้น.....6,100.....บาท

ลงชื่อ [signature] ผู้ขอ

(ผศ.นริศรา ใคร้ศรี)

<u>การพิจารณา</u>

ความเห็นคณบดี	อธิการบดี
[illegible] ลงชื่อ [signature] (ผศ. [illegible]) ปฏิบัติการแทนคณบดี 1 เม.ย. 67	☐ อนุมัติ ☐ ไม่อนุมัติ ☐ อื่นๆ..... ลงชื่อ..... (ผศ.ดร.อินทร์ จันทร์เจริญ) วันที่.....เดือน.....พ.ศ. .....
ความเห็นรองอธิการบดีฝ่ายวิชาการ [illegible] ลงชื่อ [signature] (ผศ.ดร.[illegible])	

อนุมัติ [signature]
10 เม.ย. 2567