

## **“Building the Capacity of Domestic Workers as Health Volunteers for the Network of Domestic Workers in Thailand ”**

The **Network of Domestic Workers in Thailand (NDWT)** recognizes the importance of addressing health issues faced by its members. Survey results revealed concerning health conditions among domestic workers: **58.28%** were found to have high blood lipid levels, **39.67%** were at risk of cervical cancer, **12.23%** had high blood pressure, and **6.25%** had high blood sugar. These health problems not only affect workers’ well-being but are also closely linked to their **right to access public health services**, which many members are still unable to fully obtain.

To strengthen members’ capacity to take care of their health and confidently access their medical rights, the Network organized the **first “Health Volunteer Training Workshop”** on **31 August 2025** at the Girl Guides Association of Thailand, Victory Monument. The workshop was attended by **20 women participants**. The session was honored by the presence of **Mr. Chuwong Saengkong**, a key advocate for the Migrant Health Volunteer program, together with his team. They shared knowledge on the roles of health volunteers, telephone counselling, the

Universal Health Coverage (UHC) scheme, non-communicable diseases (NCDs), occupational illnesses, and the proper and informed use of medicines.



Participants shared that the training offered them a new perspective on health volunteer work: **“I thought being a volunteer would be difficult, but after joining today’s activity, I realized it is very good and truly useful.”** **“The trainer said: listen more, speak less, and repeat back what you’ve heard. We**

**need to adjust ourselves accordingly.”** These testimonies reflect genuine learning and a shift in participants’ attitudes toward volunteerism.

This training marked the **first step in building a network of health volunteers** who will play a crucial role in helping fellow workers access accurate health information, practice basic self-care, and exercise their health rights with confidence. It represents an important milestone driven collectively by the Domestic Workers’ Network, advancing health security for workers within Thai society.

