

News letter 10

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USU SUMMER COURSE 2023 OPENS INSIGHTS IN THE ASIA REGION

The Universitas Sumatera Utara together with the Erasmus Plus Funding SPIRIT (Sport and Physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka) Project, developed a curriculum focused on developing physical activity and nutrition for the prevention of non-communicable diseases. The Erasmus Plus SPIRIT Project involves European and Asian countries including Spain, Cyprus, Portugal, India, Sri Lanka and Indonesia, jointly developing curricula, e-learning, lifelong learning courses, focusing on increasing physical activity, sports and good nutrition. perfect for young people. The Chancellor of the Universitas Sumatera Utara, Prof. Dr. Muryanto Amin, S.Sos, M.Si, strongly supports this activity by facilitating with facilities and support for the implementation of the USU Summer Course 2023. The Chancellor also stated that by exchanging knowledge between developing countries, it is hoped that it will result in an understanding, analysis and proper formulation of physical activity and diet to anticipate the problem of triple burden disease.

This activity is an activity of the Faculty of Medicine (FK), Universitas Sumatera Utara. This was revealed by the Dean of USU's FK, Prof. Dr. dr. Aldy Safruddin Rambe, SpS(K), in his presentation he revealed that after going through the Covid-19 Pandemic for more than three years, developing countries, especially in Asia, are now faced with the emergence of a new health burden problem apart from the burden of the two previous health problems namely infectious and non-communicable diseases. During the Covid-19 pandemic, restrictions on activities outside the home increased the sedentary lifestyle and indirectly impacted socio-economic changes on families. Apart from that, there has been a decrease in the number of people visiting hospitals or health centers to carry out routine checks for non-communicable diseases such as type-2 diabetes mellitus, hypertension, obesity, coronary heart disease. This is due to the tendency of the Covid-19 pandemic. The above conditions have caused Asian countries to now face a triple burden of disease, namely communicable diseases that have not been resolved, non-communicable diseases whose numbers are increasing and global health conditions that appear like a pandemic.

Universitas Sumatera Utara International Summer Course 2023 in collaborating with SPIRIT Project is held with a focus on activities on understanding and analyzing physical activity, balanced nutrition, nutrigenomics in sport, and other things that develop in sports. Course participants are expected to be more familiar with sports, especially traditional sports, proper nutrition for sports, and nutrigenomics in sports.

Chairman of the USU Summer Course 2023 in collaborating with the SPIRIT Project, Prof. Dr. dr. Dina Keumala Sari, M. Gizi, SpGK(K) said that this activity was attended by 12 countries and 18 universities, with a total of 136 participants taking online and offline courses. This activity was held from 24 to 31 July 2023, inviting 19 speakers from Spain, Cyprus, India, Sri Lanka, Malaysia and Mexico, apart from USU being involved in other universities in Indonesia such as the Bogor Agricultural Institute (IPB), Medan State University (UNIMED), and Syah Kuala University (USK).

This activity aims to introduce areas of study program excellence, attract students outside of USU, especially international students so that they can support USU's internationalization program, increase the number of inbound students in the medical faculty study program, implement cooperation that has existed between institutions/agencies, introduce the local area of Sumatra North which has a wealth of biological spices, and introduces Indonesian culture, especially North Sumatra to the international community.

This activity consists of lectures and practicums, focused on increasing physical activity and proper nutrition to support energy needs. During the course, material was given on various aspects of reducing the incidence of non-communicable diseases, especially overcoming the triple burden of diseases, especially in Asia. It is hoped that the existence of this course will open up broader insights about the problems of this sport. It is planned that this will bring USU even better, especially in Asian countries, then USU will welcome the USU Summer course 2024 next year and give its best to solve world and Asian problems, especially in the fields of exercise and proper nutrition.

This news can be found in (Waspada) online news: <https://waspada.id/pendidikan/usu-summer-course-2023-membuka-wawasan-di-wilayah-asia/>

Also in Analisa online news: <https://analisadaily.com/berita/baca/2023/07/31/1044805/usu-summer-course-2023-membuka-wawasan-di-wilayah-asia/>

News in English in USU SPIRIT Website: <https://www.usu.ac.id/id/berita/usu-spirit-project-gelar-international-summer-course-2023->







Recording





WELCOME SPEECH

Dean of Faculty of Medicine USU

Prof. Dr. dr. Aldy Safruddin Rambe, Sp. S(K)



