

Promoting health through the economic crisis of Ban Sai San community, Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat

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Situation

Based on the analysis of the community's situation, it was found that there is excessive spending, a lack of occupational knowledge, and the use of chemical fertilizers, which increases production costs and negatively affects water sources and soil quality. The main source of income comes from monoculture farming, with no supplementary occupations, resulting in the community's income being insufficient.

Target Population

15 members of the working group and 80 rubber plantation farmers.

Procedure

- 01 Conduct knowledge exchange activities, including intercropping rubber trees, making organic fertilizers and bio-extracts, soil conservation, environmental and water resource restoration, reducing unnecessary expenses through simple household accounting, and learning about data management to create a healthy environment.
- 02 Organize learning forums to develop community processes, find, and learn from **"community role models"**
- 03 Implement household model activities to share experiences
- 04 Monitor and evaluate each occupational group and summarize lessons learned.



Outcome

- 70% of household members gain knowledge and skills in intercropping rubber trees, making organic fertilizers and bio-extracts, managing data to create a healthy environment, and using simple income and expense accounting.
- 70% of household members have increased income and reduced expenses.



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