

1. Title: Promoting mental health, Well-being, and Family Income Through Growing Vegetables with Cultivating Worm: Ban Mai Mook Community, Thai Buri subdistrict, Thasala district, Nakhon Sri Thamarat Province

2. Core SDG: SDG 3 “Good Health and Well-being”
SDG Indicator: 3.3.2 Health outreach program
 : 3.3.5 Mental health support
 : 2.5.1 Access to food security knowledge

Project operators:
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3. Related SDG: 17.2.1 Relationships with regional NGOs and government for SDG policy

4. SDGs (Agenda) Outreach & Engagement

The promoting issues: Aim of the project is to collaborate among several sectors to promote mental health, enhance economics, and increase family income to mitigate the impact of the Covid-19 pandemic. The project runs from 1 January 2023 to 31 December 2023.



6. Content Story:

The Mai Mook Community: consists of 820 individuals (220 households). They were severely impacted by the COVID-19 pandemic economically, resulting in job losses and decreased family income. Moreover, most community members experienced moderate to severe stress, affecting their mental health. The primary occupations in the community include gardening (rubber and fruit plantation), followed by merchants and a few employees. This project is crucial to improve their quality of life post-pandemic.

Collaboration project: The success of this project was the result of collaboration among community leaders, Thai Buri Subdistrict Municipality, Ban-Harn Health Promoting Hospital, Thasala Municipality, Thai-Buri Non-Formal and Informal Education Centre, Thasala Hospital, Pak Phanang District Public Health, Thai Health Promotion Foundation, NGOs working in the community, and the arrangement by the School of Nursing, Walailak University.

Project Outcome: The project yielded several benefits, including increased family income through organic vegetable cultivation and online marketing, providing knowledge on family income management, and enhancing community skills to manage different projects. The most significant impact was the improvement in mental health and life skills among the community members. Additionally, organic plantations contributed to a healthier lifestyle for the people in this community.

Consequently: This project not only improved their quality of life but also created new job opportunities. They have successfully established an ecologist tourist attraction for different tourists visiting the community. Furthermore, Planting by an organic method is more advantageous for people in the community-consuming healthy food as well.

7. Infographic: Process & Outcome



Photos

