



INTEGRATED AGRICULTURE PROMOTES MENTAL WELL-BEING AND INCREASES HOUSEHOLD INCOME IN BAN AO LUK NOI, AO LUK NOI SUBDISTRICT, AO LUK DISTRICT, KRABI PROVINCE.

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Core SDGs : 1.4.1 Local start - up assistance

Relate SDGs : 3.3.2 Health outreach programs, 2.5.1 Access to food security knowledge, 17.2.1 Relationships with regional NGOs and government for SDG policy



SITUATION

From 2020 to 2022, due to the outbreak situation of the COVID-19 infectious disease, the community faced the problem of insufficient income for its residents. The causes of problems can be classified as follows:

THE CAUSES OF PROBLEMS

- 1) Behaviors: Because people in the community did not have additional occupations .
- 2) System Mechanism: The community lacked clear rules and no continuous support for occupational groups .
- 3) Social environment: Drug problems were spreading in the community, leading to family issues
- 4) Environmental: People in the community still lacked awareness of resource conservation..



PROCEDURE

Walailak University has therefore engaged in discussions with community leaders, involving 10 individuals, to analyze problems, identify causes, search for resources, and assess the community's potential. The following steps are outlined for problem-solving activities:

- 1) Strengthening community leaders and professional groups by forming a working group of 15 community leaders from various partners.
- 2) Learning about integrated agriculture, managing production, increasing sales channels, and using the produce for household consumption to maintain a balanced quantity.
- 3) Reviving occupations to increase sales by opening applications for affected individuals and identifying target households facing unemployment issues..
- 4) Utilizing the conference room and speakers at Walailak University to conduct training on the essential knowledge that the community can use to solve problems, particularly in expanding distribution channels through online markets.



OUTCOMES

- 1) Formation of a Working Committee: 15 members
- 2) Expansion of Existing Occupational Groups: 30 members
- 3) Development of Collaborative Agreements: Collaborative agreements and guidelines for working together have been established to facilitate cooperation among community members.
- 4) Regular Monthly Meetings: A scheduled plan for monthly meetings has been implemented to ensure ongoing communication and coordination among stakeholders.
- 5) Empowered Occupational Group Members: Through training, 45 members of the occupational groups have gained knowledge and skills, allowing them to sell their products online, thereby generating income.
- 6) Household Budgeting: 10 households.
- 7) Improved Financial Situations: The three occupational groups have experienced increased income and reduced expenses, leading to improved household financial conditions.
- 8) Enhanced Mental Health: The target group members have reported improved mental health, with an 80% increase in well-being.
- 9) Knowledge Dissemination: Knowledge on occupational development and mental health problem-solving has been compiled into resources that can be disseminated and shared within the community and society.

