



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



TITLE: ADDITIONAL CAREER DEVELOPMENT PROJECT INCREASING THE MENTAL HEALTH OF THE PROMMANON COMMUNITY, VILLAGE NO. 5, PAK PHANANG SUBDISTRICT, EASTERN SIDE, PAK PHANANG DISTRICT, NAKHON SI THAMMARAT PROVINCE

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Situation

Prommanon Community was affected by the Covid-19 pandemic. The community management tried to solve problems through participatory approach and they identified 4 problems: 1) Economic problems resulting from the outbreak of COVID-19; resulting in insufficient income and expenses of affected people; 2) Almost 56.09% of the people got health problems including readily tiredness and required constant medical attention; 3) 45% of the population caused problems in occupation with elderly, diabetes, heart disease, blood pressure, and obesity.

PROCEDURE & OUTCOMES



Brain storm and Sharing

Established a working group to drive 4 occupational groups. Grow vegetables without chemicals and make compost group, making herbal oil group, making household products group, processing fermented fish and making dried fish belly group



Learning and Training

We had built a partnership network with Pak Phanang District Agriculture Office to provide knowledge on planting NFE vegetables, supporting cooking, and food processing. The hospital promotes and supports speakers to educate and allocate event venues while sub-district administrative organizations support speakers.



Outcomes

At least 20 model households have an online market using Facebook page and Line. They 4 occupational groups increased their income getting online purchase order and decreased expenditure.

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