

# Reduce risky behavior and reduce chronic disease by using the community as a base at Ban Bang Dee, Sao Phao Subdistrict, Sichon District, Nakhon Si Thammarat Province.

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### Situation:

Ban Bang Dee community revealed that risk behaviors contributing to chronic diseases include high consumption of salty, fatty, and sugary foods, as well as a lack of physical exercise

### Procedure:

- Evaluate baseline health status and gather health data.
- Physical Exercise: Activities include walking, aerobics, and line dancing held at the village meeting hall three days a week for at least 20-30 minutes per day.
- Increasing Knowledge about Nutrition: Provide advice and guidance to promote healthy eating.
- Monitoring and Evaluation.



**Target population:** a total of 80 participants, consisting of 10 members of the project team and 70 individuals from risk of non-communicable diseases.

### Outcomes:

- ❖ Formation team with 10 members
- ❖ more than 50% of the target group showed improvements in dietary and exercise behaviors
- ❖ more than 50% of those at risk had improvements in body mass index and waist circumference
- ❖ No new cases of non-communicable



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