

# "COMPOST GROUP, PROMOTING MENTAL HEALTH AND HOUSEHOLD ECONOMIC OF BAN PAK TON- THUNG WAT MAI COMMUNITY THAI SAMPHAO SUBDISTRICT, PHRAPHROM DISTRICT, NAKHORN SI THAMMARAT PROVINCE"

(1 January-31 November 2023)

RELATED SDG:

- 3.3.2 Health outreach programmes
- 17.2.1 Relationship with regional NGOs and government for SDG policy

CORE SDG:

- 1.4.1 Local start up assistance



## content story

### Social

- Drugs addicted
- Divorce
- Families sepatated

### Economic

- Lack of income
- household debt
- Insufficient household income
- Income from selling agricultural products decrease

### Health

- Hypertension 50 people
- Diabetes 48 people
- Chronic kidney disease 12 people
- Stress 120 people

### Environment

- Lay off

**Lack of income**  
**Increase fertilizer price**



- There is a project committee of at least 15 people, covering leaders from at least 3 professional groups.
- The Committee has 90% data management skills to develop projects
- At least 2 career promotion groups were created
- Leaders have comprehensive knowledge to promote mental health and dealing with 80% of diseases

01  
The committee group and affected people have knowledge and skills regarding health promotion and career enhancement

02  
Career health promotion groups are followed up to ensure continuous management

- The mental health of the affected people has improved by 80%
- 80% of affected individuals have good relationships
- 70% of the occupational groups in the community have been rehabilitated.
- The income of the affected people has increased by 70%

03  
Affected groups have increased incomes and better mental health

- A committee of 15 people was created.



- Compost group was created.
- The community has high quality fertilizers and increase family income and promote better mental health.

- The committee had a planning meeting. Evaluate and follow up on project operations regularly and have reports of every meeting.



The success of this project was the result of collaboration among;

- Community leaders, local wisdoms members
- Walailak University,
- Phraphrom District Non-formal and Informal Education Center
- Thai Samphao Subdistrict Administrative Organization
- The Phraphrom Agricultural Extension office
- Phraphrom Community Development office promotes marketing to generating sustainable income
- Phraphrom District Public Health office provides knowledge and develops skills to promoting physical and mental health of the community and occupational safety environment.



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