

WU-Social Engagement projects: Emotion management reduces the risk of chronic non-communicable diseases by using the community as a base. Ban Sala Sam Lang, Sa Kaeo Subdistrict, Tha Sala District, Nakhon Si Thammarat Province

Background and Problem

The Ban Sala Sam Lang community, Sakaeo Subdistrict, Tha Sala District, Nakhon Si Thammarat Province, the actual population in the area is mostly of working age group. The screening showed that individuals aged 35 years and above are risk of health group. They are at risk of non-communicable diseases (NCDs) due to habits or lifestyle behaviors. One of the risk factors is emotional and mental health, in addition to other factors such as junk food consumption behavior, consumption of vegetables and fruits, sweet foods, high fat, high sodium, lack of exercise, smoking, alcohol consumption, and being overweight. When individuals have abnormal emotional states, they are at risk of physical illness and severe conditions consequently.

Although the Ban Sala Sam Lang community has some activities to prevent NCDs, environmental risk factors still exist, leading to behaviors that may cause NCDs. These risk factors include easy access to food and beverages through convenience stores and food stalls. Despite having exercise groups, there are still obstacles as the at-risk group lacks awareness of NCD prevention. There is no screening for mental and emotional health. Previous community problem-solving efforts lacked collective activities to control NCDs. Although there is physical health screening, there are no continuous activities to address these issues within the community.

As aforementioned problems and the Ministry of Public Health's policy on community-based NCD prevention and control through participatory and sustainable behavior change. Thus, the project on emotional management to reduce the risk of chronic non-communicable diseases using a community-based approach is proposed. This project aims to involve community participation to help residents achieve good physical and mental health, leading to a better quality of life.

Objectives

1. To enable at-risk individuals in the community to manage their emotions appropriately to prevent chronic non-communicable diseases.
2. To improve the physical and mental health of the general elderly population and is advantaged elderly individuals.

Time frame: May 1, 2024 - September 30, 2024

Target population

60 persons who are at-risk individuals for NCDs, general elderly population, dependent elderly and migrant workers.

Procedure

1. Form a team to prevent NCDs in the community, including village health volunteers, community leaders, and public health officials.
2. Survey and compile data on chronic disease situations in the community and assess mental

health using happiness, stress, EQ, and elderly depression assessment tools.

3. Explain the data and results of emotional and mental health assessments to the community, involving the local health center in the process.
4. Organize activities to exchange knowledge on emotional management and recruit at-risk individuals to join the project.
5. Promote emotional management through training on mental health care and self-emotional management and create a LINE group to encourage mental health awareness through appropriate emotional management.
6. Observe, assess, and monitor the mental health and emotional management behaviors of the target group by village health volunteers.
7. Exchange knowledge to summarize the project results and present and disseminate the project.

Outcomes

80% of participants have knowledge of mental health care through proper emotional management.

50% of participants change their emotional management behaviors correctly.

50% of participants have improved mental health.

50% of participants have better overall health and do not become new non-communicable diseases patients.

Impacts

Improve the quality of life and sustainably reduce preventable diseases in the community.

Partnerships

The collaboration between School of Nursing, Walailak University, and other organizations including Thai Health Promotion Foundation, Sakaeo Subdistrict Administrative Organization, community leaders council, Tha Sala District Health Office, Sub-District Health Promoting Hospital /local health center, provincial health office, and community members.

Supporting found: Thai Health Promotion Foundation.