

**Reduce risky behavior and reduce chronic disease by using the community as a base at Ban Dan Pring, Wang Hin Subdistrict, Bang Khan District, Nakhon Si Thammarat Province.**

Asst.Prof.Usa Nuampet\*

Aj.Suda Jaihow\*

Asst.Prof. Kamlai Somrak\*

\*Lecturer school of nursing, Walailak University

**Background:**

Non-communicable diseases (NCDs) are a major cause of death among the Thai population, resulting in as many as 400,000 deaths per year, accounting for 74% of all deaths. Therefore, the Ministry of Public Health has implemented strategies to promote and prevent risk factors/behaviors, supporting the prevention and control of NCDs by using a community-based approach to encourage behavioral changes through participation and sustainability.

Based on screening and risk factor assessments for physical/mental health among 35-year-old individuals from Moo 7, Ban Dan Pring, Wang Hin Subdistrict, Bang Khan District, Nakhon Si Thammarat Province, conducted in December 2023, out of 273 people screened, it was found that more than half of the population in Ban Dan Pring are at risk for NCDs, accounting for 69.50%. This could potentially affect both physical and mental health, as well as have social, economic, and environmental impacts.

During a village meeting to plan solutions and prevent the risks of NCDs, the importance of this issue was recognized, leading to the proposal of a project to reduce risky behaviors and chronic diseases through a community-based approach. The goal is for the target group to adopt proper health behaviors, aiming for improved health in the community, reduced illness, and fewer complications related to chronic diseases in the future.

**Time frame:**

October 2023 – September 2024

**Target population:**

1. Community committee. (25 people)
2. The group at risk for non-communicable diseases in the community. (60 people)

**Method:**

1. Develop a project proposal and conduct health screening assessments for at-risk individuals aged 35 and above.

2. Summarize and analyze the results of the health assessments for the at-risk group and compile data to present to relevant stakeholders for collaboration on health promotion initiatives.

3. Organize a forum to design support measures for the at-risk group to reduce risky behaviors and chronic diseases using a community-based approach.

4. Stakeholder networks collaborate to support the at-risk group in reducing risky behaviors and chronic diseases according to the community-based plan.

5. Monitor the reduction of risky behaviors and chronic diseases using a community-based approach every three months to ensure continuous well-being.

6. Evaluate and conclude the project.

7. Extract lessons learned from the community-based approach in reducing risky behaviors and chronic diseases.

8. Present the project summary and disseminate findings.

**Outcomes:** There is community committee of 25 people with the ability to manage the project. Among the 60 at-risk individuals participating in the project, 50% (30 people) have gained knowledge and adjusted their behaviors according to the "2Es" principles (Eating and Exercise). Additionally, 5 local shops have cooperated by reducing the sale of sugary, fatty, and salty foods, as well as displaying signs to remind consumers to reduce sodium intake. Furthermore, 80% of the at-risk individuals participating in the project expressed satisfaction with the program.

**Impacts:**

Increasing quality of life.

**Partnerships:** Walailak University hospital; School of Nursing; Ban Si Yaek Suan Pa Subdistrict Health Promotion Hospital; Ban Dan Pring Community Health Center; Wang Hin Subdistrict Administrative Organization; and the Bang Khan District Learning Encouragement Center.

**Project funding:**

Thai Health Promotion Foundation.