

Title: Promoting health through the economic crisis of Ban Sai San community, Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat

Core SDG: SDG 3: “Good Health and Well-being”

SDG Indicator: 3.3.2 Health outreach programmes

Related SDG: 17.2.1 Relationships with regional NGOs and government for SDG

SDGs (Agenda) Outreach & Engagement

Project operators:

Assist. Prof. Kumlai Somrak 10%

Assist. Prof. Dr. Chidchanog Mayurapak 90%

School of Nursing Waliak University

Number: SE2024034

Content story

Problem:

Based on the analysis of the community's situation, it was found that there is excessive spending, a lack of occupational knowledge, and the use of chemical fertilizers, which increases production costs and negatively affects water sources and soil quality. The main source of income comes from monoculture farming, with no supplementary occupations, resulting in the community's income being insufficient.

According to this situation, the faculty members of the School of Nursing at Walailak University, in collaboration with the community and various network partners, have initiated the project "Promoting Health to Overcome the Economic Crisis of Ban Sai San Community" in Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat Province, with the following objectives:

1. To strengthen the capacity of the working group
2. To form groups to increase income and reduce expenses
3. To create participatory group management mechanisms

Time frame: May 1, 2024 - February 28, 2025

Target population: The target group includes 15 members of the working group and 80 rubber plantation farmers

Procedure: (1) The working group will organize a project briefing meeting and select target groups. (2) Identify additional community experts and organize household groups to learn about increasing income. (3) Conduct knowledge exchange activities, including intercropping rubber trees, making organic fertilizers and bio-extracts, soil conservation, environmental and water resource restoration, reducing unnecessary expenses through simple household accounting, and learning about data management to create a healthy environment. (4) Organize learning forums to develop community processes, find, and learn from “community role

models.” (5) Implement household model activities to share experiences and (6) monitor and evaluate each occupational group and summarize lessons learned.

Outcomes:

1. The working group of 15 people able to manage the project.
2. 70% of household members gain knowledge and skills in intercropping rubber trees, making organic fertilizers and bio-extracts, managing data to create a healthy environment, and using simple income and expense accounting.
3. 70% of household members have increased income and reduced expenses.
4. The community have a continuous result monitoring and evaluation system.

Impacts: Increasing quality of life.

Partnerships: local organization (local wisdom, Rubber Authority of Thailand, Nakhon Si Thammarat Province Cooperative Office, Cooperative Promotion Department 4, Thung Song district Agricultural Extension office, Thung Song District Community Development Office) and School of Nursing, Walailak University.

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