

Reduce and quit smoking by using the community as a base at
Ban Nai Thung, Tha Sala Subdistrict,
Tha Sala District, Nakhon Si Thammarat Province.

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Background:

Ban Nai Thung is a community in Tha Sala Subdistrict, Tha Sala District, Nakhon Si Thammarat Province. Most of the population is Muslim. Total number of households is 1,156 households, 4,363 people. Number of smokers: 490 men and 10 women, who smoke more than 10 cigarettes per day.

The health impacts show that there are patients suffering from pneumonia, COPD, stroke, and bedridden conditions. People around them are exposed to the harmful effects of second-hand smoke. Smokers also serve as a bad example for young people, increasing the risk of new smokers emerging. In terms of economic impact, it was found that 80% of households (976 people) spend an average of 280 baht per week per person on cigarettes.

They know the dangers of smoking but are not aware of their health and those around them. In addition, smoking problems among people in the community but there is still no project or measure to prevent or solve the problem systematically and continuously.

The School of Nursing, Walailak University aware of the impacts of smoking and needs to solve the problem of smoking in a sustainable base on the community.

Therefore supports the implementation of the activity such as providing knowledge about the causes and effects of smoking addiction, organizing smoke-free community campaign activities by community leaders, religious leaders, and another stakeholder representatives, monitoring the implementation of the agreements that have been announced, following up on reduction, cessation, and cessation of smoking, and provide continuous encouragement, and

assessment of knowledge of the effects of smoking at Ban Nai Thung community.

Time frame:

1 October 2023 - 30 September 2024

Target population:

1. The number of people who need to quit smoking is 50.
2. 50 youths participating in the project who not smokers.

Method:

1. The community committee was trained as core personnel of the project.
2. Survey community information, costs, shops, public areas. and the effects caused by smoking.
3. Organize a meeting to understand the project and provide training to the target group. Provide knowledge about the causes and effects of smoking addiction.
4. Organizing smoke-free community campaign activities by community leaders, religious leaders, and other stakeholder representatives
5. Organize activities to support smoking cessation By professors in the School of Nursing, staff at the Subdistrict Health Promotion Hospital, Thasala Hospital Tha Sala Subdistrict Service Organization, Village Headman, Assistant Village Headman, Religious Leader, Village Health Volunteer President.
6. Monitoring the implementation of the agreements that have been announced, follow up on reduction, cessation, and cessation of smoking, and provide continuous encouragement, and assessment of knowledge of the effects of smoking.

Outcomes:

The number of people who quit smoking 80 percent and 98% of youths participating in the project are not new smokers. There are signs campaigning to quit smoking in the community.

Impacts:

Increasing quality of life and having collaborative partnership to solve the problem of smoking sustainably by the community.

Partnerships:

1. The community Ban Nai Thung committee
2. Thasala Hospital
3. Religious school
4. Thasala Subdistrict Municipality
5. Community leaders and religious leaders in Ban Nai Thung community
6. School of Nursing, Walailak University

Project funding:

Thai Health Promotion Foundation.