

WU Social Engagement projects: Promote the health of the elderly in the Samrit Prasong community, Nai Mueang Subdistrict, Mueang Nakhon Si Thammarat District, Nakhon Si Thammarat Province,

Background and Problem

The Samrit Prasong community has a population where the majority are elderly, accounting for 25% of the total population. Among them, 17.60% can take care of themselves without assistance, 24% need some assistance with daily activities, and 5.45% are entirely dependent on others. The elderly often suffer from chronic non-communicable diseases such as hypertension, diabetes, heart disease, kidney disease, stroke, and cancer. These chronic diseases result from a lack of health care, such as not exercising and improper diet, due to a lack of awareness about the importance of exercise and healthy eating. There is also a lack of community participation, exercise leaders, conducive environments for exercise, and guidance on healthy foods.

When the elderly do not receive health promotion, consequence impact the economy, society, health, and environment. For physical health, weak muscles can lead to falls and various health problems. Economic effects show increasing of medical expense or health care costs. Social impact as the lack of activities leads to isolation and no unity. Promoting group activities among the elderly to help each other, advising on dietary adjustments, exercise, and proper rest can prevent diseases and promote a good quality of life. Also the elderly club in the community is a crucial mechanism for supporting and improving the quality of life for the elderly. However, the elderly club in the community is not yet strong in continuous operations.

Therefore, the project to promote the health of the elderly in the Samrit Prasong community, Nai Mueang Subdistrict, Mueang Nakhon Si Thammarat District, Nakhon Si Thammarat Province, aims to carry out health promotion activities for the elderly in the community, which will help improve their quality of life.

Objectives

1. To strengthen the elderly group at the community level to support health promotion for the elderly
2. To improve the physical and mental health of the general elderly population and dependent elderly persons.

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

Target Population

50 members of the elderly club, 10 disadvantaged elderly individuals who need assistance such as dependent aging and 5 migrant workers in the community.

Procedure

1. Assess the physical and mental health conditions, such as health check-ups, happiness, and evaluating the activities of the elderly club or the working conditions of the elderly club.
2. Provide information about health conditions from the analysis, including the objectives and goals of the project to the community.
3. Reorganize the elderly club committee with volunteers, specifying the roles and responsibilities

of the elderly club. After that, create an action plan focusing on promoting health for the elderly, with support from network partners

4. Enhance the capacity of elderly group leaders to understand the operations of the elderly club through knowledge exchange and training on exercise and appropriate diet for age and disease.

5. Conduct health promotion activities, including monthly home visits to bedridden and homebound elderly in the community, focusing on peer support, and organize daily group exercise led by exercise leaders.

6. Monitor and evaluate the health status and activities that refer to track the progress and assess the health status of the elderly.

7. Exchange knowledge to summarize the project outcomes or results.

8. Present the project results and disseminate information to the community and relevant organizations

Outcomes

- Improving physical health of participants approximately 20% when compared to before the development.
- Enhancing dietary habits of participants at least 20%
- Increasing exercise regularly of participants at least 3 times a week for 30 minutes each session
- 70% of dependent older adults receive home visits.

Impacts

The elderly in the community will have a better quality of life and serve as a model for other elderly clubs.

Partnerships:

Walailak University Medical Center Hospital, school of Nursing , Nakhon Si Thammarat Municipality, Nakhon Si Thammarat Municipal Hospital, village health volunteers, Maharaj Nakhon Si Thammarat Hospital, and the Provincial Public Health Office.

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