

The Bachelor of Public Health Program in Community Health is designed for students to practice in the field to learn and develop the health of the people through the field practice process because “community” is the real world that is important for students’ learning and aims to develop the community to be strong and sustainable. The program applies the analysis of the causes of the problem through the participatory learning forum with the community for a solution to the community health problem and a health innovation that is specific to the 6 villages in Thung Sai Subdistrict, Sichon District, Nakhon Si Thammarat Province in the form of 6 projects as shown below.

1.) Village No. 2, Khlong Tin Ped, organized a project to provide knowledge about waste management and making wet bins to reduce global warming in households for promoting people to have knowledge and understanding in managing household waste according to the 3R principle and have proper behavior to manage wet waste correctly. The satisfaction assessment result was at a very good level at 73.70 percent.

2.) Village No. 3, Huai Sai Thong, organized a project “Huai Sai Thong to be far from hypertension, aiming to give people knowledge in taking care of themselves and reducing salty food intake, including using roselle to prevent disease, and being able to measure blood pressure by themselves and interpret the results correctly. In addition, a project is designed to promote exercise with a 9-box table inserting knowledge through the exercise club, in which 80 percent of the high blood pressure risk group exercised with the correct posture.

3.) Village No. 4, Ban Khao Ta Sak, organized the project "Ban Khao Ta Sak joins forces, creating knowledge according to the way of healthy behavior with random cards" to develop the innovation "Random cards, no risk, avoid blood pressure" to communicate knowledge according to the 3A, 2S principles to prevent hypertension in the risk group, including surveying the saltiness level of the food consumed. After organizing the activity, the villagers had a good level of knowledge according to the 3A, 2S principles, 85.37 percent, and ate less salt.

4.) Village No. 5, Ban Huai Si Chai, organized the project "Ban Huai Si Chai reduces risk, reduces hypertension in the risk group", providing knowledge about low-sodium menus according to the nutritional principles of DASH Diet, Food Exchange, and Glycemic Index, as well as promoting physical activities and developing the HT Coach Application innovation on LINE OA. The villagers were very satisfied with the project, 75.8 percent.

5.) Village No. 6, Ban Huai Hin Lap, organized the project “Huai Hin Lap Join Hearts, Eat Safe Food project, Caring for the environment, Knowing how to remove toxins, Staying away from chemicals” for promoting people knowledge of eating food safely and proper behaviors of using and disposing of

chemicals correctly, including knowing how to remove chemicals that remain in the blood using Aloe vera. After organizing the event, there was a “Safe House Map to Stay Away from Chemicals”, with people having a very good level of knowledge, 93.48 percent.

6.) Village No. 7, Ban Khao Fai, organized the project “Eat Healthy, Exercise Happy, Stay Away from Hypertension”, aiming to give people knowledge about cooking food that reduces sodium and developing “Herbal Nua Powder” using local herbs, with 72.73 percent consuming less salty food after organizing the event, including promoting exercise with the A-Exercise innovation, with 95.45 percent exercising properly after organizing the event.