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Provincial management unit for distributing opportunities for small-scale health promotion operations in Nakhon Si Thammarat Province.

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This project focuses on giving the community the potential and ability to solve community problems. Use the issue-setting method for managing problems based on the causes of important determinants of health so that people can adjust health behaviors and create an environment conducive to health according to the Ottawa Charter health promotion guidelines. The target group for this project is a community that has the desire to solve problems that occur in the community—using capital and potential. Driving work on 10 issues, including chronic non-communicable diseases, the elderly, accidents, cigarettes, alcohol, waste management, household vegetables, children eating breakfast, mental health, and overcoming the grassroots economic crisis, totaling 30 communities. Develop the community using a participatory process for managing community health problems with 3 supporting mechanisms: 1) area management unit, School of Nursing Walailak University supports the overall learning process through funding and academic support from the Office of Opportunity Creation, Thailand Health Promotion Foundation. A team of 17 coaches serves as academic mentors for community leaders to successfully drive the project. This team is a network of academics from various partners, professors, Academics, professional nurses Public health academic Directors of Subdistrict Health Promoting Hospital District Public Health Assistants, etc. Community members act to drive work in their communities to solve community health problems, totaling 450 people. They are the main operators in management who achieve community self-management, resulting in a strong community that can handle problems. promoting and participating in communities and networks to bring about changes in health behavior and a better life community by organizing main activities to empower the community to manage its health problems. The community learned about

promoting mental health by joining occupational groups to produce safe food, adjusting behavior from being sedentary to forming occupational groups, accounting for household income and expenses, and increasing the sufficiency economy. and jointly adjust the environment in the community to be conducive to health and create an online market mechanism by empowering the community to have successful project management by organizing creative activities, including Developing the potential of community leaders to learn results-based data management, learning to design and store data, indicators, data analysis, use of data in the monitoring arena with results-based processes, recording reports in the online system. Develop the potential of the academic team to be mentors to community leaders by learning how to develop project proposals for monitoring and evaluating results and extracting lessons learned. Develop the potential of area management units By participating in project management system training activities Recording reports in the online financial reporting system Stage for monitoring and evaluating the results of lesson transcripts and lesson synthesis. a multi-faceted participatory learning process, including Mechanisms for cooperation between agencies and civil society sectors to drive health work in many dimensions to reduce health risk factors. Alcohol, cigarettes, drugs, safe food promotion group Child nutrition promotion group Accident reduction group welfare group Community tourism group New generation agricultural group Local fishing group for conservation Natural Resources Conservation Group Local livable groups community organization council groups, Communities, and mentors for 75 livable communities, Nakhon Si Thammarat Happiness Assembly, Nakhon Si Thammarat Banana Yak Network, Phra Phrom District, Health Statute Working Group to Support the Elderly Society, Node Flagship 42 areas, Thailand Youth Network.

Project results: 450 community leaders worked to achieve. It has health outcome data based on outcome ladders with accurate and reliable quantitative and qualitative information. 2,400 people have skills in designing work, collecting indicators, analyzing data, using data in the ARE arena, and recording reports. People use knowledge and skills to build health and develop careers to increase family income.