

Promote the health of rubber plant, reduce household expenses,
Ban Sai Khao, Nakhon Si Thammarat.

Asst.Prof. Kamlai Somrak*

Ajarn.Suda Jaihow*

Ajarn Saowanee Chaiyawan*

*Lecturer school of nursing, Walailak University

Background:

Ban Sai San is located in Village No. 2, Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat Province. It has 229 households and a total population of 785 people, consisting of 410 females (52%) and 378 males (48%). In terms of age groups, the largest group is aged 15-59 years, totaling 485 people. The majority, 98.08%, follow Buddhism, while 1.92% follow Christianity. Most of the population, about 200 households (66.89%), work in rubber plantations, growing monoculture crops and relying on a single source of income, with no supplementary occupations.

There are 273 people with chronic non-communicable diseases and elderly patients, 15 people with disabilities, and 83 people with drug addiction. Ninety-five percent of these patients are unable to generate income, and their caregivers lack income as well. On average, household debt is 200,000 baht per household. A survey found that Ban Sai San has resources and potential, including individuals such as lecturers specializing in land development, soil improvement, making organic fertilizers, and fermentation techniques. There is also a group focused on intercropping rubber plantations.

Walailak University's School of Nursing recognizes the impact of insufficient income compared to expenses and is collaborating with the community to increase income, reduce expenses, and promote sustainable strength. This includes preserving soil, restoring the environment and water sources, and enhancing the overall environment. They have initiated a project to promote learning about intercropping in rubber plantations through group participation. The products are sold collectively, and profits are shared among group members, with support from network partners.

Time frame:

1 October 2023 - 30 September 2024

Target population:

1. Working group: 15 people
2. Rubber plantation farmers: 80 people

Method:

1. Establish a working group, hold a meeting to explain the project, and select the target group.
2. Identify community resources and establish guidelines.
3. Exchange knowledge on intercropping with rubber plantations.
4. Exchange knowledge on making organic fertilizers and bio-fermented solutions.
5. Exchange knowledge on soil conservation, environmental restoration, water source preservation, and improving the overall environment.
6. Exchange knowledge on reducing unnecessary expenses through simple household budgeting.
7. Monitor and evaluate occupational groups and award recognition to exemplary individuals.

Outcomes:

1. 70% of group members have gained knowledge and skills in intercropping with rubber, simple income and expense accounting, and data management to help create a healthy environment, as well as in making organic fertilizers and bio-fermented solutions.
2. 70% of group members have increased their income.
3. 70% of group members have reduced their expenses.
4. At least 5 plots have been intercropped with plants such as Indonesian salak, Khlieng vegetables, champaca trees, ginger, galangal, and mangosteen.
5. At least 10 households have become exemplary role models.

Impacts:

Improve quality of life, reduce expenses, increase income, reduce the use of chemicals, and preserve the environment.

Partnerships:

1. Ban Sai San Community Committee
2. Rubber Authority of Thailand
3. Nakhon Si Thammarat Provincial Cooperative
4. Thung Song District Agricultural Office
5. Thung Song Community Development
6. Nakhon Si Thammarat Provincial Commerce Office
7. School of Nursing, Walailak University

Project funding:

Thai Health Promotion Foundation.