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**Developing appropriate local food recipes for people with diabetes  
and high blood pressure in the Pathuma community, Tha Sala Subdistrict,  
Tha Sala District, Nakhon Si Thammarat Province.**

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This project focuses on developing local recipes suitable for people with diabetes and hypertension by participating in local chronic diseases such as diabetes and hypertension in the community. From participating in the learning process according to the Sustainable Development Goal 3 Ensure good health, and promote well-being for everyone at every age. Together with strengthening the cooperation mechanism of the support network partners per the Sustainable Development Goal 17: Partnerships to achieve the Goal. Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development.

Pathuma community is an old urban community with a total area of 160 rai, a population of 3,095 people, and little agricultural land. Dietary consumption under the trend is a no-brainer for stroke. Ischemic heart disease High blood pressure and diabetes, etc. The main problem with treating hypertension in Thailand is that the patient is not aware of the disease and is unable to control his blood pressure according to the guidelines. People with high blood pressure who are not treated in the right way will increase the risk of developing various diseases such as stroke, ischemic heart disease kidney failure, etc. Therefore, long-term lifestyle modification is the key to preventing non-communicable diseases. The Dietary Approaches to Stop Hypertension Diet is currently recommended, which is designed to treat/prevent hypertension. The main principle is to reduce the intake of foods containing sodium salts, saturated fats, total fats, and cholesterol, and increase the intake of dietary fiber, protein, calcium, and minerals such as potassium, magnesium, and calcium.

The implementation of this project There was an assessment of community problems, a meeting of representatives to develop a food recipe, a collection of recipes for patients with diabetes and blood pressure, an analysis of recipes suitable for the community, designing 4 healthy menus for patients with diabetes and hypertension, and analyzing the data according to academic principles. The collaboration is with networks and related agencies, including the School of Nursing, Walailak University, Prachonchon, public health volunteers, the Community Committee, Women's Committee In addition, there is resource support from various agencies, including the Social Welfare Division Thasala Sub-district Municipality, Thasala Senior Citizens Club, Thasala Hospital and Walailak University, etc.

The results of the project showed that 34 patients with chronic diseases in the community had knowledge and understanding of choosing a diet suitable for their disease and had 4 healthy menus for patients with diabetes and high blood pressure, including salad rolls to reduce disease, healthy crispy noodles, fresh shrimp curry with reduced salt, and honey and lemon soda. The local community together with the agency have adopted this menu as an option for the prevention of non-communicable diseases as an example of Tha Sala District and Nakhon Si Thammarat Province. In addition, it was found that community leaders and agency representatives have used this food menu to sell as income for families and as welfare for the agency.

This project has been successful in providing local recipes suitable for patients with diabetes and hypertension with the participation of all sectors in the community. As a result, patients with chronic diseases in the community and the elderly have cooperated in managing and modifying risky behaviors. Arrange appropriate meals as well as self-management to get more exercise. As well as regularly monitoring their own health to have a healthy body, being a role model for patients who behave well can adjust their risky behaviors to reduce chronic diseases.