

Reduce risky behavior and reduce chronic disease by using the community as a base at Ban Khlong Khut, Pak Nakhon Subdistrict.

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Background: The population in Thailand is increasingly facing mortality due to non-communicable diseases (NCDs), a growing public health concern. Cardiovascular diseases, which stem from risk factors like abdominal obesity, dyslipidemia, hyperglycemia, and hypertension, are the leading cause of death both in Thailand and globally. An increased number of these risk factors heightens the risk of mortality, disability, and loss of healthy life years. From a health screening conducted in Ban Khlong Khut, Moo 6, Pak Nakorn Subdistrict, Mueang District, Nakhon Si Thammarat Province, among 50 target participants, it was found that 72.0% had a body mass index above the standard and 82.0% had high blood cholesterol levels.

The School of Nursing at Walailak University recognized the long-term health impacts from chronic diseases and collaborated with the community to seek solutions by adjusting behaviors based on diet and exercise. The aim was to improve the health status of individuals within the community. Hence, the "Reducing Risk Behaviors to Decrease Chronic Diseases Using a Community-Based Approach in Ban Khlong Khut, Pak Nakorn Subdistrict, Mueang District, Nakhon Si Thammarat Province" project was initiated to help the community achieve sustainable health improvements.

Target population: The main target population consists of 65 participants, including 15 committee members and 50 individuals at risk of developing non-communicable diseases (NCDs).

Procedure: The behavior adjustment activities, focusing on diet and exercise, were divided into three sub-activities as follows: 1) Exercise activities, including morning and evening walks of 5 kilometers, aerobics, and organizing a royal tribute health walking and running event on Mother's Day; 2) Reducing sugar consumption by cutting back on sweet drinks to 3 days per week, reducing the amount of sugar used in cooking, and limiting the intake of high-glycemic fruits; and 3) Encouraging households to grow at least two types of vegetables. Progress and changes were monitored monthly to plan and track outcomes.

Collaborative Efforts: The success of this project was due to the collaboration between community leaders and various organizations, including the Pak Nakorn Subdistrict Administrative Organization, the Wat Muk Thara Tambon Health Promotion Hospital, village health volunteers and the School of Nursing at Walailak University, with funding support from The Thailand Health Promotion Foundation. (ThaiHealth)

Project Outcomes: A group of 15 committee members implemented the project plan and its outcomes. The at-risk group for chronic non-communicable diseases improved their understanding and made changes in two health behaviors: reducing sugar and salt intake, and engaging in regular exercise. More than 50% of the target group achieved these changes. Additionally, more than 50% of the target group experienced a reduction in body mass index and waist circumference.

Conclusion: This project has equipped the community with knowledge and understanding, leading to changes in dietary habits and physical activity to reduce the risk of chronic non-communicable diseases. Through fostering community involvement, the project is committed to promoting sustainable health behavior changes, improving public health, and enhancing community cohesion.