

The project titled "Walailak-Karor Health and Fitness Quest" aims to assess musculoskeletal health in the local population, bedridden patients, and migrant workers in the Kahro sub-district community in Noppitum district. Additionally, the project provides recommendations on self-care practices to prevent musculoskeletal health problems. A total of 30 participants from the Kahro sub-district participated in the project, including 26 local residents, 2 Lao migrant workers, and 1 bedridden patient. Of the participants, 21 were women (70%) and 9 were men (30%). A significant portion of the participants (93.3%) were non-smokers, 63.4% believed they had adequate sleep at night, and 73.3% engaged in exercise at least 3 times a week for 20 minutes per session. The average age of participants was 60.33 ± 16.29 years (ranging from 16 to 91 years), and 56.7% were engaged in rubber plantation work. The participants had an average body mass index (BMI) ranging between 18.5 and 24.9 kg/m², indicating normal to overweight body types. However, 42.86% had waist circumferences above the standard threshold.

The hand grip strength test showed that 35.71% had below-standard strength. The average score for the 1-minute sit-to-stand test was 19.68 repetitions, which is below the standard for the general population, indicating low cardiovascular and respiratory endurance. Flexibility tests of the back and legs revealed that 21.43% of the participants were below standard, although most demonstrated good arm flexibility.

After the assessments, all participants received individualized health advice based on their specific issues, along with preventive measures to enhance musculoskeletal health. This guidance aimed to help participants improve their quality of life, maintain physical health, and pass on these health practices to their families and others. Furthermore, proper self-care practices among local residents, bedridden patients, and migrant workers can potentially reduce medical expenses and the cost of medications.

This project was initiated in response to a request for academic knowledge from community representatives, aimed at solving problems, developing the community, and improving quality of life by preventing musculoskeletal injuries. There was a strong demand for exercise guidance

and health promotion strategies to strengthen physical well-being, addressing the community's needs comprehensively.

Regarding satisfaction with the program, 28 participants provided feedback through a questionnaire. The survey results indicated a 94% satisfaction rate regarding the process (service steps, staff assistance, and facilities), 96% satisfaction with the knowledge and abilities of the instructors, as well as their teaching techniques and response to queries. Furthermore, 91.2% of participants felt the content was valuable and worth the time and effort invested, and 100% of the participants were satisfied with the service and believed they could apply the knowledge gained. All participants expressed a desire for the project to continue in the future.