

Development of Sufficiency Health Community

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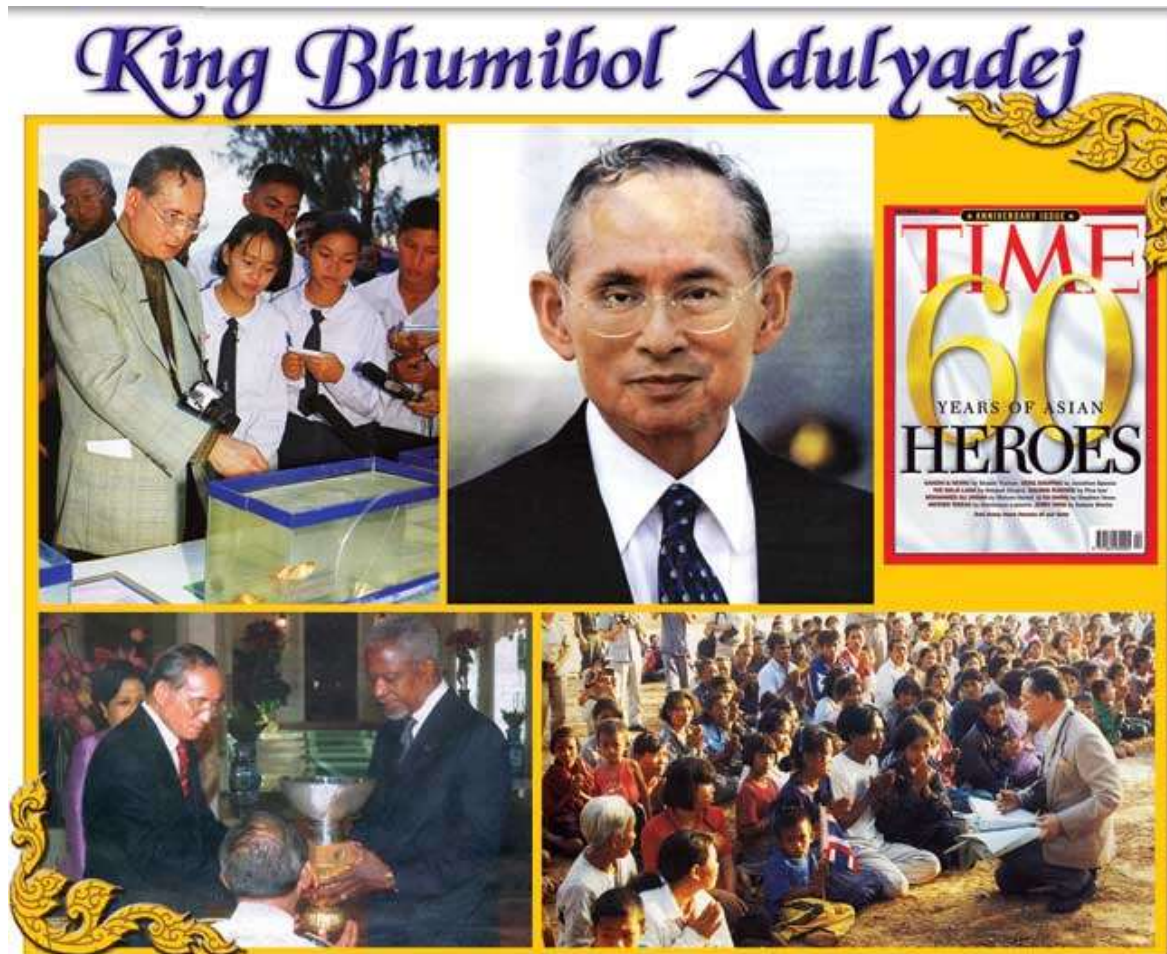
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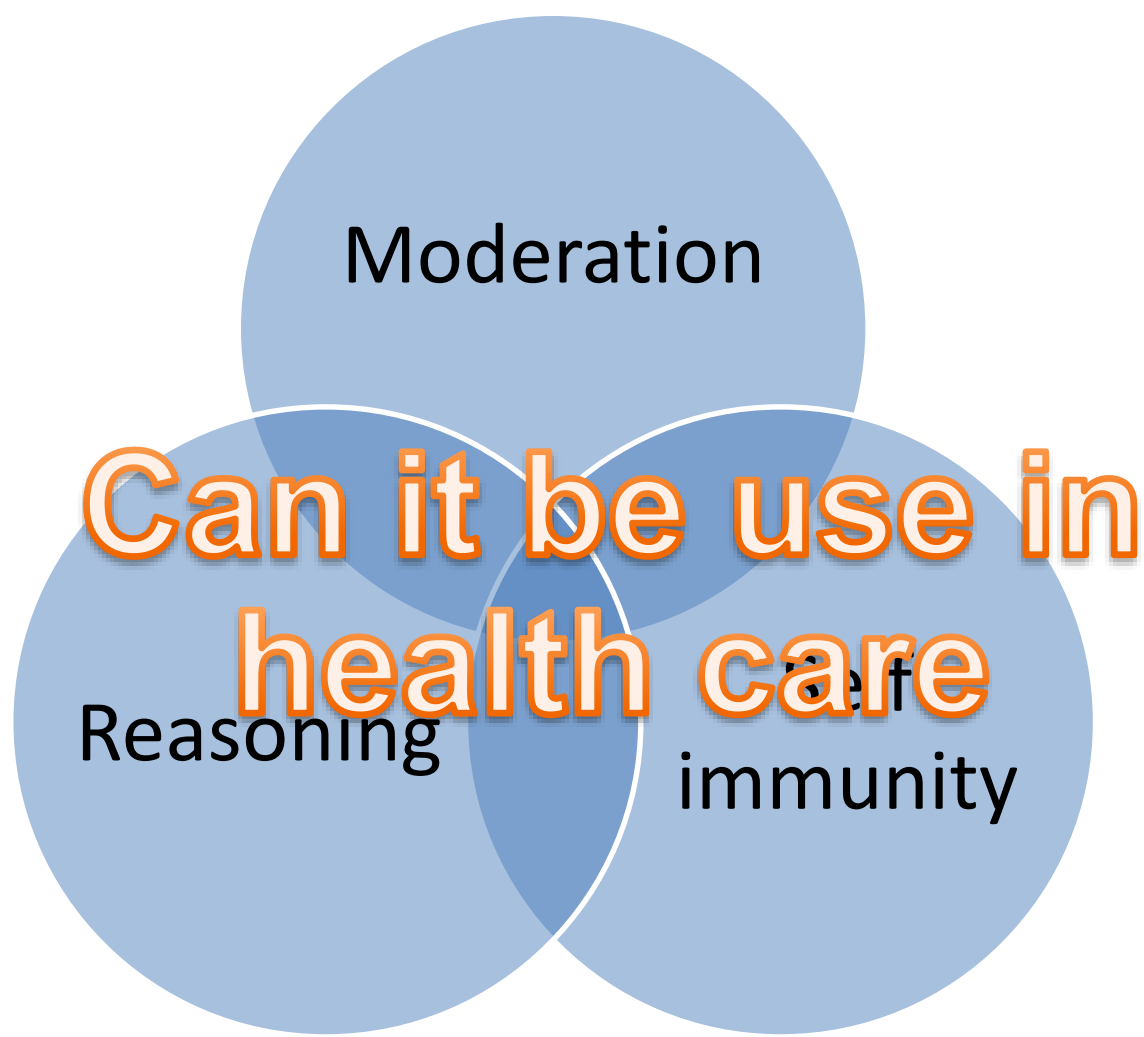
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The Sufficient Economy Philosophy



Knowledge and Moral

The Sufficient Economy Philosophy

Objective

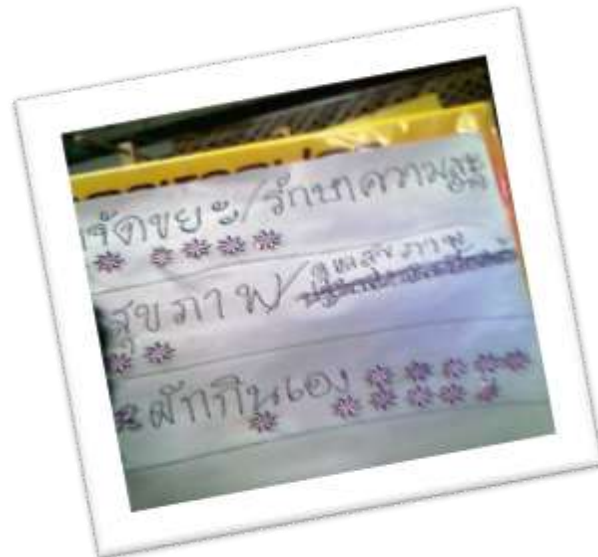
- To establish a village model for “Sufficient Health Development” using PAR research method.



At Saladin Village in Nakorn Prathom Province

Process focus on community participation

- The project included potential development for health related persons and leader groups, monthly community meeting and mobile meeting.



Process

1 Action Planning

- 1.1 Inform community
- 1.2 Problem statement
- 1.3 Develop leader group
- 1.4 Planning
- 1.5 Problem identification
- 1.6 Reflection
- 1.7 Model development
- 1.8 Verify and reflection



2 Action Taking

2.1 Implementation the model

2.2 Reflection and revision

3 Evaluation

3.1 Outcome evaluation/ reflection

3.2 Posttest evaluation



Six subprojects

1. Home grown vegetable



Family Budget Book



2 First Aids Training for Teens



3 Breast Feeding Promotion



4 Community support system



5 Smoking and alcohol Cessation



6 Clean environment



Evaluation

- Focus group interview with: teenagers group, adult group, elderly group, health personnel group, community leaders, and researchers.
- Posttest of health service behaviors.

Sufficient Health

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graph TD; A[Sufficient Health] --- B[•Moderation –Home grown vegetable, household budget book]; A --- C[•Reasoning – Anti-drug use, Accident protection, first aids]; A --- D[•Immunity- Community system and network, breast feeding, health screening];
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•**Moderation** –Home grown vegetable, household budget book

•**Reasoning** – Anti-drug use, Accident protection, first aids

•**Immunity**- Community system and network, breast feeding, health screening

Summary

- Sufficient economy and sufficient health are related.
- They embedded in daily life.
- **Three rings and two conditions** are interrelated.
- Expansion of the health sufficient development is recommended.