



# The meaning of sufficient health according to the philosophy of sufficiency economy

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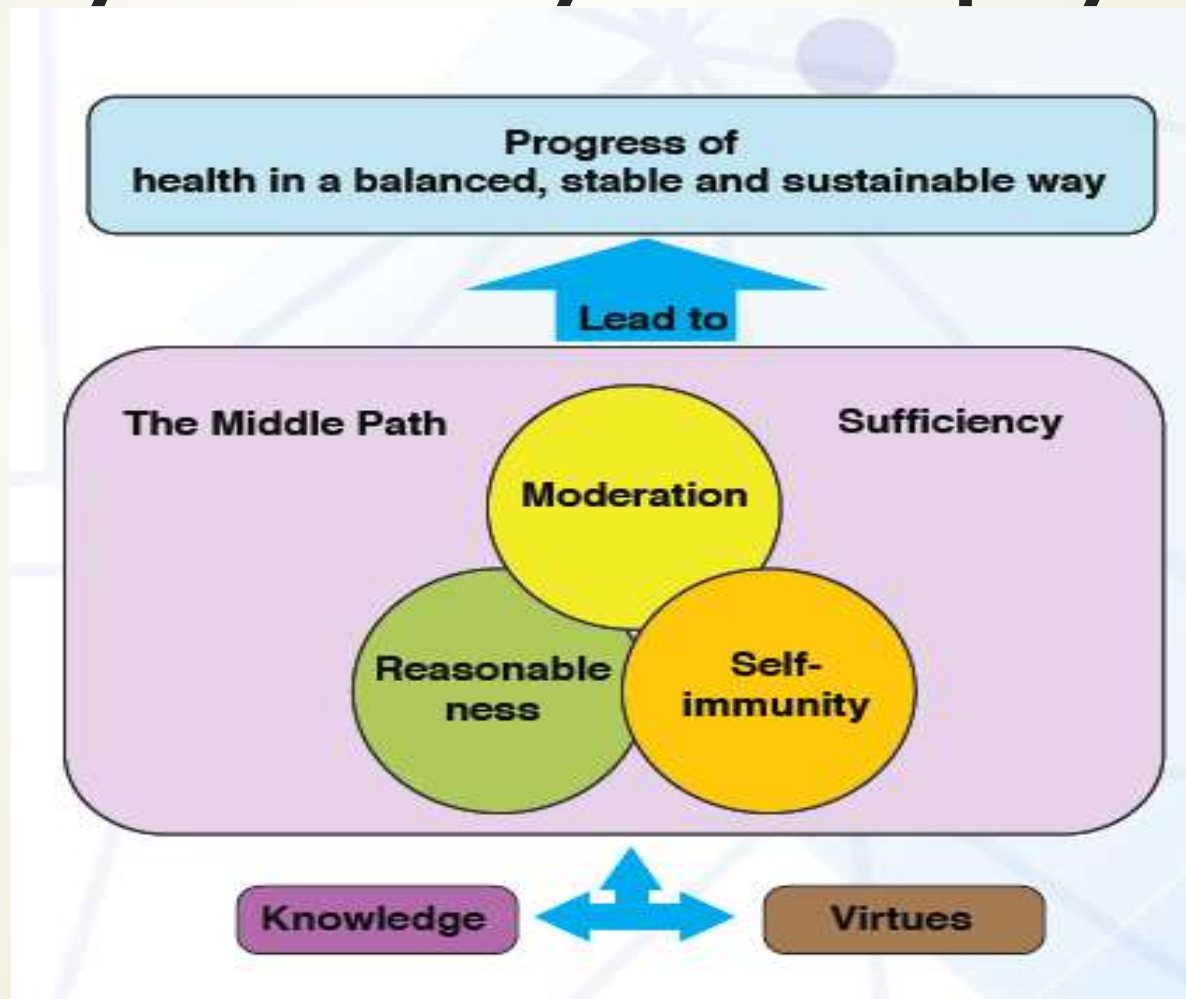
# Acknowledgements

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# Introduction

- His Majesty King Bhumibol Adulyadej of Thailand developed the philosophy of sufficiency economy in 1974 and it was bestowed on everyone during his royal remarks at many events (The National Economics and Social Development Board, 2007)
- The sufficiency economy focuses on the middle path and it also emphasizes human-centered development, guides people in how to live and how to perform appropriate behaviors, and draws attention to people's participation in.

# His Majesty King Bhumibol Adulyadej's Sufficiency Economy Philosophy



- The integration of the philosophy of sufficiency economy with health is important because sufficient health is a possible concept for indicating how Thai people perform their health-care in the Thai contexts in order to achieve optimal health.
- There has been no study on the meanings of sufficient health. Therefore, understanding the idea of sufficient health based on the philosophy of sufficiency economy in the Thai community contexts would help nurses plan primary health-care in response to people's health needs in order to improve their quality of life and to sustain their wellness.





# Purpose

- To explore the meaning of sufficient health according to the philosophy of sufficiency economy.

# Research Design

- A qualitative study approach was conducted to discover the meaning of health by integrating the sufficiency economy philosophy with health.

# Methods

- ▶ Participants were 122 villagers living in the community. All answered the open-ended questionnaires. Data were analyzed by using content analysis.





# Results

- There were five themes emerged:
  - 1) Healthiness
  - 2) Regular health check-ups
  - 3) Self-care
  - 4) A self-sufficient life
  - 5) Avoidance of risks.

**Healthiness** refers to a healthy state of wellness and being free from any ailment, abnormality, or disease.

➤ Sufficient health is a state of health balance where people retain the equilibrium of their body, mind and emotions, social relationships, and their outside environment. It also is a balance between healthiness and illness. This theme contains two categories:

➤ ***Having strong health***

➤ ***Having no diseases or illness***



# Regular health check-ups

refers to visiting the health care providers or health team frequently in order to sustain well-being.

- ▶ Many of the participants perceived that routine check-ups were the meaning of sufficient health. Two categories emerged.
  - ▶ ***Visiting a doctor frequently***
  - ▶ ***Continually checking their health***



**Self-care** refers to taking care of one's self because people need to be strong, healthy, and balanced to do work well.

- **Sufficient health, according to the participants, involves self-care.** Having good self-care, would result in sufficient health. There were three categories in this theme, as follows.
  - ***Eating healthy food***
  - ***Exercising regularly***
  - ***Using herbs for primary care***



**A self-sufficient life** refers to getting back to basics living.

- ▶ It was considered by the participants as the right way of living and leads to sufficient health. There were three categories reflecting living sufficiently as followed.
  - ▶ ***Planting organic vegetables and herbs around the house for consumption***
  - ▶ ***Preparing and preserving enough foods and meals for the family***
  - ▶ ***Not spending money on expensive food and luxury goods***



**Avoidance of risks** is defined as avoiding dangers that could affect one's health and life or trying to reduce the risks that could have a profound effect on a person's health.

- Many participants did not smoke, drink alcohol, or use inappropriate drugs because those were **unsafe health habit that would destroy their life**. Some participants said that they **ate enough healthy food, they would not need to take any food and vitamin supplements**. This theme contains two categories as follows:
  - ***Not spending life with health risks***
  - ***Not buying things that are unhealthy for life***

# Conclusion and Implications for practice

- The findings of this study identified the meanings of sufficient health. Those meanings came from the perception of villagers; that is, people that have sufficient health are those that are healthy and not having an illness, have regular health check-ups, perform self-care, living sufficiently, and avoid risks in life. People that have those five themes can achieve truly sustainable health outcomes; that is, good health and a good quality of life.

## Conclusion and Implications for practice

- Nurses should understand the meaning of sufficient health and encourage people to care for themselves by providing suitable health care activities, taking into consideration factors related to people's health and well-being, and the cultural contexts that could influence health.
- Significantly, the involvement of the participants in this study could encourage them to share information and take part in nursing activities or programs arranged in the community, and this would in turn encourage people to pay attention to their health and performing self-care in order to achieve sufficient health.



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