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Development of the model mobilizing nutrition health promotion and education in community

Aim: This mixed method approach was aimed to develop the model for nutrition health promotion and education in communities in Thailand.

Method: Situational analysis was conducted in five catchment areas in Bangkok. The focus groups and public forum revealed a need for nutrition monitoring, capacity building and community engagement concerning non-communicable diseases in Thailand. Trained community volunteers conducted nutrition screening using anthropometric measurement in 466 community dwellers aged 20-82 years.

Results: It was revealed that 18.9% were overweight and 62.8% were obese. Campaign involving stakeholders was then launched aiming at promoting appropriate intake of low fat, low salt, less sweet diet and increased regular exercise. Mobilizing change was successful through community empowerment, participation, partnership, networking and continuing support from family, community and health team. At 6-month follow up, overweight and obesity decreased to 16.3% and 48.7%, respectively.

Conclusion: This driving process named RAMA model included four major strategies: Raising community awareness; Aiming at target outcome; Mobilizing change; and Assuring synergy and sustainability as key success. The results suggested that nutrition health promotion through community-based intervention and participation was successful. The RAMA model was applied and extended by many studies, achieving effectiveness with positive outcomes.

Biography

Noppawan Piaseu is currently the Chair of Master Program in Community Nurse Practitioner, Ramathibodi School of Nursing.

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