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| **The Effects of Participatory Health Promotion Program for the Elderly with Non-communicable Diseases in Nonthaburi Municipality, Thailand** |
| **Background/Objectives**The objectives were: 1) to develop participatory health promotion program for the elderly with non-communicable diseases (NCDs), and 2) to measure the effectiveness of the health promotion program for the elderly with NCDs in Nonthaburi Municipality, Thailand.**Methods**The study sample groups were 26 stakeholders from purposive selection, and 40 and 44 elderly with diabetes and/or hypertension who were randomized to the experimental and control groups. A focus group discussion guideline was used among the stakeholders. Tools for measuring the program effectiveness were questionnaires of self-efficacy and self-care behaviour, Global Physical Activity Questionnaire, a test of mental health, a senior fitness test, physical examination and laboratory tests. The health promotion program, developed by stakeholders’ involvement was used as an experimental intervention. Data were collected at pre-test and 12-week after, for post-test.**Results**Findings showed that: 1) The developed health promotion program focused on empowerment process to enhance patient’s self-care, by learning their own problems and risks, behavioural self-assessment, skills practicing, and participating in planning and goal setting for their self-care including dietary, exercise, stress management, and medication taking. There were monthly 4-learning-sessions for 12 week-period. A small group was initiated for self-motivation and competition between the groups. 2) The program’s effects, the experimental group demonstrated positive improving outcomes on self-efficacy, self-care behaviour, physical fitness, fasting blood sugar, haemoglobin A1C, cholesterol, triglyceride, LDL, and mental health. Comparing post-test between groups, significantly improved of health outcomes with the better scores were found in the experimental group than the control group in physical fitness, waist circumference, systolic blood pressure, triglyceride, HDL, and mental health.**Discussion**Participation of stakeholders in designing health promotion program could raise their awareness and involvement in the elderly health promotion. The health promotion program focusing on empowerment and self-management could improve the elderly with NCDs on self-efficacy, self-care behaviour, physical and mental health. This study could be applied for enhancing health and wellbeing of elderly with NCDs. **Keywords**Elderly, Non-communicable disease, Health promotion program, Empowerment, Self-management |

Author notes that abstract may fall under the theme of: Inclusive Habitats or Health Equity.