

ส่งเสริมสุขภาพครอบครัวใหม่ ปลอดภัย **NCDs**

น.พ. กฤษณา หาญบรรเจิด

ผู้อำนวยการกองโรคไม่ติดต่อ



Agenda

Definition of family health promotion

Well-being

Characteristics of family health promotion

Key components of family health promotion

Summary





Definition of family health promotion

the *collaborative effort to empower families and communities* to adopt and maintain *healthy behaviors and lifestyles* that enhance the *well-being* of all members.

Well-being

Physical

- **Healthy living** for good physical health
- **Disease prevention:** Regular checkups, screenings, and preventive measures
- **Body positivity and self-acceptance:**
Fostering a positive relationship with your body and appreciating its abilities and unique strengths

Mental

- **Positive emotions and resilience:**
Cultivating positive emotions like gratitude, joy, and hope, and developing coping mechanisms to deal with stress and challenges
- **Emotional intelligence:** Understanding our own emotions, recognizing to the emotions of others, and communicating effectively
- **Mental health literacy:** Awareness of mental health conditions, access to mental health resources

Well-being

Emotional

- **Self-awareness:** understanding your values, strengths, weaknesses
- **Purpose and meaning:** Having a sense of purpose, goals, and values that guide your life
- **Self-compassion and acceptance:** kindness to yourself, acknowledging your imperfections, and learning from mistakes)

social

- **Positive relationships:** Having strong and supportive relationships with family, friends, and community
- **Social engagement and connections:** participating, volunteering, contributing to your community
- **Positive communication and conflict resolution** respecting diverse perspectives

Characteristics of family health promotion

Focus on the Family Unit:

- **Holistic approach:** addressing not just individual health but also the family dynamics, relationships, and environment
- **Leveraging family relationships:** by fostering open communication, shared goals, and collaborative efforts to improve family well-being
- **Addressing intergenerational health:** recognizes the impact of past generations on current health patterns and future generations' health

Characteristics of family health promotion

Tailoring Interventions to Family Needs

- **Cultural and social context:** consider the unique cultural beliefs, traditions, and social norms that influence health behaviors within different families
- **Addressing family dynamics and challenges:** acknowledges the diversity of family structures and challenges faced by different families
- **Promoting family resilience and coping skills:** through communication, conflict resolution skills, and stress management techniques

Characteristics of family health promotion

Community and Intersectoral Collaboration

- **Connecting families with resources:** relevant community resources, healthcare services, and social support networks
- **Partnering with diverse stakeholders:** healthcare professionals, educators, community organizations, policymakers, and businesses
- **Advocating for family-friendly policies:** paid parental leave, affordable childcare options, access to healthy food and physical activity opportunities



**What are key
components
of
family health
promotion**

Key components at a glance

	1	2	3	4	5
Healthy behaviors and lifestyles	Nutrition	Physical activity	Sleep	Stress management	Substance use Prevention
Preventive care and screening	Immunizations	Early childhood development	Health screenings	Chronic disease management program	
Environments and policies	Healthy school environments	Smoke-free policies	Healthy workplace policies	Communities based initiatives	
Social and emotional well being	Social support and connections	family communication and relationships	Media literacy	Mental health and resilience	

Nutrition

- Promoting healthy eating habits through education.
- Cooking skills workshops.
- Access to nutritious foods.



Physical activity

- Family friendly exercises program.
- Safe playgrounds.
- Active transportation options.



Sleep

- Establishing healthy sleep routines for all family members.
- ensuring adequate rest for optimal physical and mental health.



Stress management

- Teaching families coping mechanisms for stress.
- Stress management workshops



Substance use prevention

- **Protecting Family Members from the Harms of Substance Use:**
Reducing exposure to risks, Promoting mental and emotional well-being, Strengthening family dynamics
- **Nurturing a Supportive and Healthy Family Environment:**
Developing positive coping mechanisms, Promoting strong values and positive role models, Building resilience and life skills
- **Beyond Family Health:** Community impact, Economic benefits



Immunization

- to protect newborns from whooping cough is to make sure pregnant women get a whooping cough shot (called Tdap vaccine) during each pregnancy.
- Flu vaccine for adults around babies



Early childhood development

- Well child visit
- Scheduling regular checkups for children to monitor their growth and development.
- To address any potential health concerns early



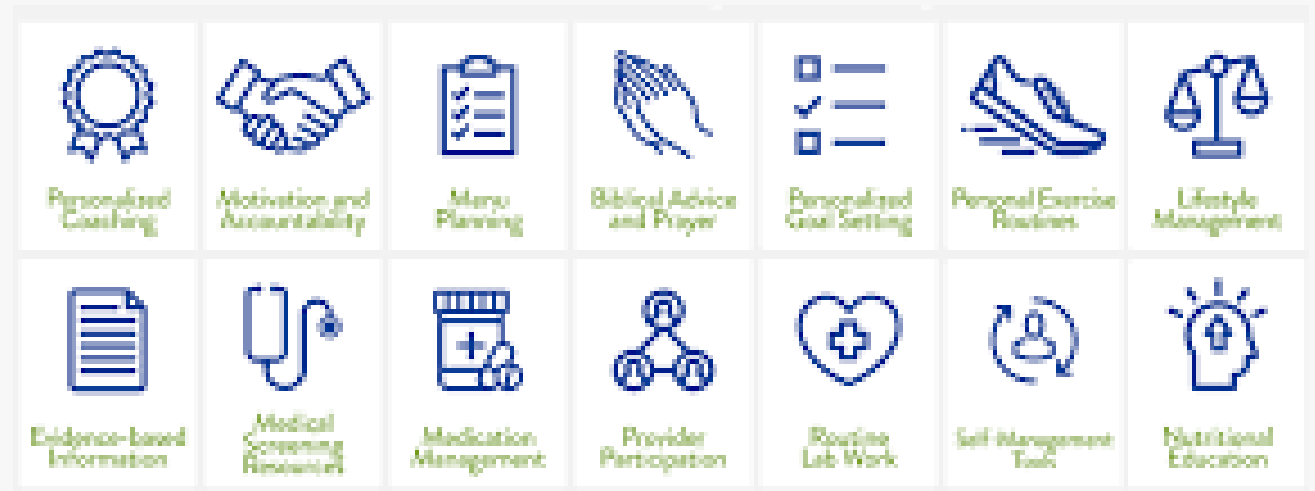
Health screening

- Regular checkups can identify NCD risk factors or early signs of disease in family members.



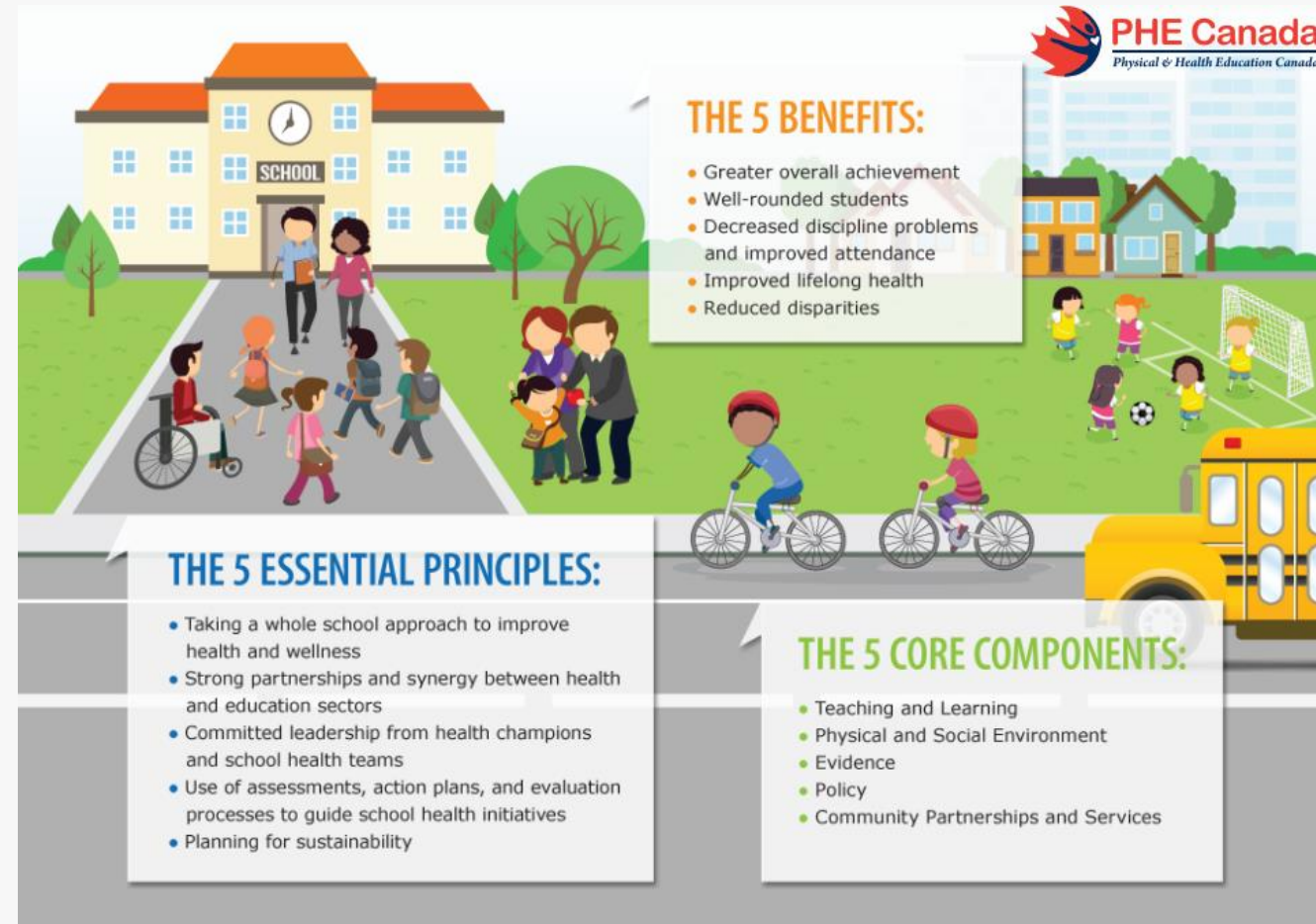
Chronic disease management programs

- provide education, support, and skills training for families living with NCDs
- self-management skills
- adherence to treatment plans



Healthy school environments

- **Nourishing choices:** Cafeteria transformation, Cooking classes, Community gardens
- **Movement Breaks:** Active classrooms, Outdoor learning
- **Holistic Wellbeing programs:** such as Mindfulness practices, Counseling and support



Smoke free policies

- **Preventing Harm:** protect family members from secondhand smoke, Lowering Disease Risk
- **Promoting a Healthy Environment:** Creating a Healthy Atmosphere, Nurturing Positive Choices, Strengthening Family Bonds
- **Beyond Family Health:** Economic Benefits, Social Impact



Healthy workplace policies

- **Preventing NCD risk factors:** Promoting physical activity, Encouraging healthy eating, Supporting mental well-being, Reducing tobacco use
- **Early detection and management of NCDs:** Providing access to health screenings, Supporting employees with chronic conditions by Implementing chronic disease management programs, Encouraging preventive care
- **Creating healthy culture:** Leadership commitment, Employee engagement, Building a supportive environment, Promoting healthy habits

Communities based initiatives

- **Promoting Healthy Eating:** urban farming cooperatives, community kitchens and cooking classes
- **Encouraging Physical Activity:** walkable and bikeable communities, community exercise programs, park revitalization projects
- **Early Detection and Support:** community health screenings, peer support groups, telehealth and digital health tools
- **Advocacy and Policy Change:** working with local governments, public awareness campaigns, collaborating with businesses

Social support and connections

- Connecting families with resources and support networks to address challenges and promote well-being.
- Community centers.
- Social services.
- Mental health professionals



Family communities and relationships

- Intergenerational communication.
- Encouraging open conversations about health within families.
- encourage healthy behaviors across generations



Media literacy

- Equipping families with the skills to critically evaluate health information from various sources.
- helping them make rational decisions about their health.

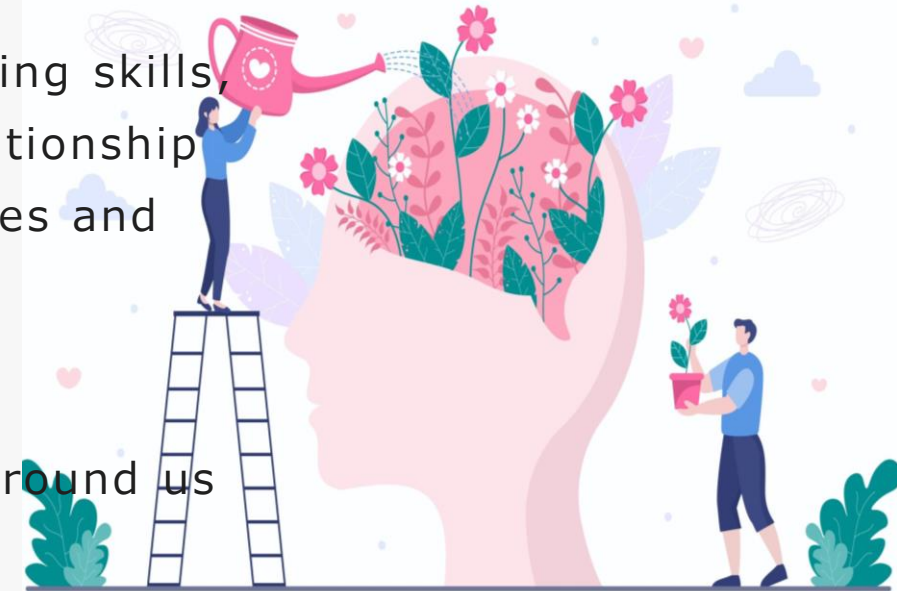


Mental health and resilience

- Promoting Positive Mental Health Practices: Open communication, Positive parenting, Positive role models, Emotional support
- Building Family Resilience: Problem-solving and decision-making skills, Adaptability and coping with change, Communication and relationship skills, Building self-esteem and confidence, Access to resources and support

Mental health=how we think, feel, and interact with the world around us

Resilience=ability to adapt and bounce back from challenges





Family health promotion for
reducing NCDs

Summary

Family health promotion plays a crucial role in the management of non-communicable diseases (NCDs) for several compelling reasons:

Preventive Power

Supportive Environment

Empowerment and Resilience

Furthermore, family health promotion offers a cost-effective and sustainable approach to NCD management.

THANK YOU



Krisada Hanbunjerd M.D.
iamkrisada@gmail.com

Family health promotion for reducing NCDs