

CHAPTER V

RECOMMENDATION

The project implementation was successful and participant evaluation revealed satisfactory results. The level of knowledge was increased; food habits and exercising behaviors have been changed. However, to make this condition be sustainable and better than this, the followings are recommended.

1. The content of educating topics should not be in very details. (Prapapenn,1995) Instead, it should be easy to remember and applicable in daily lives of participants, furnished with illustrations, coupled with demonstration and practical sessions as well as didactic presentation. Elders, in particular, everything must be well explained to.
2. Most of participants did not have their main burden to earn for their families, which allowed them to have leisure time to participate in the project. Any further studies should find suitable methods to enroll people at risks who are in their working ages to join the diabetes-preventing project.
3. The presence of clubs or community organizations, i.e. Elders' Club, Exercise for Health Club, which have already conducted activities in the areas, would help the project to achieve the success much more easily.
4. More exercise leaders are to be developed for continuity of activities.

5. Regular visits and monitoring the exercising activities would create morale and motivation convincing the group that we pay attention to them and we are ready to provide supports or help solving problems.
6. In doing activities, if satisfactions could be developed and benefits to participants could be convinced (Supit, 84) this would motivate participants to keep coming and bringing foods for demonstration regardless of supportive budgets for their expenses.
7. In any further studies, fat persons whose BMI is greater than 25 should be enrolled as participants of the project because overweight people are prone to develop diabetes 3 times higher than the general population (Supaporn,1998)
8. Any further studies should include home visits to observe daily diets of participant so instructions could be made more appropriately.
9. Further studies should interesting in pre and post menopause persons