



Vegan Cybercommunity in Thailand (VeCy)

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ABSTRACT

Vegan is a person who does not eat any animal products. Vegan diet has benefits on weight reduction and risk of obesity that increases the risk of cardiovascular or heart disease. When Thai teenagers contribute to obesity from too much unhealthy foods. Vegan cybercommunity (Vegy) improve Vegan knowledge, performance, and satisfaction of Thai teenagers by experimental for 1 weeks with one group 66 samplings teenagers aged 20 in year 2025. There were five phases of research by ADDIE model. Phase 1, Analysis vegan contents. ; Phase 2, Design Vegy.; Phase 3, Develop Vegy to access at <https://nadoon.online/indexeng2023.html>.; Phase 4, Implement Vegan Cybercommunity (Vegy) ; Phase 5, Evaluate Vegan Cybercommunity (Vegy). Approximately 90.91% of teenagers have knowledge product of vegetable such as Mushroom (*Agaricus bisporus*), Radish (*Raphanus sativus*), Kale (*Brassica oleracea*), Bean Sprout (*Pisum sativum*), Potato (*Solanum tuberosum*), Corn (*Zea mays*), Cucumber (*Cucumis sativus*), Bell pepper (*Capsicum annuum*), Lettuce (*Lactuca sativa*), Clover (*Trifolium Pratense*), Broccoli (*Brassica oleracea* var. *italica*), Marijuana (*Cannabis sativa* L.), Carrot (*Daucus carota*), Yard Long Bean (*Vigna unguiculata* var. *sesquipedalis*), Green pea (*Pisum sativum*), Black bean (*Phaseolus mungo*), Soybean (*Glycine max*). The fruits are Dragon Fruit (*Hylocercus megalanthus*), Apple (*Malus domestica*), Kiwi (*Actinidia chinensis*), Avocado (*Persea americana* Mill), Banana (*Musa* spp.), Honeydew Melon (*Cucumismelo* L. var. *cantalensis*), Peach (*Prunus persica*), Orange (*Citrus Sinensis*), Pomegranate (*Punica granatum*). Thai teenagers had positive satisfaction of Vegan cybercommunity (Vegy) to apply in daily.



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1. Introduction

Obesity or overweight is a long-term disease when teenagers has too much body fat and increases the risk of cardiovascular or heart disease (Stanford Medicine Children's Health, 2025). Vegan Consumption diet, vegetarians, plant-based reduces body fat and promote health from chronic diseases. cholesterol levels, blood pressure; heart disease, and many cancers. Craig (2010); Najjar and Feresin (2019); Sabaté (2003) including, plant-based diets can save the environment from animal agriculture (Desmond, Fewtrell, & Wells, 2024). In Thailand, young people become obesity or overweight because they have poor eating habits and aren't active enough. The researcher tries to develop Vegan cybercommunity to reduce animal food consumption and shift towards plant-based diets vegan that have consumption of vegetables, fruits, cereals, nuts, to reduced diseases, such as ischemic heart diabetes, obesity, and many cancers. These activities can support concept of Health information that

refers to any information that support the health of the population and the delivery of healthcare services. It includes data health service resources and activity, explanatory factors such as economic and sociodemographic information, and other related data such as social care and education. (Tegegne et al., 2022).

Healthy behaviors of teenagers became popular all around the world. , Israeli adolescents had overweight/obesity because of dietary protein, predominately from non-dairy animal sources (mostly meat and poultry). So, they should observe for plant and dairy protein consumption Chen, Zhao and Chen (2022) food allergy over 50 million Americans (Renn & Rainville, 2019). Besides, the food safety training was applied for agricultural entrepreneurs to improve business skills of market and food safety practices. (Crist & Canales, 2020) Ukrainian Participants of Kyiv, Ukraine, attend Food Safety Short Course (FSSC) to Improves food safety knowledge, behaviors, attitudes, and skills of. 6 months later Whereas Brazilian and Spanish adolescents eat fruit during the COVID-19 lockdown. The young Brazilian and Spanish population had a better understanding of the associated factors about healthy diet could help to establish concrete measures in case of situations of social isolation. (Victoria-Montesinos et al., 2023) However, Spanish adolescents from central Spain (Castilla-La Mancha region) have eating styles of sweet, salty, and umami tastes of foods. Educational activities, are suggested as useful methods to decrease food neophobias among adolescents (Del Campo et al., 2023). Spanish Adolescents are skipping breakfast, intake of sweets, and a high intake of rice and pasta could increase emotions, conduct, hyperactivity, and peer problems. These groups should intake fruit, nut, and legume to improve adolescents' psychosocial health problems and prevent future mental disorders such as depression, stress, or anxiety (Alfaro-González et al., 2023). Besides, parents impact Spanish adolescents for a healthy lifestyle (Monserrat-Mesquida et al., 2023). Many Romanian and Spanish adolescents do not take a proper breakfast every day. Breakfast Habits of Spanish are bread, cereals, cookies, juice and olive oil. Romanian are cereals, juices, biscuits, and jams (Soriano-Ayala & Cala, 2015).

Improving healthy behavior with training were conducted generally. Online Food Safety Training Programs were trained instructors with 3 modules. More than 85% of the participants responded positively. (Neal, Jack A., Jr., Murphy, Cheryl A., Crandall, Philip G., O'Bryan, Corliss A., Keifer, Over 50 million Americans have a food allergy to one or more foods (Renn & Rainville, 2019). Besides, the food safety training was applied for agricultural entrepreneurs to improve business skills of market and food safety practices (Crist & Canales, 2020). Ukrainian Participants of Kyiv, Ukraine, attend Food Safety Short Course (FSSC) to Improves food safety knowledge, behaviors, attitudes, and skills of. 6 months later, the participants' food safety attitude and behavior were positively enhanced the global safety of the food supply (Ercan Oruc et al., 2020). Finally, Vegan Cybercommunity for teenagers in Thailand will research for enhance vegan behavior among Thai adolescents. Since, most teenagers became obesity because of junk food consumption behavior and ignore of healthy lifestyle. Therefore, Thai teenagers should be encouraged the vegan benefits of consume grains, vegetables, fruits by health information with digital Era.

2. Literature Review

Food is a basic of human need for healthy growth and development in the lives of individual, household, communities, nations, and globally. Then, food associates with healthy eating in every day (Sarah Colatruglio and Joyce Slater, 2016; Vidgen, 2016) food literacy concerns vegan since vegan is a person who does not eat any animal products such as meat, milk or eggs (Cambridge University Press, 2023; Oxford University Press, 2023) but American Dietetic Association planned vegan diets are healthful, nutritionally adequate, and prevention diseases (Craig, 2010). Especially. A vegan diet has higher in fiber and lower in cholesterol. It can be healthy and some studies find benefits of a vegan diet such as reducing risk of heart disease by lowering cholesterol levels, and reduces the risk of cancer (Zurich. 2023.) Finally, this vegan concept begins in Thailand. In Thailand, young people become obesity or overweight and aren't active enough because they have poor eating habits of junk food, fast food, bag snacks, crispy snacks among teenagers in Thailand (Inthira Kaewmat and Suwalee Lovirakorn, 2010; Wanida Kaewcha-um and Narin Sangraksa, 2010). Obesity or overweight is a long-term disease when teenagers has too much body fat and increases the risk of cardiovascular or heart disease (Según, 2025). Vegan Consumption diet , vegetarians, plant-

based reduces body fat and promote health from chronic diseases. cholesterol levels, blood pressure; heart disease, and many cancers (Craig, 2010; Najjar & Feresin, 2019; Sabaté, 2003).

Healthy behaviors of teenagers became popular all around the world. Israeli adolescents had overweight/obesity because of dietary protein, predominately from non-dairy animal sources (mostly meat and poultry). So, they should observe for plant and dairy protein consumption. Whereas Brazilian and Spanish adolescents eat fruit during the COVID-19 lockdown. The young Brazilian and Spanish population had a better understanding of the associated factors about healthy diet could help to establish concrete measures in case of situations of social isolation (Victoria-Montesinos et al., 2023). However, Spanish adolescents from central Spain (Castilla-La Mancha region) have eating styles of sweet, salty, and umami tastes of foods. Educational activities, are suggested as useful methods to decrease food neophobias among adolescents (Del Campo et al., 2023) Spanish Adolescents are skipping breakfast, intake of sweets, and a high intake of rice and pasta could increase emotions, conduct, hyperactivity, and peer problems. These groups should intake fruit, nut, and legume to improve adolescents' psychosocial health problems and prevent future mental disorders such as depression, stress, or anxiety (Alfaro-González et al., 2023).

Health information refers to any Vegan information that support activities to improve the health of the population and the delivery of healthcare services. It includes data health service resources and activity, explanatory factors such as economic and sociodemographic information, and other related data such as social care and education (Tegegne et al., 2022). Vegan cybercommunity relate Health information use that refers to the application of health-related Vegan data to inform decisions and actions in healthcare. This can range from individual health management to broader public health. It involves accessing, analyzing, and improve health outcomes, (Ettel et al., 2012). Improving healthy behavior with online training with cyber community were conducted generally because adolescent Internet use grew exponentially in the last decade The cybercommunity or Vecy contained instructors with 8 modules and the participants have attitude and behavior were positively enhanced the healthy diet (Sabaté, 2003).

3. Method

Vegan cybercommunity (Vecy) improve Vegan knowledge, performance, and satisfaction of Thai teenagers after training with 15 weeks. There was experimental with one group samplings. The sampling was 66 teenagers aged 20 as environment undergraduate students at faculty of environment and resource studies at Mahasarakham University, Thailand. The tools were the vegan exercise, the vegan tests, and the interview attitude questionnaire. There are five phases of research by ADDIE model. Phase 1, Analysis vegan contents; Phase 2, Design Vegan Cybercommunity (Vecy); Phase 3, Develop Vegan Cybercommunity (Vecy) that can access at <https://nadoon.online/indexeng2023.html>; Phase 4, Implement Vegan Cybercommunity (Vecy) ; Phase 5, Evaluate Vegan Cybercommunity (Vecy)

3.1. Finding

The result found that Vegan cybercommunities was effective to improve Vegan knowledge and performance of teenagers after training.

3.2. Modules of Vecy cybercommunity

The results of Table1 provided information on the 8 modules *in Vecy cybercommunity* for teenagers. The modules presented vegan concepts such as name, benefit, nutrition, amount of eating per day plantation (Table1)

Table 1: Modules of Vecy cybercommunity

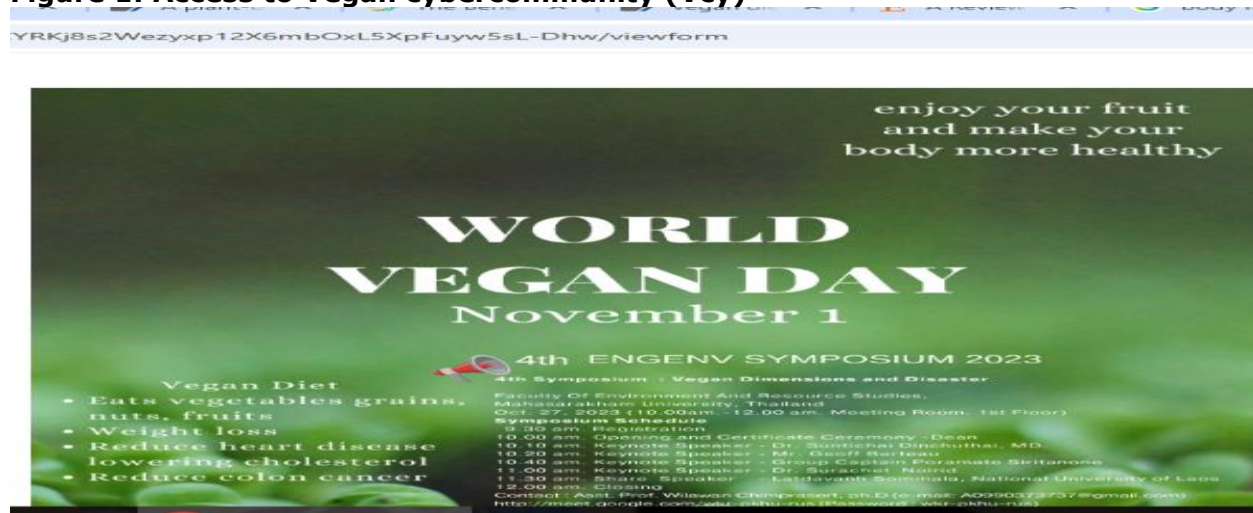
Week	Vegan Description
1	Name
2	Benefit
3	Nutrition
4	Amount for eating per day

5	Plantation
9	Scientific name
7	Picture
8	Multimedia

3.3. Access to Vegan cybercommunity (Vcy)

The results of Figure 1 presented the front page of Vegan cybercommunity (Vcy). The results of Figure.1 Thai teenagers can access by self-directed training at <https://nadoon.online/indexeng2023.html>. There are various vegan activities such as reading, creating. And There is a vegan space of participation, and discussion.

Figure 1: Access to Vegan cybercommunity (Vcy)



Source: <https://nadoon.online/indexeng2023.html>

3.4. Evaluation of Vegan cybercommunity (Vcy)

3.4.1. Vegan product Knowledge of teenager

From Evaluation of Vegan cybercommunity (Vcy). Cybercommunity can improve knowledge of teenagers about Vegan product and vegan performance. Approximately 90.91% of teenagers have knowledge product of vegetable (Table 1)

Table 2: Vegan product Knowledge of teenager (N = 66)

Vegan	frequency	percentage
Fruit	6	9.09
Vegetable	60	90.91
Total	66	100.00

3.4.2. Vegan description Knowledge of teenager

From Evaluation of Vegan cybercommunity (Vcy). Cybercommunity can improve knowledge of teenagers about Vegan descriptions; name, benefit, nutrition, amount for eating, scientific name, platation as (Table 2).

Table 3: Vegan Description Knowledge of teenager (N = 66)

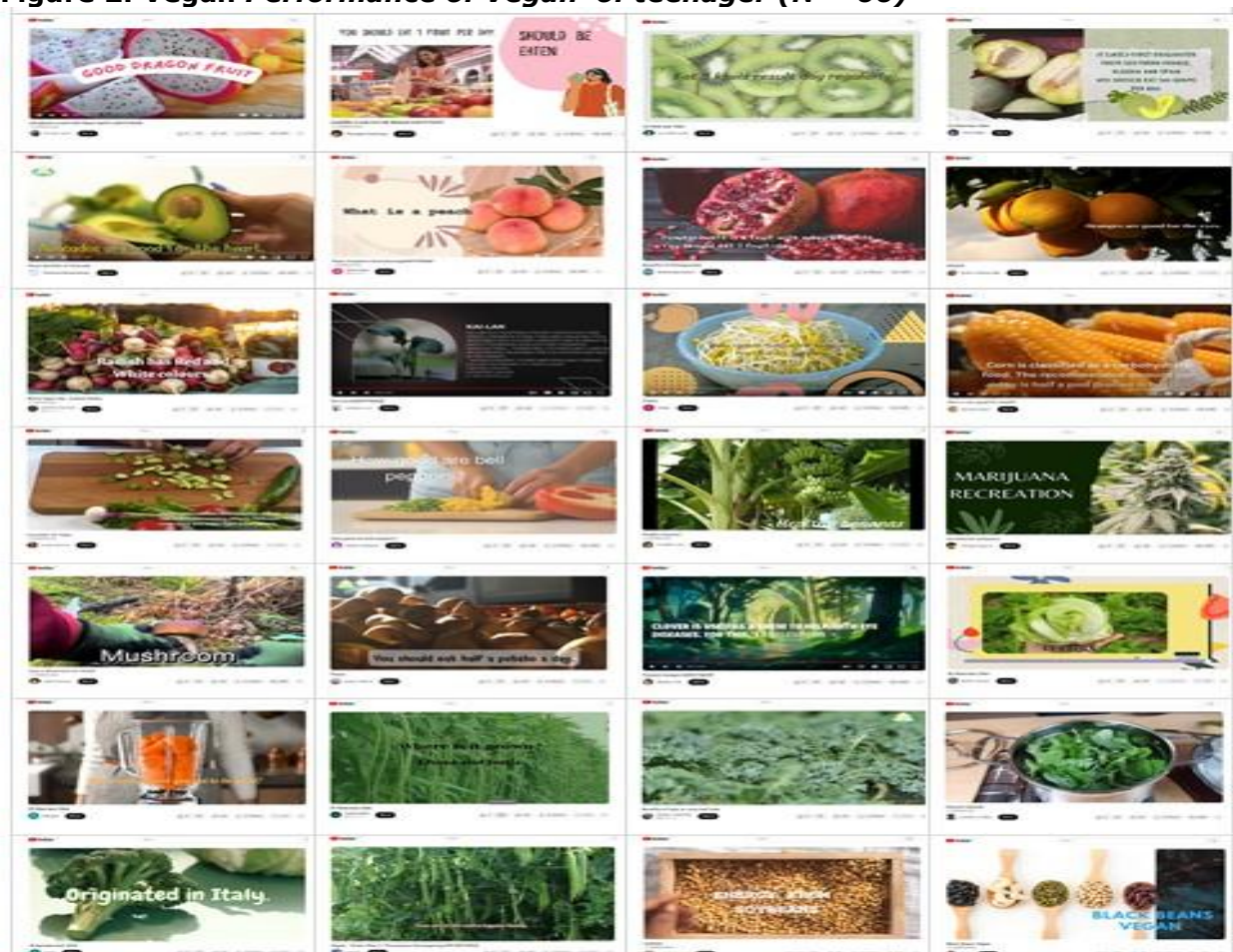
vegan name	Benefit	Nutrition	Eating/day	Plantation	Scientific name
Dragon Fruit	Skin	C	1 fruit	America	<i>Hylocercus megalanthus</i>
Apple	Teeth	Fiber, C	1 fruit	Soviet Union, Japan, China, New Zealand, Australia	<i>Malus domestica</i>
Kiwi	Skin	C	3 fruits	New Zealand	<i>Actinidia chinensis</i>
Avocado	Heart	Fiber, C	1 fruit	Mexico, Thailand	<i>Persea americana</i> Mill
Banana	Stomach	C	2 fruits	Thailand	<i>Musa spp.</i>
Honeydew	Skin	C	500 g	France, Algeria, Spain	<i>Cucumismelo L. var. cantalpensis</i>
Melon					

Peach	Skin, intestine	A, C, E, K	2-3 fruits	Thailand	<i>Prunus persica</i>
Orange	Eyes	C	2-3 fruits	Thailand	<i>Citrus Sinensis</i>
Pomegranate	Blood, bone, liver	B6, B12, C	1fruit	India	<i>Punica granatum</i>
Mushroom	Brain	B, D	0.60-1g	China, Japan, USA	<i>Agaricus bisporus</i>
Radish	kidney	calcium	100 g	Egypt, Thailand, Japan	<i>Raphanus sativus</i>
Kale	Heart, Eye	Protein, C, K, calcium	100 g	Italy, Thailand	<i>Brassica oleracea</i>
Bean Sprout	Heart	A, C, B, E, iron, calcium	100 g	Thailand	<i>Pisum sativum</i>
Potato	Brain	Iron, C	1 potato	Mexico, Chile, Bolivia, Peru	<i>Solanum tuberosum</i>
Corn	Eyes	Carbo	1 corn	United State	<i>Zea mays</i>
Cucumber	Knee, skin	Calcium, Iron, C	100 g	India	<i>Cucumis sativus</i>
Bell pepper	Blood, eye, intestine	Potassium, C	100 g	Thailand	<i>Capsicum annuum</i>
Lettuce	Blood	Carbo, calcium	400 g	Europe, Asia	<i>Lactuca sativa</i>
Clover	Eyes, Mouth	C	100 g	Thailand, Japan, Indonesia, Australia	<i>Trifolium Pratense</i>
Broccoli	Eyes	C, A, K, Folate	400 g	Italy	<i>Brassica oleracea var. italica</i>
Marijuana	Blood, bone	C	1 drop	Thailand	<i>Cannabis sativa L.</i>
Carrot	Hair, bone, Skin	Fiber, A, C, K	100 g	Thailand	<i>Daucus carota</i>
Yard Long Bean	Bone, Teeth	Protein, C	100 g	China, India	<i>Vigna unguiculata var. sesquipedalis.</i>
Green pea	Heart, eye	Carbohydrate, Calcium, Mg	100 g	Ethiopia, Thailand	<i>Pisum sativum.</i>
Black bean	Eyes	Protein, fiber	100 g	Brazil	<i>Phaseolus mungo</i>
Soybean	Bone, skin	Protein	0.81 g	Brazil, Thailand	<i>Glycine max</i>

3.4.3. Vegan Performance of teenager

From performance Evaluation of Vegan cybercommunity (Vecy). Cybercommunity can improve Vegan performance of teenagers by creating vegan multimedia to distribute vegan knowledge in communities as(Figure 2).

Figure 2: Vegan Performance of Vegan of teenager (N = 66)



3.4.4. Satisfaction of Vegan cybercommunity (Vcy)

By interview with 9 Thai teenagers ($N = 66$) found that they had positive satisfaction of *Vegan cybercommunity (Vcy)* to apply in daily after training as (Figure 3).

Figure 3: Satisfaction of Vegan cybercommunity (Vcy)



4. Conclusions

Vegan is a person who does not eat any animal products. Many environmental factors contribute to obesity in Thai adolescents. For example, adolescents may have too much access to unhealthy foods and not enough access to healthy foods, they may have a sleep disorder. Vegan diet has benefits on weight reduction and risk of obesity. Vegan cybercommunity (VeCy) improve Vegan knowledge, performance, and satisfaction of Thai teenagers after training with 15 weeks. There was experimental with one group samplings for 66 teenagers aged 20. There were five phases of research by ADDIE model. Phase 1, Analysis vegan contents; Phase 2, Design Vegan Cybercommunity (VeCy).; Phase 3, Develop Vegan Cybercommunity (VeCy) that can access at <https://nadoon.online/indexeng2023.html>; Phase 4, Implement Vegan Cybercommunity (VeCy); Phase 5, Evaluate Vegan Cybercommunity (VeCy). Approximately 90.91% of teenagers year 2025 they have knowledge product of vegetable. *Vegan cybercommunity (Vcy)* can improve new generation of teenagers of vegan food from vegetables, and fruits. There were 14 named of vegetables as Mushroom (*Agaricus bisporus*), Radish (*Raphanus sativus*), Kale (*Brassica oleracea*), Bean Sprout (*Pisum sativum*), Potato (*Solanum tuberosum*), Corn (*Zea mays*), Cucumber (*Cucumis sativus*), Bell pepper (*Capsicum annuum*), Lettuce (*Lactuca sativa*), Clover (*Trifolium Pratense*), Broccoli (*Brassica oleracea var. italica*), Marijuana (*Cannabis sativa L.*), Carrot (*Daucus carota*), Yard Long Bean (*Vigna unguiculata var. sesquipedalis.*), Green pea (*Pisum sativum.*). There were 8 named of fruits as Dragon Fruit (*Hylocercus megalanthus*), Apple (*Malus domestica*), Kiwi (*Actinidia chinensis*), Avocado (*Persea americana Mill*), Banana (*Musa spp.*), Honeydew Melon (*Cucumismelo L. var. cantalpensis*), Peach (*Prunus persica*), Orange (*Citrus Sinensis*), Pomegranate (*Punica granatum*). There were 2 named of grains as Black bean (*Phaseolus mungo*), Soybean (*Glycine max*).

Healthy behaviors of teenagers became popular all around the world. Israeli adolescents had overweight/obesity because of dietary protein from animal sources (mostly meat). So, they should observe for plant (Chen, Zhao, & Chen, 2022). Brazilian and Spanish adolescents eat fruit during the COVID-19 lockdown. They had a better understanding of the associated factors about healthy diet in case of social isolation situations (Victoria-Montesinos et al., 2023). Spanish adolescents from central Spain (Castilla-La Mancha region) have eating styles of sweet, salty, and umami tastes of foods. They have educational activities, to suggest as useful methods to decrease their food neophobia (Del Campo et al., 2023). Spanish Adolescents are skipping breakfast, and intake of sweets, rice and pasta that could increase emotion, conduct, hyperactivity, and peer problems. They should intake fruit, nuts, to improve adolescents' psychosocial health problems and prevent future mental disorders such as depression, stress, or anxiety (Alfaro-González et al., 2023).

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Conflicts of Interest

The author has no relevant competing interest to declare concerning the content of this article

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