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Health status of residents in northern Thailand

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Objective: The purpose of this research was to report the health status of local residents dwelled in Northern Thailand (border of Thailand and Burma). This very remote area of Thailand had very unique geographic site and historical past in World War II.

Methods: A cross-sectional questionnaire survey was used to collect health status, medication used, and nutrition intake of adult residents and anthropological review of children (age from 8 to 13 years old).

Results: We collected 157 adults in this remote area of Northern Thailand. The average age was 56.8 years old. The average blood pressure was 135.2/83.6 mmHg, which was higher than normal range. The rate of abnormal BMI of male and female were 44.6% and 55%, respectively. Notably, the frequency of protein intake, such as meat, fish, and egg was lower than seven times per week. A total of 139 children (age from 6 to 11 years old) data was collected. The average of body weight, and body height were 35.5 kg and 140.6, respectively. Eye vision was obtained from a vision exam. The average of right and left eye vision were 1.65 and 1.60, respectively.

Conclusions: The data revealed that protein intake was likelihood insufficient, yet, blood pressure was high since their very high salt consumption in adults. It is critical that health education related to health promotion and nutrition should be involved to eliminate this potential health risk.

Biography

Lee-Han Kuo is a Dietician student of College of Public Health and Nutrition, Taipei Medical University, Taiwan. He also pay much attention at the residents of the rural area in the Northern Thailand, specially in public health of nutritional status and diseases condition.

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