

Health Status And Risk Behaviors Of Royal Thai Army Personnel In Bangkok And Its Perimeter In The Year 2009

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Progress Report

Biochemistry Section, Analysis Division, AFRIMS has provided annual health check up service for 19,512 Royal Thai Army (RTA) personnel at their installations during fiscal year 2009. The results are described as follow; most of them are males (80.9 percent), more than half are non-commission officers (54.8 percent), and the average age is 42 years old.

For general physical examination, more than half of RTA personnel are overweight and obese. There are 30.9 and 7.1 percent with obesity grade 1 and 2. Whereas 26.1 and 32.9 percent of males and females have over waist circumference (male ≥ 90 cm, female ≥ 80 cm). One third of them have blood pressure higher than or equal to 140/90 mmHg.

For chemical laboratory test, the most important health problems of RTA personnel who are older than or equal to 35 years old are high cholesterol (>200 mg/dl, 66.5 percent), low HDL-C (male <55 and female <65 mg/dl, 55.4 percent), high LDL-C (> 130 mg/dl, 53.9 percent), and high triglyceride (> 160 mg/dl, 35.7 percent) values.

The risk behavior survey shows that more than half of RTA personnel drink alcohol (60.9 percent), in which 10.7 percent regularly drink more than three times a week. Additionally, 26.8 and 10.8 percent of RTA personnel smoke and do not exercise.

As previously mentioned, lipid dysfunction, overweight and obesity, and high blood pressure are the most important health problems of RTA personnel. Primarily, health advice was given individually by physicians in order to enhance health of RTA personnel. However, RTA commanders should pay attention to health conditions of their workforces by providing health campaigns that can reduce smoking and drinking behavior and promote exercise.

