

## HEALTH STATUS AND RISK BEHAVIORS OF ROYAL THAI ARMY PERSONNEL IN BANGKOK AND ITS PERIMETER IN THE YEAR 2010 - 2011

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### Progress Report

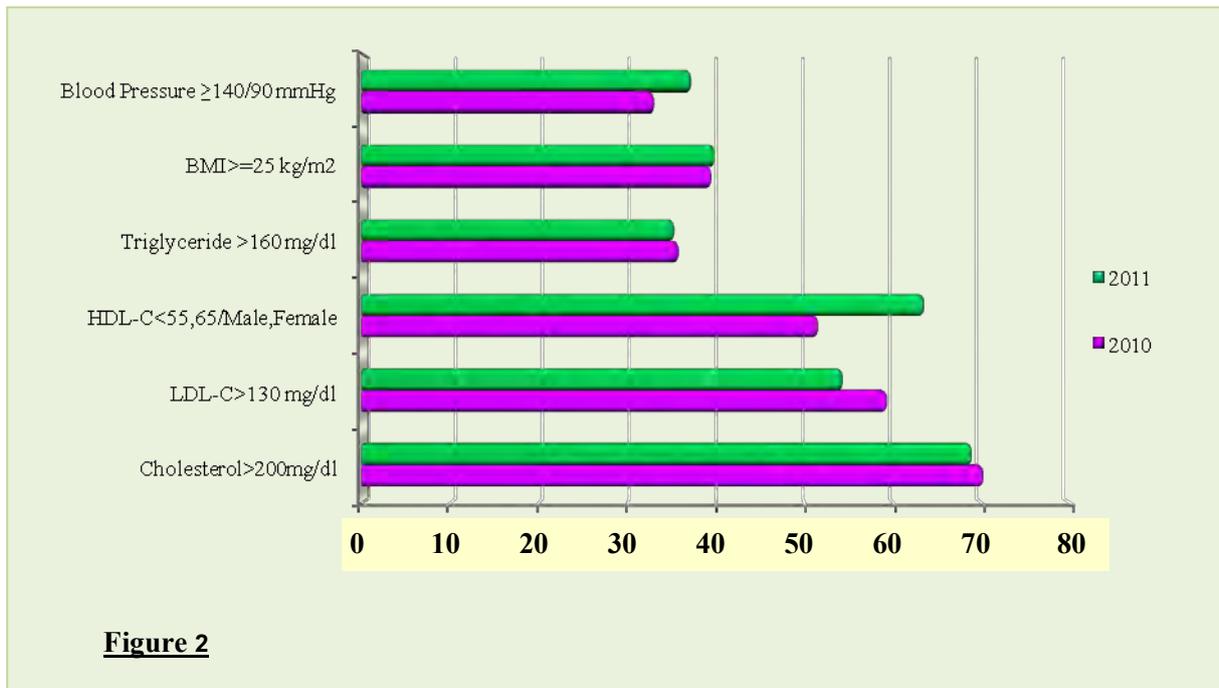
Biochemistry Section, Analysis Division, AFRIMS has provided annual health check up service for 18,316 and 18,153 Royal Thai Army (RTA) personnel at their installations during fiscal year 2010 and 2011. The results are described as follow; most of them are males (80 percent), half are non-commission officers (54 percent), and the average age is 43.5 years old.

For general physical examination, more than half of RTA personnel are overweight and obese. One third of them have blood pressure higher than or equal to 140/90 mmHg (Figure 1, 2).

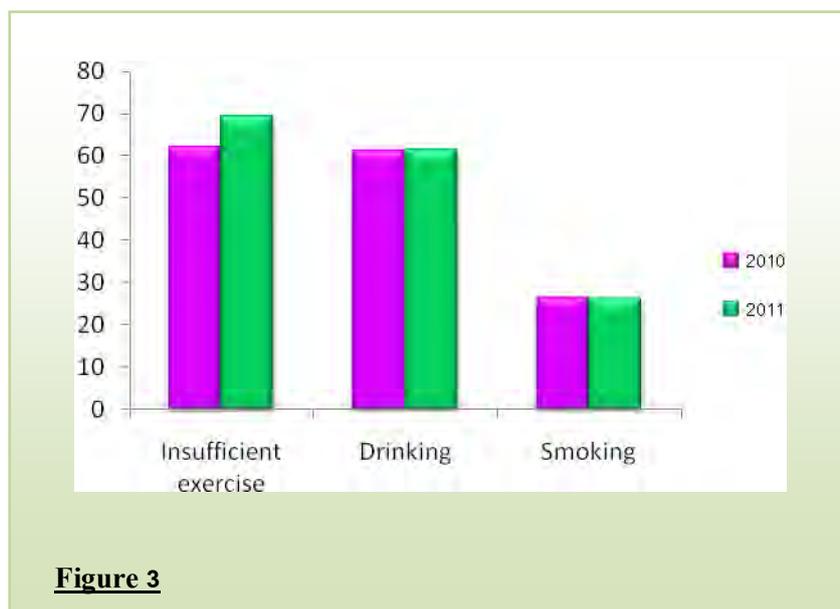


**Figure 1**

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), low HDL-C (male <55 and female <65 mg/dl), high LDL-C (> 130 mg/dl), and high triglyceride (> 160 mg/dl) values (Figure 2).



The risk behavior survey shows that more than half of RTA personnel have insufficient exercise and drink alcohol, in which 10 percent regularly drink more than three times a week. Additionally, one fourth of them are current smoker (Figure 3).



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.