



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

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Abstract

Armed Forces Research Institute of Medical Sciences (AFRIMS) has conducted “Annual physical health examination for Royal Thai Army (RTA) personnel at their installations in Bangkok and its perimeters project” since 2002. This proactive service emphasizes more on health promotion and prevention. The service composes of blood pressure measurement, blood and urine collecting, physical examination, visual acuity check, and chest x-ray. We have continuously developed this service in order to do efficiently on health status monitoring since the beginning until now. For the year 2010, there were 18,316 RTA personnel having checked up with us. Most of them are males (80.3 percent), half are non-commission officers (54.6 percent), and the average age is 44.3 years old. More than half (64.1 percent) of them are overweight and obese. There are 32.1 and 7.4 percent with obesity grade 1 and 2, respectively. One third of them have blood pressure higher than or equal to 140/90 mm.Hg (33.0 percent). 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, 70.3 percent), high LDL-C (> 130 mg/dl, 59.4 percent), low HDL-C (male <55 and female <65 mg/dl, 51.6 percent), and high triglyceride (> 160 mg/dl, 35.8 percent) values. The risk behavior survey shows that more than half of them drink alcohol (61.3 percent), in which 10.3 percent regularly drink more than three times a week. Additionally, 62.0 and 26.6 percent of RTA personnel do not have enough exercise and are current smokers. It would be concluded that the most important health problems of RTA personnel are lipid dysfunction, overweight and obesity, and high blood pressure, respectively. Primarily, health advice was given individually by physicians in order to enhance their health. However, RTA commanders should pay more attention to health conditions of their workforces by providing health campaigns that can reduce smoking and drinking behavior and promote exercise.

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