HEALTH STATUS AND RISK BEHAVIORS OF ROYAL THAI ARMY PERSONNEL IN BANGKOK AND ITS PERIMETER IN THE YEAR 2013

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Progress Report

Biochemistry Section, Analysis Division, Armed Forces Research Institute of Medical Sciences (AFRIMS) provided annual health check up service for 17,985 Royal Thai Army (RTA) personnel at their installations in the fiscal year 2013. The results are described as follow; most of them were males (81.1%) and three fourth were 35 years old and above (74.2%) with the average age of 42.6.

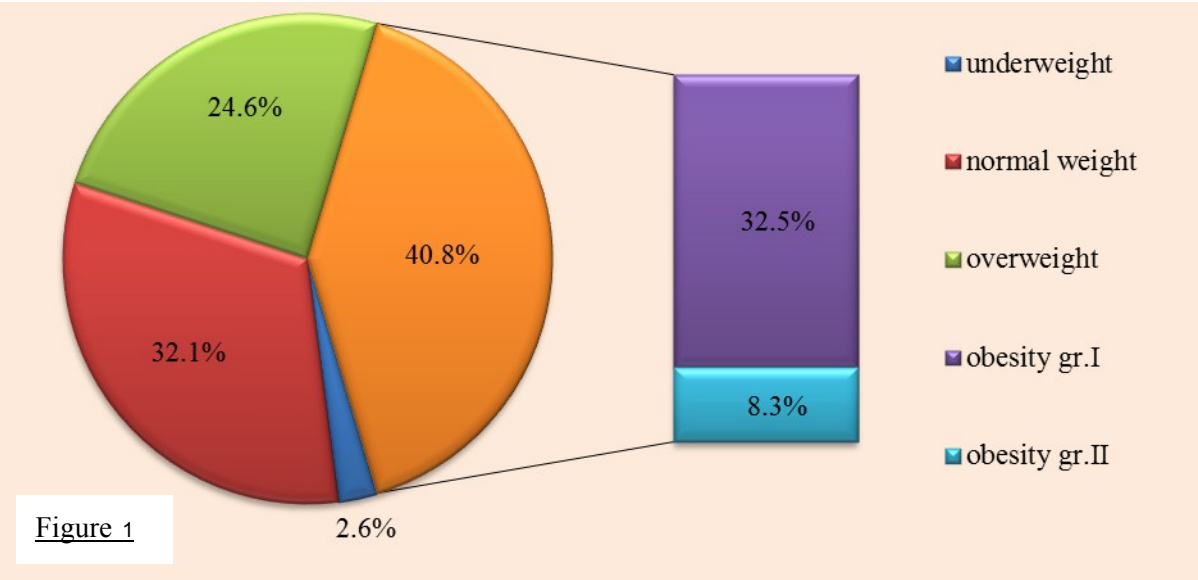

Figure 1

For general physical examination, more than half of RTA personnel were overweight and obese (Figure 1). 19.8% of them had blood pressure higher than or equal to 140/90 mmHg (Figure 2).

For chemical laboratory test, the most important health problems of RTA personnel aged 35 years old and above were 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 behaviors survey showed that more than half of RTA personnel did not get sufficient exercise and used alcohol, which 9.6% consumed more than three times a week regularly. Additionally, 26.6 % of them were current smokers (Figure 3).

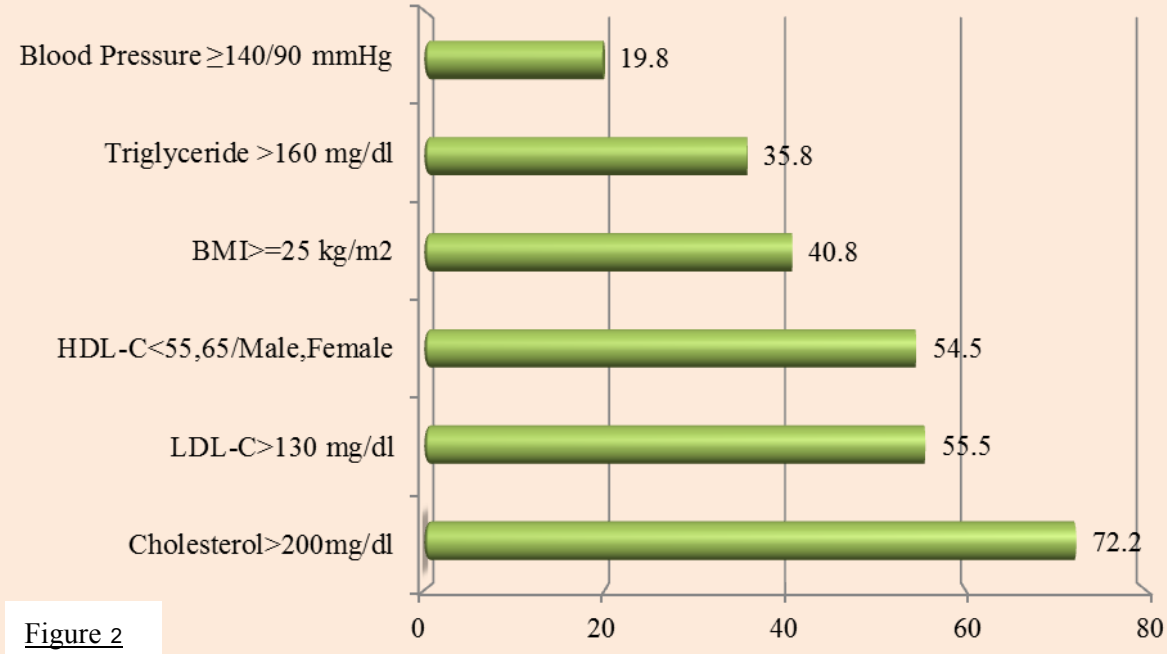

Figure 2

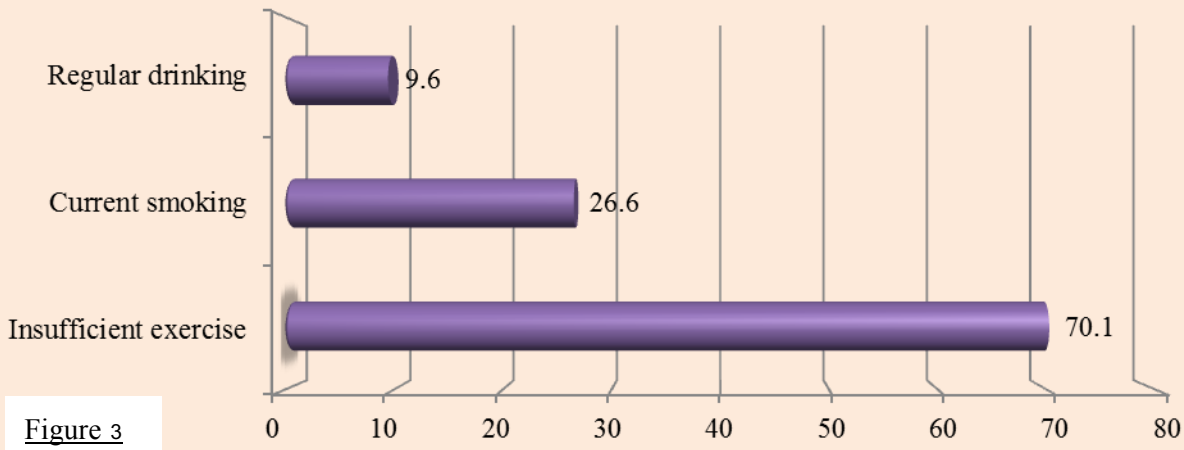

Figure 3

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