

Results: Knowledge on: risk factors for NCD ($p<0.001$); availability of screening tests ($p<0.05$); diet to prevent NCDs ($p<0.05$); healthy cooking methods ($p<0.05$) showed improvement. Most attitudinal statements showed change in a favourable direction ($p<0.05$). Physical exercise among males (15-60yrs) ($p=0.001$), frequency of consumption of green leaves ($p=0.02$) and fruits ($p<0.001$), and proportion of NCD patients on continuous medication ($p<0.001$) also showed improvement. Frequency of consumption of sweets ($p<0.05$), habit of snacking on sweets ($p<0.05$), taking soft drinks ($p<0.05$), rewarding ! children with sweets ($p<0.05$) had decreased.

Conclusion: The interventions on reducing risk behaviour for NCD showed success on several knowledge, attitude and behaviour measures.

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Prevalence of Overweight and Obesity in Sri Lankan Adults and Associated Socio-Demographic Factors

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Obesity may be the most serious public health issue in developed countries. The prevalence of obesity is on the rise at an alarming rate worldwide. Developing countries, particularly in South-East Asia (SA) has not being spared. The aim of the study was to determine the prevalence of overweight, obesity and abdominal obesity, and the underlying socio-demographic correlates among Sri Lankan adults. Data were from a randomly selected 4532 adults aged ≥ 18 years from a national level study on diabetes and cardiovascular disease. Weight, height and waist circumference (WC) measured and body mass index (BMI) was calculated. The mean BMI and WC were 21.3Kg/m², 22.2kg/m² and 78.6cm and 76.8cm for males and females respectively. According to the proposed WHO cut-off values for Asians, the percentage of Sri Lankan adults in the overweight, obese and centrally obese categories were 25.9%, 9.7% and 29.2% respectively. Based on the cut-offs for Caucasians these were 17.3%, 3.8% and 11.9%. In addition, female sex, urban living, higher education, higher income and being in the middle age were shown to be significantly associated with risk factors for overweight and obesity in Sri Lankans ($p<0.001$). In conclusion, we documented relatively high prevalence of overweight and obesity, particularly, abdominal obesity among adult in Sri Lanka where is a middle income country. Urgent public level interventions are needed to control the problem at an early stage.

FP-124

Total Alcohol Advertising Ban and Consumption

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Alcohol advertising is misleading the public to think that alcoholic beverages are common drink and well-accepted by society. Moreover, advertisement promotes the attitudes of people in the society to think positively at the alcoholic drinks. Advertisement invites the non-drinkers to start drinking, and makes the regular drinkers to drink even more. Alcohol advertisement usually emphasizes on the desire to drink and overlooking - both personal and public - health risks. This leads to unsuccessful health promotion goal. Overall research evidences indicate that advertisement has direct influence on drinking behaviour. The alcohol industry tries to portray positive images to be acceptable by society. At the same time, it tries to use advertising strategies to lure youth and teenagers to become its new customers, or victims. Even though it denies that advertisement is not used to deceive or attract youth and teenagers to drink, but its action indicates clearly that the industry spends enormous budget for advertisement and other promotional activities to do exactly that.

Advertising ban is a necessary and effective measure in preventing youth from deception and propaganda of alcohol industry. Providing correct health information or counter advertising is imperative in protecting public health.

Countries which enforce total alcohol advertising ban strictly, including all types of media and all kinds of alcoholic beverages (beer, wine, and spirits), is usually one of effective measures in reducing drinking volume and number of new drinkers. World Health Organization recommends total alcohol advertising ban as one of effective measures in tobacco and alcohol control.

FP-125

The Influence of Self Care and Family Effort to Relapse Stroke Patients

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Risk of relapse stroke is 12% at the first year after stroke attack and 7% at the next year. The Risk of the relapse stroke is because the patients not doing prevention such as; blood hypertension check, reduce smoking, reduce alcohol and proper diet. This research was observation research with case control study. The research did at Haji Hospital Surabaya city. Period of the research was September 2005 to May 2005. Sample of the research were stroke patients cared in the Haji hospital. Case group was relapse stroke amount 26 patients. Control group was patient that didn't have relapse stroke attack after 6 month or more, amount 27 patients. The Result of the research showed the characteristic of the stroke patients were most elderly people, men and having high level of education, both relapse stroke and non relapse stroke. The stroke patients were also having low self care. The influence of self care to relapse stroke was not

significant ($p=0,68$). The family effort of the case group was low (65,4%), and control group was good (77,8%). The influence of family effort to case group was significant ($p=0,02$). The Conclusion of the research is that the family effort has important role to relapse stroke. The family need health promotion about how to take care the stroke patients, so that it can prevent relapse stroke.

FP-126

Correlation between Mortality Rates of the Cardiovascular Disease and Selected Socio-Economic Factors

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Since 1990 in Mongolia, the constitution of leading causes of mortality and morbidity was changed and begun by increase of prevalence of non-communicable diseases, and this situation was resulted from decrease of mortality and morbidity due to communicable diseases, transition from nomadic life style to city life style, and rapid development of urbanization and industrialization. Methods The survey objectives were to determine the correlation between prevalence and mortality of cardiovascular diseases and socio-economic factors. The study was designed as a descriptive study. Results There was reverse relationship between cardiovascular diseases mortality rate and number of persons per a physician ($R=-0.431$, $p=0.043$). It means there is a high probability of cardiovascular diseases mortality rate in aimags where number of physicians are relatively low. Moreover, there was slight positive relationship with unemployment rate. There is direct correlation between GDP and cardiovascular disease mortality rate. There was moderate relationship between number of persons per a physician and cardiovascular disease mortality rate. Findings from the multifactorial model analysis confirmed that GDP ($p=0.023$), human development index ($p=0.0214$), number of persons per physician ($p=0.008$) are main indicators causing cardiovascular disease mortality rate Conclusion According to multifactor analysis, it is obvious that multifactor ($p=0.001$), GDP per person (0.023), human development index (0.0214) and number of people per physician (0.008) influence mortality caused by CVDs.

FP-127

Promoting Environmental Health in Suburban Communities through Waste Management Intervention by Sri Lankan Medical Undergraduates
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Introduction: Household waste management is a major public health problem in suburban communities in Sri Lanka.

Objective: To evaluate outcome on household practices and community services of a waste management intervention implemented by medical undergraduates during Community Stream academic programme. Methods: Small groups comprising 15 medical students each, were assigned to 14 suburban “communities” in Colombo district for 18 months. Students were given theoretical inputs and guided by supervisors. Household practices and community services related to waste management were identified through a baseline survey. Stakeholder groups were formed to plan, implement and monitor the intervention. Outcome of intervention, at household and community level was assessed using pre-and-post test design.

Results: There were 1141 residents in 293 households in study area. Educational programmes had improved knowledge of residents about 3R concept (Reduce, Re-use, and Recycling) in all communities. Composting of bio-degradable waste was practiced in 12/14 communities, using bins provided (8/12 communities) or alternative methods (4/12 communities). Cleanup campaigns were conducted in 7 communities and home gardening in 5. Use of eco-friendly bag and sorting bags was evident in 6 and 4 communities respectively. Indiscriminate dumping and burning of waste had reduced in all communities. Elimination of mosquito breeding sites through house-to-house visits was done only in 3 communities. In 9 communities, sustainable linkages were established with service providers on waste management, resulting in regular collecting of waste.

Conclusions: Sustainable community-based waste management interventions are feasible through medical undergraduates, however their long-term impact needs evaluation.

FP-128

Environmental Health and Sanitation Conditions among Myanmar Migrant Communities in Samut Sakorn Province, Thailand

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This research aimed to investigate the environmental health and sanitation conditions among Myanmar migrants communities located in Samut Sakorn. The study design was mainly quantitative, cross-sectional study, and small part of qualitative also as Focal Group Discussion. The population for this study was Myanmar migrants both registered and unregistered living in 3 sub-districts of Muang District, Samut Sakorn province. The interviewing was conducted by simple random sampling. The major occupations were working in the