

seniors. As a measure for health, "Sleep well" was top in infants, and "Eat breakfast everyday" was top in other ages. Subjects of "Eat breakfast everyday" were high of 95% in pupils and 96% in seniors, and relatively low of 85% in teenagers and 96% in adolescents, but these figures were higher compared to other surveys in Japan. Subjects who didn't practice exercise were highest in adolescents of 40%, and lowest in pupils of 10%. Conclusion: Results from KAP Surveys were quite suggestive for further planning for healthy lifestyle and healthy diet, for effective interventions of behavior change, based on characteristics of target groups. We are organizing working groups for planning by residents participation in FY2009. We will also report these activities.

SP-164

Food Pattern and Activity towards Central Obesity in Different Kinds of Social Economic Status

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Prevalence of obesity increases sharply in few years in the developing countries. Obesity is a risk factor of disease that to be main cause of death like coronary heart disease, diabetic mellitus, stroke, and cancers. The study was intended to assess effects of food pattern and activity on obesity in different kinds of social economic status (SES). The analysis used Riskesdas (Basic Health Research) data collected in 2007 in all provinces. Data from Java and Sulawesi's island was selected in the analyses (n=3,478). A multivariate logistic regression was performed to evaluate determinant factors towards obesity in each social economic status. Multivariate analysis showed the most risk factors of abdominal obesity was physical activity to low and middle SES, with Exp (B) value 2,032 and 1,461, respectively, while in the high SES, consumption of sweets had negative risk on the occurrence of central obesity, with Exp (B) 0,678.

SP-165

Rural Thai Elderly Health Status and Community Health Care Model

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These participatory action research aims to study the life styles, health status, and self-health care among elderly people who live in the semi-urban area in Chiang Rai Province, northern Thailand. The study population were the people who were of 60 years old and selected by a simple random sampling technique. Totally 212 persons were recruited in to the study from 504 persons. The instruments of the study were the questionnaires which composed the general questionnaires, WHOQOL (WHO quality of life), NRI (Nutrition Risk Index), MHSE (Mental Health Status Examination). All the

questionnaires had been tested for validity and reliability. The instruments included the physical examination form, and 5 ml. of blood specimen.

The results found that 54.23% were female, 25.47% were age 70-74 years, the highest frequency of married were 3 times, 39.6% were have had the disease history, 32.07% have the history of medical operation. 100.00% presented that visited the medical doctor at the hospitals or public health centers while their illness. 86.32% living far from the hospital about 2 kilometers. 98.15% used the social welfare insurance when received health care service. 56.13% of care giver were their relative. 91.985 had income 500 baht per month, 48.58% were illiterate. 12.73% has smoked, 59.25% has 41-50 years of length of smoking, 16.98 were an often drink alcohol, and 42.10% were eat un-cook food. Biochemistry results shows that 17.55% were $\geq 251\text{mg/dl}$ o

SP-166

Intentional Self Poisoning in Adolescence- What Are the Reasons

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Deliberate self poisoning with pesticide, plant poisons or drug overdose is commonly seen among adolescence in developing countries. Objective of this study is to identify the reasons of self harming with poisoning. A prospective study was carried out in teaching Hospital Anuradhapura Sri Lanka over a period of 6 months. Out of 731 poisoning admissions 161 were in the age group of 11-19 years. 85 patients completed the confidential semi structured questionnaire on discharge from the hospital after clinical recovery. Females showed highest incidence of deliberate poisoning than male (64:21). Organophosphate was the poison of choice. 29% had the intention of suicide while six of them (7.05%) revealed previous attempts. Others intend to draw attention or punish themselves. Majority of the patients had studied beyond grade 10 at schools. 34.11% had left the school before completing the secondary education and was unemployed. But only 1.17% gave it as the reason for intentional self poisoning. For a majority conflict with parents or parents in-law was the reason (35.29%). Conflict with the spouse 11%, siblings' 14%, misunderstanding /argument with the boy friend/girlfriend accounted for 11.47%. Sexual harassments accounted 2.35%. Out of the study sample 10% of adolescent were married. Argument with either spouse or parents in-law was the reason for poisoning for all of them. Some has witnessed the intentional poisoning by their immediate family members, neighbors or classmates. Interventions to reduce the adolescent intentional self poisoning should be directed towards