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Factors Contributing to Uptake of Influenza Vaccine among Community-Dwelling Elderly in Taiwan

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Objective: The objective of this study is to investigate the relationships between influenza vaccination and health status, health behavior, living arrangement, and outpatient visits for community-dwelling elderly.

Methods: This study selected a cross-sectional sample of elderly aged 65 and above from the National Health Interview Survey (NHIS) in 2005. The study sample represented senior citizens who resided in Taiwan in 2005, due to the sampling method of probability proportional to size used in NHIS. Data on individual influenza vaccination status in the last year was collected by questionnaire in NHIS. Analysis was conducted using Chi-square and logistic regression.

Results: Vaccine uptake in the total sample of 2,621 elderly was 57.6%. For male, those aged between 75 and 84 (OR=1.2, 95%CI=1.0, 1.4), living with spouse (OR=1.4, 95%CI=1.1, 1.7), suffering with heart (OR=1.2, 95%CI=1.0, 1.4) or respiratory disease (OR=1.3, 95%CI=1.0, 1.5), keeping good health behaviors like exercise (OR=1.3, 95%CI=1.2, 1.5) and health examination (OR=1.6, 95%CI=1.4, 1.8), and making outpatient visits for last month (OR=1.2, 95%CI=1.1, 1.4), were more likely to uptake influenza vaccine. For female, elderly with diabetes (OR=1.3, 95%CI=1.1, 1.5), doing exercise (OR=1.2, 95%CI=1.0, 1.3) and health examination (OR=1.5, 95%CI=1.3, 1.8), and making outpatient visit for last month (OR=1.3, 95%CI=1.1, 1.5), were more likely to uptake influenza vaccine.

Conclusions: Vaccine uptake was associated with good health behavior, health status, and outpatient visit for both gender, and linked to living arrangement and age group for male.

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Different Types of Physical Activity and Eight-Year All-Cause Mortality among Taiwanese Older Adults

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Background: This study was designed to assess the effects of overall and different types of physical activity on all-cause mortality among older adults.

Methods: This research was a population-based study of residents aged 65 years and older (N=2133) in the township of Hunei in Taiwan from 1999 to 2007. There were 649 deaths during a mean follow-up of 6.9 years. Physical activity was evaluated with the Physical Activity Scale for the Elderly (PASE). The Cox proportional hazard models were used to estimate the

association of physical activity with mortality adjusted for baseline potential confounders. Etiological fractions of death for physical activity among the exposed group were calculated.

Results: This study showed an inverse pattern of association between leisure physical activity and mortality with a 68% and 34% increase in low active men and women with multivariate adjustment. The low household activity groups had more than 30% increase in mortality risk. No significant association was found between work-related physical activity and longevity. The low overall physical activity group had 64% increase in the risk of all-cause mortality. Around 20% of death in the population was attributable to leisure, household or overall physical activity.

Conclusion: This study extends the understanding of associations between different types of physical activity and longevity for the Chinese in Taiwan and fills the gap in the existing literature focusing on Western countries.

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Prospective Study of Physical Activity and Academic Performance in Elementary School Children

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Introduction: The relationship of physical activity with academic performance among school children with a six-month follow-up period was studied.

Methods: Data were collected among the grade six students (n=409, boys: 210) in one school in Taichung County, Taiwan from the first semester of the 2007 academic year with a six-month follow-up interval. Academic performance (outcome) was the total scores in the end of the second semester of the 2007 academic year provided by the school. Physical activity (exposure) was measured using the International Physical Activity Questionnaire (IPAQ). Covariates included gender, intelligence quotient, depressive symptoms, baseline academic performance, father's/mother's educational level, whether the child belongs to single parent household. Multiple linear regression model was then adopted for predicting academic performance. The Model was conducted again stratified by genders and then by different subjects, comprising language and mathematics.

Results: Children whose participation in high or moderate physical activity level had higher scores than low physical activity level (high: $\beta=4.60$, $p<.01$; moderate: $\beta=3.50$, $p<.05$). Boys whose participation in high or moderate physical activity level had higher scores than those with low physical activity (high: $\beta=4.99$, $p<.01$; moderate: $\beta=4.88$, $p<.05$), but no significant correlation was found in girls. Those who with high activity level performed better on subjects of language ($\beta=4.04$, $p<.01$) and mathematics ($\beta=4.54$, $p<.01$).

Conclusions: Physical activity is positively associated with academic performance in elementary school children. Educational authorities, schools and parents should encourage children to participate physical activity regularly.

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Benzodiazepine Misuse Problem and Development to Narcotic Drug in Rural Area Thailand

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Background: benzodiazepine is one of sedative and hypnotic drugs. Increasing of its misuse and abuse makes it play an important role as narcotic drugs in Thai society.

Study Design: A qualitative research was conducted for this research. Source of data and key informant: 18 key informants willing to participate in this study were drawn from a population based survey of sedative and hypnotic drug use in rural area, northeastern region of Thailand.

As misuse and abuse drug users, key informants were identified in accordance with international standard criteria of DSM IV (revised version 1994).

Method: An in-depth interview of misuse experiences was implemented. Data analysis was performed using content analysis and triangulation methods.

Result: Most frequently used Benzodiazepine drugs were Diazepam, Lorazepam and Alprazolam. Most misused group was women who were housewife. Usually drug misuse begins with medical treatment and then drug addiction is slightly developed. Most of key informants were patients who habituated drug used reflected that benzodiazepine in their lives is harmless. Some user used Benzodiazepine as narcotic drugs, second line drugs and used involved with cannabis, alcohol and methamphetamine. Drug users can easily find out Benzodiazepine from hospitals and some of them bought from nightclubs and smugglers from Thai-Lao free trade border.

Conclusion: Sedative and hypnotic drugs in Benzodiazepine group have been increasing misuse until becoming abuse. Medical Law need increased strictly control and medicine dispensation of medical treatment in public health system should be seriously considered.

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Scoda as Peer Education Based on Senior High School in Effort to Prevent Drugs Abuse

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Threat caused by drugs in Indonesia was increasing especially at young generation. High school student need the different ways to prevent drugs abuse. One of them,

it's a peer education program. Therefore, it needed something like organization at student level which can give information. Then, it created a Study Club on Drugs Abuse (SCODA) as a peer education school-based on drugs abuse prevention. This activity was implemented in one high school in Gresik. Method of the activity was student empowerment and advocating. Student empowerment conducted through training program by giving subjects, simulations, games, giving assignment and study tour. Whereas advocating in order to get commitment from school side to develop the organization. The instruments used were questionnaire, subject module, training kit, simulation and game tools. For evaluation the program used pre-post test. The outcome that have been got from these activities were Study Club on Drugs Abuse (SCODA) as peer education organization to prevent drug abuse, members of SCODA as many as 14 students who done elucidation and extension for 100 students in same school and increased knowledge about drugs and prevention measures among them. Furthermore, it can decrease drugs abuse rates among high school student. Finally, SCODA can be developed to other high schools in Indonesia, as well.

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Usefulness of Self-Report of Hypertension in Predicting Follow-Up Risks of Chronic Diseases and Mortality of Older Taiwanese

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Background: Hypertension is prevalent in the elderly. It can increase the risk of many chronic diseases and mortality. In epidemiological studies hypertension is usually determined with clinical measurement of blood pressure. However, in social survey studies, hypertension is often identified with self-report without measurement. Objective: This study aimed to determine the usefulness of self-report of hypertension in predicting the risk of follow-up chronic diseases and mortality in older adults. Methods: The study analyzed data of a population-representative cross-sectional cohort study in older Taiwanese. Subjects' health conditions were analyzed at baseline in 1989 and the occurrences of new stroke, heart disease, diabetes and chronic kidney disease cases in 1999 were analyzed. Regression analysis determined the impact of hypertension on the occurrence of common chronic diseases and mortality.

Results: The prevalence of self-reported hypertension at baseline (1989) was approximately 27% (24% in men and 30% in women) for Taiwanese, 60 years or older. Elderly who self-reported hypertension had increased risk of follow-up stroke and heart disease ($p < 0.05$). However, the impact on chronic kidney disease and diabetes was not statistically significant. Elderly who self-reported hypertension also had a 38% increase in mortality risk according to regression analysis.

Conclusion: Self-report of hypertension is associated with an increased risk of follow-up stroke, heart disease