

shows the possibility of implementing a scheme that covers both material and in-kind incentives that are based on the region's characteristics and the provincial government's financial ability.

FP-171

Effects of Behavioral Modification on Exercise and Appropriate Food Consumption among Overweight Primary School Students, Maung District, Uttaradit Province

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This research is a quasi-experimental research study aimed to investigate the effects of behavioral modification program on exercise and appropriate food consumption among overweight primary school students, Maung District, Uttaradit Province. Self-efficacy and social support were applied program activities to modify behavior of the students. The study participants aged 10-12 years were selected by simple random sampling on inclusion criteria, and the divided into two groups namely 42 students into an experimental group were exposed to the behavior modification program for 10 weeks, while no action was directed to the comparison group. A questionnaire was used to collect data. The data were analyzed by ordinary descriptive statistics such as frequency distribution, calculation of proportion, mean, standard deviation, and min-max values. Within groups were compared by the paired t-test, and between groups were compared by the independent t-test. Statistical significance was assumed at $p < 0.05$.

As a result of this study it could be shown that after implementation, the experimental group significantly improved their knowledge, practice on exercise and appropriate food consumption, social support than before the experiment ($p < 0.001$). Perceived efficacy, outcome expectation, improved significantly as well ($p < 0.01$). The experimental group significantly improve their knowledge, perceived efficacy, outcome expectation, practice on exercise and appropriate food consumption, social support than the comparison group ($p < 0.001$).

FP-172

The Combined Effects of Alcohol and Coffee on Visual Reaction Time

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Many researchers studied the factors that affect reaction time (RT). Many studies of alcohol's effect on RT reveal that it significantly prolongs RT, whereas, caffeine reduces RT. There were 30 healthy subjects complying with inclusion and exclusion criteria. The research comprised 8 experiments consisting of A1 (1 dose of alcohol), A2, C1 (1 dose of instant coffee), C2, combination of A1+C1, A1+C2, A2+C1, and A2+C2.

This research recorded subjects' 3 parameters including visual evoked potential (VEP), blood alcohol concentration (BAC) and RT. These parameters were recorded at 0, 30, 60, 90 and 120 minutes, referred to as T0, T30, T60, T90, T120, respectively. Data were reported as mean $\pm$ S.E.M. and analyzed by using repeated measures ANOVA. The study demonstrated that the mean RT and P300 latency were prolonged from 226.01 ms at T0 to 253.02 ms at T30, and from 368.27 ms at T0 to 411.97 ms at T30, respectively. The BACs of both groups were not statistically different (39.50 mg% for A2 and 37.93 mg% for A2+C2). The most important result revealed that the RT of A2+C2 at T30 (232.14 ms) was not significantly different to that of control (229.04 ms). In conclusion, the results suggest that ingestion of C2 after A2 ingestion could counteract the A2 effects. However, the results of this study support the public policy of "Drink don't drive".

FP-173

Health Seeking Behavior for Malaria of Shan Ethnic Group in Lashio Township, Northern Shan State, Myanmar

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Objectives: The aim of this study was to identify the health seeking behavior for malaria and its associated factors of Shan ethnic group.

Method: A descriptive study was conducted in Lashio Township, Northern Shan State, Myanmar. Total of 298 respondents experiencing malaria within the last 5 years were recruited from 8 villages of the studied township by structured questionnaire interview.

Results: The results showed that malaria infected cases went for drug seller (39.3%), health center (28.9%), self treatment (25.8%), and private clinic (6.0%) as their first choice of treatment. Among those uncured from self treatment and drug sellers from the 1st choice of treatment went for a better care: health center, government hospital and private clinic and almost all of them get cured from their 2nd choice. However those who went for drug seller resulted as uncured more for this choice of treatment and they went for health center as their 3rd choice of treatment. Only a small number, 2 out of 298, went to hospital and health center as their 4th choice and they get cured. The only factor significantly associated to the 1st choice of malaria treatment was the knowledge on malaria diagnosis. However other dimensions of knowledge on malaria, perception and malaria prevention had no association with the health seeking behavior.

Conclusion: It is suggested to strengthen the relationship between practices and policy, focus on capacity building of health personnel for early diagnosis and establish quality health care services.