

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.

SP-190

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

Sukdepat Puangkot¹, Udom Pongpila², Mali Potipim³

1. Charlermkanchana College, Thailand

2. Ubonratchathani Province Public Health Office, Thailand

3. Phiboonmansahan Hospital, Thailand

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.

SP-191

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

Tri T Yeni Tri Herwanto

University of Airlangga, Indonesia

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.

SP-192

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

Yu-Wen Wang, Alan Tsai

Asia University, Taiwan

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