

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

Nurhaedar Jafar, Healthy Hidayanty, Ahmad Thaha
Hasanuddin University, Indonesia

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

Tawatchai Apidechkul

Mae Fah Luang University, Thailand

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

Ayanthi S Karunarathne¹², Lakruwan Dassanayake³, Niranjan Illangakoon¹

1. Teaching Hospital Anuradhapura, Sri Lanka

2. University of Colombo, Sri Lanka

3. Disaster Preparedness and response unit, Ministry of Health, Sri Lanka

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

building up a good relationship with them by the parents and the family members.

SP-167

Revisiting Community-Based Health Workforce from Community-Based Approach to Family-Based Approach Case of Indonesia

Yaslis Ilyas

University of Indonesia, Indonesia

This policy paper based on the data and library research to analyze Community-Based Health Workforce (CBHW). The paper explore the history and the some models of CBHW that are implemented in Indonesia. Results, the history of CBHW come from long story. In early period, we only know the CBHW as traditional healer. There is no special program was developed by government to support the community health. The health training for the TBA was started in the year 1952 by Ministry of Health (MOH). In 1986, the Integrated Health Post (IHP) was launched by President of Republic of Indonesia. In this period, many success story, the famous one is the family planning program. On 2007, MOH introduced new program that is called the Steady village. The village is description of a community who are aware and able to prevent the health problems such as malnutrition, communicable diseases. In the year 2009, the program is targeted that 69,000 villages will become the steady villages. Eventhough, the CBHW has been conducting for more than 30 years in Indonesia. It seems that works ineffectively, so we propose the Family-Base Health Action (FBHA) as new approach in conducting the public health program. Conclusions, In the future, we need a new concept of self help and self reliance community health program. The FBHA could be a solution since it focus on the family health. The FBHA base on the family member as health cadre that lead to sustainable the health program in household level

SP-168

Policy Implementation of Village Allert to Achieve Healthy Indonesia 2010

Ede Surya Darmawan

Universitas Indonesia, Indonesia

In orderto achieve Health Development Vision called as Healthy Indonesia 2010, Government of Indonesia has launched a program called as Village Alert. The Village Allert Program is aimed at forming community at village level who are aware, willing, and able to prevent and handle various threat to public health like malnutrition, communicable diseases and diseases that has potential to be outbreak, disaster, and injuries using local resources and community mutual-partnership (gotong royong) However, this program is centrally designed by Ministry of Health and implemented by local government such as district government in a decentralized system. After implemented for 2 year, this program is seemingly not so

successful. This article is trying to identify and discuss the causes that make this important program not successfull and define several options including policy and managerial options covering human resources and management arrangement of village allert program at village and disrict level.

SP-169

Risk Factors of Gout in Out Patients of Takalar General Hospital, South Sulawesi Province, Indonesia

Andi Zulkifli, Vitalis Vitalis, Saifuddin Saifuddin

Hasanuddin University, Indonesia

Gout arhritis or gout is a rheumatic disesease that caused by kinetic disturbance of uric acid that is hypeuricemia. The study was aimed to determine risk factors of gout in Takalar Hospital. The study was observational using case-control design. Case was gout pateints and control was patients in Internal Clinic with no gout. A logistic regression analyses was used to assess the risk factors. Results showed that there were correlations between gout and age (OR=3.59, CI-95%:1.76–7.33), gout and sex (male) (OR=2.02, CI-95%=1.05–3.86), gout and obesity (OR=2.25, CI-95%: 1.17 – 4.33), gout and hypertension (OR=2.68, CI-95%:1.32–5.44), and red-meat consumption (OR=5.66, CI-95 % 2.59–12.4) and no correlation between gout and seafood (OR=0.706, CI-95%=0.36 – 1.38) and consumption of traditional alcohol drink (OR=0.91, CI-95%=0.38 – 2.14). We conclude that the highest risk factor of gout was red-meat consumption. It is suggested that people on age more than 40 to control food that high purin content, active on sport and control of body weight and blood pressure.

SP-170

Impact of Normal Alanine Aminotransferase Levels on Incident Diabetes

Chong-Shan Wang^{1,2}, Wei-Jen Yao³, Ting-Tsung Chang³, Shan-Tair Wang³, Pesus Chou⁴

1. National Yang-Ming University, Taiwan

2. A-Lein Community Health Cente, Taiwan

3. National Cheng Kung University, Taiwan

4. National Yang-Ming University, Taiwan

Background: Elevated ALT levels might be associated with type 2 diabetes but whether higher ALT levels within the normal range predict the risk is unknown. Methods: We followed a community-based cohort of 3,446 individuals 35 years old without diabetes and hepatitis B or C in southern Taiwan for 8 years (1997-2004) to study the risk for type 2 diabetes with different normal ALT levels.

Results: Among the 337 incident diabetes cases, 16.0% were from those with ALT levels < 10, 44.5% with ALT levels 10-19, 30.0% with ALT levels 20-39, and only 9.5% with ALT levels 40. A cumulative hazard function test showed that the higher the ALT levels, the greater the cumulative incidence rate of diabetes ($P < 0.001$,