Tunyaporn Ariyarit 2007: Factors Related to Food Consuming Behaviors and Exercise Behaviors of The Personnel in The Office of Disease Prevention and Control, Region 4 Ratchaburi Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 175 pages.

The purpose of this descriptive research was to study factors related to food consuming behaviors and exercise behaviors of the Personnel in The Office of Disease Prevention and Control, Region 4 Ratchaburi Province by observing 312 participants which were purposive selected. The research instrument used in the research was the questionnaire, which was made by the researcher and had already passed the quality test at satisfied level. Software program was used in the data analysis and the statistics figures that were used in the research were percentage, average, standard deviation, Chi-square test result, Pearson's Product Moment Correlation Coefficient, and Multiple Regression Analysis.

The research found that : 1) Food Consuming Behaviors and Exercise Behaviors of the Personnel in The Office of Disease Prevention and Control, Region 4 Ratchaburi Province were mostly at the high level which were 41.70%. 2) Bio-social factors which were body mass index, educational level, monthly income and system of work were associated with food consuming behaviors and exercise behaviors with statistical significant at the level of .05 and .001 respectively. 3) Internal factors such as attitude toward exercise, future orientation and self control about food consuming behaviors, future orientation and self control about exercise, internal locus of control about food consuming and internal locus of control about exercise had positive relation with food consuming behaviors and exercise behaviors with statistical significant at the level of .001. 4) External factors such as working environment supported for food sources, working environment supported for exercising, social support on consuming behaviors and social support on exercising had positive relation with food consuming behaviors and exercise behaviors with statistical significant at the level of .001. 5) There were six predictive variables used in predicting food consuming behaviors and exercise behaviors which were attitude toward exercise, social support on exercising, working environment supported for food sources, internal locus of control about exercise social support on consuming behaviors and body mass index. All of these jointly predicted food consuming behaviors and exercise behaviors for 65.80%. The best predictive variable was the attitude toward exercise behaviors, which could had predicted for 52.00%.

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