

Sakonwan Kaewklin 2014: Association between Bio-social Factors and Health Behaviors with Dyslipidemia among Employees of Thai Nam Thip Company at Changwat Pathum Thani. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Mr. Somkid Prabpai, Ph.D. 81 pages.

This research was aimed to study the association between bio-social factors and health behaviors with dyslipidemia. Observational analytic studies with unmatched case-control study were conducted 324 employees of Thai Nam Thip company at Changwat Pathum Thani. The subjects were divided into 162 cases and 162 controls. Data was collected by a questionnaire, was analyzed by descriptive statistics, including mean, standard deviation and percentages and inferential statistics using chi-square test, odds ratio, and multiple logistic regression.

The study found that the bio-social factors and health behaviors associated with dyslipidemia. Risk factors of dyslipidemia include: body mass index ≥ 25 Kg / m² (OR_{adj} = 3.27, [95% CI: 1.84-5.84], p < 0.001) was risk more than body mass index 18.5-22.9 Kg / m². Physical checkup: 1 time/year. (OR_{adj} = 3.21, [95% CI: 1.58-6.52], p = 0.001) and physical checkup: 2 times/year (OR_{adj} = 4.96, [95% CI: 1.27-19.36], p = 0.021) were risk more than physical checkup: more 2 times/year. Then protective factors include single (OR_{adj} = 0.32, [95% CI: 0.11-0.89], p = 0.029) and divorced/widowed (OR_{adj} = 0.42, [95% CI: 0.18-0.98], p = 0.045) were chance of dyslipidemia reduction than married and live together.

The finding of this research highlighted the bio-social factors and health behaviors associated with dyslipidemia of Thai Nam Thip company employees. Therefore, it should focus on health behavior accordingly and promote healthy behaviors to reduce dyslipidemia. including prevent severity of disease further.

Student's signature

Thesis Advisor's signature