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KEY WORD : OVERWEIGHT / HEALTH BEHAVIOR

SUPPALUK BOONKWAMDEE : A STUDY OF HEALTH BEHAVIOR OF OVERWEIGHT PERSONS IN BANGKOK METROPOLIS. THESIS ADVISOR : SIRIORN SINDHU,D.N.Sc ; JARIYAWAT KOMPAYAK, Dr.P.H. (PUBLIC HEALTH) ; NIRAT IMAMEE, Ph.D. 128 p. ISBN 974-589-555-5

Overweightness is an increasing problem for people who live in Bangkok because life style of people is not supportive of good health behavior. The purpose of this research was to study the health behavior of overweight people. The sample consisted of 210 people who had body mass indexes equal to or greater than 25 kg/m<sup>2</sup>, age between 15 and 59, and who lived in Bangkok. The stratified three-stage sampling was applied to this sample. The data were collected by oral interview and analized by grouping.

The study sample was comprised of 120 females and 90 males. The majority of subjects were adults (40.5%), had primary school level of education(28.1%), were employees(26.7%), 26.7% of whom earned monthly salaries of between 3,000 and 6,000 baht, and had body mass indexes of 25-29.9 kg/m<sup>2</sup>(63.8%). The study shows 59.4% view their overweight as fatness and/or large appearance, 89.0% think it is caused by their eating habit, 81.0% think it is due to physical diseases, 25.7% feel they can achieve weight reduction by dietary management and exercise. Most of subjects eat foods with high fat (97.6%), high carbohydrate (78.1%), consume soft drinks (47.6%), and eat additional meals (supper or snacks) (51.0%). The study also shows that 72.9% have less energy at work and 84.3% have less energy doing leisure activity. 70.0% go without any physical exercise, 68.1% go without weight reduction programme of any kind, and 41.9% have physical disease.

The recommendations based on the study are that health personel and health centers should be provided with technical and educational information for their clientel; mass education in respect to overweight should be government funded through the mass media; weight reduction clinics, weight groups and information seminars should be set up in hospitals and regional health centers.