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## **APPENDICES**

## Appendix A: Cover page of project proposal

Program design and implementation are joint effort between Panatnikhom hospital and Railugthong health center.

- A. Project Location : 11 Villages in Tambol Railugthong, Panatnikhom district, Chonburi Province
- B. Participants: Recruitment was designed to enroll approximately 40 participants from villages. A step of screening and recruitment process was developed to identify eligible participants.
- C. Project Duration ( 6 months)
  - Step 1 Training Staff 20 December 2001
    - Training Health Volunteers 25 December 2001
  - Step 2 Screening 26 December 2001 – 11 January 2002
  - Step 3 Intervention
    - Stage 1 Training Participants 21 –25 January 2002
    - Stage 2 Physical activity and nutrition demonstration  
26 January –25 April 2002
  - Step 4 Monitoring 21 January –25 April 2002

### Evaluation

- Pre-test 21 January 2002
- Post-test 25 January 2002
- Follow --up 25 June 2002
- Physical examination on baseline 21 January 2002
- Follow up 25 June 2002
- Collected health related quality of life 25 June 2002



**Appendix B: Training on Diabetes: prevention & control, treatment  
& care on 20 December 2001**

08.00 – 08.30 hrs	-	Registration	
08.30 – 08.45 hrs	-	Opening remark	Director of Phanat Nikhom Hospital
08.45 – 10.00 hrs	-	Diabetes: Prevention and control	Dr .Banuthoeng Yaowattananukul Internist, Phantnikhom Hospital
10.30 – 10.45 hrs	-	Brake	
11.00 – 12.00 hrs	-	Test urine sugar using Uristix	Mr. Mana Sreechant Chief, Section of Medical
	-	FBS Test using Glucometer	Servicing Technique, Phantnikhom Hospital
12.00 – 13.00 hrs	-	Lunch	
13.00 – 14.45 hrs	-	Nursing and care of diabetic patients	Speakers form Nursing Section, Chonburi Hospital
14.45 – 15.00 hrs	-	Brake	
15.00 – 16.00 hrs	-	Participatory health education using group process	MRs. Nimnuan Songkitrat Profrrsional Nurse Level 7, Phanat Nikhom Hospital
16.00 – 16.20 hrs	-	Q & A session	
16.20 – 16.30 hrs	-	Closing remark	



**Appendix C: Programs for the Training of Public Health Volunteers  
on 25 December 2001**

08.00 – 09.00 hrs	-	Registration	
09.00 – 09.30 hrs	-	Opening remark	Mr.Chainat Loymankong Chief, Railugthong Health Office
9.00 – 10.30 hrs	-	Diabetes: Prevention and control	Mrs. Nigoon Pattasama Chief, Sasi-liam Health Office
10.30 – 10.45 hrs	-	Break	
10.45 – 12.00 hr	-	Searching and identifying people at risks using screening form	Mrs. Pompimol Palurtchaivong Technician Health Officer
	-	Testing urine sugar using stripes	
	-	Blood pressure taking	
	-	Referral of patients and persons at risks for further FBS testing	
12.00 – 13.00 hrs	-	Lunch	
13.00 – 14.00 hrs	-	Exercise and diet control	Mrs.Jinjuta Punmarin Chief, Kokplor Health Office

## Appendix D: Diabetic Screening Test for High-risk Group Aged over 40, Conducted by Public Health Volunteers

### I. General Information

1. Name ..... Age ..... years Address No. .... Moo .....

2. Gender       female       male

3. Marital status    Single    Married    Widowed/divorced/separated

4. Education

Primary school

Secondary school

Diploma/higher vocational

Bachelor's degree or higher

5. Occupation

Farmer

Employee

Private

Unemployed

### II. Risk factors

1. Height.....cm. (approximately) Weight..... kg. (approximately)

The normal range of Body Mass Index (BMI) is between 18-25. Over than 25 is considered as being in obese condition. What range is the BMI of this person equal to?

Lower than the average    Normal    Obese condition

2. Have you rarely exercised or never exercised in a day?

Yes       No

3. Do your grandfather and grandmother, your parents or siblings have diabetes?

Yes       No

4. Have you ever been checked and diagnosed with high blood pressure?

Yes       No       Never been checked

5. Have you ever had blood test and the result is that you have high cholesterol?

Yes       No       Never been checked

6. (Only for women who was pregnant before) have you ever delivered a baby weighed more than four kg. Or had a prior history of diabetes during your pregnancy?

Yes       No

**Note:** If any of risk factors is found, indicating a sign of high-risk condition, please recommend him/her to have blood testing for diabetes and inform him/her to refrain from food after midnight until having the medical examination in the next morning.

## **Appendix E: Letter of invitation to participate in this project**

To: (Name of person at risks)

Re: Invitation to participate in diabetic prevention program for people at risks

According to the screening survey for people having risks of developing diabetes, you are found to have such risk(s) and have chances to develop diabetes in the future. In order to prevent the development of diabetes, the Health Center will hold a training session about this, one or two hours a day (09.00 –11.00 hours) from 21 – 25 January 2002. Services provided before and after the participation in this program are blood pressure taking, weight and height taking; blood testing for cholesterol and sugar, as well as doing exercises together. All are free of charges.

Would you like and be willing to participate in this project?

Yes

No, because.....

Sign:.....

## **Appendix F: Program for the training of participants of diabetic prevention program for people at risks**

### **21 January 2002**

08.00 – 08.30 hrs	- Registration	
08.30 – 09.00 hrs	- Opening remark	Mr.Chainat Loymankong Chief, Railugthong Health Office
9.00 – 10.30 hrs	- Diabetes: Prevention and control	MRs. Nimnuan Songkiitrat Profressional Nurse Level 7, Health Education Section, Phanat Nikhom Hospital

10.30 – 11.00 hrs - Brake

### **22 January 2002**

08.00 – 09.00 hrs	- Physical examination of project participants	PCU 3 Health team
09.00 – 10.00 hrs	- Snacks	
10.00 – 11.00 hrs	- Distribution the risks assessed to each participant in order to know about current health status - Announcement of next day's program	

### **23 January 2002**

16.00 – 17.00 hrs	- Exercise to prevent diseases and its obstacles / barriers	Mr. Prayad Wongsoonthom Phanatpittayakarn School
17.00 – 18.00 hrs	- Demonstration of aerobic exercise	

### **24 January 2002**

9.00 – 10.30 hrs	- Group meeting to reach mutual agreement / conclusion	Mrs. Pornpimol Palurtchaivong Public Health Specialist, Level 5
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10.30 – 11.00 hrs - Snacks

### **25 January 2002**

- Healthy foods	- Advantages and obstacles of diet control	Mrs. Kanyarat Prechatanapoj Dietician Level 6. Phanat Nikhom Hospital
10.00 – 11.00 hrs	- Demonstration and practice healthy foods preparation together	
12.00 - 13.00 hrs	- Lunch	

## Appendix G: Questionnaire

### **Part 1** General information

Please mark "X" or "✓" on items.

1. At present, your age is.....years
2. Gender  Male  Female
3. Marital status
  - Single  Married
  - Divorced, widowed or separated
4. Highest education
  - Primary school  Secondary school
  - Diploma / Higher vocational  Bachelor's degree or higher
5. Current occupation
  - Paddy farmer  Employee  Government employee
  - Self employed  Unemployed
6. Is your income enough to cover your expenses?
  - Not enough  Enough  Have some left for savings
7. Do any members in family (parents, siblings, grandmother and grandfather) have diabetic?
  - Yes, specify.....  No

**Part 2 Awareness of current health status**

1. In your thoughts, how is your current health status?

- Not good       Fair  
 Good       Very good

2. Do you think that you have chances to develop diabetes?

- A lot       Moderate  
 A little       None

**Part 3 Assessment of knowledge on diabetes**

Please fill "X" or "✓" in front of the correct answers (only one answer for each).

1. Diabetes is the disease that

- ( ) 1. There is no sugar in the blood  
 ( ) 2. The level of sugar in the blood is less than normal  
 ( ) 3. The level of sugar in the blood is higher than normal

2. Which one is not the cause of diabetes?

- ( ) 1. Heredity  
 ( ) 2. Obesity / Lack of exercise  
 ( ) 3. Transmitted with pathogen from neighbors

3. A person is determined to have diabetic when that person: -

- ( ) 1. Usually eats sweet foods  
 ( ) 2. Has sugar level in the blood higher than normal  
 ( ) 3. Feels more obese



4. Symptoms of diabetes are: -
- ( ) 1. Passing urine frequently in large amount; weight loss and weakness
  - ( ) 2. Difficulties in urination, weight gains but becoming stronger
  - ( ) 3. Passing small amount of urine, fluctuation of body weight
5. The foods that give high level of sugar to the body are: -
- ( ) 1. Starch, rice, sugar, sweets and very sweet fruits
  - ( ) 2. Pork oil, vegetable oil, cream and coconut milk
  - ( ) 3. Vegetables
6. How can complications in diabetic patients be prevented?
- ( ) 1. By early detection and treatment
  - ( ) 2. No preventive measures
  - ( ) 3. It is the duty of physicians. It is not necessary to do anything.
7. Which one is correct when we compare the life span of diabetic patients and normal persons?
- ( ) 1. Diabetic patients have shorter life span.
  - ( ) 2. Diabetic patients have longer life span.
  - ( ) 3. If diabetes is well controlled, the life spans are expected to be equal.
8. How people at risks of developing diabetes should practice themselves?
- ( ) 1. Eat only one meal in a day.
  - ( ) 2. Eat small amount of foods in each meal but several meals a day.
  - ( ) 3. Refrain all kinds of foods.
9. Persons with greater chances to develop diabetes than others should prevent themselves by: -

- ( ) 1. Avoid eating a lot of starch, sugar and sweets. Check urine sugar level and blood sugar level once a year.
  - ( ) 2. Eat a lot of foods to nourish the body in order to be free from diabetes
  - ( ) 3. Stop eating starch, sugar and sweets, strictly and completely.
10. Persons at risks of developing diabetes should eat: -
- ( ) 1. Any animal meat as preferred
  - ( ) 2. Fatty animal meats
  - ( ) 3. Animal meats with small amount of fat, such as fish
11. Another way to prevent oneself from diabetes is to: -
- ( ) 1. Get injection to prevent diabetes
  - ( ) 2. Take medicine to prevent diabetes, 1 tablet a day
  - ( ) 3. Exercise regularly 3 times a week, 30 minutes each time
12. Tested and found high level of blood sugar even once:
- ( ) 1. The risk of developing diabetes is very high.
  - ( ) 2. The person certainly has diabetes.
  - ( ) 3. It is normal.



## Part 4 Perceptions

### Section 1 Perception about the benefit of diabetic

**Instruction** Please mark ( ✓ ) in the column that is mostly matched to your feelings.

Texts	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
1. I am over 40 years old and I have high chances of developing diabetes					
2. I am so worry. If my relatives have diabetes, I will have high chances to develop diabetes too.					
3. If I eat high-fat or very sweet foods, I will have high chances to develop diabetes.					
4. If I am obese, I will have high chances to develop diabetes.					
5. If I do not eat high-fat or very sweet foods, I will have fewer chances to develop diabetes.					
6. If I develop diabetes, it will affect my work.					
7. If I develop diabetes, it will have affects on financial status of my family due to treatment costs.					
8. If I practice myself to prevent diabetes, I will have fewer chances of developing diabetes. I will not have to spend money for treatment costs.					

Texts	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
9. If I develop diabetes, I will be restricted or forbidden to eat several foods of my favorites.					
10. If I develop diabetes, it will cause severe complications such as heart disease, kidney failure, which may cause death. If I have a wound at my foot, my leg may be amputated.					
11. If I develop diabetes, I will not have normal happy life like other people.					
12. If I were in terminal stage of diabetes, I would be a burden for family to take care of me.					
13. If I can control my body weight not to be much obese, I would have fewer chances to develop diabetes.					
14. If I exercise regularly, I will have fewer chances to develop diabetes.					
15. If I do not exercise, I will have high chances to develop diabetes.					

**Section 2** The perception about barriers of the disease prevention

**Instruction** Please mark ( ✓ ) in the column that is mostly matched to your feelings

Texts	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
1. The complicated procedures in buying or preparing foods make me unable to control my diets.					
2. I like to eat high-fat and very sweet foods; therefore I cannot control myself.					
3. My family always prepares high-fat foods and I cannot avoid eating them.					
4. Because of no leisure times and being exhausted from work or the weak physical body that I have, I do not exercise.					
5. Late off from work and inconvenient commuting are the obstacles for exercises.					

### Section 3 Perception of self-efficacy

**Instruction** Please mark ( ✓ ) in the column that is mostly matched to your feelings.

Texts	Strongly confident	Moderately confident	Not sure	Not confident	Strongly not confident
1. I feel confident that I can reduce my consumption of starch and sugar.					
2. I feel confident that I can reduce my consumption of coconut-cream curries, and desserts with or without coconut milk.					
3. I feel that it is not difficult for me to stop eating sweet, oily and fried foods.					
4. I feel frustrated that I have to control myself to do exercise.					
5. I feel confident that I can do exercise at least 3 times a week.					
6. I feel that exercise could prevent me from the risks of developing diabetes.					
7. When I have planned to do anything, I feel confident that I can do it as such.					
8. I am confident in myself.					
9. I tend to give up doing things easily.					
10. If I could not do anything successfully at the first time, I will keep on with my efforts until I reach success.					

### Part 5 Personal practice in doing exercise

**Instruction:** Please read the texts in each item carefully and thoroughly then put the mark ( ✓ ) in the column that is mostly matched to your behaviors or practice. Please give answers to all items.

Texts	Practice regularly	Practice often	Practice occasionally	No practice
1. I do exercise such as walking, jogging and cycling, apart from my housework and my routine occupational works.				
2. I do different exercises such as fast walking, Chinese fighting, dance, exercising postures, aerobic exercise, running slowly, etc.				
3. I exercise 3 times a week or more often.				
4. I usually warm my body by shaking arms and legs rapidly, bending the body down or turning my head in circle, for about 5-10 minutes every time before doing exercises.				
5. Each time of the exercise, I do it continuously for 20-30 minutes.				
6. I usually relax my muscles, like walking and taking deep breath at the same time, every time after finishing the exercise.				
7. I usually exercise at the same time of the day for every day, or the times that are pretty close to that time.				
8. I do exercise with satisfaction, pleasure and fun.				
9. I usually exercise at full capacity right from the very beginning of the exercise.				
10. I control my body weight by doing exercises.				

### Part 6 Personal eating practice

**Instruction:** Please read the texts in each item carefully and thoroughly then put the mark ( ✓ ) in the column that is mostly matched to your behaviors or practice.

Please give answers to all items.

Texts	Practice regularly	Practice often	Practice occasionally	No practice
1. I avoid eating high-fat foods such as yolk, viscera, oysters and squid or animal skins. Instead, I have fish.				
2. I eat vegetables and fruits that are not so sweet like orange, rose apple, water melon and guava.				
3. I avoid eating very sweet fruits such as logan, durain, jackfruit and sapodilla, and desserts like Thai sweets, cakes and ice cream.				
4. I avoid using animal oil for cooking and use vegetable oil instead, except coconut and palm oils.				
5. I avoid eating foods that have coconut milk as their ingredient.				
6. I eat steamed, boiled or baked foods and avoid fried foods.				
7. In each day, I eat foods covering all groups, meat, rice, fat, vegetables and fruits.				
8. I control my body weight by diet control.				
9. I control my body weight by eating a little amount of foods, taking weight-controlling medicines, herb steaming and suction the fat out.				
10. If I feel hungry so often, I will have snack and reduce the amount of main courses.				





## Appendix J: Benefits of this project

Please fill (✓) in brackets in front of the texts matching to you thoughts.

What benefits do you receive from participating in the diabetic preventing program? (You can give more than 1 answers)

- Feeling more active after the exercise
- It helps relieving joint pains
- It helps reducing body weight
- It helps lowering blood pressure
- Used to catch cold quite often, now feel stronger
- Learned more how to choose diet to prevent diseases
- Having better sleep
- Pleasure and fun from joining the group
- It helped relieving stress
- Feeling more calm, less irritable
- Able to exchange experiences about healthy foods with the group
- Having chances to talk with friends in the group
- Feeling more courage to exercise in public
- Getting to know more people
- Believed that exercise helps preventing diabetes
- Believed that diet control helps preventing diabetes



## Curriculum Vitae

Name Pornpimol Palurthaivong

Nationality Thai

Date of birth 14 August 1967



### Education / Training

1994 Bachelor of Public Health (Public Health Administration), Sukhothai  
Thammathirat University, Thailand

### Work experience

1997 – 2002 Technician Health Officer, Railugthong Health Center, Panatnikhom  
district, Chonburi province, Thailand

1988 - 1997 Health officer, Railugthong Health Center, Panatnikhom district,  
Chonburi province, Thailand

1987 - 1988 Health officer, Sase-liam, Health Center, Panatnikhom district, Chonburi  
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