

**THE PREVALENCE AND DETERMINANTS OF HYPERTENSION AMONG
ELDERLY IN DINUDOM SUB DISTRICT, LUMTUP DISTRICT,
KRABI PROVINCE, THAILAND**



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**A Thesis Submitted in Partial Fulfillment of the Requirements
for the Degree of Master of public Health in Health Systems Development**

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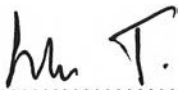
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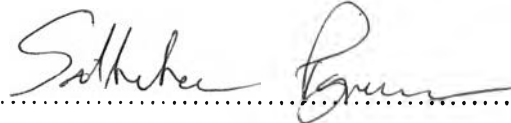
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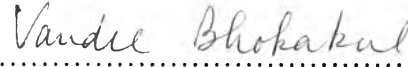
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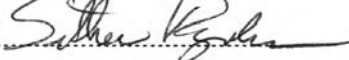
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The objective of the study on the Prevalence and Determinants of Hypertension among elderly in Dinudom Sub district, Lumtap District, Krabi Province is to find the Prevalence of Hypertension among elderly. The Determinants caused Hypertension in elderly and the relationship of Prevalence and Determinants of Hypertension among elderly in Dinudom Sub district, Lumtap District, Krabi Province. The Study Population was 360 elderly respondents. Data Collection was held during April-May 2004.

From the Study Population, the numbers of male respondents were closed to the numbers of female respondents between 60 and 69 years old and married. Most of the respondents were literacy with primary school education. The majority of the respondents was doing agriculture for living and had sufficient income. Most of the respondents earned the income from the descendant. There was no genetic heritable of developing Hypertension. Most of the respondents had the chronic disease which had the duration more than six months with at least 1-2 chronic diseases. The handicap condition for more than six months in minority of the study population were deaf or stone deaf and health problem. The respondents had the disability with the duration more than six months with the conditions that did not effect toward their ability to work or perform the activities. The respondents, had the recent health problem or the illness in two weeks, encountered with only one illness. Most of the respondents had the health problem or the illness which associated with accident or injury from household activities. More than half of the study population was educated about Hypertension. According to the blood pressure measurement in the study population, the Prevalence among elderly is 33.06%. 44.4% of the respondents had the past risk behaviors which developed Hypertension such behaviors referred as eating foods that were high salt, high fat and cholesterol, drinking alcohol, and smoking. 34.4% of the respondents had the present risk behaviors which developed Hypertension such behaviors referred as eating foods that were high salt, high fat and cholesterol, drinking alcohol, and smoking. At present, the elderly still maintains the behaviors of eating foods that were high salt, high fat and cholesterol, drinking alcohol, and smoking. 61.1% of the respondents exercised in regular basic by Aerobic (41.1% of all the respondents who exercised). In regard to the evaluation of potential of the elderly in performing Basic Activities of Daily Living and Instrumental Activity of Daily Living, the elderly respondents had disability to perform Instrumental Activity of Daily Living rather than Basic Activities of Daily Living.

In accordance with the relationship of Prevalence and Determinants of Hypertension among elderly, the respondents who had high salt consumption in the past behavior could develop Hypertension more than the respondents who did not have high salt consumption. 36.5% of the respondents who had high salt consumption in the past behavior developed Hypertension whereas 23.7% of the respondents who did not have high salt consumption in the past behavior developed Hypertension. The experiment showed the relationship of the high salt consumption and Hypertension with the significant statistic level at $p < 0.05$. Any other Determinants have no relationship with Prevalence of Hypertension.

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TABLE OF CONTENTS

	Page
ABSTRACT	iii
ACKNOWLEDGEMENTS	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURE	x
CHAPTER I INTRODUCTION	1
1.1 Background and Rationale	1
1.2 Research Question	2
1.3 Objectives	3
1.4 Conceptual Framework	4
1.5 Expected Outcome	5
CHAPTER II LITETERATURE REVIEW	6
2.1 Theories of Aging	7
2.2 Declaration on Thailand's Older Persons 1999	13
2.3 Act on Older Persons 2003	15
2.4 The Functional Disability Measurement	19
2.5 Personal Disease in Elderly	20
2.6 Life-Style Forces	21
2.7 Exercise in the Elderly	25

	Page
2.8 Hypertension.....	27
2.9 Related Research.....	41
CHAPTER III METHODOLOGY.....	57
3.1 Introduction.....	57
3.2 Research Design.....	57
3.3 Variable.....	57
3.4 Instrument.....	58
3.5 Assumption.....	59
3.6 Key Words.....	59
3.7 Operational Definition.....	60
3.8 Data Collection.....	60
3.9 Data Analysis.....	60
3.10 Ethical Consideration.....	61
3.11 Limitations of the Research.....	61
3.12 Obstacle and Strategies the Problem.....	61
CHAPTER IV RESEARCH RESULTS.....	62
Part 1 General information and personal information of the Sample.....	63
Part 2 The evaluation of potential among the elderly in performing Basic Activities of Daily Living.....	71
Part 3 The questionnaire related to Operational Efficiency of Instrumental Activity of Daily Living.....	72

	Page
Part 4 The study of the relationship between Prevalence and Determinants of Hypertension among elderly in Dinudom Subdistrict.....	74
CHAPTER V CONCLUSION, DISCUSSION, AND RECOMMENDATIONS	82
5.1 Conclusion.....	82
5.2 Discussion.....	89
5.3 Recommendations.....	98
REFERENCES	103
APPENDICES	107
APPENDIX A Questionnaires.....	108
APPENDIX B Krabi Map.....	117
CURRICULUM VITAE	120

LIST OF TABLES

	Page
Table 2.1 Sample of the food prepared for elderly in a day	22
Table 2.2 The level of classification of several blood pressure.....	28
Table 2.3 Several levels of pressure level.....	31
Table 3.1 The analysis categorizes.....	61
Table 4.1 Characteristic of the elderly respondents categorized by gender, age, marital status, education, literate, career background, income sufficiency and sources of income in quantity and percentage.....	65
Table 4.2 Personal diseases in immediate family history of elderly respondents and the chronic disease in elderly respondents which had the duration more than six months.....	66
Table 4.3 Personal diseases that lasts more than six months including health problem or handicapped which affect the ability to perform the activities shown in quantity and percentage.....	67
Table 4.4 The health problem or the illness during the first two weeks and accident or injury within 2 weeks of the elderly respondents in quantity and percentage.....	68
Table 4.5 Life-style Hypertension risk factors in the elderly respondents.....	69
Table 4.6 Life-style Hypertension risk factors in the elderly respondents.....	70
Table 4.7 Blood pressure measurement in the elderly respondents categorized by level of blood pressure.....	71

	Page
Table 4.8 The capability level of elderly in performing Basic Activities of Daily Living.....	72
Table 4.9 The capability of elderly in performing Instrumental Activity of Daily Living of 5 activities.....	73
Table 4.10 The disability condition of the elderly respondents measured by BADL and IADL index.....	74
Table 4.11 The relationship between Demographic factor and Hypertension among elderly respondents categorized by gender, age, marital status, education, career background, income sufficiency and genetic heritable record.....	76
Table 4.12 The relationship between Life-style and Hypertension among elderly respondents in Dinudom Subdistrict, Lumtap District, Krabi Province categorized by past behaviors of smoking, drinking, and High salt or high fat dietary.....	78
Table 4.13 The relationship between Life-style and Hypertension among elderly respondents in Dinudom Subdistrict, Lumtap District, Krabi Province categorized by present behaviors of smoking, drinking, high salt or high fat dietary and exercise.....	80
Table 4.14 The relationship between Personal disease and Hypertension categorized by the disability to perform Basic Activities of Daily Living, and health problem.....	81

LIST OF FIGURE

	Page
Figure 1 Conceptual Framework.....	4