

Health Behaviors for Chronic Disease Prevention among the Elderly,
Mahasarakham Province, Thailand

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Abstract

Introduction: Most Thai elderly people have morbidity from chronic diseases. The factors are related to exercise, diet, smoking, alcoholic, stress, environment, and accessing to health services. The research objective was to study health behaviors for chronic disease prevention.

Methods: The data were gathered from 329 elderly people in Mahasarakham province by the simple random sampling. Data collected by interviewing. Descriptive statistics and Pearson's product moment correlation coefficient were analyzed.

Results: Most of the physical activities were related to daily lifestyle. Consuming too much sweet and salty food lead cause to obesity, kidney disease, muscle pain, risks of two or more chronic diseases. The issues caused by worrying about household costs and the ages gap between grandchildren can be cured. There are various methods to take care of themselves for accessing to health services, meditation, using traditional Thai medicine, massaging. Exercising and accessing to health services between elderly men and elderly women were different. Income and occupation were significantly correlated with the continuity in exercise and other activities based on the statistical analysis ($P < 0.05$).

Conclusion: Descriptive study for study health behaviors for chronic disease prevention among the elderly in community. lack of exercise, sweat and stress. Self behavior modification and access to health service

Keywords: Health behavior, Chronic disease, Elderly people