

**KNOWLEDGE AND PROPORTION OF EVER  
STROKE IN RURAL COMMUNITY OF  
KYAUNG GON TOWNSHIP, AYEYARWADY  
REGION**

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## ABSTRACT

Stroke is one of the major causes of death in Myanmar. Knowledge on risk factors such as hypertension, diabetes mellitus, ischemic heart disease and high cholesterol as well as smoking, alcohol drinking, physical inactivity and unhealthy diet are essential for prevention of stroke. A cross-sectional descriptive study was done with 340 households aged 40 years and above in rural community of Kyaunggon Township, Ayeyarwady Region in 2017 to assess knowledge and proportion of ever stroke among this community. Pretested structured questionnaire was used with 340 respondents aged over 40 years from 340 households. Majority of the respondents were in the age group of 40-59 years and two thirds of the respondents were female (64%) in the study. The respondents (66%) were married and most of them (92%) had under high school level of education. Among 340 respondents, 64% had low knowledge on stroke. The proportion of ever stroke among the respondents was 6.7% (95% CI, 0.04 to 0.09) and the proportion of the respondents who had stroke in last year was 3.2%. Regarding on biological risk factors, known hypertension (42%) was higher percentage than known diabetes (6%), ever experience of heart attack (21%) and known high cholesterol (4%). On behavioral risk factors of stroke, there was low percentage of current smoking (24%) and current alcohol drinking (9.7%). Majority of the respondents had insufficient physical activity (76%) and inadequate taking of fruits and vegetables consumption (99%). There was a highly significant association between education and knowledge on stroke ( $p=0.007$ ). According to this study, known hypertension was associated with ever experience of stroke ( $p=0.008$ ). The mean systolic blood pressure was 135 ( $\pm 22$ ) mmHg and mean diastolic blood pressure was 80 ( $\pm 13$ ) mmHg. Among the study population, 63% of the respondents had hypertension which included known hypertension and hypertension currently detected at the survey and 21% had controlled blood pressure among hypertension. The results indicated that more attention was needed for raising knowledge on prevention of biological risk factors as well as behavioral risk factors of stroke.