

**KNOWLEDGE, ATTITUDE AND PRACTICE ON
CARDIOVASCULAR DISEASES, DIABETES
MELLITUS AND OBESITY AMONG THE
WORKERS OF A SELECTED SMALL SCALE
INDUSTRY IN SOUTH DAGON TOWNSHIP,
YANGON.**

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ABSTRACT

A cross-sectional descriptive study was conducted in 2012 to assess knowledge, attitude and practice on cardiovascular diseases (CVD), diabetes mellitus (DM) and obesity among the workers of Shwe Kyee Confectionary in the Industrial Zone of South Dagon Township, Yangon. A total of 96 male and 72 female workers were interviewed with pretested questionnaires. Majority of the workers (41.7%) were between the age of 25 -34 years. Most of them (91.1%) were Bamar and 92.9 percent were Buddhist. The workers (60.1%) were single and most of them (82.7%) had up to high school level and only 17.3 percent were graduated. The lowest income of the worker was 60,000 Kyats per month and the highest one was 250,000 Kyats per month. Although 98.8 percent of the workers agreed that everybody should do medical checkup, only 8.3 percent took medical checkup. Half of the workers had 70 percent of the maximum knowledge score, nearly 90 percent of the maximum attitude score and 50 percent of the maximum practice score. On assessing the practice of the workers, 36.9 percent of the workers were alcohol drinker, 54.8 percent had habit of betel chewing and 36.9 percent were smokers. In this study, age ($p = 0.001$), gender ($p = 0.001$), marital status ($p = 0.002$), education ($p < 0.001$), rank ($p < 0.001$), salary ($p < 0.001$), past history of hypertension and diabetes in family members ($p = 0.005$ and $p < 0.001$), past history of hypertension and diabetes in friends ($p = 0.037$ and $p = 0.002$), reading newspapers, journals and magazines ($p < 0.001$) and reading advertising billboards and pamphlets ($p = 0.013$) were highly associated with knowledge level on some NCDs among the workers. Age ($p < 0.001$), education ($p < 0.001$), rank ($p < 0.001$), salary ($p < 0.001$), past history of hypertension in respondent ($p = 0.001$), past history of diabetes in respondent ($p = 0.005$), past history of hypertension and diabetes in family members ($p < 0.001$), past history of hypertension and diabetes in friends ($p = 0.002$ and $p = 0.001$) and reading newspaper, journal, magazines, advertising billboards and pamphlets ($p < 0.001$) were associated with attitude level. Age ($p = 0.007$), gender ($p < 0.001$), past history of

hypertension in respondent ($p = 0.006$), reading newspapers, journals and magazines ($p < 0.001$) and reading advertising billboards and pamphlets ($p < 0.001$) were highly associated with practice level on some NCDs. There was association between knowledge and attitude ($p < 0.001$). It was concluded that a comprehensive health education program and establishment of own library at workplace are necessary for industrial workers to improve their knowledge and practice on NCDs and then their health status.