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Knowledge and Practice on Non-Communicable Diseases Among the College Of Micronesia-FSM National Campus Faculty

The burden of chronic disease is substantial in the US Associated Pacific Islands (USAPI) jurisdictions. They are known to be the leading cause of death in Pohnpei 2008. Several studies conducted have shown there is lack of awareness and knowledge of various risk factors associated with non-communicable diseases (NCDs) such as diabetes among people. In addition, numerous studies identify that college employees (staff and faculty) are vulnerable to NCDs due to work related risk factors such as job stress, unhealthy diet, harmful alcohol consumption, high prevalence of cigarette smokers, and low prevalence of high and moderate physical activity among school teachers.

The objective of this research is to evaluate the knowledge of the employees regarding NCDs and the risk factors such as, smoking, consumption of alcohol, unhealthy diet and lack of exercise. The hypothesis is that the employees at the College of Micronesia-FSM's knowledge and behavior are similar to the faculty and staff of colleges around the world.

The Participants were the faculty and staff at the college of Micronesia national campus. They were given a survey questionnaire on socio-demographic characteristic, personal behavior (tobacco and alcohol use, physical activity, and consumption fruits and vegetable) and their knowledge on non-communicable disease. Results are currently being analyzed.

Key words: Non-Communicable Diseases, risk behavior, prevalence