

The Knowledge, Attitude, and Behavior on Non-Communicable Diseases [NCD] Among COM-FSM National Campus Staff and Faculty

QUILAN CANTERO

Nanpei Memorial High School

Pohnpei, FSM

INTRODUCTION

Non communicable diseases such as heart diseases, lung disease, cancer, stroke and diabetes have been the leading cause of morbidity and mortality in many countries around the world

CDC- NCD cause 75% of the death worldwide, three quarter of the deaths occurs in low and middle income countries

The burden of chronic disease is substantial in the US Associated Pacific Islands (Federated states of Micronesia)

NCD are known to be the leading cause of death in Pohnpei

CONT....

Assessment in 2008 25.5% of the population smoked tobacco daily, 35.1% drank average of 5 or more standard drink per day not include women, 64.3% of the population was with low level of physical activity, and 81.1% consumed less than 5 combine serving of fruits and vegetables per day

Some changes that contribute to the increase trend in FSM or Pohnpei

- Ageing
- low consumption of traditional food
- Less physical activity

CONT...

NCD can be prevented and control through limiting peoples to the known factors such as sedentary lifestyle, tobacco use, alcohol use, physical inactivity, stress, and unhealthy diet.

However, the success of any disease control program depends on community knowledge and practices as regards to risk factors, treatment and prevention of these disease

In the FSM, there is currently no study of the incidence and prevalence of NCDs and their risk factors among employees at the higher learning institute

Several studies conducted in many parts of the world showed that there is lack of awareness and knowledge of various risk factors associated with NCDs such as diabetes among people (even college employees)

RESEARCH QUESTION

- What is the knowledge and NCD risk behavior among the employees at the COM-FSM national campus?
- Hypothesis : that the employees at the college of Micronesia are no difference than those in the other colleges around the world.

OBJECTIVES

- Assess the knowledge of the staff and faculty regarding NCD
 - What is NCD
 - What are the risk factor for NCD, and
 - How to prevent the development of NCD
 - Asses behaviors on smoking, consumption of alcohol, physical activity, and consumption of fruits and vegetables
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Methodology



- Participant: employees at the college of Micronesia- FSM national campus
 - Tools : survey questionnaires
 - TYPE OF STUDY : DESCRIPTIVE STUDY
describe characteristics/fact of a population being studied.
 - Analyze : Pivot / Microsoft excel.
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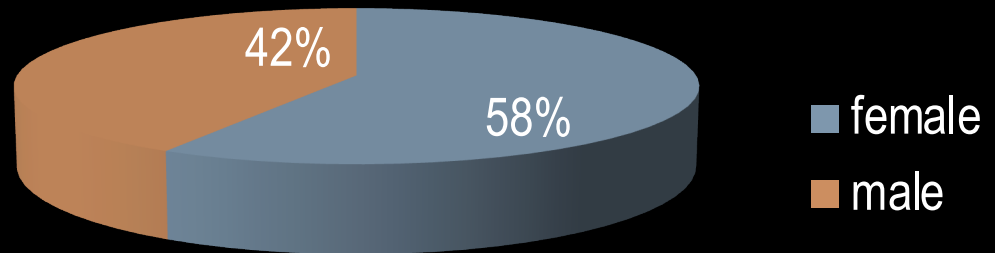
Result

GENDERS FOR THE PARTICIPANT

Percentage of gender for participant

Among the participant, 58%
where female and 42%
where male

Majority of the participant
are female



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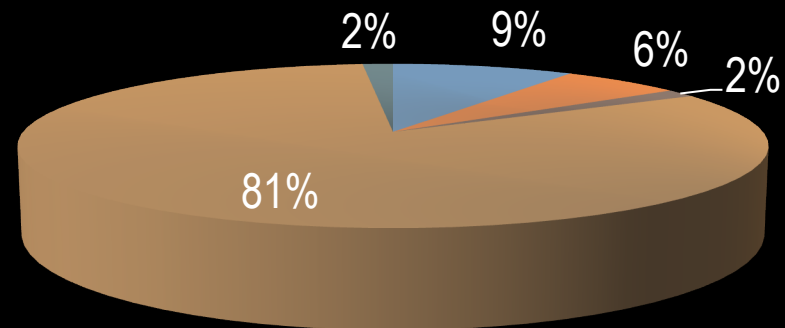
WHERE YOU FROM?

81% of the participant are Pohnpeian, 9% are from Chuuk, 6% are foreingers, and 2% from yap and kosrae.

Majority of the participant are from pohnpei

Origin of the participant

■ chuuk ■ foreinger ■ kosrae ■ pohnpei ■ yap



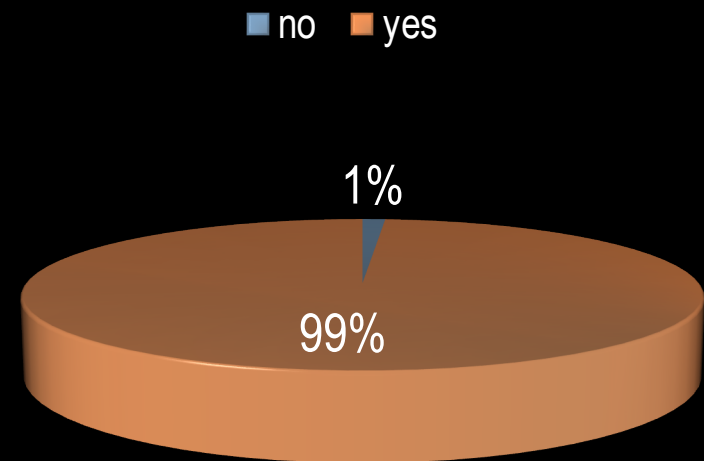
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HAVE YOU HEARD ABOUT NCD?

99% of the total participant respond yes they have heard about the NCD, while only 1% respond No

Majority of the participant have already heard about the NCD.

percentage of participant response



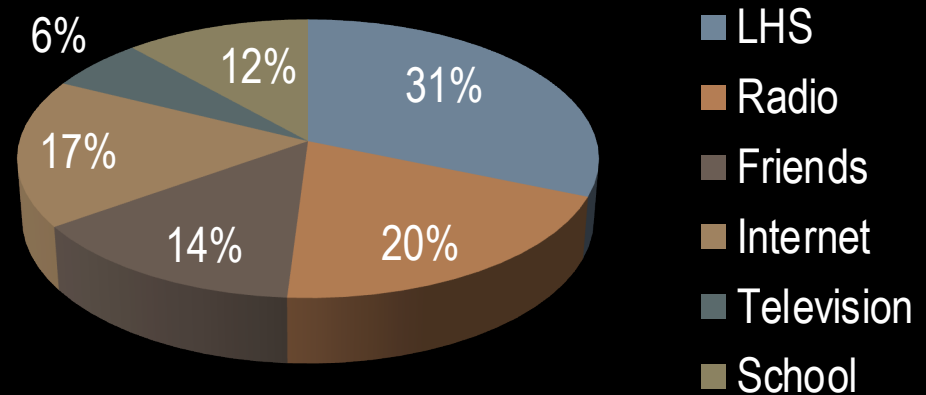
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HOW DID YOUR HEARD ABOUT NCD?

Among the 80 participant, 31% of them got their information from the local health service, 20% got from the radio, 14% from friends, 17% from the internet, 12% from school, and 6 % from the television.

The main source of the participant information comes from the local health service.

source of information among the 80 participant

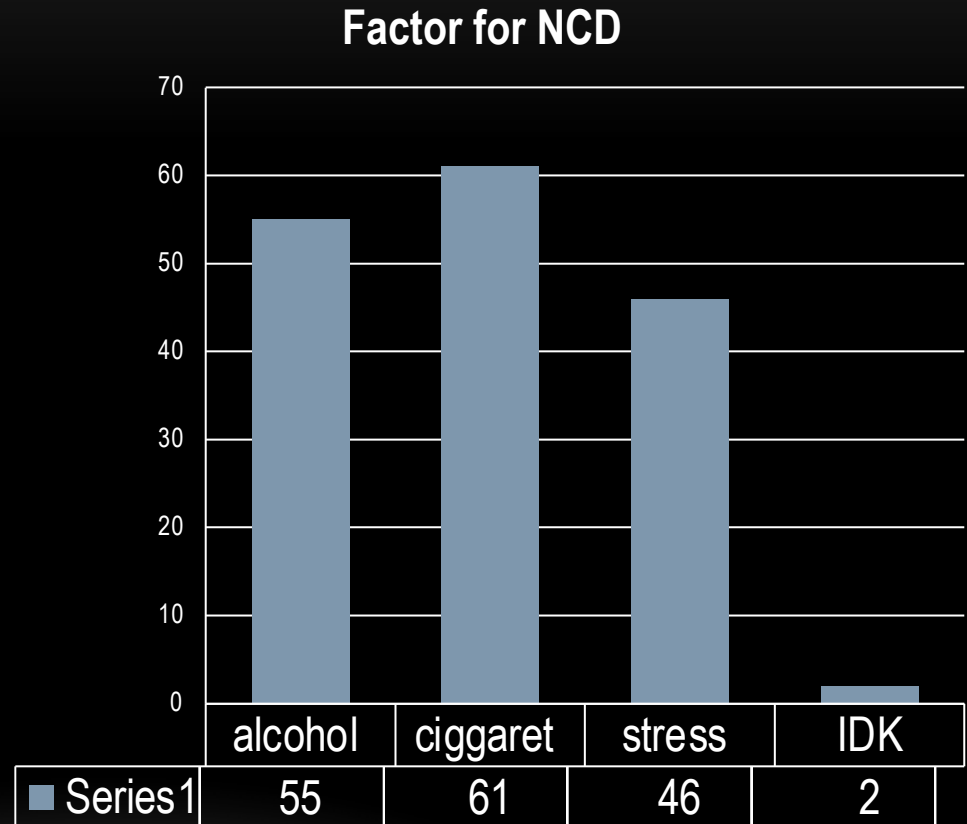


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WHAT CAN CAUSE NCD?

Among the participant, 55 of them know that alcohol can develop NCD, 61 of them know that cigarette can develop NCD, and 1 out of the participant don't know what can develop the NCD.

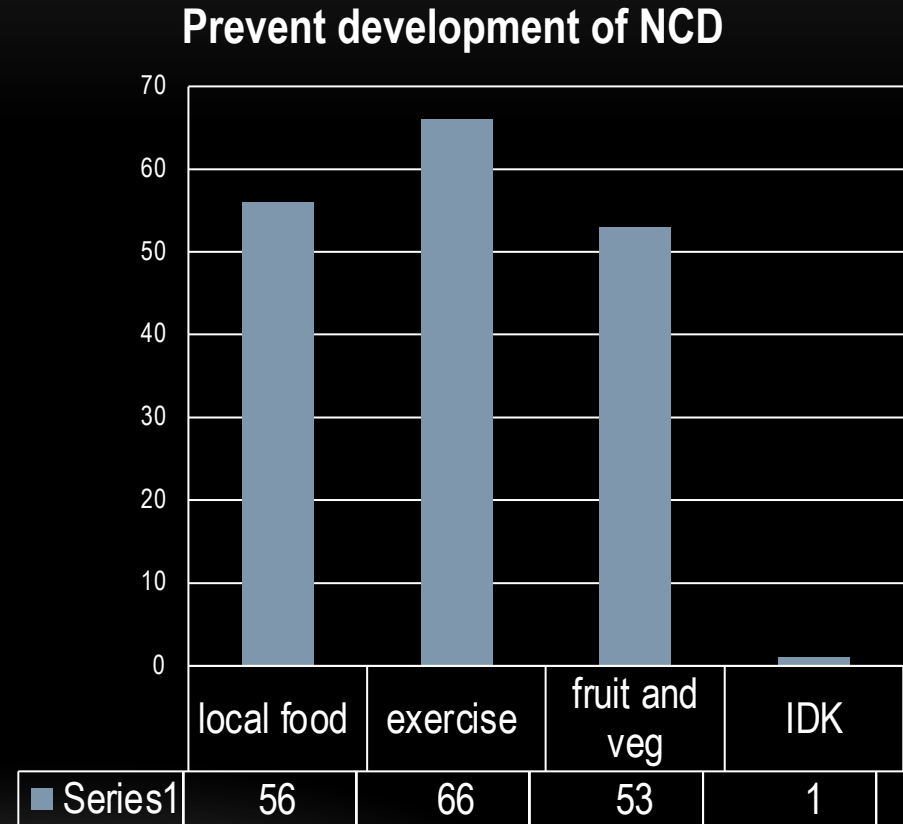
Majority of the participant, check cigarette as the factor that can develop NCD.



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WHAT CAN PREVENT DEVELOPMENT OF NCD?

56 of the participant , know that eating local food can prevent the development of NCD, 66 of them know that exercise can also prevent development of NCD, and 1 out of the participant don't know what can prevent the development of NCD.



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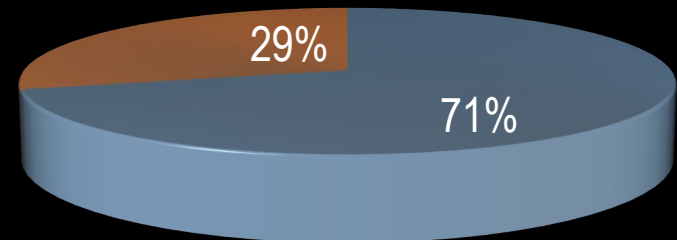
DO YOU SMOKE CIGARETTE?

The pie chart shows that 29% the participant are smoker, and 71% are non smoker.

Majority of the participant where non- smoker

percentage of smokers and non-smokers

■ No ■ yes

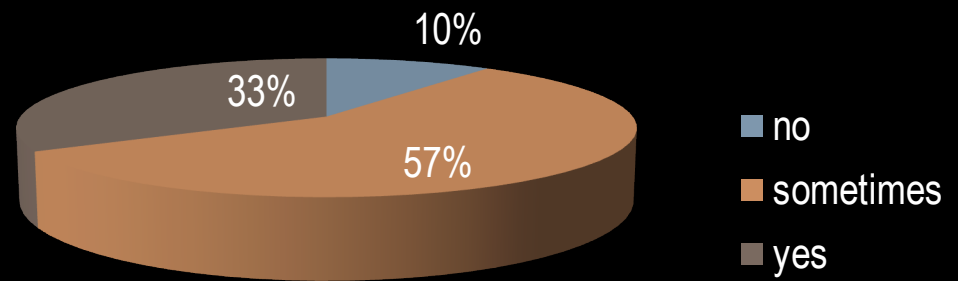


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DO YOU INCLUDE FRUIT AND VEGETABLES IN YOUR DAILY MEALS?

The pie chart shows that among the participant, 10% says no they don't include fruit and vegetable in their daily meals. 33% says yes and 57% says only sometimes they include fruits and vegetable in their daily meals.

percentage of participant that include fruit and vegetable in their daily meals

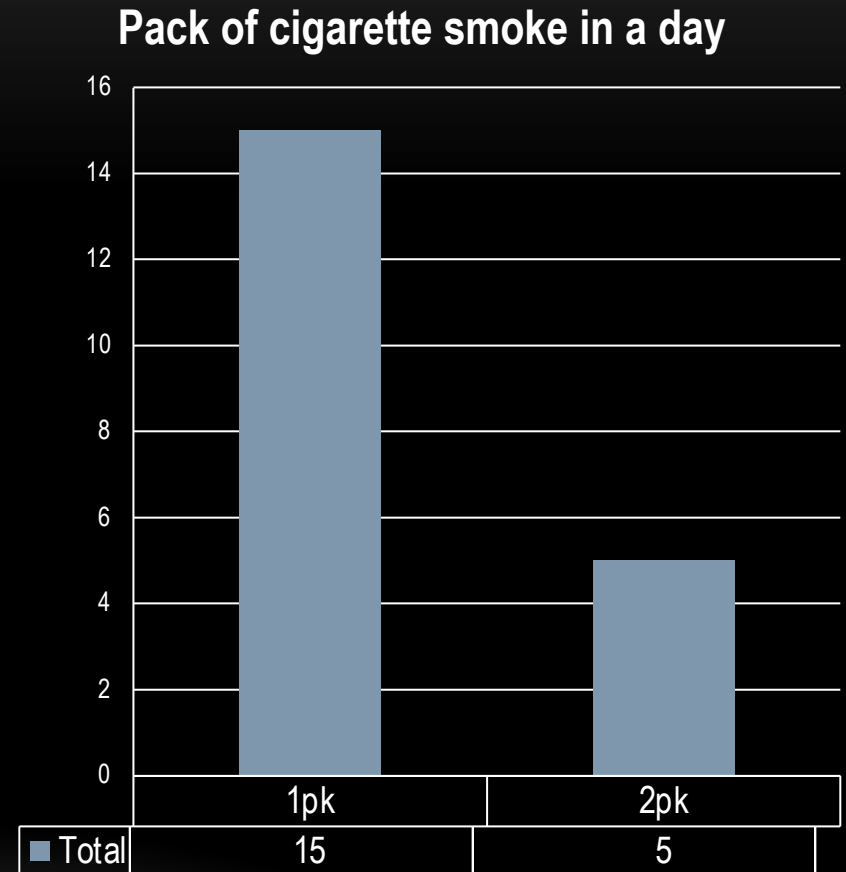


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HOW MANY PACK OF CIGARETTE YOU SMOKE IN A DAY?

Among the 29% that smoke cigarette, 15 of them smoke 1pk or less than and 5 of them smoke more than 1 pk in a day.

Majority of the smokers smoke less 2 pk of cigarette in a day.



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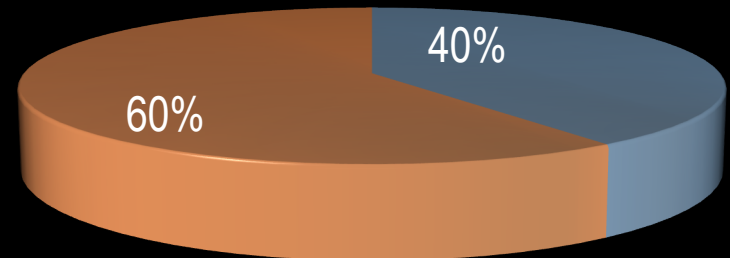
DO YOU DRINK ALCOHOL?

The pie chart shows that 60% of the participant drink alcohol, and 40% don't consume alcohol.

It also reveals that most of these participant consume alcohol.

Percentage of alcohol drinker

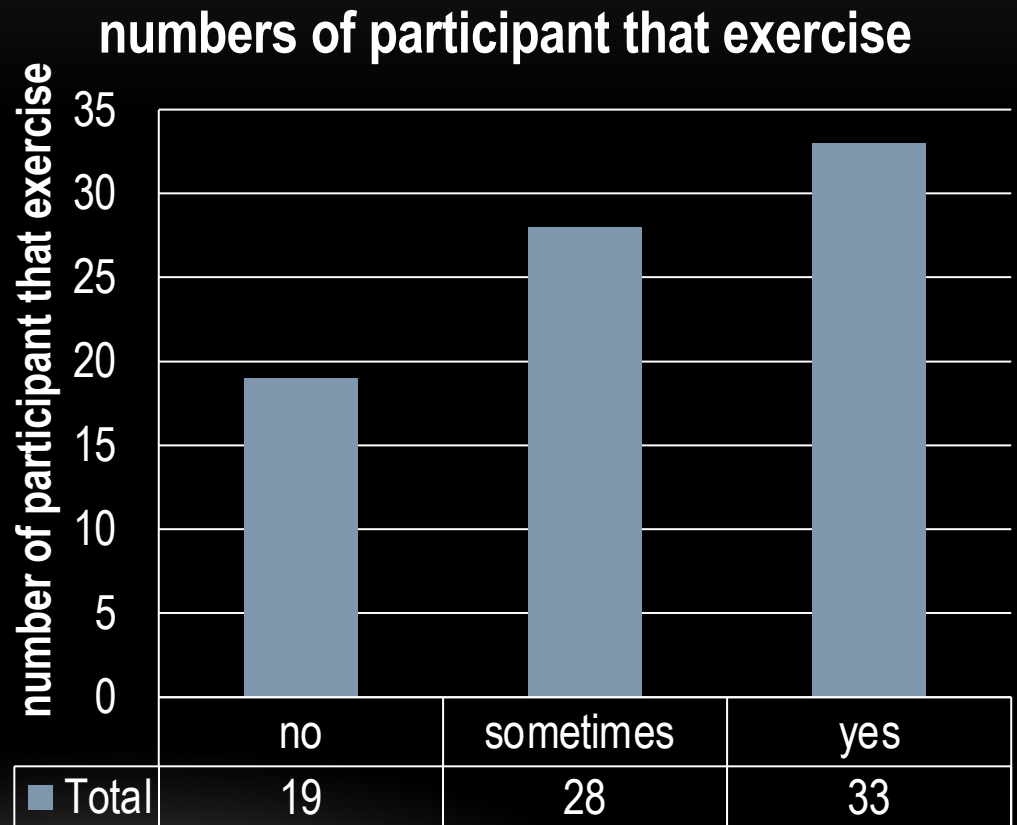
■ no ■ yes



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DO YOU EXERCISE?

The graph shows that 19 of the total participant do not exercise. 33 of the participant says yes they exercise, and 28 of them says they exercise only sometimes



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HOW OFTEN TO YOU EXERCISE?

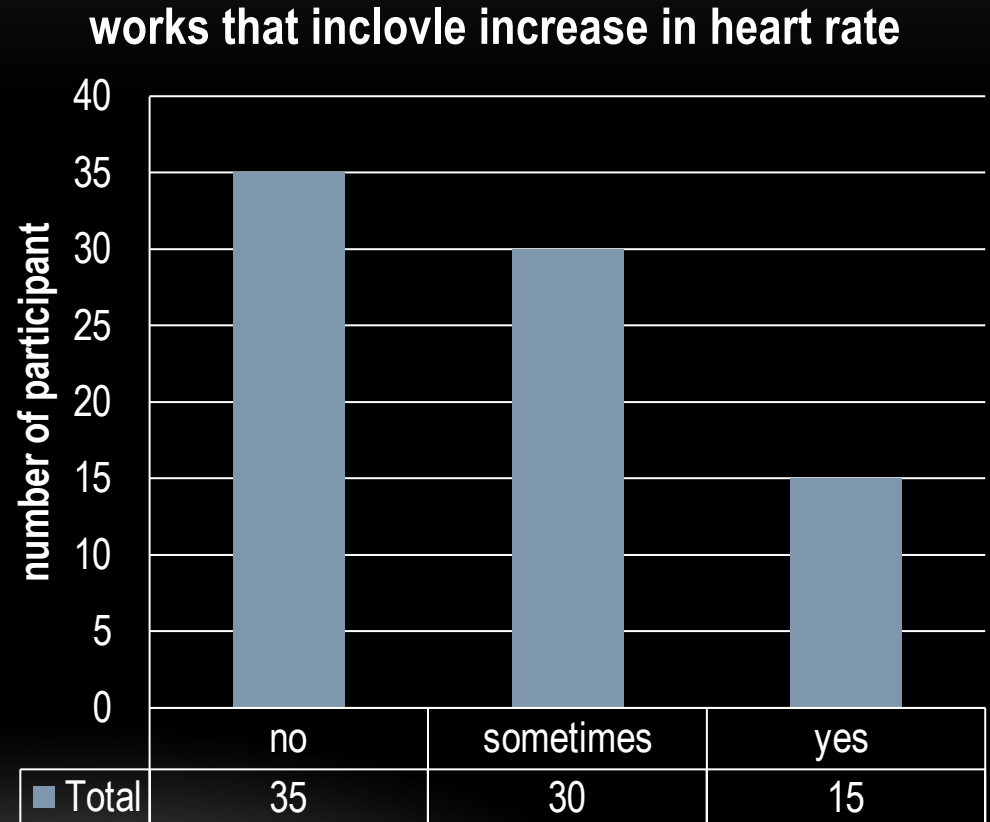
The graph shows that among the 76% that exercise, 7 exercise 2 times in a week, 5 exercise 3 times a week, 13 of them exercise 4 times or more in a week, and 28 of them only exercise once a week



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DOES YOUR WORK INVOLVE INCREASE IN YOUR HEART RATE?

The graph shows that among the participant, 35 of them their work does not involve any activity that increases their heart rate, 15 of them says yes, their work involve other activity that increase their heart rate, and 30 of them says only sometimes their work involve activity that increases their hearth rate.

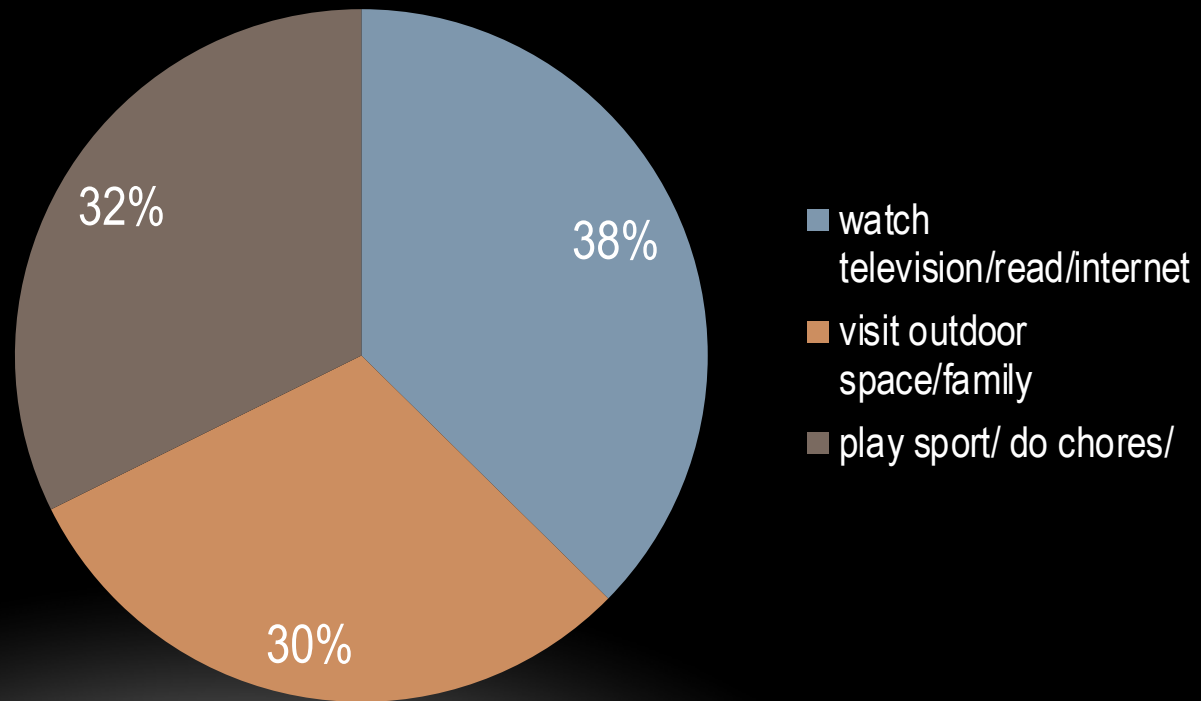


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WHAT DO YOU USUALLY DO DURING YOUR FREE FROM TIME?

Activity during free time

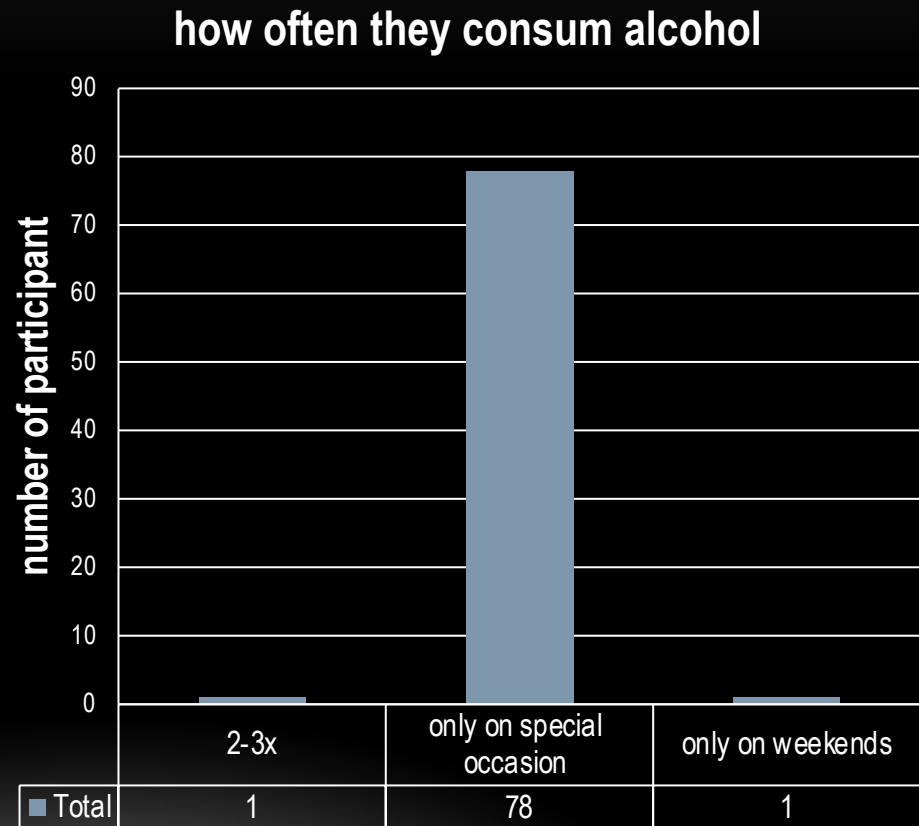
The pie chart shows that among the total 80 participant, 38 % usually watch television or read, or on the internet during their free time. 32% visited outdoor space, or visit family. 30% usually play sport or do house chores.



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HOW OFTEN TO YOU CONSUME ALCOHOL?

The graph shows that the participant consume alcohol only on special occasion, 78 of the participant consume alcohol on special occasion, 1 consume 2-3 times in a week, and 1 only consume on weekend.



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DISCUSSION

Majority of the participant 99% correctly recognized that the factors that develop non communicable disease include cigarette smoking, alcohol consumption, stress, and lack of physical exercise.

98% of the participants correctly recognize that eating local food, fruits and vegetables, and exercise can prevent the development of NCDs.

The finding from previous study shows a low prevalence of high and moderate physical activity among school teachers and Office workers

Finding of this study is that it shows a similar prevalence of low physical activity among the employees at the college, even in their work 44% of them don't involve in work that will increase their heart rate

CONCLUSION

The hypothesis does not meet the outcome of this research

Although the target population display high knowledgeable on the non-communicable disease, they are still slightly display unhealthy behavior such as low consumption of fruits and vegetables, low consumption of local food but most essentially less physical activity.

LIMITATION

- The samples size is a small
- Limited data being collected
- Few of the questions where left blank
- This research will be improve in the future if there is more samples size and more accurate questions is added to the questionnaires.

RECOMMENDATION

- This study shows that there is a low level of physical exercise among the employees at the College of Micronesia.
- the college administrator will allowed the employees especially the staffs that works In the offices at least 30 minute every 3 to 4 days of the week to do physical exercise.

THANK YOU

A thin, horizontal, glowing orange line that spans the width of the slide, positioned just below the 'THANK YOU' text.

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