

**HEALTH PROMOTION PRACTICE IN WORKPLACE AMONG
STAFF AT TWO HEALTH EDUCATIONAL INSTITUTES,
MAHIDOL UNIVERSITY AT SALAYA, THAILAND**

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SALAYA, THAILAND

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ABSTRACT

This cross sectional study was conducted to determine health promotion practice in the workplace among staff of the ASEAN Institute for Health Development (AIHD) and the Institute of Nutrition (INMU), Mahidol University at Salaya campus and its related factors (socio-demographic characteristics, knowledge, perception on health promotion, availability and accessibility to practice health promotion).

The sample was all the staff working in both institutes a total of 242. Data was collected by means of self- administered questionnaire and analyzed by descriptive test and by Chi-square.

Health promotion practice among staff in both institutes in this study was determined by the activities of physical exercise and food consumption, ergonomics, stress management, cigarette smoking, alcohol drinking, participation in medical check up. The study focus on 2 main activities as physical exercise and food consumption.

The frequency of doing exercise was seen more in AIHD than in INMU, and males in both institutes had more frequency of doing exercise than females at p value <0.05 . For food consumption, the staff in INMU showed healthier trend by eating less frequency of caloric rich food, Thai fast food, high sugar snacks, and tend to eat fruit with more frequency than AIHD. However, only the type of caloric rich food shows significant difference between the 2 institutes at p value $=0.001$. And the factors found to be significantly associated with food consumption were: gender, professional position, chronic disease. Females showed healthier trend than males by lower consumption of Thai fast food and more consumption of low sugar snacks as well as fruit at p value <0.05 . And supportive staff had more consumption of Western food, high sugar snacks, caloric rich snacks than academic staff. People with certain chronic disease had more consumption of fruit than the staff without chronic diseases.

It is recommended that health promotion activities should be encouraged through staff management in various faculties of Mahidol University including Bangkok campus.

KEY WORDS: HEALTH PROMOTION/ PRACTICE/ WORKPLACE

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