

FACTORS INFLUENCING FOOD CONSUMPTION BEHAVIOR IN BUDDHIST MONKS WITH NON-COMMUNICABLE DISEASES

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ABSTRACT

This research was aimed to study factors influencing food consumption behavior and health status in Buddhist's monk with non-communicable diseases. The population for this study will be the monks and select by purposive to recruit the participants who were meet the inclusion criteria such as Diabetes mellitus, Heart disease, Hypertension, Cancer and so on. Data were analyzed by descriptive statistic and qualitative method.

The result were as, food consumption behavior of Buddhist monks when considered by the questionnaire showed that most monks consume know the best food for themselves. They usually consume healthy and variety food with the highest scores. The monks select kind of vegetable and low sugar fruit such as apple, and papaya. They drink 6-8 glasses of water per day. However there are many of participants perform inappropriate behavior regarding food consumption such as eating instant food and fast food, very sweet dessert because of delicious. This result represent most participants have knowledge related to selecting beneficial food. Buddhist monk necessary to receive food from people. The monk cannot avoid having food that offer by the Buddhist and most of them lack of exercise. The major point which made them got disease is beverage, drink, including water as well as any other liquid after lunch until midnight. This situation and health behavior have significantly for health promotion in Thailand population to select the healthy food especially beverage to avoid non-communicable diseases in monks.

Keyword: food consumption behavior, health status in monks, Buddhist monk, non-communicable diseases

INTRODUCTION

Cancer, stroke, ischemic heart disease, diabetes mellitus and hypertension are top five of NCDs in Thailand. Non-communicable diseases (NCDs) or currently "lifestyle" disease represent the largest cause of mortality in the Thai population more than infection diseases because it is a chronic diseases which last for long periods of time and progress slowly.[1],[3],[4] The significant consequences of NCDs are long life caring, Sometimes, NCDs result in non-rapid deaths such as seen in certain diseases but NCDs can be caused of economic problem from therapeutic course, risk to complicated disease. Patients with diabetes mellitus who develop long-term complications epically diabetes ulcer. They have to enface with burden lifestyle and economic effect from high course of disease management. The major causes of NCDs are consume high fiber diet less than recommended daily dietary allowances for healthy , consume salty or sweet foods over than recommended daily dietary allowances for healthy , smoke behavior , alcohol consumer over than two fold , weight loss pill user is high risk to develop lifestyle disease or non-communicable diseases and lacking of physical

exercise.[1],[3] This situation was really interesting. It was emerge not only in the normal population but also in the Buddhist monks.[5],[7] Information from health status survey in 11 provinces in Thailand indicated that 45.1% of Buddhist monks were either overweight or obese. This group being high risk to develop chronic disease such as hypertension (10.2%), diabetes mellitus (6.5%) and hyperlipidemia (1.2%). [9]

Moreover, from existing study since November 2008 to 4 February 2009 presented 55% of Buddhist monks population high risk to hypertension, hyperlipidemia and diabetes mellitus, around 40% developed over 1 disease , 5% were either overweight or obese.[10] This information indicate un-healthy food consumption behavior was the major cause of illness.

Presently, there are various strategies and campaigns for Buddhist monks such as promoting health behavior by consume healthy food, promote daily routine work out, avoid smoking and avoid alcohol consumption but the number of illness's monks who were admitted in hospital still rising up continuously.[2]

According to significance of food consumption behavior and monk's health status leading , the researcher study the factors influencing behavior in Buddhist monks with non-communicable diseases , aim to use the result for initiate health management system for Buddhist monks

OBJECTIVES

To study factors influencing food behavior and health status in Buddhist monks with non-communicable diseases

METHODOLOGY

This study based on mix method due to survey and in – depth interview.

Population and Sampling

The population for this study comprised the monks select by purposively recruit the participants who were meet the inclusion criteria and consents to participate in this study according to the following inclusion criteria for the sample group:

1. The Buddhist monk with non - communicable diseases such as Diabetes mellitus, Heart disease, Hypertension, Cancer and so on more than 1 year.
2. Consents to participate in this study
3. Ability to communicate in Thai

Research Instruments

The instruments used for this research is the questionnaire was developed by the researchers follow the reviewing of literary and relevant studies: according to the following details

1. Instrument were develop by researcher for collecting quantitative data
 - Demographic data of participants
 - Food consumption behavior and health status questionnaires (5 rating scales)
2. Instrument were develop by researcher for collecting qualitative data
 - In – depth interview : the over view of factor that lead to NCDs

Data analysis

The researcher collected and analyzed data by using a computer program as follows:

1. General information for the sample group was analyzed by use of descriptive statistics i.e. distribution of frequency, percentage, mean, range, standard deviation
2. The data regarding health behavior was analyzed by use mean and standard deviation.
3. Collecting data from in – depth interview.

RESULTS

The researcher collected data from 50 participants for survey and 10 participants for in – depth interview. They are the Buddhist monks with non-communicable diseases more than 1 year. The result were present in 3 part following:

- 1.1 Demographic data of Buddhist monks
- 1.2 food consumption behavior and health status of Buddhist monks
- 1.3 factors influencing consumption behavior that lead to NCDs

Demographic data

The characteristics for the population in the sample group for this study revealed the most age between 55-80 years. There are over 10 years in priest. The most educational level was primary school. The resource of getting daily food was receive food from people. They are 80 % participants perceive the information regarding healthy food consumption behavior.

Food consumption behavior and health status in Buddhist monks

The result were as, food consumption behavior when considered by the questionnaire showed that most monks consume healthy and variety food with the highest scores. They usually consume food were cooked from rice, animal, eggs, vegetable, fruit and plant's oil every day. They drink 6-8 glasses of water. However there are many of participants perform inappropriate behavior regarding food consumption such as eating half-cooked food , instant or fast food.

factors in consumption behavior

The limitation of opportunistic selection kind of food by themselves due to ecclesiastical mission. Buddhist monk necessary to receive food from people in every morning. In Bangkok, most people buy cooked food, instant food from fresh market or shop because of convenience. Cooked food typically has sweet, salty tasted and always use coconut milk in the main ingredients. Most foodstuff that the people select to dedication were cooked by fried.

The major factor of daily lifestyle behavior is lacking of work and exercise of Buddhist monks that the cause of risk to illness, especially NCDs.

Beverage, drink, including water as well as any other liquid after lunch until midnight is the most effect for health. The Buddhist monk need to have 2 meals a day and to receive food from people. Then they will drink sweet soft drink or anything which receive from people such as 3 in 1 coffee, juice, ovaltine ,malt and so on.

Heath behavior regarding nutrition is significant to Buddhist monk's daily life. It effect to the monk's health status that can be the cause of poor quality of life among Buddhist monks, effect to reduce intensity and concentration to study Buddha's principle and it take much of money for medicine or surgery.

DISCUSSION

Even the questionnaire showed that most monks consume healthy and variety food with the highest scores. That mean, monks have good knowledge regarding selection of food for health. However due to limitation in opportunistic selection of food in this population, effect to food consumption behavior also. This result relevant to many study. [8],[11] They found the effect of inappropriate consumption behavior such as ate more sweet or salty food , trans fatty acid or food were cooked by fried, and all of this can be caused NCDs.[6] The highest peak were hypertension and diabetes mellitus.

The monk cannot avoid having food that offer by the Buddhist. Health care provider should encouraging people in the community to adopt appropriate buying and cooking of healthy food to donate to the monks.

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