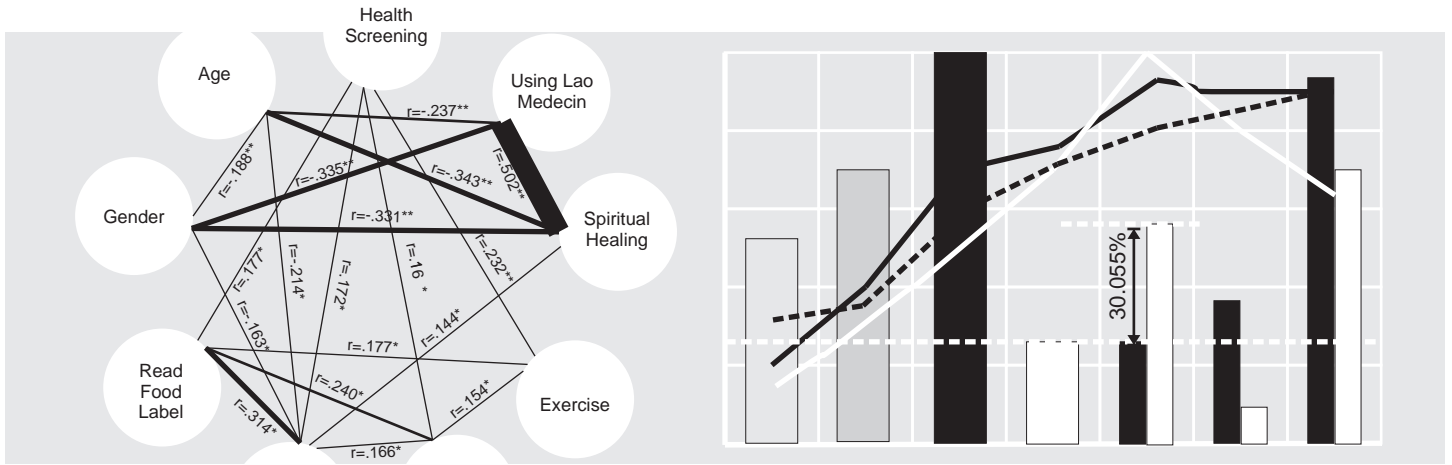


ຜົນຂອງການສຳຮວດ ແລະການວິຈັຍດ້ານສະດີຕິ ກ່ຽວກັບບັນຫາທາງດ້ານສຂພາບຂອງຊຸມຊົນລາວ ທີ່ອາລ້ຍຢູ່ໃນຕົວເມັອງມິນິອາໂປລິສ



The Results of Statistic Survey On the Health of the Lao Community Who live in the City of Minneapolis

CDBG Program
2005-2006

ອົງການລາວເພືອຄວາມກ້າວໜ້າໃນສະຫະຣັຖ
Lao Advancement Organization of America

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LAO America- Statistical Analysis 2006 CDBG Program 2005-2006

ປະຊາຄົມ (46.4%) ບໍ່ວ່າຈະເປັນເພດຍິງ ຫຼືເພດຊາຍ (ຕາຕະລາງທີ 63, 64, 65, 66) ສ່ວນຫຼວງຫຼາຍບໍ່ໄດ້ອ່ານເນື້ອໃນ ຂອງ ໃບກຳກັບການບັນຈຸທາດອາຫານ ໃນອາຫານຕ່າງໆ (ຕາຕະລາງທີ 1, 8, 9, 10, 35, 36, 37, 38).

ການໄປກວດສຸຂະພາບເປັນປະຈຳ ມີການພົວພັນ ແລະສະໜ້ອນໃຫ້ກັນແລະກັນໄປໃນທາງບວກ ກັບການເລືອກເຝັ້ນເອົາອາຫານ ແລະດັສນິຍົມພົວພັນ ສາມາດຍືນຍັນໄດ້ຮອດ 99% ($r=+.232^{**}$), ກັບການຂຽນລາຍການຕ່າງໆກ່ອນທີ່ຈະຊື້ ແລະການອ່ານໃບກຳກັບການບັນຈຸທາດໃນອາຫານ -ດັສນິ 95% ($r=+.161^{*}$), ($r=+.172^{*}$), ($r=+.177^{*}$) ຕາມລຳດັບ (ຕາຕະລາງທີ 67, ກຮາບ 1). ການປິ່ນປົວພະຍາດ ດ້ວຍຢາພື້ນເມືອງລາວ ກັບການປິ່ນປົວດ້ວຍສັຍສາດ ມີການພົວພັນຊຶ່ງກັນ ແລະກັນຢ່າງສົມດັບ ແຕ່ນັ້ນເຊັ່ນດຽວກັນ ເຖິງ 50.2% ແລະດັສນິຍົມພົວພັນໄດ້ຮອດ 99% ($r=+.502^{**}$). ນອກຈາກນັ້ນ ກໍຍັງມີການພົວພັນ ແລະສົ່ງຜົນສະໜ້ອນໃຫ້ແກ່ກັນກັບເພດ ແລະວັຍອາຍຸຂອງຄົນດ້ວຍ ($r=-.335^{**}$), ($r=-.237^{**}$), ($r=-.331^{**}$), ($r=-.343^{**}$) ຕາມລຳດັບ (ຕາຕະລາງທີ 67). ຈາກການວິໄຈທາງດ້ານສະຖິຕິກ່ຽວກັບການພົວພັນ ໄດ້ຊີ້ໃຫ້ເຫັນວ່າ ເພດ ແລະອາຍຸວັຍຂອງຄົນ ມີອິທິພົນຕໍ່ການປິ່ນປົວດ້ວຍຢາພື້ນເມືອງລາວ ຫຼືທາງດ້ານສັຍສາດ. ຜູ້ທີ່ມີອາຍຸຍັງໜຸ່ມນ້ອຍ ຈະບໍ່ຄິດທີ່ຈະປິ່ນປົວດ້ວຍວິທີການດັ່ງກ່າວ. ຄົນທີ່ມັກອອກກຳລັງກາຍ ມັກຈະເລືອກຊື້ເອົາອາຫານທີ່ໃຫ້ຄຸນແກ່ສຸຂະພາບຂອງຕົນເອງ ແລະກໍອ່ານໃບກຳກັບເນື້ອໃນ ການບັນຈຸທາດ ໃນອາຫານ ດັສນິຍົມພົວພັນໄດ້ ເຖິງ 95% ($r=-.154^{*}$), ($r=-.177^{*}$). ຄົນທີ່ມັກເລືອກຊື້ເອົາອາຫານ ກໍມັກຈະຂຽນລາຍການທີ່ຈະຊື້ ແລະອ່ານເນື້ອໃນໃບກຳກັບ ຍືນຍັນດ້ວຍດັສນິ 95% ແລະ 99% ($r=-.166^{*}$), ($r=-.240^{**}$) ຕາມລຳດັບ. ຄົນທີ່ມັກຂຽນລາຍການກ່ອນຈະຊື້ ມັກຈະອ່ານໃບກຳກັບເນື້ອໃນຂອງບັນຈຸທາດໃນອາຫານ ແລະດັສນິຍົມພົວພັນໄດ້ ເຖິງ 99% ($r=-.314^{**}$), ສ່ວນຫຼາຍເປັນເພດຍິງ ແລະອາຍຸຍັງນ້ອຍ ດ້ວຍດັສນິ 95% ແລະ 99% ($r=-.163^{*}$), ($r=-.214^{**}$) ຕາມລຳດັບ. (ກຮາບ 1)

ຈາກການສຳຮວດທາງດ້ານສະຖິຕິ ທັງສອງໄລຍະ (ກ່ອນ ແລະຫຼັງໂຄງການ) ເຫັນໄດ້ວ່າ ການດຳເນີນໂຄງການດັ່ງກ່າວ ໄດ້ເຮັດໃຫ້ຄຸນນະພາບຂອງຄວາມ ມີຄວາມເຂົ້າໃຈໄດ້ດີຂຶ້ນຕື່ມ ໃນຂບວນການ ການບໍລິຫານ ແລະການຮັກສາສຸຂະພາບຂອງຕົນເອງ. ຄວາມປ່ຽນແປງທາງດ້ານການເຊື່ອຖື, ການປ່ຽນແປງທາງດ້ານວິທີການປິ່ນປົວພະຍາດ ຕາມແບບຕົ້ນສະບັບທີ່ເຄີຍປະຕິບັດກັນມາ ແຕ່ດົນນານ ແລະການປ່ຽນແທນດ້ວຍຄວາມຮັບຮູ້ໃນສິ່ງທີ່ໃໝ່ໆ ໄດ້ເຮັດໃຫ້ຄຸນນະພາບຂອງຄວາມສ່ວນນຶ່ງ ເລີ່ມຮູ້ຮັກສາ ແລະປົວຮະບັດສຸຂະພາບຂອງຕົນເອງ ບໍ່ວ່າຈະເປັນການນຳໃຊ້ຢາພື້ນເມືອງລາວ, ການເອົາໃຈໃສ່ ແລະໃຫ້ຄວາມສຳຄັນໃນການຮັກສາ ແລະກວດກາສຸຂະພາບຂອງຕົນເອງຢ່າງສະເໝີ, ການຫັດກາຍບໍລິຫານ ກໍຄືການເລືອກເຝັ້ນບໍລິໂພກອາຫານຕ່າງໆ ທີ່ໃຫ້ຄຸນປະໂຫຍດ ແລະເໝາະສົມ, ສົມດູນທີ່ສຸດ ໃຫ້ແກ່ສຸຂະພາບ ເປັນຜົນໄພອັນສຳຄັນຍິ່ງ ຂອງ ໂຄງການເພື່ອສຸຂະພາບຂອງຄຸນນະພາບ ທີ່ອົງການລາວ ເພື່ອຄວາມກ້າວໜ້າໃນສະຫະຣັດໄດ້ຈັດຂຶ້ນ.

Results of a Statistical Survey concerning the health of the Lao Community who live in the City of Minneapolis

Below are the results of the statistical survey conducted in mid 2005 (the pre-test survey before enrolling into the health program) and in mid May 2006 (the post-test survey) conducted by LAO America. The majority of the surveys respondents live in high population density areas of Minneapolis; are from low income families; and are receiving public assistance. Of the 172 surveys probes (2005), and 192 (2006) which include males and

1. The Results of Statistic Survey of the Health of Lao Community who live in the city of Minneapolis in Brief, LAO America, 2005

LAO America- Statistical Analysis 2006

CDBG Program 2005-2006

females ages 8 and up, 35%-42% of believe their health condition is fair to good. Of those reporting better health approximately 37% are children and youth ages 12-15 (1).

After participating in the health program offered by LAO America, the Lao community knew and understood that going to visit the clinic is very important to their health management 96.3% (table 1, 3, 9, and 10), and it increases the level of an average understanding from 63.08% in 2005 to 98.44% in 2006 (table 70, 71). This understanding and acknowledgement were mostly from youth ages 12 to 18 (table 11, 12, 13, 14) in which the first group is female (57%) (1), followed by male (table 39, 40, 41, 42). The Lao people prefer to take care of themselves by using traditional Lao medicines/herbs, shaman, and seeking spiritual healing. These types of healing have been practiced for such a long time. Through participation in the health program, using these types of healing was decreased from 45% in 2005 (1) to 33.9% in 2006 (table 1, 2, 9, 10), especially women 61 and up (table 15, 16, 17, 18) in which female covers 80% of those who use traditional medicine (table 43, 44, 45, 46) and a type of spiritual healing is lowered to 30.5% (table 1, 4, 9, 10, 72, 73, 74, 75) the majority of which is female which covers 81.3% of the community (table 47, 48, 49, 50) . The majority 98% (1) of the group age 19 to 35 (table 19, 20, 21, 22) prefer to exercise a lot . Of people aged 8 to 35 (table 23, 24, 25, 26), women are 1.4 times (1) more likely to exercise than men. It is base on the assumption that women want to keep themselves healthy and have good physical fitness and good appearance. which seems to be a natural perception of women (table 51, 52, 53, 54). In 2006, the Lao community has more interest in physical activity and more than half of the community reporting normal to above normal exercise - 36.5% has excessive exercise and 44.8% exercise normally (table 1, 5, 9, 10). In the mean time, those groups of people (table 27, 28, 29, 30) almost double the male, female (table 55, 56, 57, 58) received new knowledge about healthy food choices for healthy body 80.4% (table 1, 6, 9, 10). Most Lao people, at any stage of life, (table 31, 32, 33, 34) and especially females who are about 50% more than male (table 59, 60, 61, 62) 72.4% (table 1, 7, 9, 10) do not know the importance of "how to do a grocery list before going out to the grocery store" . And almost half of the community (46.4%) regardless of gender (table 63, 64, 65, 66) where the majority does not read the food label (table 1, 8, 9, 10, 35, 36, 37, 38).

That going to have a physical check-up has a positive and significant correlation at 99% ($r=+.232^{**}$) to food choices, doing the grocery list before buying things and the food label for good nutrition-95% ($r=+.161^{*}$), ($r=+.172^{*}$), ($r=+.177^{*}$) respectively (table 67, graph 1). Taking care of themselves by using Lao medicines/herbs and spiritual healing have mutual and well a strong positive correlation up to 50% and and significantly up to 99% ($r=+.502^{**}$) similarly there is correlation to gender and age ($r=-.237^{**}$), ($r=-.331^{**}$), ($r=-.343^{**}$) respectively (table 67). As to the statistics analysis regarding the correlation, this indicated that gender and age of a human being has influence on the likelihood of taking care of themselves by using Lao medicine/herb or spiritual healing. Those who are still young do not think to be cared of by those technologies. Those who prefer to exercise regularly are more likely buy food that contain good nutrition to their body health and read food labels significantly at 95% and 99% ($r=-.166^{*}$) ($r=-.240^{*}$) respectively. Those who choose the food do a grocery list are more likely to read the food labels significantly at 99% ($r=-.314^{**}$), the majority are female and young age 95% and 99% ($r=-.163^{*}$), ($r=-.214^{**}$) respectively (graph 1).

As to the statistical survey of the two periods (pre-test and post-test of the health program), it can be assumed that the Lao community has increased their knowledge on how to manage their health, so they can live healthy life style.

The change in belief, the technology of taking care of their health by using their former-original ways that have been practiced for a long time, and the change of accepting new ideas leads a portion of the Lao community to know how to take care of their health either using Lao medicine, the importance of going to visit the clinic to have physical check up regularly, exercising and selecting good food that provides good nutrition, and make a healthy life is the fruitful outcome of the healthy program offered by Lao Advancement Organization of America.

1. The Results of Statistic Survey of the Health of Lao Community who live in the city of Minneapolis in Brief, LAO America, 2005

LAO America- Statistical Analysis 2006 CDBG Program 2005-2006

Using Lao Medicine

Table 1

	Health Screening	Using Lao Medicine	Spiritual Healing	Exercise	Choose Health Food	Make a List	Read Food Label
N	192	192	192	192	192	192	192
Mean	2.52	1.34	1.31	2.18	1.60	1.28	1.46
Std. Error of Mean	.041	.034	.033	.052	.035	.032	.036
Std. Deviation	.569	.474	.463	.723	.490	.448	.500
Skewness	-.684	.688	.842	-.282	-.429	1.010	.147
Std. Error of Skewness	.175	.175	.175	.175	.175	.175	.175
Kurtosis	-.537	-1.543	-1.305	-1.050	-1.835	-.991	-1.999
Std. Error of Kurtosis	.349	.349	.349	.349	.349	.349	.349

Statistics

Table 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	127	66.1	66.1	66.1
	Yes	65	33.9	33.9	100.0
	Total	192	100.0	100.0	

Health Screening

Table 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	7	3.6	3.6	3.6
	Agree	78	40.6	40.6	44.3
	Astrongly Agree	107	55.7	55.7	100.0
	Total	192	100.0	100.0	

Spiritual Healing

Table 4

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	133	69.3	69.3	69.3
	Yes	59	30.7	30.7	100.0
	Total	192	100.0	100.0	

Exercise

Table 5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less	36	18.8	18.8	18.8
	As Normal	86	44.8	44.8	63.5
	More	70	36.5	36.5	100.0
	Total	192	100.0	100.0	

Choose Health Food

Table 6

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	76	39.6	39.6	39.6
	Yes	116	60.4	60.4	100.0
	Total	192	100.0	100.0	

Make a List

Table 7

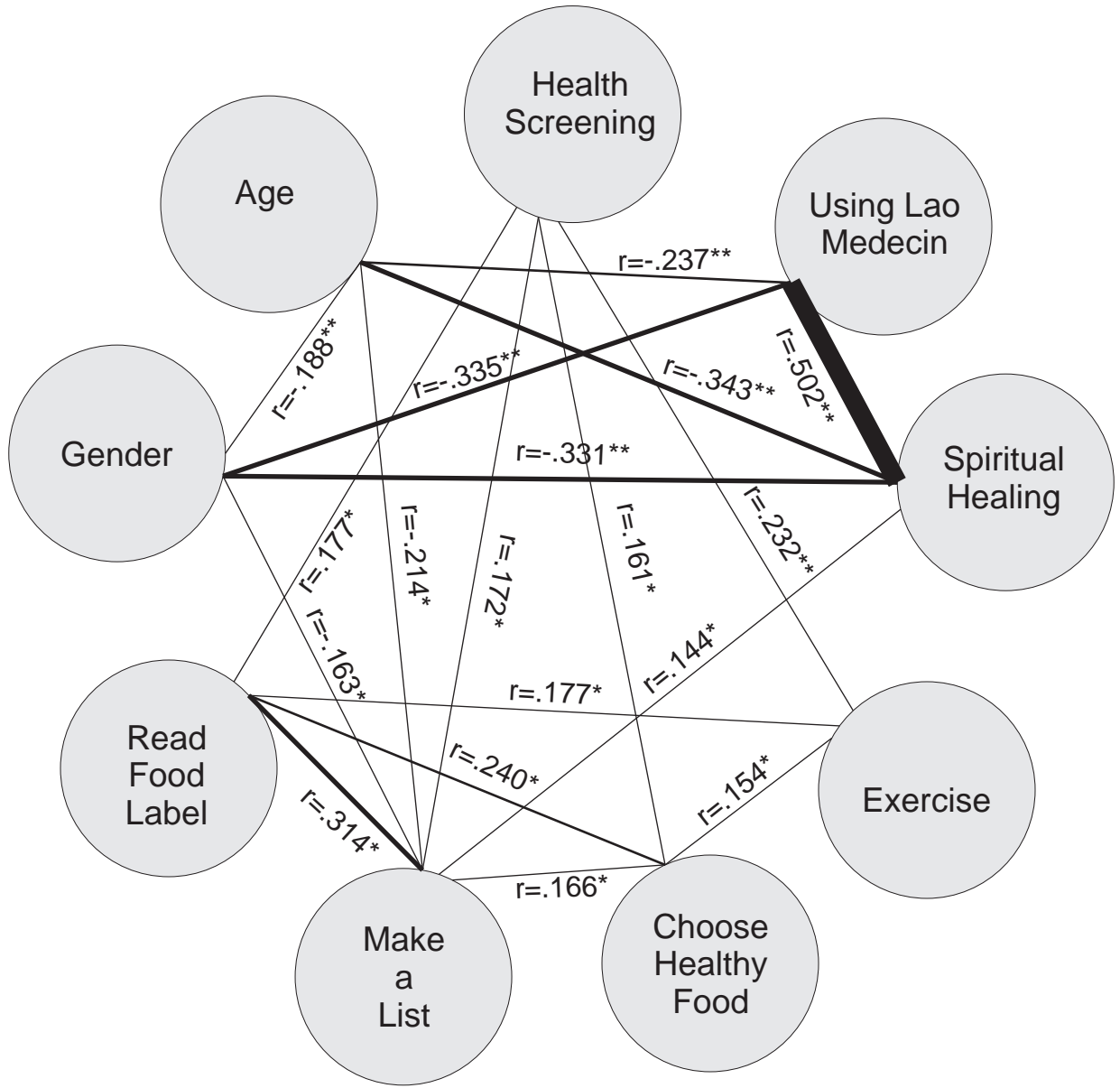
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	139	72.4	72.4	72.4
	Yes	53	27.6	27.6	100.0
	Total	192	100.0	100.0	

Read Food Label

Table 8

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	103	53.6	53.6	53.6
	Yes	89	46.4	46.4	100.0
	Total	192	100.0	100.0	

Correlation Analysis



** . Correlation is significant at the 0.01 level (2-tailed)
 * . Correlation is significant at the 0.05 level (2-tailed)