

ບົນຂອງການສຳຮວດ ແລະການວິຈັຍທາງດ້ານສຸກິຕິໂດງສັງເຂບ ປີ 2006-2007

**ກ່ຽວກັບ ການຮັກສາສຂພາບ  
ພາຍໃນປະຊາຄົມລາວ ທີ່ເມັງໂອນິນິອຳໂບລິສ  
ຂອງອົງການລາວເພື່ອຄວາມກ້າວໜ້າໃນສະຫະຣັດ**

RESULTS OF STATISTICAL SURVEY CONCERNING  
THE HEALTH OF THE LAO COMMUNITY  
OF MINNEAPOLIS 2006-2007

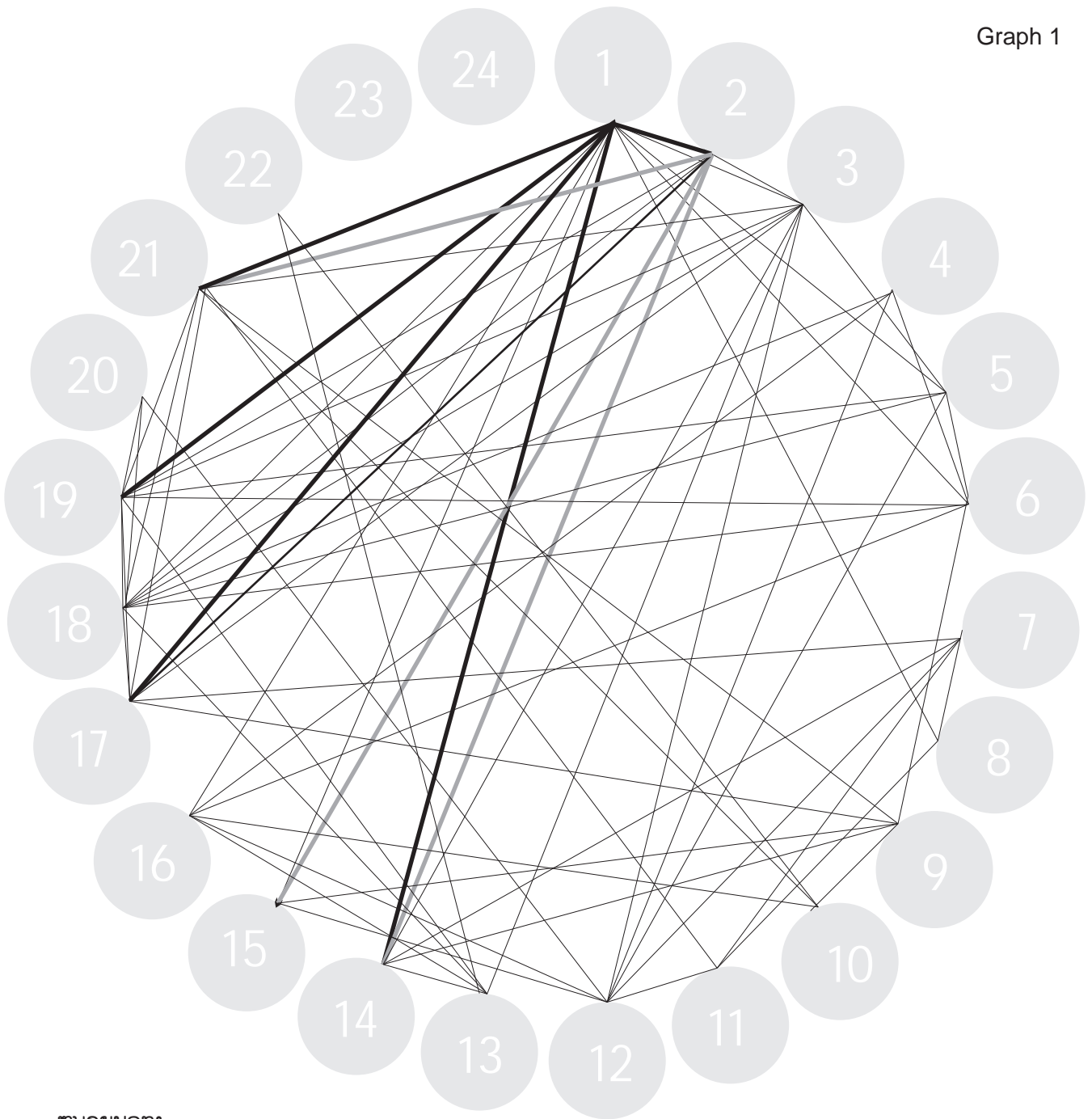
Lao Advancement Organization of America

**CDDO**

**ເປັນພາສາລາວ** ຫນ້າ 1-4  
**English Version** page 5-7



Graph 1



**ໝາຍບອກ:**

1. In general, How do you rate your health?
2. During the last 3 months, how many days have you been too sick to work or carry out your usual activities?
3. When was your last physical check up?
4. I eat at least five servings of fruit and vegetables a day.
5. I eat leaner protein - such as fish, grilled or baked poultry, whey or soy protein shakes.
6. I exercise at least 3 times a week.
7. I use some type of tobacco.
8. I drink more than 2 alcoholic drinks or beers a day.
9. I drink more water a day than other beverages.
10. Have you attended a nutrition class in the last 12 months?
11. I use illegal drugs.
12. I get a physical exam every year or two years as my doctor recommends.
13. I get enough sleep each night.
14. I feel stressed out.
15. I feel happy about my life.
16. I enjoy my job/responsibilities.
17. I often feel lonely
18. I read, play games, conversation etc...
19. I spend time with people I care about.
20. Family and friends will help me when I need them.
21. I have had a bad finances/Money problems.
22. I have attended a preventive health education program in the past 12 months?
23. What is your gender?
24. In which range is your age?

# RESULTS OF STATISTICAL SURVEY CONCERNING THE HEALTH OF THE LAO COMMUNITY OF MINNEAPOLIS 2006-2007

With the extension funds provided by the Minneapolis Department of Health and Family Support-CDBG Program, the Lao Advancement Organization of America (Lao America) conducted a statistical survey in 2006 regarding the health of the Lao community. A majority of the survey samples live in high population density areas of Minneapolis; are from low income families; and are receiving public assistance. Of the 158 samples, 75% were Lowland Lao and 25% were Highland Lao (Hmong) which included 100 females and 58 males age 10 and up. The purpose of the Lao America statistical survey was to focus on finding the rules-of-thumb relative to health and to determine critical factors correlated to healthy lifestyles in the Lao community. Research method used individual surveys, that comprised of 24 questions\* to answer, as data collection. The results of this survey were computed, explored and evaluated with Descriptive and Correlation Analysis with SPSS computer software.

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In general, the results of the survey show that 41% of community ( those who have not attended a nutrition class 69% (females) to 78% (males) (See table 35)) are in good health, and 20% are in fair health or very good health (See table 1), and mostly are children ages 10 to 15 (See table 48). Within the first 3 months, only 25%-28% of samples who have been very sick and have carried

## \* Questions

1. *In general, How do you rate your health?* Excellent (5), Very good (4), Good (3), Fair (2), Poor (1).
2. *During the last 3 months, how many days have you been too sick to work or carry out your usual activities?* None (1), 1-2 (2), 3-5 (3), 6-10 (4), More than 10 days (5).
3. *When was your last physical check up?* Within the last year (1), Within the last 2 years (2), Within 2-5 years (3), Over 5 years ago (4), Never had one (5).
4. *I eat at least five servings of fruit and vegetables a day.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4).
5. *I eat leaner protein - such as fish, grilled or baked poultry, whey or soy protein shakes.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4).
6. *I exercise at least 3 times a week.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4).
7. *I use some type of tobacco.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4).
8. *I drink more than 2 alcoholic drinks or beers a day.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
9. *I drink more water a day than other beverages.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
10. *Have you attended a nutrition class in the last 12 months?* Yes (1); No (2)
11. *I use illegal drugs.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
12. *I get a physical exam every year or two years as my doctor recommends.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
13. *I get enough sleep each night.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
14. *I feel stressed out.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
15. *I feel happy about my life.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
16. *I enjoy my job/responsibilities.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
17. *I often feel lonely* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (4)
18. *I read, play games, conversation etc...* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know/not sure (5)
19. *I spend time with people I care about.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know/ not sure (5)
20. *Family and friends will help me when I need them.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (5)
21. *I have had a bad finances/Money problems.* Usually or Always (1); Sometimes (2); Rarely or Never (3); Don't Know or not sure (5).
22. *I have attended a preventive health education program in the past 12 months?* Yes (1); No (2);
23. *What is your gender?* Female (1) Male (2)
24. *In which range is your age?* 10-15 year (1), 16-20 year (2), 21-25 year (3), 26-30 year (4), 31-35 year (5), 36-40 years (6), 41-45 years (7), 46-50 years (8), 51-55 years (9), 56-60 years (10), 61 and Older (11).



to health conditions including: sickness for 3 months period ( $r = -.632^{**}$ ); loneliness ( $r = -.376^{**}$ ); stress ( $r = +.322^{**}$ ); and socialization and helping each other ( $r = -.311$ ) and statistical significant at 99%. Followed with a physical check up ( $r = -.283^{**}$ ), time spent reading, playing games and socializing ( $r = -.230^{**}$ ), eating less protein food ( $r = -.205^{**}$ ), drinking alcohol ( $r = +.192^*$ ), and the enjoyment of one's career and having exercise at least 3 times per week ( $r = -.161^*$ ) and ( $r = -.160^*$ ) respectively.

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\*\*\* correlation coefficient significantly at 0.01 level

\*\* correlation coefficient significantly at 0.1 level

\* correlation coefficient significantly at 0.5 level