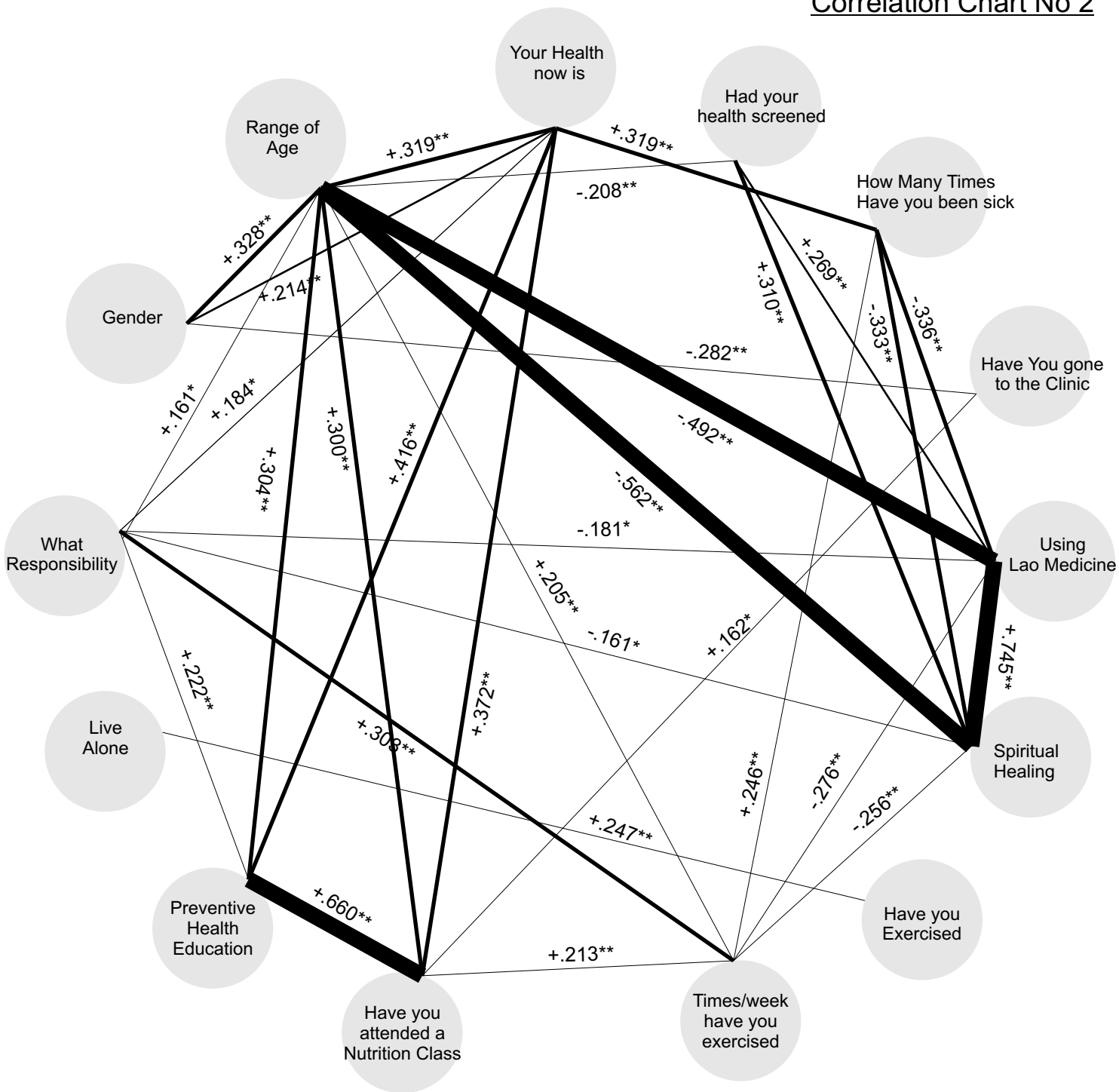


2005 LAO America Correlation Analysis

This survey asks about the health, feelings and ability to do daily activities at Lao Community

Correlation Chart No 2



** . Correlation is significant at the 0.01 level
 * . Correlation is significant at the 0.05 level

The results of Statistic Survey on the Health of the Lao Community who live in the city of Minneapolis in Brief

These are the results of the statistical survey conducted by LAO America in mid-2005 regarding to the health of the Lao community. A majority of the survey respondents live in high population density areas of Minneapolis; are from low income families; and are receiving public assistance. Of the 172 survey respondents, which included males and females ages 8 and up, 35% to 42% of believe their health condition is fair to good. Those reporting who have better health are children and youth ages 12-15. According to the survey data, gender does not influence the health of the Lao community as of now. (Table 1, 2, 3).

LAO America-Descriptive Statistics (Table 1)

QUESTIONS	Mean	Std. Deviation
In general would you say your health now is	2.7326	.95421
Have you had your health screened in the last 12 months	1.2616	.44080
Have you had or do you do now have any of these health problems: diabetes	1.0930	.29131
: trauma	1.3023	.46061
: asthma	1.0465	.21121
: breast cancer	1.0058	.07625
: other cancer	1.0174	.13129
: emphysema	1.0581	.23469
: heart disease	1.0756	.26510
: headache	1.5233	.50092
: depression	1.3779	.48628
: high blood pressure	1.1686	.37550
: poor hearing	1.1105	.79067
: poor vision	1.0930	.29131
: difficulty walking	1.0523	.22333
: bronchitis	1.0349	.18402
: lupus	1.0174	.13129
: arthritis	1.0523	.22333
: insomnia	1.0756	.26510
: other	1.0640	.24538
How many times have you been sick in the last 12 months	2.3895	1.92384
Have you gone to a clinic or an hospital in the last 12 months	1.6453	.47980
Have you used Lao Medicine/herbs in the last 12 months	1.3605	.48154
Have you sought spiritual healing in the last 12 months	1.3140	.46545
Have you been to a dentist in the last 12 months	1.5058	.50143
How many times you brush your teeth per day	1.8314	.55203
Have you exercised in the last 12 months	1.9767	.37391
How many times per week have you exercised in the last 12 months	1.9593	1.12056
Have you attended a nutrition class in the last 12 months	1.1628	.37025
How many ½ cup servings of vegetable and fruits do you normally eat each day	2.7035	1.37198
How many serving of brow rice (1/2 cup equals one serving) and other whole grains (one slice of bread or a small roll). Do you normally eat each day	2.0174	1.54266
Have you attended a preventive health education program in the last 12 months	1.1337	.34135
To what extend do you take responsibility for managing your health	1.0814	.27424
Do you live alone	2.0116	.51853
What is your gender	1.4186	.49477
In which range is your age	6.8953	3.51947

More than 58% of the Lao community reported not having a physical exam or check-up. Of these people, 73% are female and 75% are male.

The highest reported health problems in the Lao community are headache, depression, and trauma at 76%, 69%, and 65% respectively, especially those 19-30 years old. Women have trauma, headache and depression up to 2.5, 2.5, and 2.2 times higher than men respectively. (Table 1, 6, 7).

In the last 12 months, Lao people reported being sick 2 to 3 times, and as many as 82% of the Lao people went to a clinic or were hospitalized. Forty-five percent of the Lao people take care of themselves by using Lao medicine/herbs and seeking spiritual healing. These types of healing don't

appear to affect health. (Correlation chart No 2).

Ninety-eight percent of Lao people report that they exercise and women are 1.4 times more likely to exercise than men. Almost Lao people exercise three times per week especially youth and adults ages up to 45.

Fifty-eight percent of Lao people have attended a nutrition class and 57% have attended a

LAO America- Crosstabs: Gender*Health (Table 2)

	The health is					Total
	Poor	Fair	Good	Very Good	Excellent	
Female	10	41	37	7	5	100
Male	2	19	36	9	6	72
Total	12	60	73	16	11	172

LAO America- Crosstabs: Range of Age*Health (Table 3)

	The health is					Total
	Poor	Fair	Good	Very Good	Excellent	
8-11	0	0	5	4	5	14
12-15	0	2	27	7	3	39
16-18	0	0	3	1	1	5
19-25	0	8	2	0	0	10
26-30	0	6	8	1	0	15
31-35	0	6	7	2	1	16
36-40	0	10	5	0	0	15
41-45	2	5	6	1	0	14
46-50	0	3	1	0	0	4
51-55	3	6	7	0	1	17
56-60	4	5	2	0	0	11
61>	3	9	0	0	0	12
Total	12	60	73	16	11	172

LAO America- Crosstabs: Gender*Health Screened (Table 4)

	Your health screened in the last 12 months		TOTAL
	NO	YES	
Female	73	27	100
Male	54	18	72
Total	127	45	172

LAO America- Crosstabs: Range of Age*Health Screened (Table 5)

	Your health screened in the last 12 months		TOTAL
	NO	YES	
8-11	11	3	14
12-15	32	7	39
16-18	4	1	5
19-25	5	5	10
26-30	6	9	15
31-35	12	4	16
36-40	11	4	15
41-45	12	2	14
46-50	4	0	4
51-55	11	6	17
56-60	8	3	11
61>	11	1	12
Total	127	45	172

preventive health education workshop.

Fifty-four percent of Lao people live alone and take responsibility for managing their health at medium level, but still need to receive help and advice on health-care providers.

LAO America- Crosstabs: Gender*Headache_ Depression_ Trauma (Table 6)

	Have you had or do you now any of these health problems: Headache			Have you had or do you now any of these health problems: depression			Have you had or do you now any of these health problems: Trauma		
	NO	YES	TOTAL	NO	YES	TOTAL	NO	YES	TOTAL
Female	36	64	100	55	45	100	62	38	100
Male	46	26	72	52	20	72	58	14	72
Total	82	90	172	107	65	172	120	52	172

LAO America- Crosstabs: Range of Age * Headache_ Depression_ Trauma (Table 7)

	Have you had or do you now any of these health problems: Headache			Have you had or do you now any of these health problems: Depression			Have you had or do you now any of these health problems: Trauma		
	NO	YES	TOTAL	NO	YES	TOTAL	NO	YES	TOTAL
8-11	11	3	14	14	0	14	14	0	14
12-15	34	5	39	39	0	39	39	0	39
16-18	3	2	5	5	0	5	5	0	5
19-25	0	10	10	1	9	10	1	9	10
26-30	3	12	15	3	12	15	3	12	15
31-35	4	12	16	7	9	16	9	7	16
36-40	4	11	15	6	9	15	8	7	15
41-45	5	9	14	7	7	14	8	6	14
46-50	1	3	4	2	2	4	3	1	4
51-55	4	12	17	13	4	17	14	3	17
56-60	6	5	11	1	10	11	7	4	11
61 >	7	5	12	9	3	12	9	3	12
Total	82	90	172	107	65	172	120	52	172

Correlation analysis shows the use of Lao medicine/herbs has no connection to the health of the Lao people. Health is affected by how many times they go to a clinic or hospital for a physical screening. The health of the Lao people does depend on what they learn from the nutrition class, preventive health education and the level at which they manage their health. These factors show a correlation of high accuracy at: $r=+.319^{**}$; $r=+.372^{**}$; $r+.416^{**}$ and $r=+.184$ respectively, with a statistical accuracy of up to 99%. (Chart No 2: Correlation Analysis).