

SUMMARY ON NEW CONCLUSIONS OF THE DISSERTATION

- Dissertation title: Situation of hypertension and diabetes among the 40-59 years-old group in Dong Son, Thanh Hoa and effectiveness of several intervention measures.
- Major: Sociological Hygiene and Health Organization; Code: 62 72 01 64
- Full name of PhD Candidate: Do Thai Hoa; Cohort: K32
- Full name of academic advisors:
 1. Prof. Dr. Nguyen Thanh Long
 2. Prof. Dr. Truong Viet Dung
- Institution: National Institute of Hygiene and Epidemiology – Ministry of Health

- Summary of new conclusions of the dissertation:

1. Described situation of hypertension and diabetes among the middle aged (40-59 years old) residing in a rural area undergoing urbanization with new valuable and specific findings: Proportions of pre-hypertension of 47.3%, stage 1 hypertension 14.2%, stage 2 hypertension of 5.5%, respectively. Estimates were higher among males than females with $p < 0.05$ and $p < 0.001$. Proportions of pre-diabetes and diabetes were 12.3% and 5.3%, respectively and higher among males than females with $p > 0.05$.

2. Some factors related to hypertension: gender, age group, occupation, being overweight/obese, abnormally high waist sizes, low physical activity with OR from 1.45 to 2.24. High likelihood of diabetes was related to: males; 50-59 years-old; white collars; being overweight/obese; abnormally high waist sizes, waist-to-hip ratios; alcohol/beer abuse; smoking... with OR from 1.05 to 1.52.

3. Evaluated effectiveness of several prevention and management measures for patients of hypertension and diabetes among the middle aged in community, which were simple, applicable, and feasible. Post-intervention effectiveness: Improved anthropometrics, reduced hypertension and diabetes incidence compared to pre-intervention and to the control group. Knowledge and practice of subjects on hypertension and diabetes prevention and control were improved though many indicators were less than expectations.

Ha Noi,/...../2015

On behalf of academic advisors
(*Signature and full name*)

PhD Candidate
(*Signature and full name*)

Do Thai Hoa

