

Abstract

The Survey Research aimed to examine an association between health behaviors and metabolic risk factors on non-communicable diseases in health region 8. A study involved 1400 subjects, age over 35 year from the diabetes-hypertension screening system. Focus group and questionnaire-interview were used for data collection.

The study results found an association between health behaviors and metabolic risk factors (diabetes, hypertension and waist obese) on non-communicable diseases with statistic significant at $p < .05$. The protective health behaviors that can prevent diabetes, hypertension were daily intake of fish, fruit and vegetable and enough food consume while the improper health behaviors are exercise less than 30 minutes and 3-5 days/week, daily intake of sweet dessert and soft drink, salty food and put sodium mono-glutamate in food. Nevertheless, in this study informed mostly not smoke and alcohol intake, but also founded that behaviors are still improper regularly, often and sometimes. Integration of health plan among stakeholder is the key success to reduce non-communicable disease. The plan should emphasize on non-communicable behavior risk factors and push the awareness and self-management to people.

Keywords: health behavior, risk group, non-communicable disease (NCD)