

## Rainwater quality with pathogen and heavy metals from villages in Khon Kaen

### คุณภาพน้ำฝนทางด้านจุลินทรีย์ และโลหะหนักในหมู่บ้านจังหวัดขอนแก่น

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#### Abstract

An objective of a descriptive study was to investigate health status of elderly who resided in Nam Phong, rural area. Study population were all of elderly aged 60 and over who living in 3 Villages, Nam Phong district, Khon Kaen Province. Research instruments for data collection were weighing of body weight and height measurement in order to obtain body mass index (BMI), stool examination for detecting parasites ova, included interviewing with questionnaire. A total subject was 90 elderly.

Result of this study revealed that 49.4% had BMI lower than normal which found higher in males than females. Based on BMI criteria, there were chronic energy deficiency 23.5%, obesity 12.3%. Stool examination showed 30.5% of elderly found parasites. One third (33.3%) of elderly reported use of analgesic drugs and cocktail drug (a set of variety drug called "Ya-Chud"). Approximately half of this figure were drug abuse. The elderly were still at risk to chemical use in agricultural activities and 19% were smoking at work.

An establishing group of elderly in rural area is recommended by the authors in order to promote recreation, helping and teaching each other, which will be effective not only physical health but also mental health of elderly as well.

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