

Behavior of Selfcontrol for Health in a Rural Area

Association of Rural Medicine in Toyama Prefecture

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I investigated about behavior of selfcontrol for health at a plain and mountainside districts in Toyama prefecture in 1985.

Subject and Methods

Subject

Plain district (A district) : male 186, female 113, Total 299

Mountainside district (B district) : male 138, female 45, Total 183

Table 1 total of answers

Age	place sex	A district		B district	
		male	female	male	female
30 ~		8	3	6	1
40 ~		43	24	14	5
50 ~		53	34	34	12
60 ~		54	43	48	18
70 ~		25	9	31	8
80 ~		3		5	1
Total		186	113	138	45

Methods

In survey cites I used anquete method. In this report I show some results with table.

Table 2 complaints and disorders (%)

Age	place sex	A district			B district		
		male	female	total	male	female	total
30 ~		25.0	0.0	18.2			
40 ~		23.8	29.2	25.8	38.5	50.0	41.2
50 ~		54.9	47.1	51.8	52.9	75.0	58.7
60 ~		56.6	66.7	60.9	68.8	46.7	63.5
70 ~		84.0	66.7	79.4	77.4	62.5	74.4
80 ~		100.0		100.0	80.0	100.0	83.3
Total		51.4	50.5	51.0	61.3	58.5	60.7

Table 3 Where feel unwell? (by International Classification of Disease)

No. of I.C.D.	Age		30 ~		40 ~		50 ~		60 ~		70 ~		80 ~		Total	
	*A	*B	*A	*B	*A	*B	*A	*B	*A	*B	*A	*B	*A	*B	*A	*B
1																
2																
3							2			1	1			1	3	2
4										1						1
5										3						3
6				1	2	1			1	7		4			3	13
7				1	1	2	4		9		6	4		2	18	11
8						1				5					1	5
9				2	1	3	4		3						8	6
10								1				1				2
11																
12																
13	2			5	1	9	10		11	13	4	8	1	2	32	34
14				2	2	9	5		6	7	13	8	1		31	22
No Ans.				6		17	3		26	3	3	3			52	9
Total	2			17	7	44	27		56	40	27	29	2	5	148	108

* A : Plain District, B : Mountainside District

No. of I.C.D

1. Infections and parasitic diseases
2. Neoplasms
3. Endocrine, nutritional and metabolic disease and immunity disorders
4. Diseases of blood and blood-forming organs
5. Mental disorders
6. Diseases of the nervous system and sense organs
7. Diseases of the circulatory system
8. Diseases of the respiratory system
9. Diseases of the digestive system
10. Diseases of the genitourinary system
11. Complications of pregnancy, childbirth and puerperium
12. Diseases of the skin and subcutaneous tissue
13. Diseases of the musculoskeletal system and connective tissue
14. Congenital anomalies

Table 4 Drugs : Use or Not? (%)

		male	female	total
A district	Use	85.5	87.2	86.1
	doctor'	55.4	61.5	57.4
	store'	10.8	20.5	13.9
	others	19.3	5.1	14.8
B district	Use	85.7	82.6	85.0
	doctor'	70.1	65.2	69.0
	store'	7.8	8.7	8.0
	others	7.8	8.7	8.0

Table 5 You do something for health? (Yes %)

	male	female	total
plain district	21.3	26.1	21.5
mountainside district	22.0	7.7	22.0