SMOKING, ALCOHOL CONSUMPTION AND BETAL-QUID CHEWING AMONG YOUNG ADULT MYANMAR LABORERS IN THAILAND

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Abstract. Health-risk behaviors among young adults are a serious public health problem. This cross sectional study aimed to estimate the prevalence of single and concurrent multiple health-risk behaviors: smoking tobacco, consuming alcohol, and chewing betel quid among young adult Myanmar laborers in Mae Sot District, Tak Province, Thailand. Three hundred Myanmar laborers, aged 18-24 years, were interviewed using a structured questionnaire. About 33.6\% reported no risk behaviors, 24.7\% had one, and 41.7\% had two or three risk behaviors. Multinomial logistic regression analysis showed six variables were significantly associated with health-risk behaviors: male gender, high/moderate custom/traditional influences, friends who smoked/consumed alcohol/chewed betel quid, and exposure to betel-quid chewing by other family members.

Keywords: migrants, laborers, job stress, multiple health-risk behaviors, social influences, young adults, Thailand

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