



Prevalence of Low Back Pain in One Month Of 40-80 Year-Old People In Sam-Lheum Community, Nai-Meung District, Amphoe Mueng, Khon Kaen

Ronnarit Boonyarat¹, Mukkapol Yongpisanpop¹, Kulthida Hanchengcha¹, Nawapon Boonthongpetch¹, Ruetairat Tabseerak¹, Supannita Philasan¹, Sirikon Lertseree¹, Gun Nuangpho¹, Suchada Paileeklee², Manop Kanato²

¹ Fifth-year medical student, Faculty of Medicine, KhonKaen University

² Staff of Department of Community Medicine, Faculty of Medicine, KhonKaen University

E-mail: ronnarit09@gmail.com

Oral

Background and Objectives: Low back pain (LBP) is common age range 40-80 years old. Most studies on LBP cover occupational LBP or hospital based but not for a community setting. This study aimed to assess the prevalence of LBP over a one-month period among persons 40-80 years of age in the Sam-lheum community of Khon Kaen, Thailand, as well as the severity of LBP and proportion of LBP among interesting characters.

Method: 237 people were chosen from 3,107 of Sam-lheum community inhabitant aged between 40 and 80 applying systematic sampling. Data were collected using self-administered questionnaire. Then, data were calculated for frequencies, percentages, medians, and IQRs.

Result: The response rate was 80.6% (191/237), mostly males (65.3%). The median age of respondents was

60*18 years. The prevalence of LBP over one month was 51.9% (95% CI; 44.5%, 59.2%). Most of them had only LBP (60.4%) and the severity was limited to minimal disability (40%). The proportion of LBP among interesting characters were: being male (55.6%); being between 60-69 (56.1%); being overweight (53.3%), smoking (85.7%), no drinking alcohol (80.9%), hypertension (83.7%), sleeping on a synthetic fiber mattress (62.5%), not regularly turning the mattress (80.0%), lying on one's side (82.8%), and having a stooping position (71.1%).

Conclusion: The study revealed that more than half the population in Sam-lheum community aged between 40 and 80 had LBP, the severity of which did not require doctor visit.

Keywords: Low back pain, Prevalence, Sam-lheum community, Khon Kaen

