Symposium
Arts and Science of Healthy Longevity

[Thailand]
Longevity of Thai Physicians

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Background and rationale

- Physicians are supposed to be health team leaders
- Their tasks are 3Ds - difficult, dirty and dangerous
- No previous systematic studies on Thai physicians’ health – notion that they were short-lived
- Opportunity: CCME (under TMC) has physicians’ database and periodically updated; occupational medicine physicians are interested in physicians’ health and health hazard exposures

We would like to share our experiences in:
- What and how these approaches are being conducted in Thailand and in which way Thai Medical Association is involved?
- What are the achievements and/or failures?
- What are the lessons learned?
- Are there any aspects that international collaboration can improve and upgrade the result?

Were Thai physicians short-lived?

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Target population

- Total 30,000+ doctors
- Growth rate 1,500 doctors/yr
- Increased female physicians
- Death rate 60-100 doctors/yr

Thai physician health promotion program

- Phase I: Thai physician health study (2 years)
- Phase II: Longevity of Thai physicians (1 year)
- Phase III:
  - Intervention and Health Promotion (1 year)
  - Dissemination to Public (3+ years)

I: Thai physician health study

3 projects
2. Cross-sectional survey of Thai physicians' health and risk factors

Death rate of Thais 1998-2002

Life expectancy of Thais 1998-2002
Were Thai physicians short-lived?

II: Longevity of Thai physicians

- Quantitative study – survey
- Qualitative study – in-depth interview

Quantitative study – survey

- 983 questionnaires (responded 327) to 840 males (responded 272) and to 143 females (responded 55)
- Age 68 - 93 years (75.1 ± 4.86)
- Majority were married suggesting that their spouse were also long-lived
- ½ still provided clinical services, ¼ did charity work, ¼ did more than one volunteer work, some did several jobs

Qualitative study – in-depth interview

III: Intervention and Health Promotion & Dissemination to Public

- Financial stability – saving and invest while young
- Increase positive lifestyles – exercise, proper diet, etc.
- Decrease negative lifestyles – smoking, DUI, etc.
- The mindset to be non-attachment
- To be mentally ready to die
- Physicians as role model – practice and advice
  family/friends/patients/ relatives/society

- Funded by Thai Health Promotion Foundation
- Direct to public – mass media, conference, publications, internet www.thaihealthy.org
- Indirect to public
  - Physicians as means, role model, and multipliers
  - Physicians & health care personnel as means, role model, and multipliers
  - Government expands pension system and encourages individual savings

Majority were not obese : BMI 16.53-34.16 (23.97±2.30); only 8 had BMI over 30
4/5 had disease – one or more – top 5 were HT, DM, IHD, DLP, BPH
Majority did exercise – walk
Majority did not drink alcohol or drank occasionally
Majority practiced religious activities regularly
Majority had hobbies
Boundary partners

- Thai Medical Association
- Thai Health Promotion Foundation
- Thai Medical Council and CCME
- All Royal Colleges of Thai physicians
- Medical Schools & students
- Medical Societies & Associations
- Public & private hospitals
- Other health personnel councils & associations

Love to share and network with other countries' Medical Associations

Thank you