

**Metabolic risk factors and associated morbidities among community: Risk behaviors  
for Non-Communicable Disease**

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**Abstract**

A cross-sectional descriptive study was done at selected village in Pyin Oo Lwin Township to describe the risk behaviors of non-communicable diseases. Face to face interviews and measurements of height, weight, and blood pressure were done. Regarding unhealthy behaviors (smoking, betel chewing, alcohol drinking) among the communities, it was found greater proportion in male population than female. Among the age groups, (25-45) of male population had the highest percentage of current smoking (67.5%), current betel chewing (50.0%), and current alcohol drinking (43.6%) compared to other age groups. Among female population, the age group (>60) years were in the highest proportion of smoking, and betel chewing. Body Mass Index (BMI) measurements of the study populations revealed that 6.7% of study population was underweight and 22.2% was obese. Blood pressure measurement showed nearly one fourth (22%) of the population had high blood pressure where male were in greater proportion compared to female (27.2% and 18.6%). Comparing among different age groups, male population of age >46 years had the highest proportion of high blood pressure (30.5%), however, among female population, high blood pressure was found more in the age group (24-45 years) (24.3%) compared to other age groups. Effective preventive measures including health education to the study population should be carried out.