

Abstract Submission for Concurrent Session/Poster Presentation in English

Technology, innovations and informatics

THE CORRELATION OF LIFE STYLE AND YANG-DEFICIENCY (YANG-XU) BODY CONSTITUTION OF TRADITIONAL CHINESE MEDICINE (TCM) IN COMMUNITY PEOPLE

L.-L. Chen*, J.-D. Lin, C.-H. Huang, L.-C. Huang, Y.-C. Su

Abstract Content: Background Primary health care has been one of impetus policy from WHO. The Traditional Chinese Medicine (TCM) proposed that status of body constitution affect susceptibility of disease. The Yang-deficiency (Yang-Xu) of body constitution is related with hypertension, heart failure and allergic rhinitis. It needs to understand the life style in effecting Yang-deficiency of body constitution, which would provide the reference for health promotion and disease prevention in community.

Objective The purpose of this study was to understand the correlation of Life Style and Yang-deficiency body constitution of TCM in Community People

Methods A cross-section survey was designed. The participants were recruited from community health screening in one hospital in Taiwan. Excluding the self-complained illness, 227 participants, age range from 20 to 60 years old, were enrolled. A questionnaire with good reliability of Cronbach's α 0.88 and validity was used. The questionnaire includes Yang-deficiency body constitution measuring, life style and demographic data.

Results Two hundred and twenty seven participants included 131 females (57.7%) with a mean of 39.7 years old (SD=10.5). The mean score of Yang-deficiency body constitution was 29.8 (SD=7.6) (ranged from 19-95), There were 92 participants (40.5%) defined as Yang-deficiency body constitution. Logistic regression analysis revealed that gender, smoking, exercise, perceived stress were the strong predictors of Yang-deficiency body constitution ($p < .05$).

Conclusions Factors as female, smoking, no exercise, and perceived stress tend to have Yang-deficiency body constitution. The results provide the evidence-based in pursuing the smoking cessation, exercise and stress coping for health promotion program that promote the peoples' motivation of healthily life style implementation.

Disclosure of Interest: None Declared

Keywords: health promotion, life style, Traditional Chinese Medicine (TCM), Yang-deficiency (Yang-Xu) body constitution