



รายงานการวิจัย
เรื่อง

ปัจจัยเสี่ยงและแนวทางการลดความเสี่ยงต่อภาวะสมองเสื่อมในผู้สูงอายุ จังหวัดนนทบุรี
Risk factors and guidelines for dementia risk reduction among older people
in Nonthaburi Province

โครงการวิจัยภายใต้ชุดโครงการเรื่อง : การพัฒนารูปแบบการส่งเสริมสุขภาพแบบบูรณาการเพื่อลดความ
เสี่ยงต่อภาวะสมองเสื่อม ในผู้สูงอายุ จังหวัดนนทบุรี
(Development of Integrated Model for Health Promotion to Decrease Risks for
Dementia in Older People, Nonthaburi Province)

โดย

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Title Risk factors and guidelines for dementia risk reduction among older people in Nonthaburi Province

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Abstract

This descriptive study aimed 1) to study the prevalence of dementia and risk factors of dementia among older people in Nonthaburi province and (2) to study the guidelines for reducing the risks of dementia among older people in Nonthaburi province.

The sample was composed of two groups. The first stage, studying the prevalence of dementia and risk factors of dementia among older people prevalence rate and risk factors of dementia, were 401 older people in Nonthaburi province who were recruited by stratified random sampling, and the second stage, studying the guidelines for reducing the risks of dementia among older people, were purposive sample of 5 older adults and 5 experts who had involved in dementia care. Research tools of the study included dementia risks questionnaires, Mini-Mental State Examination (Thai) and guidelines for focus group discussion. The content validity of these research tools was verified by 3 experts. The Cronbach's alpha coefficients of dementia risks questionnaires were 0.82. The data were analyzed by descriptive statistics, logistic regression, and content analysis.

The findings were as follows: (1) The prevalence of dementia among the elderly in Nonthaburi province was 4.86%, with the highest prevalence rate in a rural society at 7.41%. Risk factors of dementia among older people include age, inability to do daily activities, and hyperlipidemia. For every year increase in age, the older adults would be more likely to be dementia 1.1 times than those under age ($p < .01$). The older adults who were inability to do daily activities would be more likely to be dementia 2.54 times than those who were able to perform daily activities ($p < .01$). The older adults who were hyperlipemia would be more likely to be dementia 3.42 times than those who were not hyperlipidemia ($p < .01$). Lastly, (2) guidelines for reducing the risk of dementia in the elderly included policies for caring for the elderly, guidelines for health care team, strengthening the capacity of elderly caregivers, and increasing the chances of the elderly to be longer healthy aging.

Keywords: Prevalence, Risk factors, Dementia