

R2HC

RESEARCH FOR HEALTH IN HUMANITARIAN CRISES



Research for health
in humanitarian crises

elrha

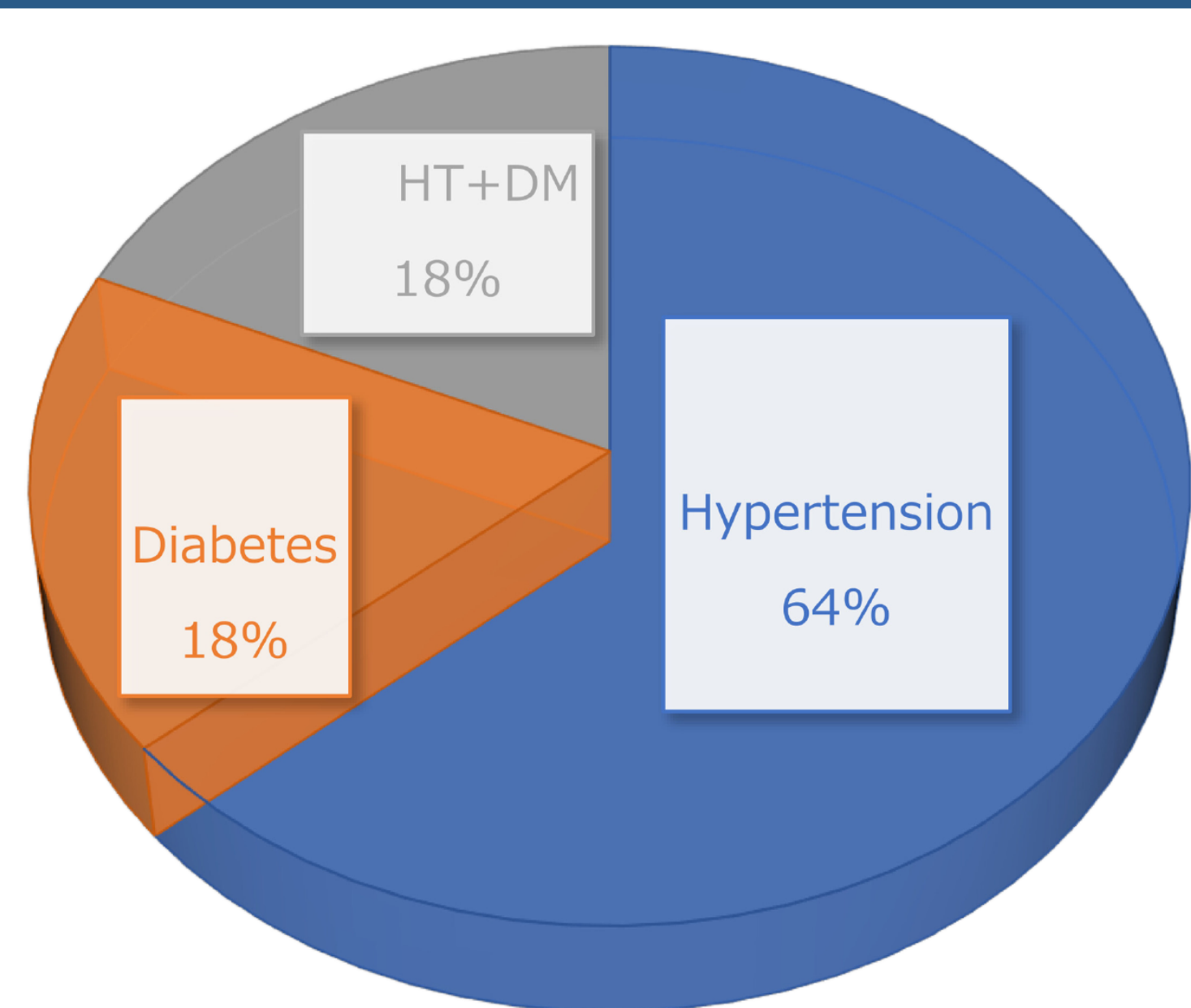


JOHNS HOPKINS
BLOOMBERG
SCHOOL of PUBLIC HEALTH



BASELINE INFORMATION

Patients with **diabetes**, **financial and behavioral issues**, as well as **non-Karen patients**, have twice the risk of developing **moderate or severe mental health symptoms**. Additionally, those with **higher sleep problem scores** are 3-9 times more likely to develop **moderate or severe mental health symptoms**.

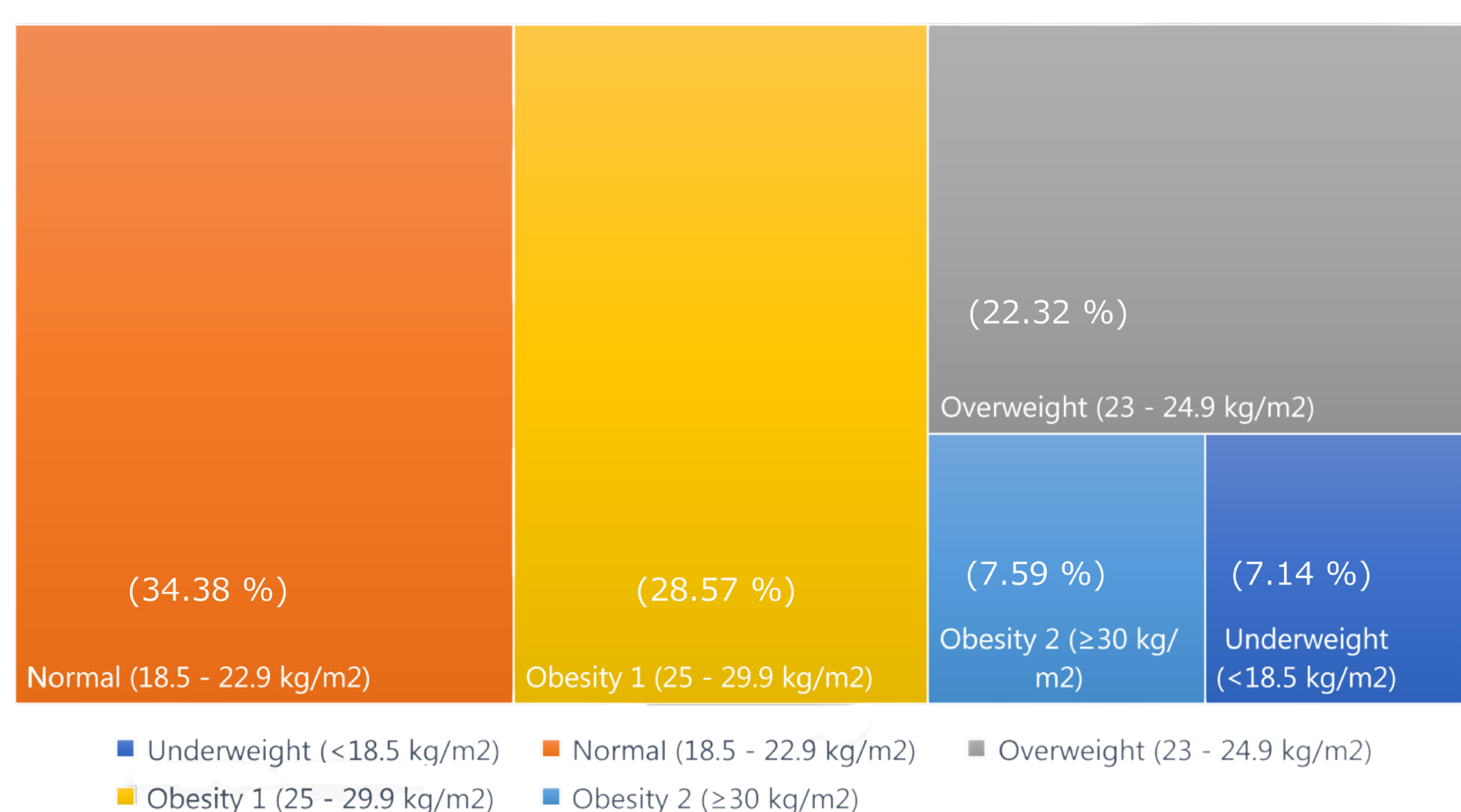
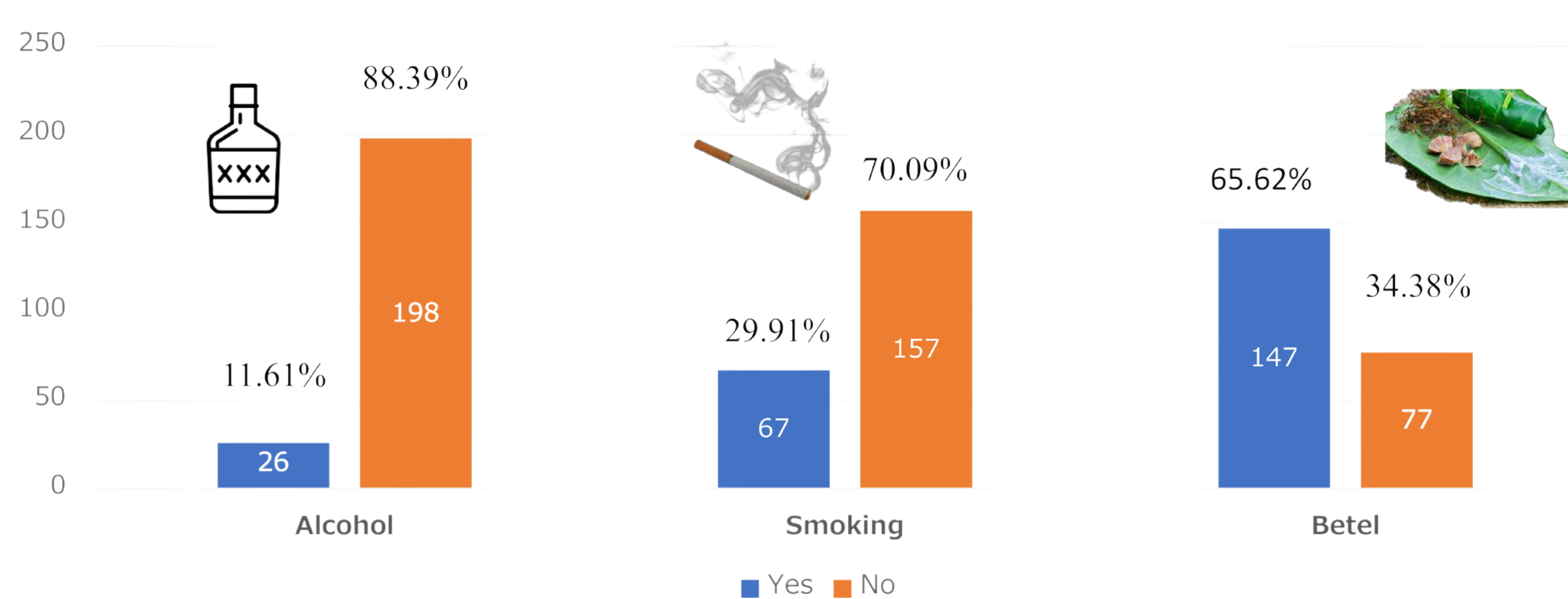


Participants Information

Total recruited (n=224)
Intervention group = 112; Waitlist = 112
Female = 159; Male = 65
Hypertension (n=143)
Diabetes (n=40)
Comorbid - HT+DM (n=41)

Substance use in the past two weeks

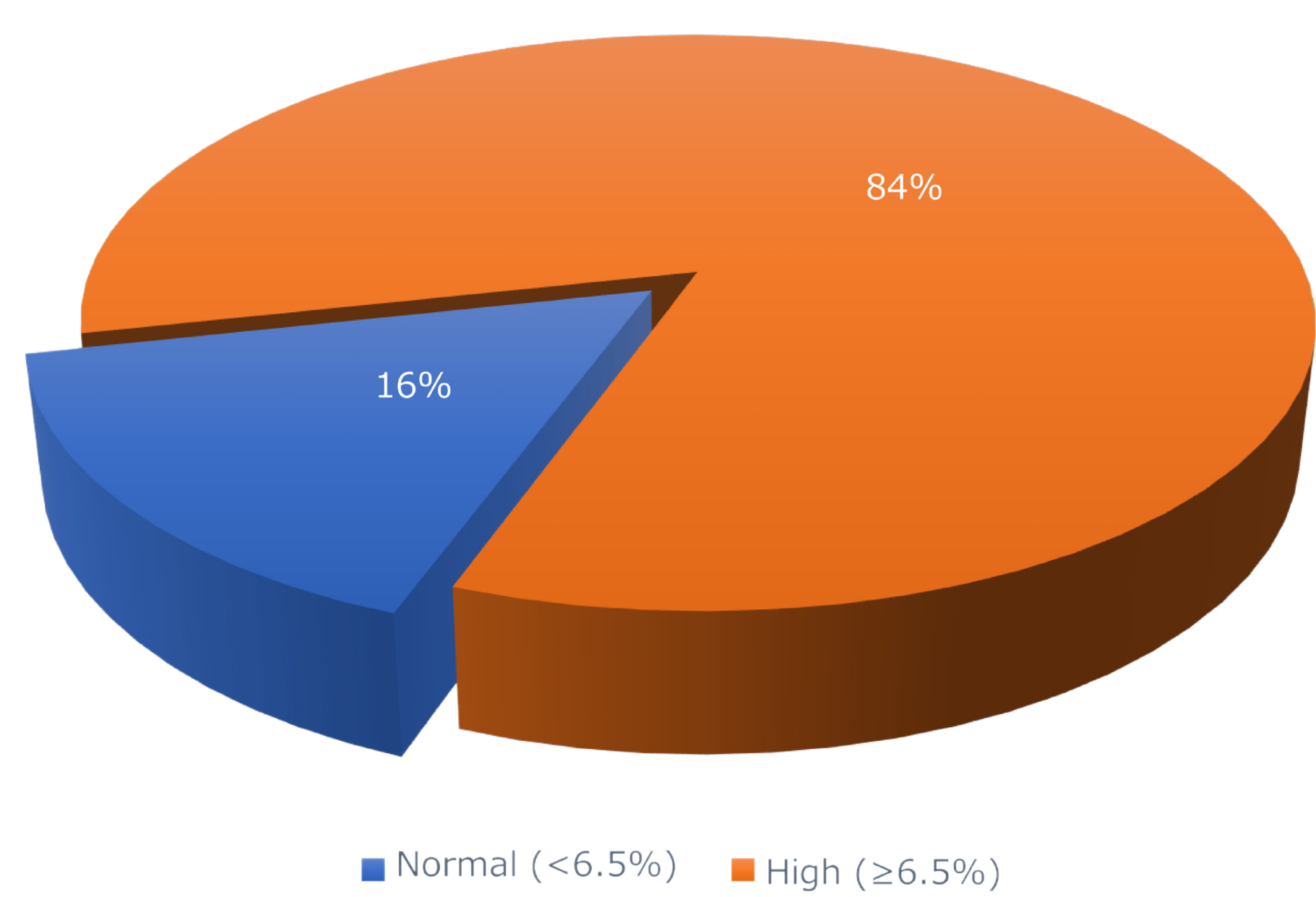
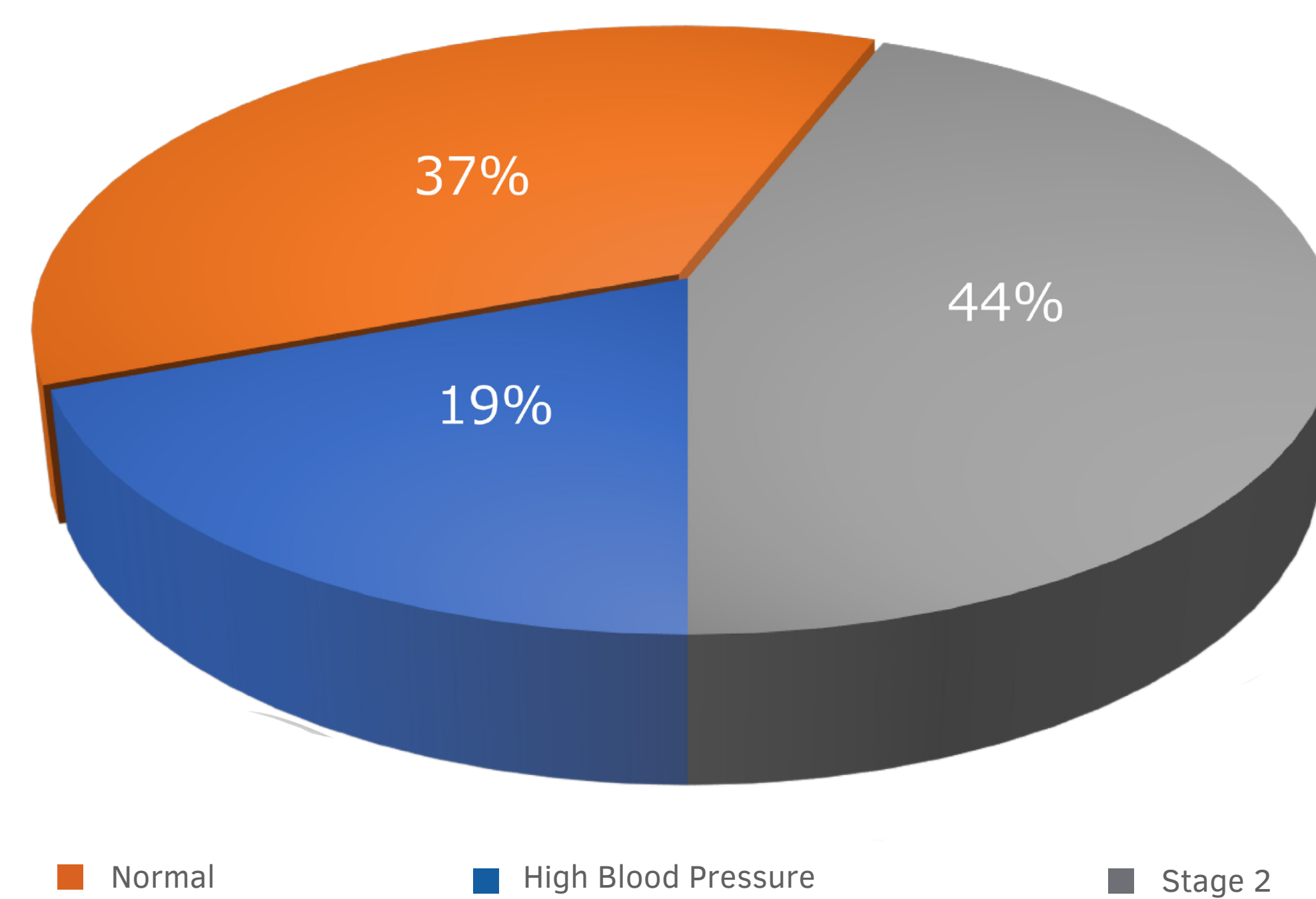
Among three substances (alcohol, tobacco, and betel nuts), participants reported to use betel nuts the most.



Body Mass Index (BMI)

131 out of 224 (58%) are overweight or obese.

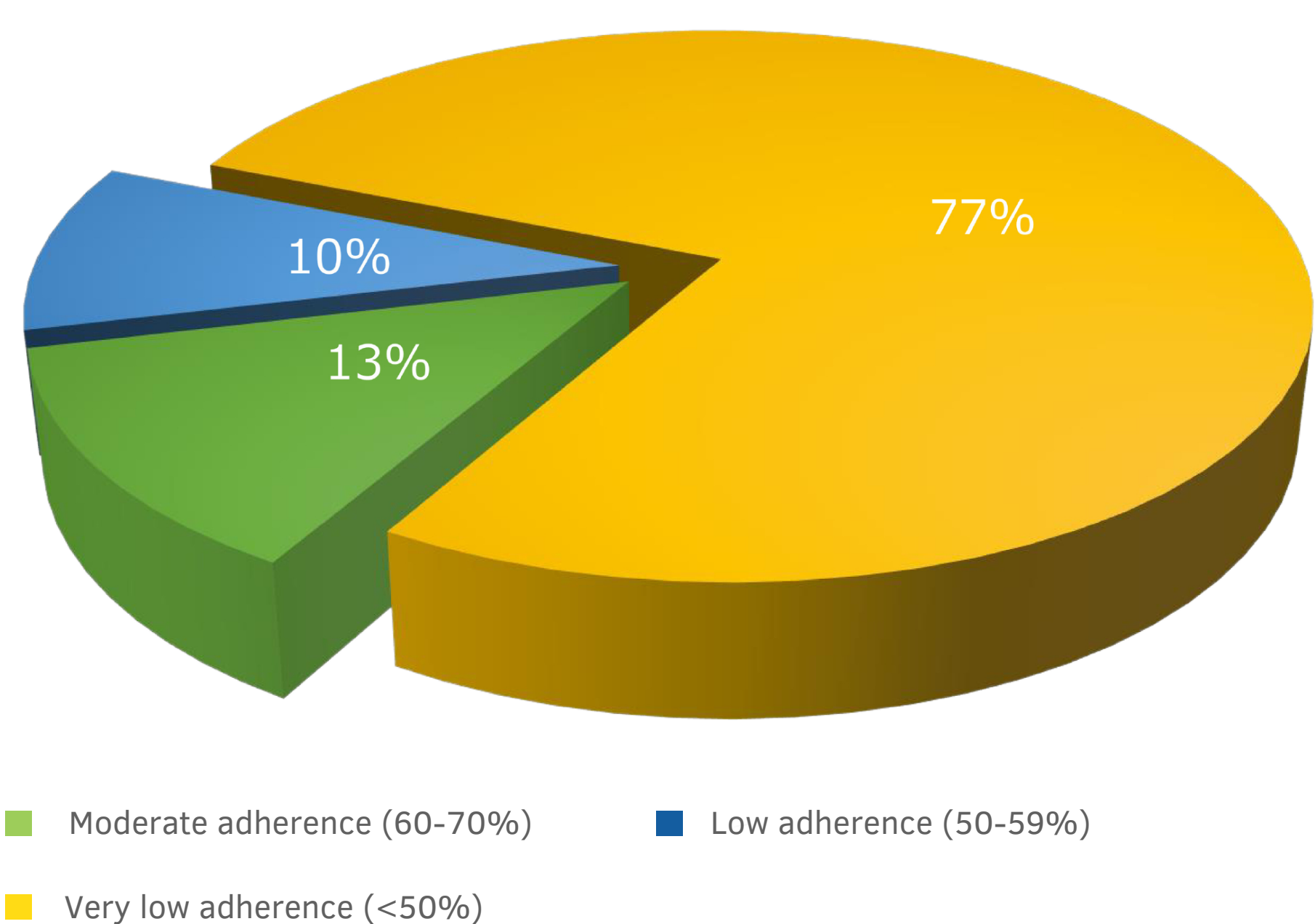
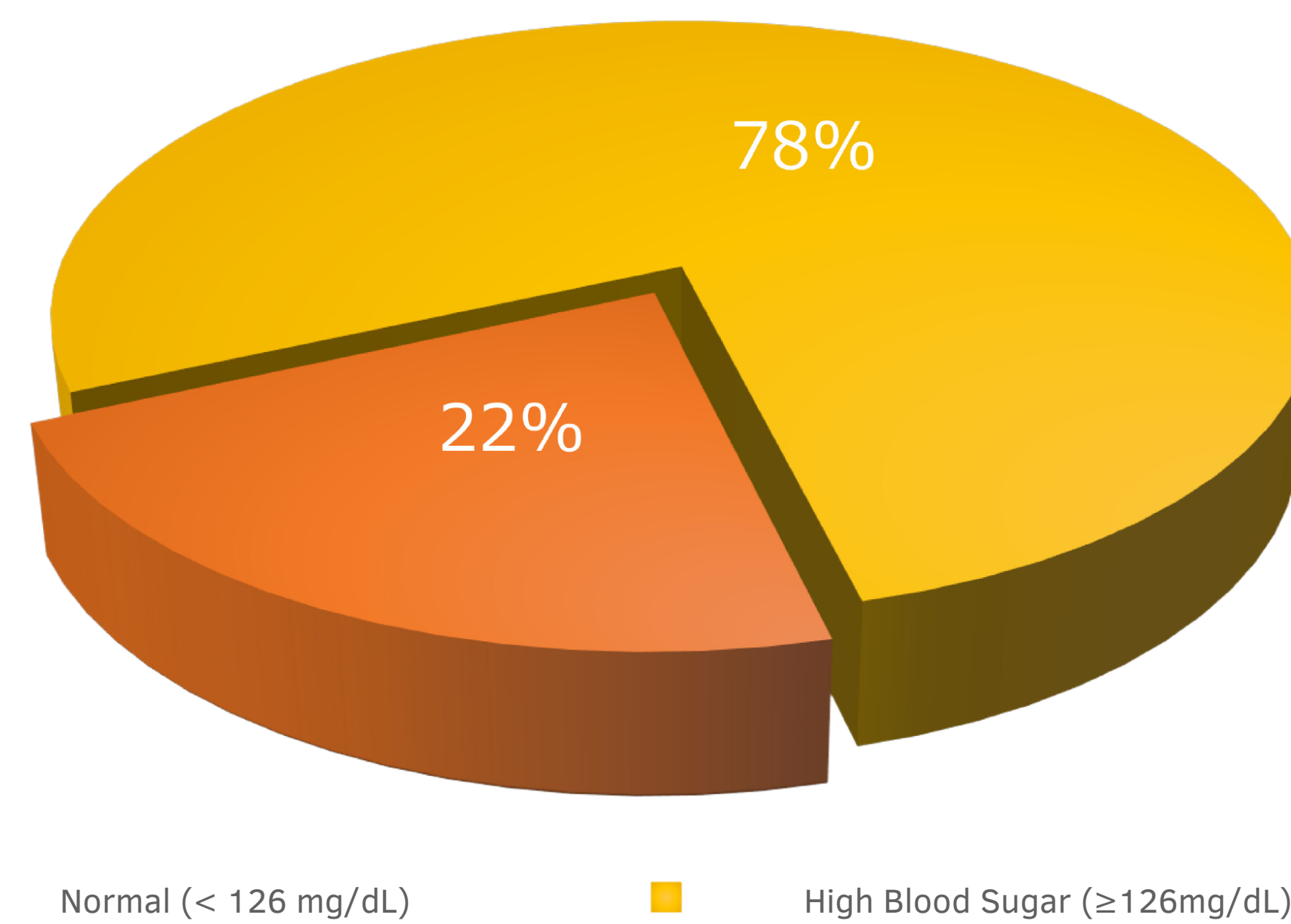
Blood pressure ≥ 140/90 mmHg
181 out of 224 (81%) had high blood pressure.



HbA1C (Diabetes - ≥ 6.5%)

68 out of 81 diabetic participants (84%) had high HbA1C.

Fasting Blood Sugar (FBS) ≥ 126 mg/dL
63 out of 81 diabetic participants (78%) had high FBS.



Pill Count

173 out of 224 participants (77%) had poor adherence (<50%)

Mental Health

86 out of 224 participants (38.39%) had moderate or severe mental health symptoms.

