

NHES 7 (2024-2025)

Prevalence of health behaviors and illnesses: Thai population aged 15 years and older

Major Findings	Male (%)	Female (%)	All (%)
Health Risk Behaviors			
Current smoking	35.8	2.8	18.5
Regular smoking	25.8	1.5	13.1
Alcohol drinking (in the past 30 days)	41.0	17.7	28.8
Alcohol drinking (in the past 12 months)	51.5	28.7	39.5
Binge Drinking	21.0	5.6	12.9
Adequate Physical Activity	60.8	54.3	57.4
Adequate Vegetable & Fruits Intake	16.5	16.7	16.6
Health Status			
Hypertention	30.2	28.8	29.5
Diabetes	9.7	11.3	10.6
Anemia	13.1	27.3	20.6
Obesity (BMI \geq 25kg/m ²)	42.1	47.7	45.0
Abdominal Obesity	34.9	53.6	44.7
Dyslipidemia (Cholesterol \geq 240 mg/dl)	20.2	19.5	19.8
CVD risks (3 factors and above)**	11.6	8.4	9.9
Metabolic Syndrome	25.6	31	28.4
Depression	1.3	2.7	2.1
Reproductive Health			
First menstruation (year)		12.6	
Abortion (ever)		13.7	
Ageing			
ADL Dependency***	23.3	31.4	28.0
Dental Health (<20 teeth)	51.4	51.8	51.6
Falls (past 6 months)	13.9	19.0	16.9
Access to Health Care			
Undiagnosed Hypertension	57.1	39	47.8
Well-controlled Hypertension	19	28.4	23.8
Undiagnosed Diabetes	32.2	22.8	27
Well-controlled Diabetes (<130 mg/dl)	27.2	29.7	28.6
Cervical Cancer screening (20-59 yr) (past 12 months)		26.2	
Self Breast Exam (20-59 yr)		62.3	
Mammogram (40-59 yr) (ever)		26.4	

**Including diabetes, high blood pressure, BMI \geq 25kg/m², smoking, and Cholesterol \geq 240 mg/dl)

*** Unable to perform at least 2 basic activities or incontinence

Data Source: Thai National Health Examination Survey 7th (NHES 7)