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Exercise behavior and health status of Akha in Mae Suai district, Chiang Rai province**Jutammas Muangmool, Patchara Koychusakun, Manuchet Manotham, Waranya Maneerat, Aree Choyae and Suphan Vanishprinyakul**
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This quantitative study aimed to survey the exercise behavior and health status of the Akha ethnic group in Mae Suai district, Chiang Rai province, Thailand. The respondents of the study consisted of 200 Akha who can communicate and agree to cooperate with the study. The research tools were questionnaires and health circle devices such as sphygmomanometer, stethoscope and body weighing devices. Frequency, percentage, mean and standard deviation were used for data analysis. The research results revealed that most of the samples have no chronic disease but the high level of systolic blood pressure (SBP) was shown. Meanwhile, the diastolic blood pressure (DBP), heart rate and BMI were in normal range. This research had shown three level of exercise behavior of Akha people in Thailand. The exercise behavior of 183 Akha people (91.5%) were in fair level, meanwhile, the exercise behavior of 8 Akha people (4%) were in good level; conversely, the exercise behavior of 9 Akha people (4.5%) were in poor level. The highest score of health behavior was not exercising immediately after eating ($\bar{X} \pm S.D = 2.94 \pm 0.24$), followed by exercise until the onset of pain ($\bar{X} \pm S.D = 2.93 \pm 0.26$), Akha people clean their house instead of exercising ($\bar{X} \pm S.D = 1.91 \pm 0.69$), Akha people usually walk and run on weekend ($\bar{X} \pm S.D = 1.66 \pm 0.55$) and Akha people exercise only 15-30 minutes per day ($\bar{X} \pm S.D = 1.50 \pm 0.54$) and finally the lowest score was exercising three times a week ($\bar{X} \pm S.D = 1.47 \pm 0.55$). The overall behavior of the subjects were in fair level. However, these sample groups should be taken care by concerning officers because of their high level of SBP.

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