Evaluation Report of Dissertation

1. Evaluation of the research purpose.

   This study tried to understand general health condition including the prevalence of noncommunicable diseases of the rural highland residents of Nepal by conduction of medical check-ups and to evaluate the health risk factors among them. Therefore, the research purpose is appropriate.

2. Evaluation of the research methods.

   In this study, a cross-sectional study was carried out in July 2017 in Tsarang village, Mustang district of Nepal (3,570 m above sea level). A total of 188 participants were enrolled to ask their lifestyles, demography, and socioeconomics by a questionnaire and to take a physical examination that includes biomedical measurements such as glycosylated hemoglobin (HbA1c). Statistical analyses such as logistic regression analysis were performed to estimate factors that affect participants’ health. Therefore, the research methods are valid.

3. Evaluation of the analysis, interpretation and discussion.

   This study showed that the prevalence of overweight and obesity, hypertensive, and intermediate hyperglycemia and diabetes mellitus (IHG/DM) were 30%, 21%, and 35% respectively. The prevalence of IHG/DM was increased dramatically among over 40 years of age. In addition, the applicant also found that hypoxemia, older age, higher body mass index, and marital status are associated with the higher prevalence of population with glucose intolerance (HbA1c ≥6%). This study suggested that the impaired glucose metabolism of highland residents could be associated with hypoxemia induced by the hypoxic conditions living in the high altitude.

   As stated above, the dissertation will greatly contribute to public health, and the evaluators uniformly agree that the author should be awarded a Doctor of Philosophy in Medical Science.

Note: Do not fill in Diploma Number.