

Abstract

Hilltribe health behavior was reviewed and synthesized from 59 survey research reports, annual reports and papers presented in health seminar including academic theses. The main objective of this literature review is to make understanding of hilltribe health status in relation to health behavior in their daily live and their economic, socio-cultural and environment, in order to find some suggestions for government agencies in improving health behavior and funding agency in supporting research in this field.

The study found many health status problems of tribal people in relation to health behavior which were reproductive health behavior, contraceptive behavior, mother and child health behavior, sexual behavior and heroin consumption problem related to HIV/AIDS risk. While the good highlander health behavior were self-care, health utilization, mother-child and old age care behavior. These health behavior were different among ethnic minority groups and among type of behavior. The factors related to each health behavior were poverty, illiteracy, socio-cultural, non-nationality and environmental of hilltribe people.

Recommendations aims to improve their health behavior and health status are directly to use hilltribe villagers-based approach by giving them to involve in health development in order to improve their life skills in knowing the choice and solving their problems. Future research for improving health behavior should be participatory action research of both inter-agency and multidisciplinary with hilltribe villagers.