

Living Location nears Dam and Gastrointestinal Helminth Infections in Rural Communities, Thailand: A Cross-sectional Study

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Abstract

Background: Gastrointestinal helminth infections (GHIs) are health problems worldwide. People with GHIs can develop gastrointestinal symptoms, general malaise and weakness, malnutrition, and impaired growth and physical development. This study was performed to determine the current prevalence of GHIs in epidemic areas in northeast Thailand.

Methodology: A cross-sectional survey was conducted between June 2020 and January 2021 in two districts (Huai Mek and Som Det) in Kalasin Province, Thailand. Stool samples were collected and processed using the formalin ethyl-acetate concentration technique to determine the presence of helminthic parasites. The odds ratio (OR) for GHIs was calculated according to the general characteristics.

Results: In total, 404 individuals were enrolled, and the overall prevalence of GHI was 8.91%. The species distribution included a majority of *Opisthorchis viverrini* infections (5.94%), followed by infections with *Strongyloides stercoralis* (1.98%), *Taenia* spp. (0.50%), *Trichuris trichiura* (0.25%) and *Ascaris lumbricoides* (0.25%). Coinfections were identified in 4 cases with *O. viverrini* and *S. stercoralis* and 1 case with *O. viverrini* and *Taenia* spp. All infected participants had mild GHIs. The prevalence of helminthic infection was significantly higher in males ($P = 0.002$), in those aged >60 years old ($P = 0.025$), in those who were employed ($P = 0.004$) and in those who lived in the Som Det district ($P = 0.001$) than in their counterparts. Multivariable logistic regression analysis revealed that being male (adjusted odds ratio [aOR] 2.73, $P = 0.002$) and living in the Som Det district where nears dam (aOR 1.73, $P < 0.001$) were significantly associated with an increased likelihood of having a GHI.

Conclusion: This study demonstrated that GHIs, particularly in *O. viverrini* infections, are still prevalent in rural communities near large dams. The data from this study will be useful for guiding and improving prevention and control strategies targeting *O. viverrini* and other helminths in this province.

Keywords: Living Location. Dam. Gastrointestinal Helminth Infections. Thailand.

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Introduction

Gastrointestinal helminth infections (GHIs) are health problems worldwide, and more than 1.7 billion people have GHIs, particularly in at least one of the five neglected tropical diseases¹. It is estimated that 300 million people are infected with GHIs in ASEAN countries². In Thailand, the national prevalence rate of GHIs was 18.1%, with a high prevalence rate of liver fluke infections³. Furthermore, data collected on the incidence of liver fluke infections in Thailand by the Ministry of Public Health showed that the percentage of Thai people infected with liver flukes was 8.7%. In Kalasin Province, in northeastern Thailand, 27.4% of the people were infected with liver flukes⁴. One type of liver fluke, *Opisthorchis viverrini*, is associated with hepatobiliary tract diseases, including cholangiocarcinoma, which is a serious health problem in Thailand, especially in Kalasin Province⁵.⁶ In addition, a total of 22,338 patients in a hospital-based study in northeast Thailand were tested for *Strongyloides stercoralis*, and 17.4% tested positive for this helminth. In Kalasin Province, 21.1% had stool samples that tested positive for strongyloidiasis⁷. Meanwhile, 104 inhabitants of Kalasin Province were tested for GHIs, and the overall prevalence was 33.65%. The most common parasite was *S. stercoralis* (19.22%), followed by *O. viverrini* (5.76%) and *Taenia* spp. (0.96%)⁸. The data above indicate that Kalasin Province is an endemic area for GHIs, and more information is needed to definitely assess the current status of parasitic infections. People with GHIs can develop gastrointestinal symptoms, general malaise and weakness, malnutrition, and impaired growth and physical development¹. Therefore, the current prevalence and burden of GHIs among residents at the district level need to be determined. These data may be useful for further prevention and control campaigns in the community.

Methodology

Study design and population: A cross-sectional survey was carried out from June 2020 to January 2021 and included people living in 12 rural villages located in the Sai Thong (5 villages) and Phi Moon (3 villages) subdistricts, Huai Mek district, and 4 rural villages located in the Som Det subdistrict, Som Det district, Kalasin Province, northeastern Thailand. The study area is located 517.4 km northeast of Bangkok and covers an area of 93 km² (Figure 1). Som Det and Huai Mek districts are located near the Lam Pao dam (Som Det is closer than Huai Mek), the largest earthen dam in the country. It rises 33 meters above the water and can hold 1,430 million cubic meters. The dam was constructed to alleviate flooding and for agricultural purposes. The reservoir also serves as a breeding area for fish and a recreational destination spot for the public. Participants were randomly selected from the villages in each subdistrict using a voluntary sampling method. A total of 404 volunteers were recruited from Sai Thong (n=219), Phi Moon (n=59) and Som Det (n=126). Data on sociodemographic characteristics were collected using a questionnaire. All participants provided written consent before submitting stool specimens and questionnaires.

Fecal collection and examination: Clean plastic containers were distributed to the participants at enrollment with detailed instructions about the procedure for collecting fecal specimens. All fecal samples were collected early in the morning and stored in iceboxes before being transported to the laboratory at the Parasitic Disease Research Center (PDRC), Institute of Medicine, Suranaree University of Technology. Each specimen was prepared and examined for the presence of gastrointestinal helminths with the formalin ethyl-acetate concentration technique⁹. Each specimen was examined under a microscope and initially screened under a 10× objective; the magnifications of the low-,

medium-, and high-power objectives were 4×, 10×, and 40×, respectively. Suspected gastrointestinal helminths were subsequently examined under a high-power objective. All samples were examined by two laboratory technologists from the PDRC. Patients who were infected with helminths and other known parasites were treated with anti-helminthic drugs and asked to attend health education sessions.

Statistical analysis: Statistical analyses were performed using the computer program STATA for Windows, version 13 (StataCorp LLC, Lakeway Drive, College Station, Texas, USA). The sociodemographic characteristics of the participants are presented as frequencies and percentages for categorical variables. The number of eggs per gram of feces (epg) was calculated as follows: (number of eggs/drop × total number of drops of fecal solution)/(gram of feces). The intensity of infection was expressed as the epg for each participant. According to the WHO guidelines, the intensity of infection was classified as “light”, “moderate” or “heavy” on the basis of the fecal egg count^{10,11}. The differences in the categorical variables between the infected and uninfected groups were assessed using the chi-square test with the Yates correction. Multivariable logistic regression analysis was performed to estimate the odds ratios (ORs) and 95% confidence intervals (95% CIs) to assess the associations between potential risk factors and GHIs. A P-value <0.05 was considered statistically significant.

Results

Of the 404 fecal specimens examined, 31 were positive for at least one gastrointestinal helminth, resulting in an overall prevalence of 8.91%. The

overall prevalence rate was 12.57% (22/175) in males and 3.93% (9/229) in females. Participants aged >60 years had a higher prevalence rate (15.15% [15/99]) than participants in the other age groups. Participants in the illiterate group had a higher prevalence rate (9.76% [4/40]) than participants with other levels of education. A high prevalence of GHIs was found in participants who were employed (20.00% [13/65]). When the participants were classified by location, those in the Som Det subdistrict had a higher prevalence rate (17.46% [22/126]) than participants in other subdistricts. The sociodemographic characteristics of the participants stratified by the presence or absence of GHIs were analyzed with the chi-square test; there were significant differences in sex, age, employment status and location (Table 1). Five species of helminths were identified: 2 species were identified as foodborne helminths (FBHs), and 3 species were identified as soil-transmitted helminths (STHs). The most common FBHs were *O. viverrini* (5.94% [24/404]) and *Taenia spp.* (0.50% [2/404]), and the most common STHs were *S. stercoralis* (1.98% [2/242]), *T. trichiura* (0.25% [1/404]) and *A. lumbricoides* (0.25% [1/404]) (Table 2). Of the 31 infected participants, all had light infections with *O. viverrini*, *S. stercoralis*, *Taenia spp.*, *A. lumbricoides*, and *T. trichiura* (Table 3). The associations of sociodemographic characteristics with GHIs were analyzed using multivariable logistic regression analysis (Table 3). The final model showed that being male (adjusted odds ratio [aOR] 0.273 [95% CI: 0.119-0.628], $P = 0.002$) and living in the Som Det subdistrict where nears the largest earthen dam (aOR 1.73 [95% CI: 1.292 – 2.315], $P < 0.001$) were significantly associated with *O. viverrini* infection (Table 4).

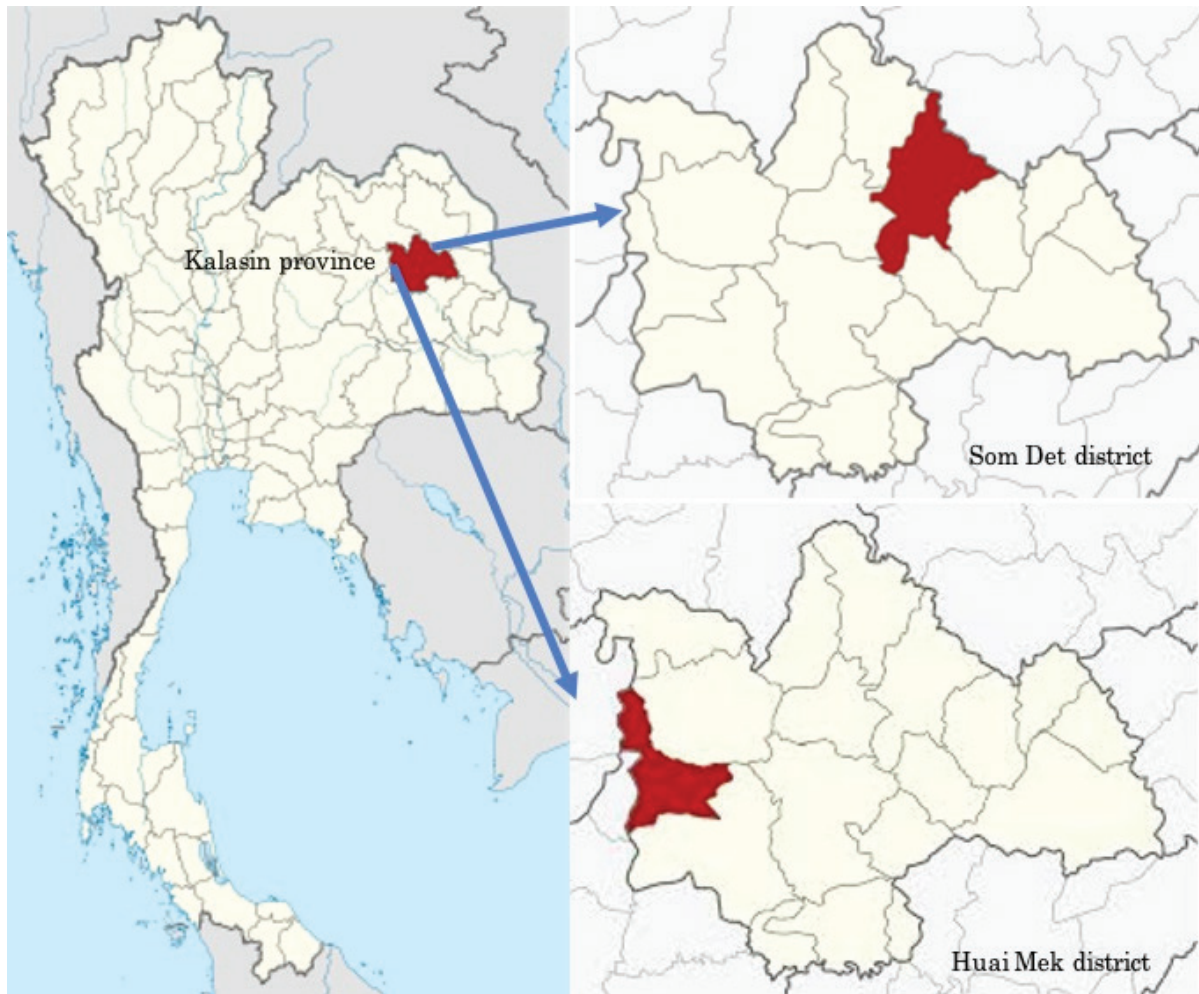


Figure 1. Map of Thailand showing the study area in Som Det and Huai Mek districts, Kalasin Province, Thailand.



Figure 2. Morphology of gastrointestinal helminth eggs and larvae identified by light microscopy in fecal samples. (A) *Opisthorchis viverrini* egg ($\times 400$). (B) *Trichuris trichiura* egg ($\times 400$). (C) *Taenia* spp. ($\times 100$). (D) *Ascaris lumbricoides* egg ($\times 400$). (E) *Strongyloides stercoralis* larvae ($\times 400$).

Table 1. Positivity for gastrointestinal helminth eggs stratified by general characteristics (n=404)

Variables	No. samples n(%)	No. positive n(%)	Infection rate (%)	P-value	Chi-square test
Sex					
Male	175(43.31)	22(12.57)	6.19	0.001*	10.455
Female	229(56.68)	9(3.93)	2.23		
Age (yr)					
≤20	6(1.48)	0	0	0.025	12.803
21 – 30	7(1.73)	1(14.29)	0.25		
31 – 40	29(7.18)	3(10.34)	0.74		
41 – 50	107(26.48)	4(3.74)	0.99		
51 – 60	156(38.61)	8(5.13)	1.98		
> 60	99(24.50)	15(15.15)	3.71		
Education					
Illiterate	40(9.90)	4(9.76)	0.25	0.841	1.416
Primary	260(64.37)	21(8.08)	5.20		
Secondary	92(22.77)	5(5.43)	1.24		
College	3(0.74)	0	0		
Other	9(2.23)	1(11.11)	0.25		
Employment status					
Employed	65(16.09)	13(20.00)	3.22	0.004*	17.092
Famer	249(61.63)	14(5.62)	3.47		
Shopkeeper	23(5.69)	0	0		
Housewife	25(6.19)	3(12.00)	0.74		
Government officer	5(1.24)	0	0		
Other	37(9.16)	1(2.70)	0.25		
Location (subdistrict)					
Sai Thong	219(0.74)	7(3.20)	1.73	0.001*	25.675
Phi Moon	59(14.60)	2(3.39)	0.50		
Som Det	126(31.19)	22(17.46)	5.45		
Data are presented as the frequencies (%). *Chi-square test					

Cont... Table 4. Factors associated with gastrointestinal helminth infection in the multivariable logistic regression analysis

Variables	No. samples n(%)	No. positive n(%)	Infection rate (%)	*OR	95% CI	P-value	**ORadj	95% CI	P-value
≤20	6(1.48)	0	0	1.47	0.978-2.209	0.064	1.363	0.895-2.076	0.149
21 – 30	7(1.73)	1(14.29)	0.25						
31 – 40	29(7.18)	3(10.34)	0.74						
41 – 50	107(26.48)	4(3.74)	0.99						
51 – 60	156(38.61)	8(5.13)	1.98						
> 60	99(24.50)	15(15.15)	3.71						
Education									
Illiterate	40(9.90)	4(9.76)	0.25	0.832	0.482-1.437	0.510	0.996	0.531-1.868	0.990
Primary	260(64.37)	21(8.08)	5.20						
Secondary	92(22.77)	5(5.43)	1.24						
College	3(0.74)	0	0						
Other	9(2.23)	1(11.11)	0.25						
Employment status									
Employed	65(16.09)	13(20.00)	3.22	0.737	0.509-1.066	0.105	0.731	0.52-1.028	0.072
Famer	249(61.63)	14(5.62)	3.47						
Shopkeeper	23(5.69)	0	0						
Housewife	25(6.19)	3(12.00)	0.74						
Government officer	5(1.24)	0	0						
Other	37(9.16)	1(2.70)	0.25						
Location (subdistrict)									
Sai Thong	219(0.74)	7(3.20)	1.73	1.735	1.300-2.315	0.000*	1.73	1.292-2.315	0.000*
Phi Moon	59(14.60)	2(3.40)	0.50						
Som Det	126(31.19)	22(17.46)	5.45						

*Crude odds ratio from univariate analysis, **Adjusted odds ratio for all other variables

Discussion

GHIs continue to be a major health problem in many countries. This is particularly true for FHBs and STHs, which have been recognized as important public health problems in developing countries^{1,12}, including Thailand, especially in rural areas where there remains a lack of hygiene and an inadequate supply of clean water^{13,14}. In this study, our data showed that the overall prevalence of GHIs among the rural participants was 8.91%. Compared with the results reported in other studies in Kalasin Province (33.65%), this prevalence was lower⁸. This could be due in part to the implementation of active control programs for helminths by the Ministry of Public Health. Our study showed that the prevalence was higher in males than in females. The sex difference may be due to male-specific behavioral factors such as eating raw meat and working in agriculture^{15,16}. A greater proportion of men work in muddy rice fields without footwear, whereas a greater proportion of women work as housewives and wear shoes while walking around in their houses and villages^{7,17}. In our study, the prevalence of GHIs in the older age group was higher than that in the younger age group. This result is similar to those reported by previous studies that showed that older people need to undergo screening for GHIs and that interventions need to focus on this population^{18,19}. This may be because older people still tend to have lower education levels, live in conditions with poor sanitation and have a culturally embedded habit of eating uncooked food^{14, 20-21}. A relatively high prevalence was found in the participants who were illiterate. This is similar to previous studies that found that people in the community with low level of education, especially farmers and other workers, have a relatively high prevalence of parasitic infections¹²⁻¹⁴. In particular, farmers may be at risk due to conditions in the field, and many men work in muddy rice fields without footwear^{13,14,17}. Health education programs should target this group and teach them about the

benefits of avoiding raw food wearing shoes. In this study, our data indicated that Som Det district had a higher prevalence of GHIs than other districts. This may be due in part to the fact that the farms where they work and the houses where they live are located in the same area near a large freshwater dam, which increases the risk of infection. A previous study reported that GHIs were associated with living at lower elevations in Khon Kaen Province, northeastern Thailand. This study indicated that lower elevation was associated with a higher infection rate than higher elevations^{14, 18}. Moreover, a previous study showed the prevalence of and risk factors for *O. viverrini* infection among cats and dogs in six districts surrounding the Ubolratana Dam. Cats and dogs can be infected by *O. viverrini* and may play an important role in the transmission and maintenance of this disease in areas around large dams²². In our study, we focused on humans, and there were infected individuals in all the villages. Therefore, more efforts from the local administration, particularly with regard to health education campaigns among the villagers, are needed to prevent GHIs by improving sanitation; accomplishing this goal would improve the general health of the villagers. The most common FBHs were identified as *O. viverrini* and *Taenia spp.*, which is concerning because *O. viverrini* is a carcinogenic liver fluke that causes serious problems in Thailand. Our data showed that some participants were infected with *O. viverrini*, but the prevalence was lower than in previous studies. In Thailand, the Ministry of Public Health reported that the percentage of *O. viverrini* infections identified during the period 2009 to 2013 was 8.7%. Yahomet *al.*⁸ reported that the prevalence of *O. viverrini* infections in Kalasin Province was 5.76%. In Kalasin Province, 27.4% of people were infected with liver flukes⁴. These results indicate that *O. viverrini* is still affecting the Thai population at the village level. Although this study found a relatively low prevalence and light intensity, these liver flukes

still exist and are widely distributed, with prevalence rates similar to those in other areas. Coinfections identified, with 5 cases of *O. viverrini*, *S. stercoralis* and *Taenia* spp. coinfections.

The results of the present study are similar to those of a previous study that found *S. stercoralis* and *O. viverrini* infections in rural communities in northeast Thailand. The prevalences of *S. stercoralis* and *O. viverrini* infections have not declined¹⁵. Active control programs for helminths still need to be implemented by the Ministry of Public Health. The most common STHs were *S. stercoralis*, *T. trichiura* and *A. lumbricoides*. This study showed that the most prevalent STH found in human feces was *S. stercoralis*, which is a common nematode in Thailand. The findings indicated *S. stercoralis* infections are more prevalent than infections with other types of STHs. Direct skin contacts with soil that results from walking around barefoot and poor sanitary standards are both risk factors for contracting these infections⁷. *S. stercoralis* infections are more common in tropical and subtropical countries with hot and humid climates^{23,24}. Kalasin Province is located in the equatorial zone, and the average temperatures remain relatively high, even in the cooler and rainy seasons. The climate helps explain the high prevalence of infection in this area⁷. Ribaset *al.*²⁵ reported gastrointestinal infections and environmental water contamination in a rural village in northern Lao's PDR. The level of microbial pathogen contamination was associated with the level of human activity, with greater levels of contamination found at the downstream site than at the village and upstream sites. Furthermore, the microbial population was detected in the local river, which was the natural source of the water consumed in the village. Adequate warmth and moisture are key environmental features promoting the survival of STHs and FBHs. Other common STHs were *T. trichiura* and *A. lumbricoides*. Therefore, preventive measures should be taken to protect people from contracting these helminthic

infections.

Conclusion

In conclusion, our results show that GHIs with FBHs and STHs still occur in rural communities near large reservoirs. The data from this study will be useful for guiding and improving future prevention and control strategies with regard to infections with *O. viverrini* and other helminths in this province. Interventions should concentrate on the personal hygiene of the population and improvements in sanitation to reduce the prevalence of GHIs in this area.

Ethical Clearance: This study was approved by the Ethics Committee for Research Involving Human Subjects of the Nakhon Ratchasima Provincial Health Office, Thailand (NRPH042). Informed consent was obtained from all the participants.

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Conflicts of Interest: The authors declare no conflicts of interest, financial or otherwise.

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