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Health Related Resources among Older Persons - Implications for Health Promotion

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Take-home message

Mental and physical factors should be considered on an individual- and a societal level when developing health promotion interventions among older persons.



Background and Aim

Most research made on preventive home visits have focused on risk factors. In order to strengthen health promotion interventions that enables healthy ageing, factors associated with good health must be identified.

The aim was to explore health related resources that could be found among older persons that have received a preventive home visit.

Sample and method

Cross-sectional study design

n=625

55.4 % women

mean age 80.6

Binary logistic regression was used to analyse data

Results

From the demographic, physical, mental and lifestyle factors measured during the preventive home visit. The following items were significantly associated with good self-rated health after adjusting for age and gender.

- Able to do things that make one feel valuable POR¹ 5,7 (95% CI² 3.0-10.8)
- No physical problems to participate in social activities POR¹ 4.4 (95% CI² 2.4-8.1)
- Not feeling sad POR¹ 4.1 (95% CI² 2.3-7.1)
- Not having reduced energy POR¹ 3.4 (95% CI² 1.37-8.6)
- Not having impaired endurance POR¹ 2.9 (95% CI² 1.2-7.2)

1. POR (positive odds ratio)

2. CI (confidence interval)



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