

Health status of persons aged 65+ - cross-sectional study

Iva Brabcová¹

¹University of South Bohemia in Ceske Budejovice, Faculty of Health and Social Sciences, Institute of Nursing, Midwifery and Emergency Care, Czech Republic, ORCID: <https://orcid.org/0000-0002-8707-8091>

Keywords: health, older adults, health care, long-term illness, subjective health status

Introduction: The aim of the research was to describe the health status of older adults in the South Bohemian Region using selected indicators.

Methods: A descriptive and cross-sectional study was chosen. The study included 403 individuals (65+) selected by quota sampling. The sample is representative in terms of gender, age, and region. Quantitative research strategy using a questionnaire.

Results: The largest proportion of respondents (40.2%) stated that they suffer from one long-term illness, while another 38.0% reported more than one, the remaining 20.1% do not suffer from any of them. A statistically significant relationship was demonstrated between the incidence of long-term illness among respondents and their age, marital status, housing situation, and education.

Discussion and Conclusions: Seniors living in residential facilities, widows/widowers and divorced respondents had worse results than seniors living in a household with another person. Loneliness and loss of meaning in old age can cause spiritual distress and lead to poor health conditions. In order to ensure the sustainability of the current healthcare system, it is necessary to support volunteering and other public programs promoting healthy lifestyles for seniors; sufficient number of primary care providers; sufficient number of field social services; decent financial security and sufficient contributions for care.

The presentation is supported by project reg. no. TQ01000591 is co-financed with state support from the Czech Republic Technology Agency under the SIGMA Programme.

Corresponding author

doc. Ing. Iva Brabcová, Ph.D.

University of South Bohemia in Ceske Budejovice, Faculty of Health and Social Sciences
J. Boreckého 1167/27 370 11 Ceske Budejovice; Email: brabcova@zsf.jcu.cz