

[P4-16]**A Study on the Self-Rated Health Status of the Elderly in Seoul and Kyunggi-do**

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Since 2000, people over 65 years-old exceeded the population rate by 7.0 percent. Much more concerns should be systematically given to the Elderly for their welfare on the social grounds. So, we investigated to provide information on the self-rated health status of the Elderly in their illness, nutritional, emotional and physical states. We interviewed four hundred forty free-living elderly people(127 men, 313 women), aged over 65 years (74.5±6.2, 74.3±6.1, respectively) in Seoul and Kyunggi-do using structured questionnaires on the socio-demographic information, anthropometric measurements, prevalence of chronic diseases, self-rated health(SRH), general nutritional status(GNS), food security(FS), activities of daily living(ADL), and geriatric depression scale(GDS). All the data were analyzed by student t-test and chi-square test at $p < 0.05$. About 56% of men were educated over elementary school, but 82.7% of women were under middle school($p = 0.000$). Women(15.3%) were more employed than men(8.0%) ($p = 0.042$). Women were overweight(PIBW=120.4±16.2%) and centrally obese(WHR=0.89±0.07). Men were also centrally obese(WHR=0.91±0.07). About 80% of the Elderly had more than one chronic disease such as arthritis(41%), hypertension(40%), heart diseases and stroke (14.8%), and diabetes(14%). Among them, arthritis were more common in women, and heart diseases and stroke were more in men($p \leq 0.05$). SRH of the Elderly was "fair to poor(49.5%)", especially more women rated their health as "poor(17.4%)" than men(11%) did($p = 0.043$). GNS was "Bad(17.5%)" in the Elderly. More women rated FS as "Sometimes I don't have enough to eat(13%)" or "Often I don't have enough to eat(14.7%)" than men did($p = 0.046$). ADL score was 6.62±1.54 which means good activities of daily living, but GDS score was 7.25±3.85 means depression, and over 60% of men and women had mild to severe depression. Therefore, public health strategies for the Elderly should be focused on food intakes, counseling about the emotional problems, and reducing risk factors of chronic diseases.