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Integrated health management model and lifestyle behaviors in community-dwelling older adults

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Background: As ageing population in the world is rapidly increasing, age-dependent chronic diseases epidemics. Nearly 30% of the total disease burden is attributable to health conditions among those aged 60 years and above. 60% of chronic diseases are caused by unhealthy lifestyles. WHO urgently needs to find an affordable, accessible, high-quality and age-friendly health promoting interventions for the old.

Objective: To investigate the effect of integrated health management on modified lifestyle behaviors among older people.

Participants: 736 adults aged 60 years and above, without any cognitive disorder, were selected from community health service center in Nanjing from March 2013 to March 2016.

Interventions: Participants were randomly assigned into management and control group. The management group received care integrated individual health management with community health management model.

Main Outcome Measures: The primary outcomes include assessment of healthy lifestyle scores of 18 to 36 months. Value of 1 was given to different categories including non-smoking, physically active, moderate alcohol use, healthy weight and high diet quality.

Results: Longitudinal quantitative and qualitative data on 702 (management=388; control=314) participants were analyzed using repeated measurements and using Generalized Estimation Equation model. The number of new ones in management group for non-smoking, physically not inactive, moderate alcohol consumption, diet habits score \geq 13 and health weight were 18, 77, 26, 178 and -6. Five healthy lifestyle scores rose 0.73 points in the management group and -0.38 in the control group. The most important finding is integrated health management has a cluster effect.

Conclusions: Our findings support the view that integrated health management model can promote the elderly modifiable lifestyle.

Biography

Man Zhang has completed his Master of Epidemiology and Biostatistics and currently is a PhD candidate. He is mainly engaged in the related research of health management for the elderly. He and his group have recently carried out a study of health management program for the elderly for a period of two years. The program encouraged a healthy lifestyle and the uptake of preventative care among the elderly. In this study, the effect of health management for the elderly was evaluated through statistical methods.

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