

研究業績 英文表記

和文	
表題	介護と健康に関する集会に参加した地域住民の主観的健康感と関連要因
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英文	
Title	Subjective Health and Its Associated Factors Among Community Residents Who Participated in a Meeting on Nursing Care and Health.
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Abstract	<p>This study investigated subjective health and its associated factors among community residents who participated in a meeting on nursing care and health held at a local commercial facility. An anonymous self-administered questionnaire was distributed to a total of 441 participants. Of these, 403 responded to the questionnaire. Respondents comprised 326 healthy individuals (80.9%) and 77 unhealthy individuals (19.1%). Mean age was 66.3 ± 11.6 years. Factors significantly associated with subjective health were age, non-smoking, regular exercise, need for daily living assistance, emotional support, and psychological status. Analysis according to age (elderly group vs. non-elderly) showed that the subjective health of the non-elderly group was not significantly associated with any of the factors, while that of the elderly group was significantly associated with non-smoking, need for daily living assistance, emotional support, and psychological status.</p> <p>Continuation of independent daily living through efforts to maintain or improve physical function is needed to promote subjective health, especially for the elderly. It is also important to establish a support system to facilitate communication with the family and community in order to maintain good psychological health even when these individuals become physically dependent.</p>
keyword	Health care, Regional aborigines, Subjective sense of health , Elderly

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