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Title	Utilization of health promotion resources and control of health condition among healthy elderly people
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Description	Category 2: Quality of Life
Relation	第3回北海道大学サステナビリティ学生研究ポスターコンテスト = The Third Hokkaido University Sustainability Research Poster Contest. 平成23年10月25日（火） - 11月6日（日）. 北海道大学学術交流会館, 札幌市.
Issue Date	2011-10-25
Doc URL	https://hdl.handle.net/2115/47446
Type	conference presentation
File Information	C2-5.pdf



Utilization of health promotion resources and control of health condition among healthy elderly people

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Background

- ◎In Japan, 68.4% of elderly people considered themselves to be “healthy”.
- ◎It is therefore also necessary to enhance services for health promotion among these healthy elderly people.

Purpose: Researching the needs

This research aimed to clarify how healthy elderly people control their health condition.

This study of significance

This research contribute to enhance services for health promotion that healthy elderly people need and want.

Method: Group interview

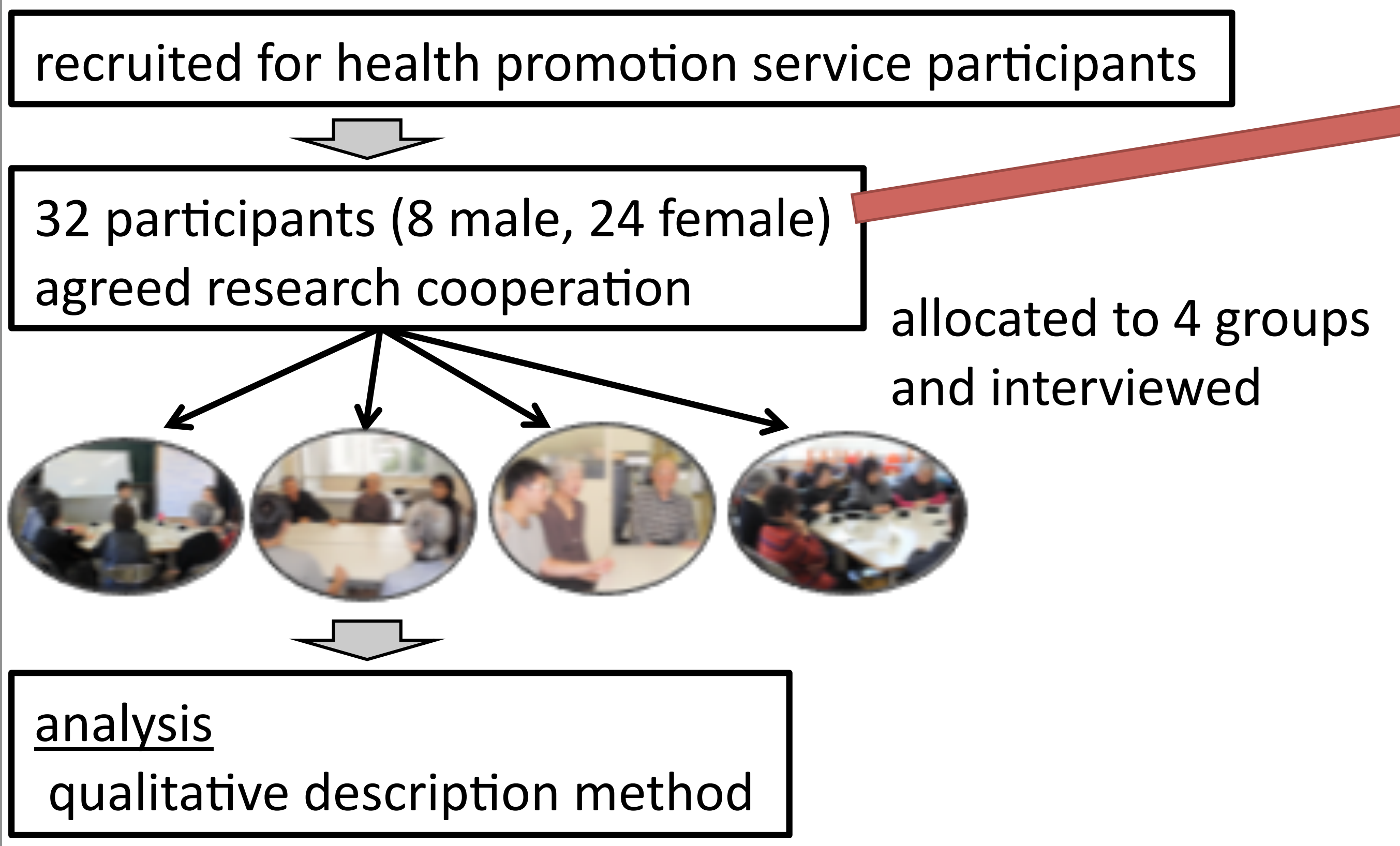


Figure 1. Study flow diagram

Conclusion

- Healthy elderly people want
- a) **through communication with other generations and opposite-sex,** learning and getting stimulated
 - b) **continuing** activities



No participants were dementia and depression.

Table 1. Participants basic information

Age	HDS-R (dementia score)	GDS (depression score)
70.3±4.99	28.6±1.50	3.2±3.12
non ≥ 21	non ≤ 10 (suspected; 6~10)	

validity and reliability assurance

- **Participants checked on** the results of analysis
- Analyzed with co-researchers

Result and Discussion

To control their health condition, they want ...

Result 1

Learning and getting stimulated
through communication
with other generations and opposite-sex

〈learn what?〉

- **various points of view**
- perspective of seniors

〈with whom?〉

- friends
- young generation
- seniors “senior of lives”



Result 2

Continuing activities

long-term schedule
rather than
isolated event

- ◆ **select from several activities**
- ◆ to adjust various conditions
(e.g.) weather, physical condition,
by oneself or group, ...etc

✗ worry about no choice

- new, interesting, and, possible
- at the level of challenge



Calendar is full !

club
reading

painting

walking

interesting

challenge

new

