

Health Promotion Behaviors among Thai Elders in the Urban Area: The Banbu Community, Bangkok-Noi District, Bangkok *

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Abstract:

Purpose: To explore health promotion behaviors among Thai elders in an urban area of Bangkok.

Design: Descriptive research.

Methods: A total of 154 elder residents living in the Banbu community, Bangkok was recruited. A structured questionnaire on health promotion behaviors was developed, and utilized. Descriptive statistics and Pearson's product moment correlation coefficient were used for data analysis.

Main finding: The majority of the elders were female (70.1%), with a mean age of 68.55 ± 6.49 years, and more than half were married (61.7%). The highest education level was elementary school (57.1%). Most were Buddhists (98.7%) and lived with their family (92.9%); had no occupation (74.7%); and had a mean income of $3,924.03 \pm 5,641.68$ baht. The majority of income was from their children. The top three diseases were hypertension (55.2%), diabetes mellitus (28.6%), and hyperlipidemia (27.3%). Most of them used Universal Coverage (58.4%). They needed help from family to go to hospital (51.3%), cooking (35.7%) and support from the community including health care information (53.9%), and setting activities to generate income (39.6%). Most elders revealed a moderate level of overall health promotion behaviors ($\bar{X} = 2.45 \pm 0.23$) including health responsibilities, nutrition, interpersonal relations, spiritual growth, and stress management. They reported a low level of physical activities ($\bar{X} = 1.95 \pm 0.47$). The top three of chronic diseases were positively related to overall health behaviors $r = .239, p < .01; r = .194, r = .174, p < .05$, respectively)

Conclusion and recommendations: Thai elderly in urban areas need to be encouraged into promoting all aspects of their health, especially physical activities. Health care providers can enhance self-care capability and collaborate with family and community to support health promotion behaviors in the elderly. This may contribute to elders living independently and maintaining their dignity.

Keywords: health promotion behaviors, Thai elders, urban area

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