

# ***The Viewpoint of Eldery about Their Own Health Status and Related Behaviors in South of Kerman Province in 2013***

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## ***Abstract***

***Background & Aims:*** Nowadays the world is faced with the phenomenon of population aging. Assessing health status and health promoting behaviors in elderly as a high risk population have especial importance. Therefore, this study carried out to assess the viewpoints of elderly about their health and its related behaviors in south of Kerman province in 1392.

***Methods:*** This study is a cross-sectional study with descriptive-analytical approach that has been done upon 710 elderly people in a south town of Kerman province in 2013 by combined sampling (random and systematic), through a researcher made questionnaire that approved its validity and reliability with test-retest method. The data were analyzed through descriptive statistics and chi-square tests by SPSS v18.

***Results:*** Findings showed there were 359(50.6%) females and 351(49.4%) males with the mean age of 72.12±13.25 years. The most common physical and psychological complaints and problems in the elderly is related to musculoskeletal disorders (57.5%), sleep disorders (39.9%), cardiac problems and hypertension (35.6%), respectively. In terms of health promoting behaviors, the following results obtained: regular physical activity (18.7%), checking blood sugar in at least every six month (23.2%), consumption vegetable oil (33.8%) and consumption of vegetable and fruits in daily diet (36.6%). There is a statistically significant difference among age and physical complaints and problems and health promoting behaviors ( $p<0/05$ ) whereas among daily tasks, visual and hearing disorders, no statistically significant difference was observed.

***Conclusion:*** Results of this study showed that skeletomuscular disorders, sleep disorders, cardiac problems, hypertension, and accomplishment of some health promoting behaviors is not in optimal condition. This requires health education programs and socioeconomic support.

***Keywords:*** Health, Behavior, Elderly