

The Community Self-Help System Model Effect the Community Elderly Hypertension



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Introduction

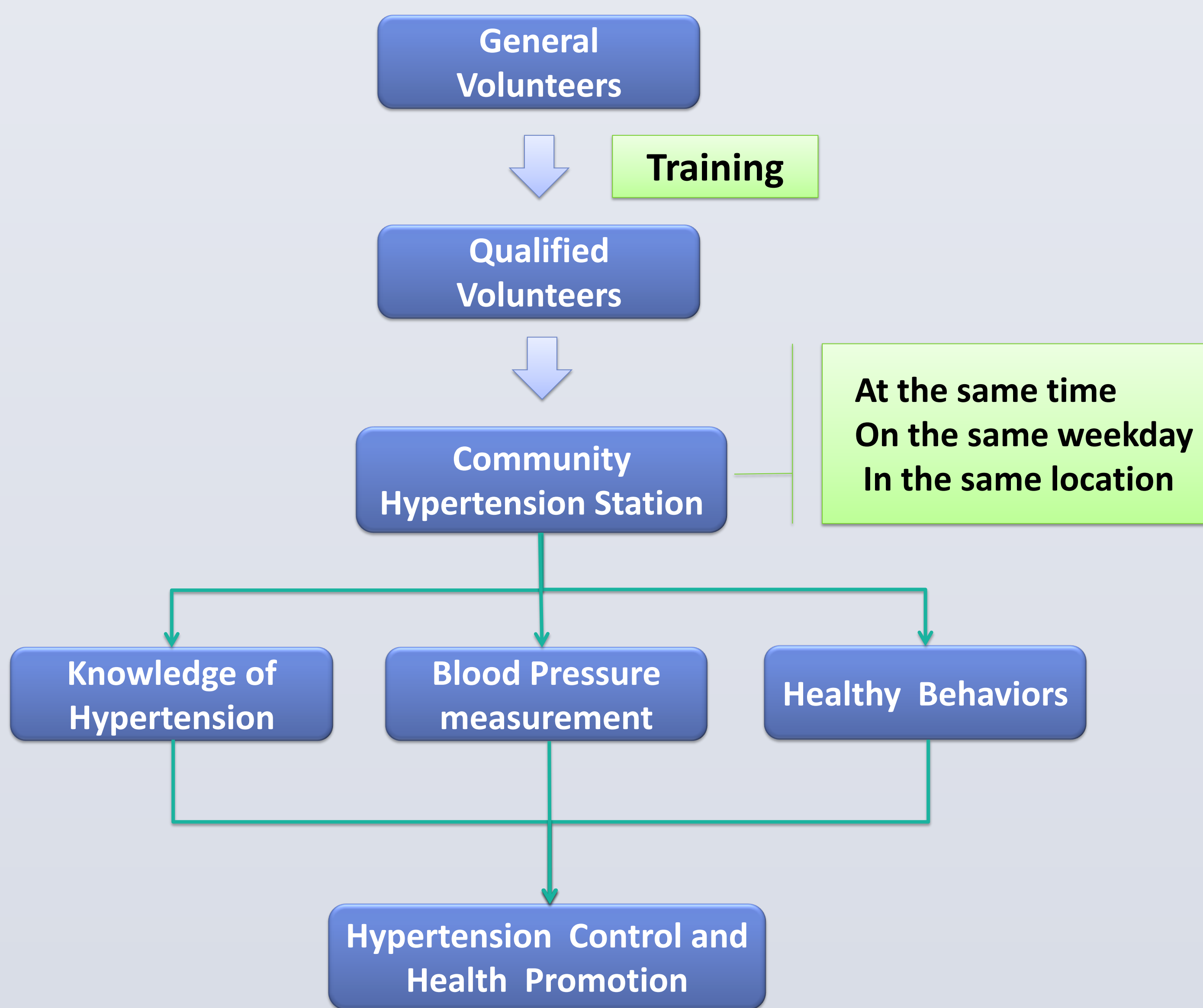
Hypertension was one of simple chronic illnesses in the elderly, and has high risk complication to cause several diseases, such as cerebrovascular disease, cardiopathy, nephropathy and visual anomaly. In 1993, Taiwan region became an aging society, and there was 7.1 % older population in demography. About 48% oldster had high blood pressure on Elderly Nutrition and Health Survey in Taiwan in 1999~2000. We developed the Community Self-Help System Model to prevent hypertension incidence.



Taiwan became an aging society (7 % old population) from 1993.

Method

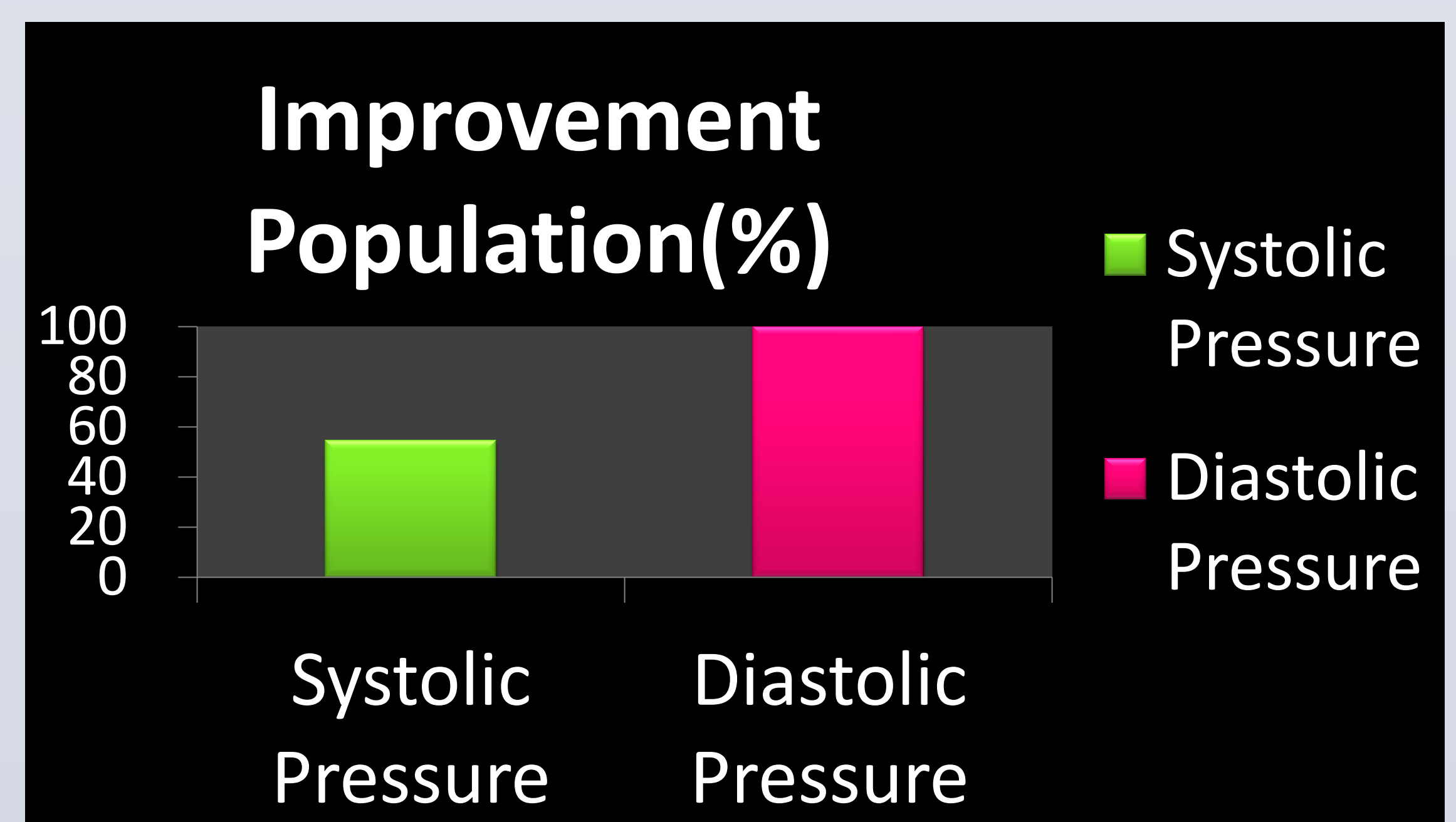
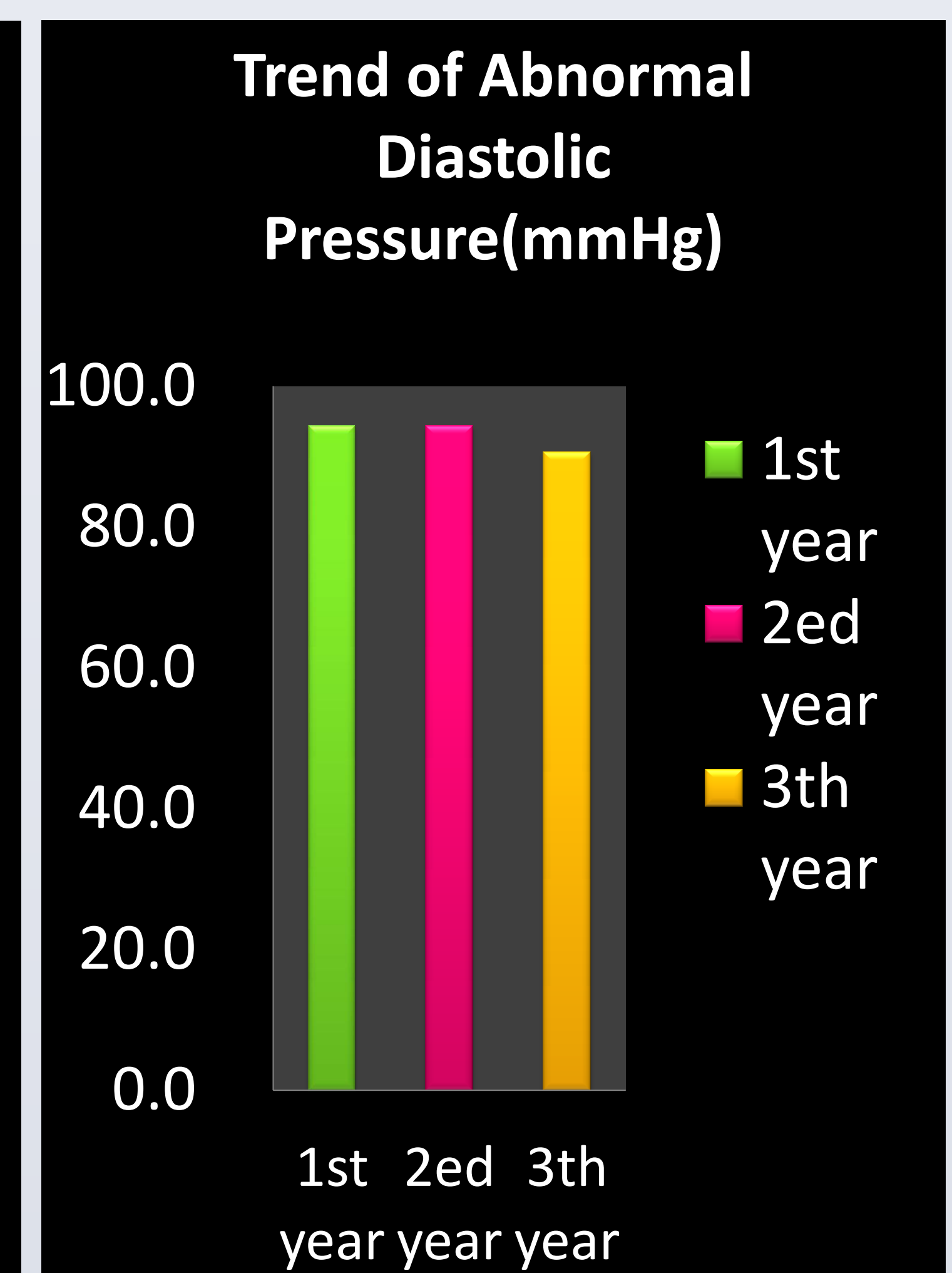
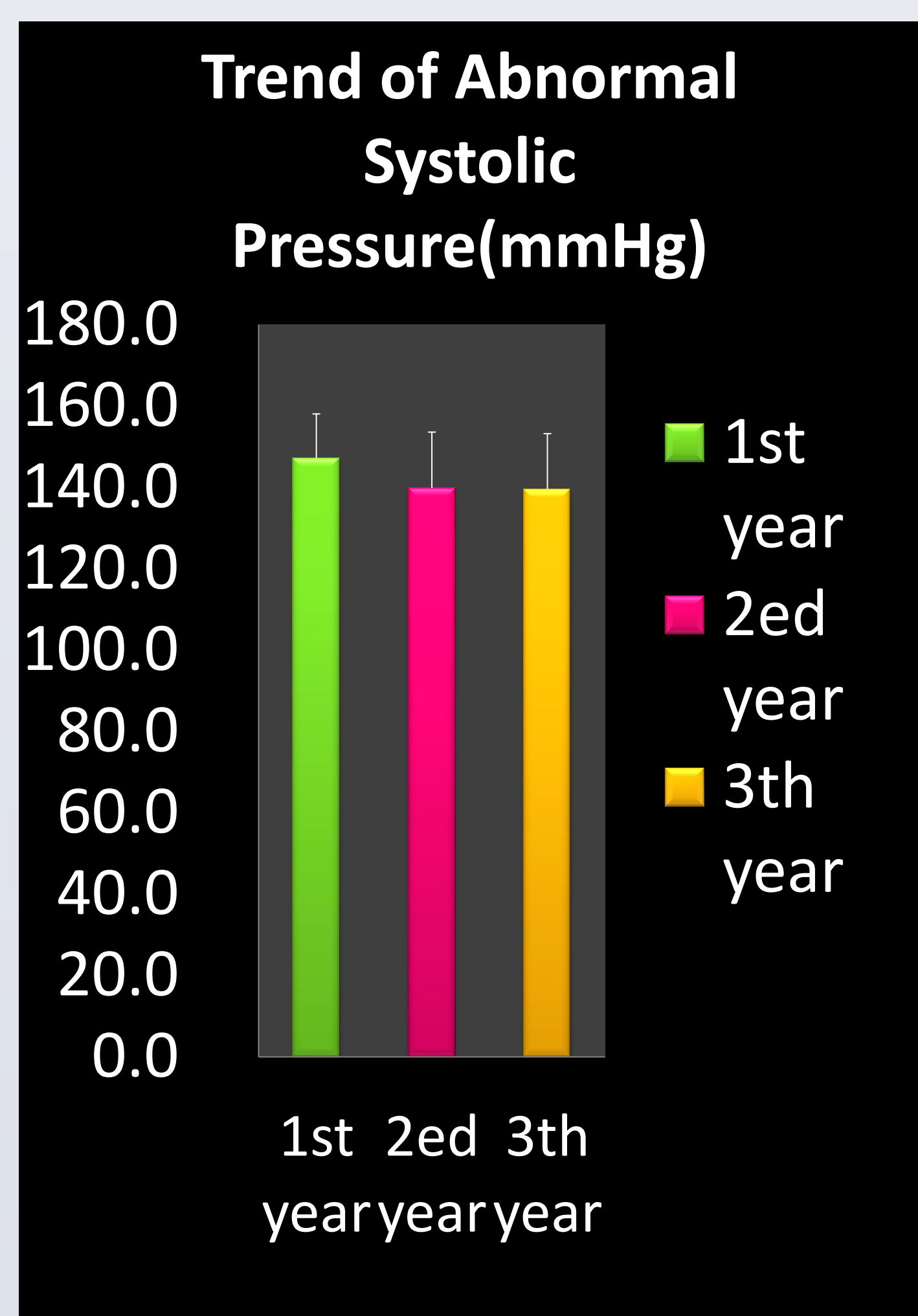
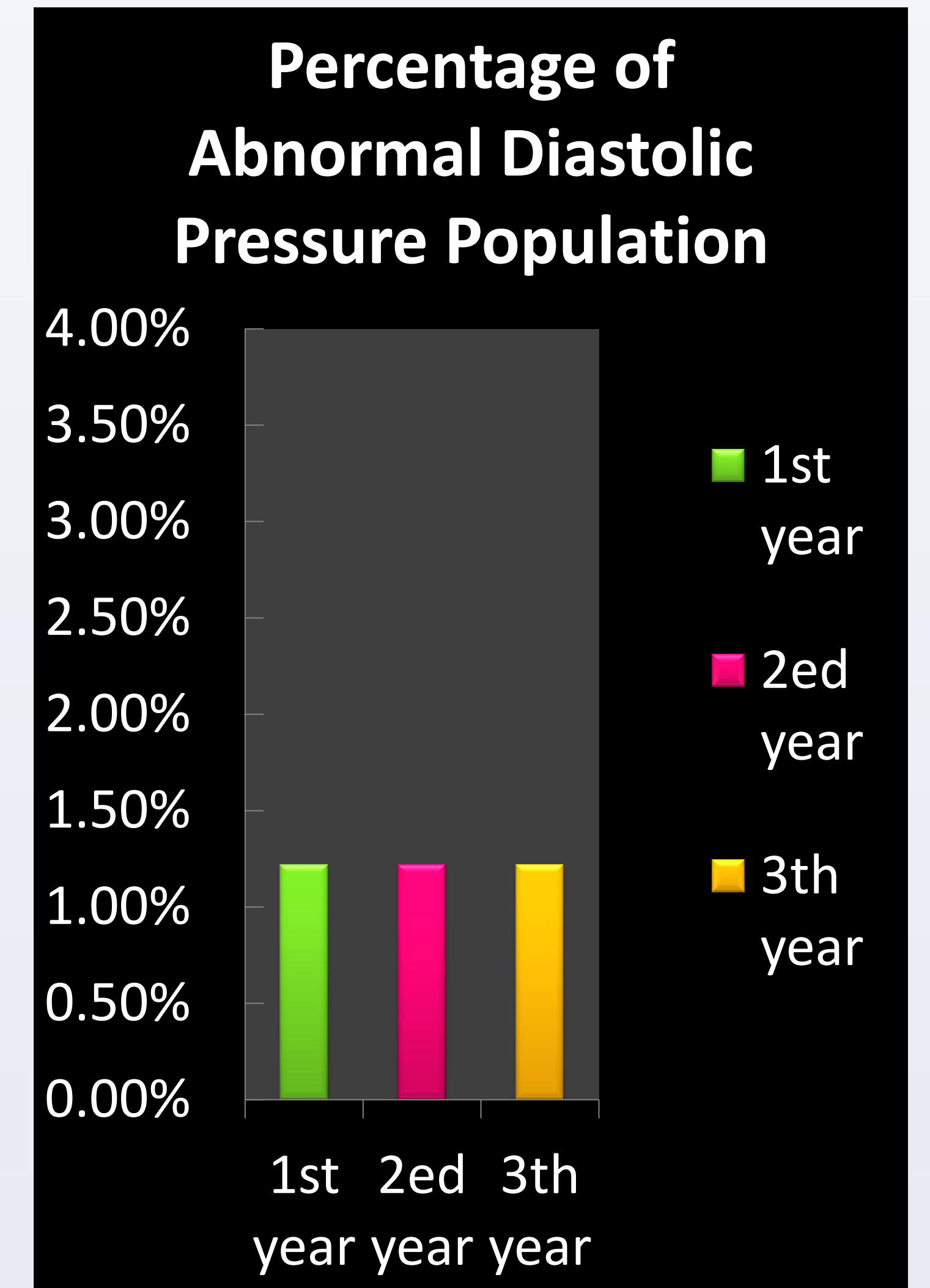
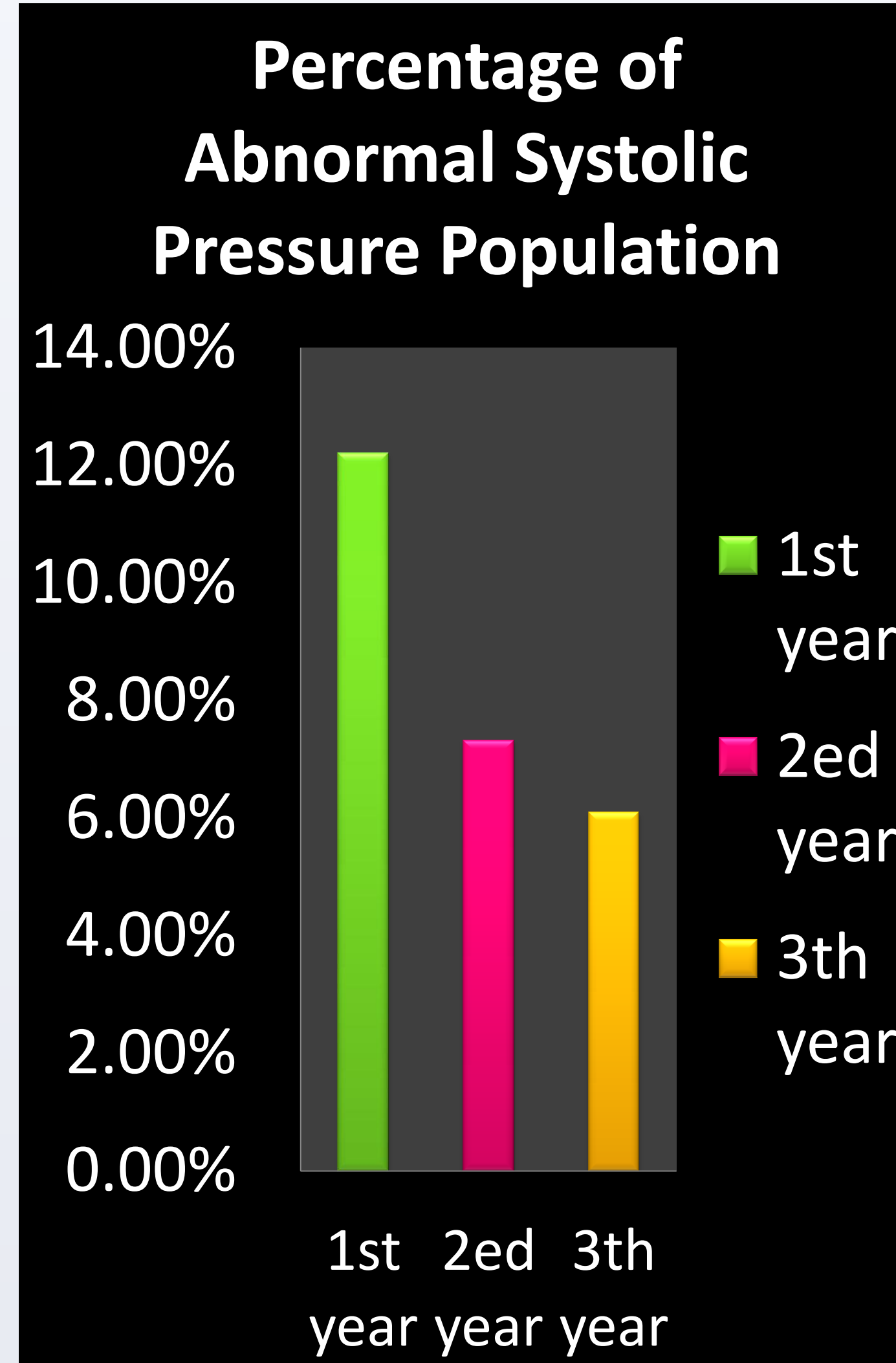
- Objects: Above 65 years residents
- Trained Volunteers: The volunteers should learn about:
 1. Knowledge of Hypertension
 2. Measurement Skills
 3. Service Attributes
- Definition of Hypertension:
 - Systolic Pressure ≥ 140 mmHg
 - Diastolic Pressure ≥ 90 mmHg



Result

This study collected 82 persons who were above 65 years and lived in the communities of North District, Taichung City.

		Normal Population (%)	Abnormal Population (%)	Hypertension Population (%)
1st year	Systolic pressure	59.8%	28.0%	12.2%
	Diastolic pressure	95.1%	3.7%	1.2%
2ed year	Systolic pressure	30.5%	62.2%	7.3%
	Diastolic pressure	92.7%	6.1%	1.2%
3th year	Systolic pressure	32.9%	61.0%	6.1%
	Diastolic pressure	91.5%	7.3%	1.2%



Discussion & Conclusion

According to the result, it is an effective blood pressure management model to improve hypertension condition for the elderly. Therefore we suggest that the Community Self-Help System Model is one successful hypertension prevention model.

