

## Exploring the factors associated with falls among the elderly in Taiwan

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**Objectives:** While the falls in the elderly might be preventable, the aim of this study was to explore the factors associated with the falls in elderly population in Taiwan in order to facilitate decision making of medical care enhancement for the elderly. **Methods:** We utilized the 2005 “National Health Interview Survey (NHIS) in Taiwan - For individuals aged 65 and above” database to conduct the analyses. Those interviewees who self-reported to have arthritis or osteoporosis in the past one year were recognized as elderly patients in bone disorders group and those who didn’t report were 1:1 selected and matched as non-bone disorders group using the propensity score matching approach by gender, age, monthly self-income and living area. Regardless of groups, those individuals who ever reported to fall(s) in the past one year and not were compared using *chi*-square and logistic regression approaches to explore the associated factors of falls. **Results:** Of 1916 interviewees responded the corresponding question, 466 elderly reported to ever fell. Those who possessed the following factors tended to ever fell: had difficulty to stoop, kneel and squat, made visits to emergency room(s) or more clinic(s), living alone, had pains on hips or whole bodies, ever used folk therapies and perceived poor health status compared with one year ago (95% CIs of ORs not containing 1 and >1). **Conclusions:** More medical attention should be made toward those elderly patients with movement difficulty, utilized folk therapies and consumed more health resources, and perceived poor health status in order to prevent them from falling.

## Factors associated with current health status among the elderly in Taiwan

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**Objectives:** While perceived health statuses are various from persons to persons, this study aimed to explore the factors associated with the perceived current health status among the elderly population in Taiwan. **Methods:** We analyzed the databases of “National Health Interview Survey (NHIS) in Taiwan of 2005- For individuals aged 65 and above “ and focused on those who self-reported to have arthritis or osteoporosis in the past one year and those who were 1:1 selected and matched using the propensity score approach by gender, age, monthly self-income and living area. Those elderly reported that their current health status were “not good” were categorized as poor health status elderly, whereas those responded “extreme good”, “very good”, “good, “average” were identified as “not poor health status” elderly. The *chi*-square and logistic regression analyses were performed to explore the factors associated with their self-reported, current health status. **Results:** Of 1736 interviewees responded the corresponding question, 460 elderly reported to have poor, current health status. Those who possessed the following factors tended to perceived poor current health (95% CIs of ORs not containing 1 and >1): with hyperlipidemia, asthma, cancers, depression tendency, had difficulty to walk, made visits to emergency room(s) or more Western medicine clinics. Those who lived in central and south regions were less likely to report poor health, comparing to those in north region (95% CIs of ORs not containing 1 and <1). **Conclusions:** More medical attention should be made toward those elderly patients with certain diseases, depression tendency, movement difficulty, and consumed more health resources in order to help them be healthier.