

Socioeconomic, Behavioral and Health related Characteristics of Older Adults in Nepal

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Investigators

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Background

- Globally, two-thirds of all deaths among older adults are caused by chronic diseases
- The proportion of ageing population is rising rapidly needing more health related interventions
- Nepal is in an early stage of establishing health programs to support aging population
- Data to make informed decisions on geriatric health in Nepal is limited

Objectives

- To assess the prevalence of major chronic diseases, depression, disability, and multi-morbidity among Nepali older adults
- To examine the socioeconomic and behavioral factors associated with major chronic diseases, depression, disability, and multi-morbidity

Methodology

Study Design	Cross-sectional survey
Study Area	Randomly selected three districts of Bagmati Province
Study Tools	Semi-structured questionnaire, consisting of: <ul style="list-style-type: none">• Socio-demographic Profile• Health profile (Self-reported)• Geriatric Depression Scale (GDS- 15)• Activity of daily Living (ADL)• Instrumental Activity of Daily Living (IADL)
Study Period	<ul style="list-style-type: none">• July 2022- June 2023
Total Respondents	<ul style="list-style-type: none">• 4179 (individuals aged 45 and above)

Results (1)

- Districts Covered:
 - Rasuwa
 - Nuwakot
 - Sindhuli
- Characteristics of Respondents
 - Mean Age: 61.66 +- 11.1 years
 - Rural Municipality: 66.3%
 - Proportion of gender: Almost equal
 - Hindu 83.7%
 - Major source of Household income: Agriculture (71.9%)
 - Health Check up done last year 67.3%

Results (2)

Overall Prevalence:

- Multi- Morbidity: 27.6%
- Disability: 23.3%
- Depression: 35.1%

Results (3)

Prevalence of major Non- Communicable Diseases

- Hypertension 32.8%
- Hypercholesterolemia 5.4%
- Myocardia Infarction 4.6%
- Stroke 1.9%
- COPD 11.5%
- Arthritis 26.9%
- Kidney Diseases 3.6%
- Diabetes 9.9%
- Cancer 1.8%

Results (4)

Physical Activity level (as per ADL)

- High 11.7%
- Moderate 25.7%
- Low 62.6%

Dependency level (as per IADL)

- Dependent 11.4%
- Moderately dependent 22.7%
- Independent 65.9%

Depression status (as per GDS-15)

- Mildly depressed 27.0%
- Major Depression 8.1%
- Absent 64.9%

Results (5)

- No significant difference in multi-morbidity and depression across the local levels
- Significant difference in disability across the local levels
- Significant difference in multi- morbidity and depression across gender

Conclusion

- A significant proportion of older adults were found to have multi-morbidity, disability and depression
- Low physical activity among almost two third respondent
- Almost two third respondents were independent to carry out daily activities

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- Nepal Health Research Council

Thank You

Presenter:



- Dr Bal Krishna Suvedi
- Former Deputy Director General, Department of Health Services
- More than six dozens of articles published