Health related resources among older persons that receive preventive home visits – implications for further recommendations on health promotion

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Take-home message
Mental and physical factors should be considered on an individual- and a societal level when developing health promotion interventions among older persons.

Background and Aim
Most research made on preventive home visits have focused on risk factors. In order to strengthen health promotion interventions that enables healthy ageing, factors associated with good health must be identified.
The aim was to explore health related resources that could be found among older persons that have received a preventive home visit.

Sample and method
Cross-sectional study design
n=625
55.4 % women
mean age 80.6
Binary logistic regression was used to analyse data

Results
From the demographic, physical, mental and lifestyle factors measured during the preventive home visit. The following items were significantly associated with good self-rated health after adjusting for age and gender.
• Able to do things that make one feel valuable POR 5.7 (95% CI 3.0-10.8)
• No physical problems to participate in social activities POR 4.4 (95% CI 2.4-8.1)
• Not feeling sad POR 4.1 (95% CI 2.3-7.1)
• Not having reduced energy POR 3.4 (95% CI 1.37-8.6)
• Not having impaired endurance POR 2.9 (95% CI 1.2-7.2)

1. POR (positive odds ratio)
2. CI (confidence interval)