

公共卫生与管理

山东省长寿地区百岁老人生活方式与慢性病的关系

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摘要:

目的 分析山东省长寿地区百岁老人的生活方式与慢性病的关系。方法 选取平邑县、青岛城阳区、单县、乳山市、费县5个长寿之乡的1 340名60岁以上老人作为研究对象, 其中年轻老人(60~79岁)896名, 高龄老人(80~99岁)189名, 百岁老人(≥100岁)255名。调查他们的基本信息、家庭环境、经济状况、生活习惯以及慢性病的患病情况。结果 百岁老人慢性病总患病率为68.63%(175/255), 其中患1种慢性病的占47.45%(121/255), 患2种慢性病的占17.25%(44/255), 患3种及以上慢性病的占3.92%(10/255); 百岁老人运动系统疾病、消化系统疾病、眼部疾病、听力障碍与年轻老人、高龄老人相比, 差异均有统计学意义(P<0.05); 多因素非条件Logistic回归表明, 影响老年人慢性病患病的因素有年龄、饮酒、吸烟、性格。结论 百岁老人有吸烟率低、饮酒率低、性格缓慢的生活特点; 不同人群慢性病患病情况存在差异, 应考虑疾病谱特点, 开展针对性服务, 提高老年人的生活质量。

关键词: 百岁老人; 生活方式; 慢性病; 长寿

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Abstract:

Objective To analyze the relationships between lifestyle and common chronic diseases of centenarians in longevity areas of Shandong Province, China. Methods 1340 people aged over 60 were selected as research subjects from five longevity areas (Pingyi, Chengyang, Shanxian, Rushan and Feixian) of Shandong Province, including 896 people(aged 60-79), 189 people (aged 80-99) and 255 centenarians (aged ≥100). Their socio-demographic characteristics, family environment, economic conditions, lifestyle and the prevalence of chronic diseases were collected. Results The total prevalence of chronic diseases in centenarians was 68.63% (175/255), among them 47.45% (121/255) suffered from one disease, 17.25% (44/255) suffered from two and 3.92% (10/255) suffered from three or more diseases; Compared with the oldest-old and the young-old, the centenarians had statistical differences (P<0.05) from the prevalence of movement system diseases, eye diseases, hearing disorders and digestive diseases. The Logistic regression showed that the influencing factors of chronic diseases included age, drinking, smoking and temper. Conclusion Low rates of smoking and drinking and gentle temper are important characteristics of centenarians and there are differences among different population on prevalence of chronic diseases. We should carry out different strategies according to different conditions so as to improve the health of the elderly people.

Keywords: Centenarian; Lifestyle; Chronic diseases; Longevity

收稿日期 2013-01-09 修回日期 网络版发布日期

DOI:

基金项目:

国家自然科学基金(71003067)。

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