

A survey on community health care programs for the prevention of housebound elderly...



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Public Health and Human Rights
APHA 135th Annual Meeting and Exposition
November 4-8, 2008 Boston, MA



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A survey on community health care programs for the prevention of housebound elderly in Japan 1: Programs provided by public health nurses in municipalities

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Objective: The present study aimed to clarify how programs for the prevention of housebound elderly, which are provided by public health nurses, have been carried out in municipalities in Japan while large-scale mergers of municipalities have been occurring. **Methods:** A questionnaire survey was mailed to 770 municipalities in Japan. The municipalities selected in the present study included 101 municipalities that had recently undergone mergers, 236 municipalities that were planning to undergo a merger in the near future, and 433 municipalities that had no merger plans. The individuals who responded to the questionnaire were primarily public health nurses. Regarding the degree of health among the surveyed elderly, the frail individuals who feel uneasy going out alone were selected exclusively. **Results:** Responses were obtained from 428 municipalities (recovery rate: 55.6%). (1) Characteristics of the municipalities: Approximately 90% of the municipalities had a population of less than 100,000. The elderly comprised a mean of 30.4% of the population in municipalities with fewer than 10,000 residents, which was extremely high. (2) Percentage of municipalities with programs for preventing housebound elderly: Of all municipalities, 88.1% provide seminars for preventing bone fracture due to falls, 62.7% provide seminars for functional training of community interactions, and 75.5% provide meetings for activities that encourage active living. In managing the seminars, the public health nurses remained conscious of the daily living activities area of the elderly. (3) In 90% of the municipalities, the independent activities conducted by residents included the prevention of housebound elderly. Many of these activities were provided by local governments. **Discussion:** The present results indicate that many local governments, regardless of their scale, provide programs for preventing housebound elderly, and similar programs are independently conducted by residents. As further large-scale mergers are scheduled to be conducted in the future, it is necessary to observe whether such programs have been developed for easy access even after the scale of the municipalities has increased.

Learning Objectives:

- At the conclusion of the session, the participants (learners) will be able to
 - - understand the situation regarding the application of programs that aim to prevent housebound status of the frail elderly, and are provided by public health nurses employed by local governments in Japan.
 - - understand the situation regarding the application of programs that aim to prevent housebound status of the frail elderly, and are independently provided by residents.

Keywords: Health Care, Community Health Planning

Presenting author's disclosure statement:

Not Answered

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A survey of community health care programs for the prevention of housebound elderly in Japan 2: Activities conducted by community residents and related factors

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Objectives (1) To identify the rate of participation in independent public health and welfare activities for the elderly conducted by community residents in Japan. (2) To investigate the relationship between the attributes of the local governments that provide the activities, and the availability of facilities providing examinations conducted by public health and welfare specialists. **Methods** The same survey method as that described in the first report was conducted. The present survey also assessed the provision of independent activities conducted by community residents and the analysis of the responses determined their relationships with such factors as the category of the municipalities. Herein, "independent activities of residents" refers to the activities that residents independently plan and manage. **Results** - Of the 428 municipalities that responded to the survey, activities were provided in 267 municipalities (62.3%). - Independent activities of residents exist in municipalities in urban areas and in large cities. - In a comparison of the various municipalities, the municipalities in which public health and welfare specialists had opportunities to discuss public health and welfare services and community planning with the residents had more independent activities of residents than those without such opportunities. **Discussion** In order to provide better services for the frail elderly, it is essential to have cooperation between the independent activities of residents and administrative activities. Therefore, we conclude that having discussions between public health and welfare specialists and residents provides an opportunity to achieve such cooperation.

Learning Objectives:

- The present study aimed to elucidate the actual situation of independent public health and welfare activities for the elderly that are conducted by community residents, and to clarify the background factors

Keywords: Elderly, Community Participation

Presenting author's disclosure statement:

Not Answered

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The 134th Annual Meeting & Exposition (November 4-8, 2006) of APHA