



# The Effect of Health Education Courses in Disability Prevention on the Health Literacy of the Elderly in the Community

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## BACKGROUND

As the medical technology advances, elderly population life expectancy increase, and physiological organs are aging, leading to increased risk of disability. According to statistics in 2018 from Taiwan Ministry of the Interior, the proportion of the population aged 65 or older had to 14.56%, that has entered an aged society. In order to enhance the awareness of elderly people about disability prevention, the hospital conducted health education courses in the communities, so as to increase health literacy.

## METHODS

In this study, involved senior citizens in central Taiwan community as the research object and invited department of geriatrics nurses with clinical experience to give a health education course on disability prevention. In order to compare the differences before and after courses, we conducted tests before and after the courses. Paired sample t test was used as the data analysis method to understand the cognitive degree of community seniors about disability prevention.



**Exercise Scheme**

Aerobic workout (10 minutes at a time, at least 5 days a week)

Muscle-strengthening activities (2-3 times a week, 8-12 reps each movement) using dumbbells or PET bottles filled with water

Lower limb

Upper limb exercise

Flexibility exercise (each stretch lasts 15 secs)

Reference: Health Promotion Administration (2018) Guidelines on Physical Activities for All: Silver-haired People (2), retrieved from <https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=865&pid=8276>

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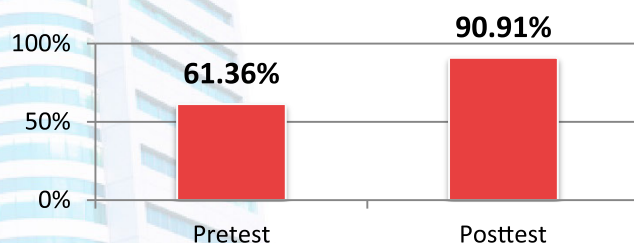
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## RESULTS

The results are as follows there was a statistically significant difference ( $p < 0.05$ ) in the courses on disability prevention for elderly people in the community, and the score of the posttest was significantly higher than that of the pretest, and the health literacy rate of elderly people in the community increased from 61.36% to 90.91%, signifying that the course on disability prevention was effective in improving seniors' health literacy.

### Health literacy rate of community elders in preventing disability



## CONCLUSIONS

This study confirmed that the implementation of community health education programs for disability prevention can effectively improve the elderly's relevant knowledge about disability prevention, convey correct and professional health information, assist them to promote physical activation and maintain good health, strengthen health management, improve the quality of daily life, and achieve the goal of healthy aging.

## KEYWORDS

Community Health Promotion、Disability Prevention、Health Literacy