

THE ROLE OF HEALTH EDUCATION IN IMPROVING ANEMIA ELDERLY KNOWLEDGE IN SUKOLILO II HEALTH CENTER SUKOLILO DISTRICT, PATI DISTRICT

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Abstrack

One of the population challenges in the area of Puskesmas sukolilo II is the increase in the number of elderly people aged 60 years in 2019, with an estimated 8495 million people (18%) out of a population of 46090. It is estimated that in 2030 it will be (20%) percent of the total population. The increasing number of elderly population has resulted in the increasing need for health programs for the elderly.

The consequence of the high prevalence of various diseases that are determinants of disability in the elderly and the high prevalence of nutritional disorders in the elderly requires high costs for health care. This paper examines the relationship between nutritional status, anemia and disability in the elderly after being controlled by factors of age, gender, education, occupation through modeling with a multiple logistic regression test.

The results show that based on the six models produced, the elderly who are aged ≥ 60 years have twice the risk, the elderly with thin nutritional status have a risk of 1.3 to 1.5 times, the elderly with anemia have a risk of 1.3 to 1.6 times for experiencing disabilities both in the cognitive domain, mobility, self-care, maintaining friendships, doing daily work and participation. Whereas elderly with nutritional status of obesity have a 1.4 times risk of experiencing disabilities in the mobility domain. So one of the efforts to prevent disability in the elderly can be done through improving nutrition in the elderly with priority overcoming anemia, underweight and obesity. [2014 Nutrition Penel Nutrition, 37 (2): 87-100)

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