

影響南台灣某偏遠社區老年男性使用健檢服務之 相關因素研究

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摘要

目的：老年人口的增加衍生許多醫療照顧問題，然而在偏遠地區醫療資源相對缺乏，導致老年人就醫困難、健康維持不易。健康檢查的使用情況是預防保健的重要指標，本研究目的是探討影響台灣南部某偏遠社區的男性老年人使用健檢與免費健檢服務的狀況及相關影響因素。

方法：本研究針對高雄市田寮區65歲以上男性共1,033位，使用全區篩檢抽樣方式進行調查。扣除空戶、死亡及行動不便者，可接受檢測者為681位，實際接受檢測者為414位(回覆率為60.8%)。排除兩位未填寫「是否有健檢經驗」之題項，有效樣本為412位。篩檢方式包含結構式問卷調查、生理數據測量及身體功能評估等。

結果：研究對象平均年齡為74.6±6.2歲。曾有接受健檢者共計297位(72.1%)，包含僅有免費健檢198人(48.1%)、僅有自費健檢56人(13.6%)、兩者都有者為43人(10.4%)。邏輯斯迴歸結果發現，在健檢經驗方面，年齡越大、定期參加養生保健及休閒娛樂活動等社交活動的老年男性，較傾向於使用健檢服務。在免費健檢經驗方面則是獨居、定期參加養生保健及休閒娛樂活動等社交活動的老年男性，較傾向於使用具社會福利意涵的免費健檢。

結論：本研究發現有七成以上的偏遠社區老年男性曾有健檢之經驗。年齡、獨居、及社交活動等均為影響健檢經驗的因素，可積極加以介入。同時，本研究發現社會支持在偏鄉地區推廣預防保健的重要性，建議在連結相關社福資源時應適時加以運用。

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關鍵詞：偏遠地區、健康檢查、老年男性、社會支持網絡、健康信念

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Factors Associated with Health Examination among Elderly Men Living in Rural Community of Southern Taiwan

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Abstract

Objectives: The increase in aging population has resulted in the multiple needs ranging from medical and healthcare service to entertainment...etc. The lack of medical resource in the remote area has made it difficult for elderly people to get the medical care and maintain health. Based on the health belief model developed by Rosenstock, the research aimed to explore the effects of which elderly men take physical examination or free physical examination services promoted by the government and the relevant influencing factors in Tian-Liao district of Kaohsiung city.

Method: This study was aimed to examine 1033 elderly male residents who lived in Tianliao, Kaohsiung to investigate their health status and physical function. In total, there were 681 elderly male residents who were available to participate when the study was conducted and finally, a total of 414 samples (response rate 60.8%) were investigated by using structure questionnaire interviews. After excluding 2 persons with incomplete information in the survey, a total 412 valid questionnaires were collected.

Results: The average age of respondents was 74.6 ± 6.2 years. Among them, 297 persons (72.1%) had experiences of general health examination in which 198 (48.1%) had experiences of free health examination, 56 (13.6%) had experience of self-paid examination and 43 (10.4%) with both experiences of self-paid and free. In logistic regression, the results showed that the aged and those who regularly participated in health promotion and recreational activities were more likely to use physical examinations. Apart from age, the residents who live alone, regularly participated in health promotion and recreational activities also tended to use free physical

examination which is one of the social welfare for elderly people in Taiwan.

Conclusions: The health examination experience was found prevalent among elderly male residents in the rural community. Its' influencing factors included age, living alone, and attending social activities. The implication of our results also showed that social support has its importance in promote of health examination utilization.

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Key words: rural community, health examination, elderly men, social support networks, health belief

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