



BACKGROUND Subjective health assessments are reliable health status indicators. In the aging population, self-reported health status is used to predict future risk of functional ability, physician visits, hospitalization and mortality. National studies show 76% of U.S. older adults self reported excellent to good health, and 24% reported fair or poor health. Whereas self-rated health status examines an individual's own perceived health, measuring quality of life helps monitor progress in achieving community's health objectives. Quality of life includes physical, mental, and social aspects of one's health. Improving quality of life is a global public health concern.

STUDY RESULTS

GENERAL HEALTH Most participants self reported fair or poor health (61%). They were also asked to rank their current health compared to their health the previous year. About half of the participants (48%) felt that their health was about the same.

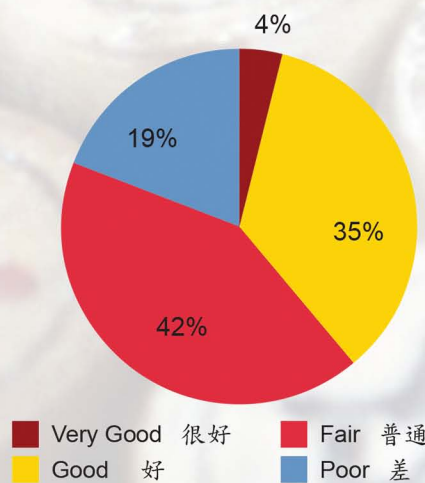
背景 健康自我評估是衡量個人健康的可靠指標。老人自我健康評估可用來預測身體機能，住院以及死亡等風險。76%美國老人認為自己健康狀態好，24%認為一般或很差。生活質量則是社區健康重要目標，涉及身體，精神及人際等各方面的健康。提高生活質量是國際公共衛生持續關注的議題。

研究結果

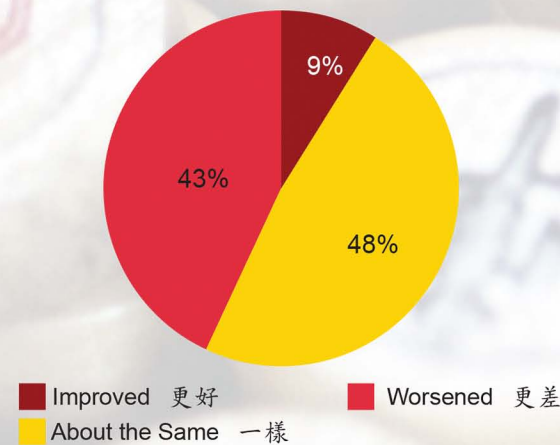
基本健康 大部分受訪者（61%）認為他們的健康狀況普通或差。同時，受訪者將身體狀況與去年同期進行了對比，大概有一半的老人（48%）認為他們的健康水準與去年一樣。



General Health 基本健康



Health Compared to Previous Year 與去年相比



“When a man grows old everything changes. Your movement slows down. Your energy diminishes. The heavy loads you lift up during your youth will overwhelm you in your old age. Your mind is willing, but your body fails to follow.” — Study Participant

「當人老了一切也都改變了。行動變的緩慢，沒有力氣，以前年輕時可以做的事情現在也都做不來了，一切心有餘而力不足。」 - 研究受訪者



QUALITY OF LIFE Most participants ranked their quality of life as fair (47%) or good (44%).

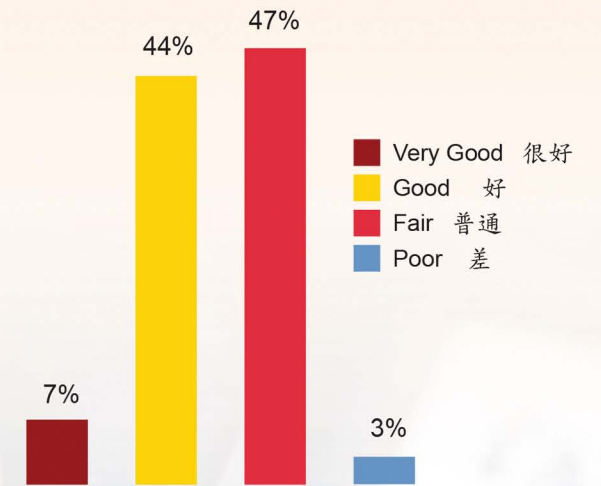
生活品質 大部分受訪者認為他們的生活品質一般（47%）或者好（44%）

PAIN Bodily pain can be an important factor in self assessing quality of life. Moreover, pain is also linked to symptoms of depression. The question posed was the level of self-perceived bodily pain over the previous four weeks. Over half of the participants (55%) felt some levels of bodily pain. In addition, 83% of older adults reported that their lives were affected by pain.

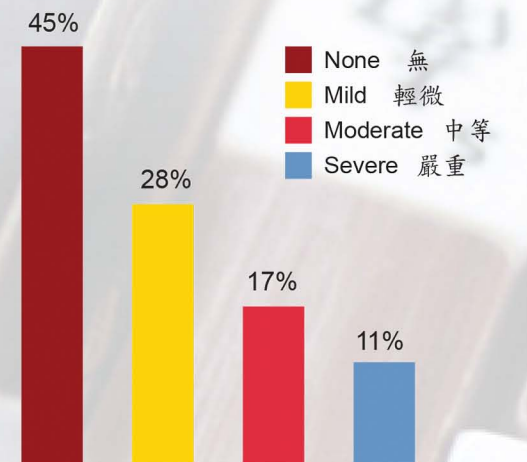
疼痛 身體疼痛與生活品質相關，而且會引發心情抑鬱。一半以上的受訪者（55%）表示在過去一個月有感受到疼痛。有將近83%的受訪者表示身體疼痛影響到日常生活。



Quality of Life 生活品質



Bodily Pain 身體疼痛



CONCLUSION Physical health is the foundation of an active lifestyle. Thus, one of the key goals in the policy framework for physical health is promoting autonomy and independence among the aging population. Compared to national standards, Chinese older adults in this sample were more likely to rate their health as fair or poor. This information may suggest physical health challenges facing the older adults, and predict their access to health care.

結論 身體健康是保持積極生活方式的基礎。提升老人的獨立自主是健康政策的主要目標。與美國老人相比，華裔老人更可能認為自己的健康一般或則差，代表他們的身體健康面臨更大挑戰，也同時反映醫療服務使用不均的情況。