

Health Promotion of the Elderly in Nakornpatom Province, Thailand

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Abstract: *Thailand is becoming a “perfect elderly society” in the year 2021. The elderly have changed both body and mind. Health promotion will help slowdown sickness which may happen to the elderly. The purposes of this study are to study the characteristics of health promotion of the elderly, and to study factors affecting health promotion of the elderly in Nakornpatom Province. The sample used to study was drawn by the simple random sampling with the number of 40 persons from the population of the elderly in Nakornpatom Sub-district and Nong-ngooluam Sub-district. The data was gathered between June and September, 2015 by using in-depth interview and group discussion. The technique used for analyzing was the Content Analysis. The research findings are that: the characteristics of health promotion of the elderly mostly used the life-style of eating both food cooked by themselves and food bought from a market, and exercising by doing housework, When the elderly had an emotional problem, they would look for a hobby to do and talked to neighbors. The factors affecting health promotion of the elderly in Nakornpatom Province included their likeness, congenital disease of the elderly, being taken care often by sons, daughters or relatives and advices from public health and staff, including perception of benefits of health promotion.*

Key words: Health Promotion, The Elderly.