

Present Situation of Senile Diseases in Anshan Liaoning and Its Study Countermeasures

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Abstract

With the increasing incidence of diseases in elderly people, the physical health of the elderly has become a major obstacle to daily life. Correspondingly, the occurrence of diseases in the elderly also brings troubles to their children. This article uses questionnaire surveys, area division interview and field investigation methods to investigate the disease status of 1,200 elderly people over 50 years old in Anshan City, Liaoning Province, and study discover the main causes of elderly diseases by detailed statistics. Finally, based on data analysis, a series of reasonable suggestions were put forward to alleviate the increasingly serious problems of the elderly in Anshan.

Keywords

Anshan City, Elderly, Disease, Countermeasures.

1. Introduction

As the world's second largest economy with a population of 1.4 billion, China is now rapidly turning into an aging country. In the sixth census, the population aged 60 and above accounted for 13.26% of the total population, an increase of 2.93% compared to the fifth national census in 2000. Relevant predictions show that by 2050, China will have 400 million 65-year-old Chinese citizens (26.7% of the country's total population) and 150 million 80-year-old soy sauce people. This indicates that China has entered a population aging society [1]. Therefore, China will become one of the countries with the highest proportion of elderly people in the world. With the acceleration of the aging society, the number of people suffering from chronic diseases in the population of our country will continue to increase in the coming year [2]. Such as cardiovascular disease [3], high blood sugar [4], high blood fat [5]. Studies have shown that the proportion of elderly people suffering from chronic diseases is four times that of other populations [6], and the elderly population often suffers from not just one chronic disease, but two or more chronic diseases. As early as 2008, the World Health Organization defined patients suffering from two or more chronic diseases as frequently-occurring diseases. A large-scale cross-sectional study of intentions in southern my country showed that among all elderly subjects, the rate of frequently-occurring patients was 11.1%, and the prevalence of the elderly was 47.5% [7]. Another study based on the study of adults (18-79 years old) in Northeast China showed that 24.7% of the study Shuhai was diagnosed as a frequently-occurring disease, and the prevalence rates of elderly men and women were 47.7% and 56.5% respectively [8]. According to surveys conducted by the China Committee on Aging (CNCA) and the China Research Center on Aging (CRCA), as early as 2010, it was reported that the number of disabled elderly people in China due to diseases had reached 33 million, accounting for 19% of the elderly population in China. Among the people, 10.8 million were completely disabled and 22.2 million were partially disabled.

In summary, the disease of the elderly will be a major issue facing the health of the elderly in my country, and the country should take corresponding measures to improve the health of the elderly [9]. In order to enrich the statistical information on diseases of the elderly, this article conducted a survey of 1,200 elderly people in Anshan, Liaoning, and explored the causes of common diseases in the elderly. In the end, reasonable solutions were proposed to alleviate the problem of the negative effects of elderly diseases on their own health.

2. Investigation Method

In order to fully understand the causes of diseases in the elderly in Anshan City. We use questionnaire surveys, regional divisions, interviews and field visits to examine the existing problems of the disease status of the elderly. It is conducive to providing powerful solutions in all aspects.

2.1. Questionnaire Survey

Questionnaire survey is an effective means to understand the disease information of the elderly. We conducted a survey of 1,200 ordinary people in rural areas, county-level cities and Anshan city center according to the guidance of reference documents. The problem design is more in-depth to understand the status quo of elderly diseases and provide more effective solutions. And through the accurate recovery of the questionnaire, the major problems that may exist in the elderly diseases are scientifically summarized and found to be imperfect.

2.2. Interview

Interviews are a more intuitive and accurate way to understand the disease information of the elderly, and communicating with the masses can relax the mind so that the masses can answer questions after careful thinking, inspire and influence each other, and promote the in-depth research of the research questions and make the research results more specific, more convincing. In addition to conducting interviews with the elderly, we also conducted interviews with local medical service organizations to enrich the analysis of the survey results.

2.3. Field Inspection

In order to enrich the statistical results of the survey questionnaire and verify whether the interview results are scientific. To avoid deviations in interview results, it is necessary to conduct on-site investigations in a timely manner to solve problems and make the investigations work effectively and smoothly. Observing and record the service level of medical institutions from the side to understand the medical institutions' treatment of elderly diseases more truly.

3. Investigation Result

3.1. Questionnaire Recovery

An equal number of questionnaires were distributed to different regions, and the valid questionnaires and the invalid questionnaires were counted after collecting the questionnaires. Figure 1 shows the number of people's questionnaires collected by region in Anshan City, including the number of valid questionnaires and the number of invalid questionnaires.

Table 1. Questionnaire recovery of diseases of the elderly in Anshan City

Item Questionnaire	Give out	Recovery	Valid	Invalid
Village	400	382	334	48
County-level city	400	377	333	44
Anshan city	400	374	337	37
Total	1200	1133	1004	129

A total of 1,200 questionnaires were distributed in this survey, and 1,133 were recovered. Among them, there are 129 invalid questionnaires, and the number of valid questionnaires is far greater than the number of invalid questionnaires. According to the statistical table, it can be clearly understood that the ratio of effective questionnaires returned by region is close to 1:1:1. The next step of statistical and scientific analysis can be carried out.

3.2. People with the Disease Tend to Be Older

According to the survey results of the questionnaire on the prevalence of the elderly in Anshan City, we found that the dissatisfaction rate of medical services is related to the age group. Figure 2 shows the statistics of the percentage of diseases among the elderly in various age groups in Anshan city.

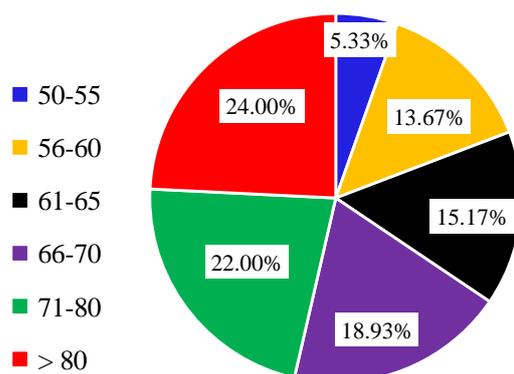


Figure 1. Prevalence rates of the elderly in all age groups

According to Figure 1, it can be clearly seen that the prevalence of the elderly in Anshan City is related to the age group. As the age group increases, the prevalence of the disease among the elderly is getting higher and higher. Those aged 50-55 only accounted for 5.33%. The proportion of elderly people over 80 years old is 24%. This shows that these diseases are more serious in the elderly population at this stage. In the elderly group and interview records, the elderly have determined the status quo that they are too old and suffering from diseases. The interview results are completely consistent with the survey results, and the prevalence of the elderly population is positively correlated with age groups.

3.3. Disease Caused By Poor Diet Tends to Average Out

According to the guidance of reference documents, it is found that the main reason for the illness of the elderly is that the long-term unreasonable diet directly causes the disease. In response to this problem, surveys and statistics have been conducted on whether the elderly in Anshan City pay attention to healthy eating habits. The survey results are shown in Figure 2.

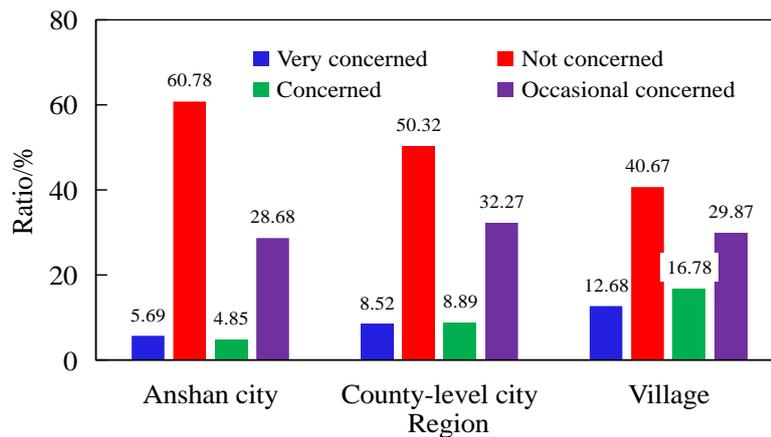


Figure 2. Survey results of whether the elderly in Anshan pay attention to healthy eating habits

According to Figure 2, it can be seen that the elderly in various regions of Anshan City neglect their eating habits. In particular, the proportion of rural elderly people who do not pay attention to eating habits is the highest. The elderly who pay much attention to eating habits are low in all regions. The elderly in Anshan City pay more attention to eating habits than county-level cities and rural areas. However, through comparison, it can be found that rural elderly groups have the worst awareness of healthy eating habits. This is because the economy of the urban elderly is relatively looser than that of the rural elderly, and the urban elderly pay more attention to health when living in abundance. Relatively speaking, the urban elderly have relatively strong awareness of healthy eating. Through field investigations, we also found that the urban elderly communities have exercise equipment, which indirectly reduces the incidence of diseases. Quite the opposite. Because the quality of life in rural areas is not perfect yet, the state has not paid enough attention to the country’s investment in rural areas. Rural areas do not yet have the conditions to promote exercise for urban elderly people. Accordingly, they pay much less attention to physical health than urban elderly people.

3.4. Disease Population Tends to Be Rural

The second major feature of the elderly population in Anshan City is that they are approaching ruralization. In the process of investigation, the proportion of elderly groups in Anshan city, county-level city center and rural areas was obtained by a single statistics of elderly groups in different regions. The survey results are shown in Figure 3.

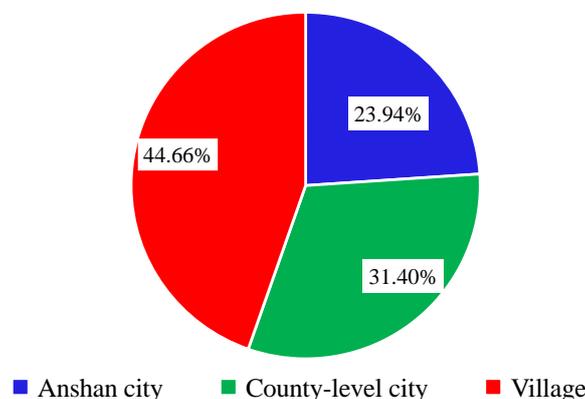


Figure 3. Prevalence rate of the elderly in Anshan city

According to Figure 3, it can be seen that the elderly in Anshan City has the lowest rate of 23.94%, followed by county-level cities with 31.40%, and the highest rate is in rural areas with 44.66%. The main reason is that because our country is in the primary stage of socialism, the gap in people's living standards has always existed. The reason for the high prevalence of the elderly in rural areas is the inability to control the disease due to family economic reasons, leading to the highest disease rate. Through face-to-face interviews with medical staff, it is found that the rural population of the elderly who seek medical treatment each year account for a large proportion. However, the best treatment has not been obtained. Based on the family's financial situation, it only plays a role in alleviating the disease. On the contrary, urban elderly families are in good active condition, they can effectively suppress and treat diseases in time.

3.5. Diseases of the Elderly Tend to Be Concentrated

In recent years, diseases of the elderly have been the focus of public attention. Therefore, detailed statistics have been made on the types of elderly diseases in order to take the best measures to alleviate the problems of the elderly population at this stage. After investigation and statistics, several types of morbidity in the elderly were counted as shown in Figure 4. According to Figure 4, it can be seen that the main disease of the elderly in Anshan City at the emergence stage is hyperglycemia, accounting for 85.06%, while cardiovascular disease accounts for 75.30% in the second place, and osteoporosis and hyperlipidemia diseases almost account for the same proportion. The elderly with other diseases accounted for 15.40%, and the elderly with no disease only accounted for 5.58%. The survey results show that the elderly population in Anshan has serious disease problems, and reasonable measures are needed to improve the health of the elderly. The problem of diseases of the elderly is fundamentally solved by starting from the daily eating habits of the elderly.

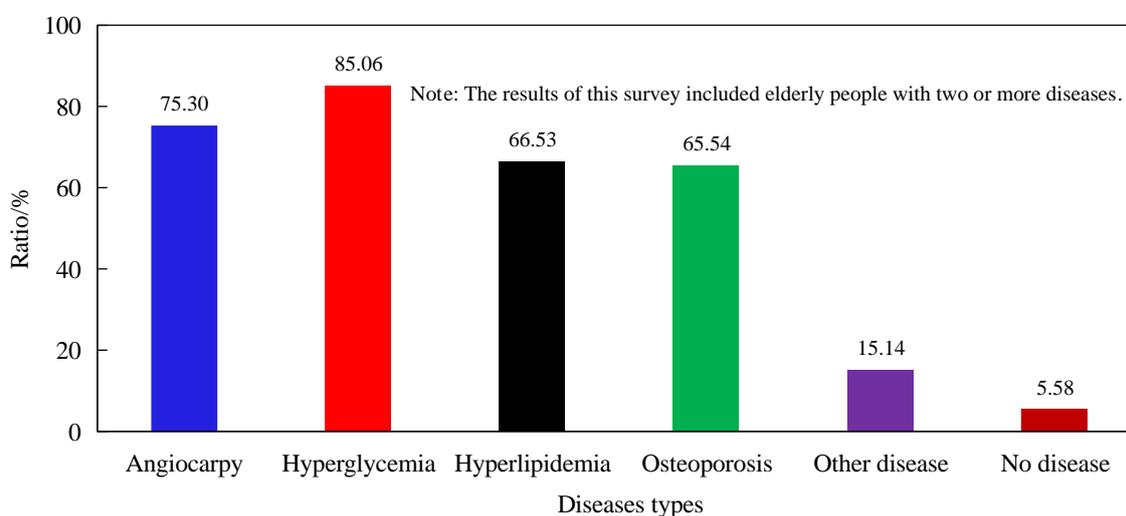


Figure 4. Research results of diseases of the elderly in Anshan City

4. Strategies to Alleviate Disease Problems in the Elderly

4.1. Establish Exclusive Dining Venues for the Elderly

According to the results of interviews with medical staff, the annual eating habits of the elderly constitute the most important cause of illness in the elderly. Therefore, from a fundamental point of view, the government should advocate the establishment of exclusive restaurants for the elderly. By establishing a reasonable dietary rule for the elderly with monthly and annual subscriptions to alleviate the problem of the elderly not paying attention to their daily eating

habits. This kind of exclusive restaurant for the elderly should carry out a reasonable combination of ingredients according to the type of typical disease caused by the elderly, and encourage the elderly to use scientific and healthy dining habits for a long time to alleviate their own morbidity. Restaurants should set up leisure or exercise places to provide a suitable leisure environment for the elderly to enhance their own disease resistance.

4.2. Raise Awareness of Diseases in the Elderly

In response to the fact that the elderly do not pay attention to the disease, major medical institutions should establish caring service activities and launch some publicity lectures on the hazards of diseases. A detailed explanation of the hazards and prevention for typical diseases guides the elderly to understand the consequences of the disease, and indirectly improves the elderly's awareness of disease prevention and control. For elderly people with limited mobility, their children should learn disease prevention measures to take care of the elderly. Correspondingly, the government should support the elderly groups to organize exercise activities spontaneously, and encourage the elderly with low consciousness to participate. In the end, everyone will work together to build a healthy atmosphere for the elderly.

4.3. Improve Medical Treatment for Rural Elderly and Increase Talents and Technologies Investment

The government should increase investment in diseases of the rural elderly, such as reducing the cost of disease treatment, re-distributing corresponding health and medical supplies from time to time, and building rural exercise places. Proceeding from reality, increase efforts to invest in talents in urban and rural hospitals, and improve the treatment of diseases of the elderly. By learning advanced disease mitigation and treatment techniques to make up for the shortcomings of urban and rural medical facilities.

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