

## Assess the lifestyle of the elderly health center in Torbat Heydariyeh City

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### Abstract

**Background & Aim:** Common diseases of aging are preventable by observing the healthy lifestyle. It is of great importance to assess the lifestyle of the elderly in order to prevent diseases and improve their quality of life and health status. Therefore, the aim of this study was to assess the lifestyle of the elderly health center in Torbat Heydariyeh City.

**Methods:** This descriptive cross-sectional study was conducted by cluster sampling on 200 elderly people referring to medical health care centers of Qom city in 2018. Data were collected using demographic characteristics questionnaire and Iranian Elderly Lifestyle questionnaire. Data was analyzed by SPSS19 using Descriptive and analytical tests.

**Results:** The average scores were respectively in overall lifestyle, social and interpersonal relationships, tension management nutrition, physical activity, the areas of prevention

142.8±11.1, 23.21±2.6, 16.5±2.9, 37±3.4, 11.3±2.3, 54.8±4.5

**Conclusion:** The status of healthy lifestyle among the elderly in Torbat Heydariyeh City is relatively moderate. However, more studies are needed for further information.

**Keywords:** Healthy lifestyle, Old age, Torbat Heydariyeh

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