

## Measuring of quality of life and health characteristics among 40-79 old population in Hungary

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**Objective:** Life expectancy is increasing in most developed countries, in part due to improved socio-economic conditions and in part to advances in healthcare. It is widely acknowledged that the promotion of healthy ageing by delaying, minimizing or preventing disabilities or diseases is one of the most important public health objectives in this century.

**Methods:** 243 Women and 181 men aged 40-79 years were recruited in Szeged (Hungary).

**Patients:** Subjects were recruited from population registers and those who agreed to take part completed a detailed questionnaire including aspects of personal and medical history, lifestyle factors.

**Main outcome measures** of body size, cognition, vision, skeletal health and neuromuscular function were obtained.

Internal consistency of the questionnaire was also investigated (Cronbach alfa: 0.715)

### Results

Mean age of participants was 59.17 SD:10.71 years. There were significant correlation between the quality of life and systolic blood pressure of the right & left hand ( $p=0.007$  and  $p=0.013$ ) and smoking use ( $p=0.002$ ) The cardiovascular risk was significantly higher in the 40-50 age groups compared to the older age groups ( $p=0.002$ ).

**Conclusion:** We provide new data among the health characteristics of older population in South Hungary. Such information is an important prerequisite to develop effective strategies to reduce age-related disabilities and optimise health and well-being into old-age.

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