

Cost-Effectiveness Analysis of Health and Nutrition Promotion for Aging Society

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Abstract

The study aims to investigate health and nutrition status of community members in a target area. The results indicate that Obesity is the top health problem in the community, followed by Hypertension, Diabetes Mellitus (DM), Osteoarthritis, Dyslipidemia, Dementia, and Bronchitis. Most elderly persons in the community have very good level of knowledge regarding food consumption behavior. At the end of project, it indicates that health indicators resulted from the health promotion significantly reduced weight, waist circumference, BMI, high blood pressure, and cholesterol, while increase High Density Lipoprotein (HDL). Furthermore, health indicators resulted from food and nutrition promotion also provided the similar findings as in the case of health promotion, excepted for an increase of HDL. The policy implication from the study suggests that it is more costeffective to conduct health promotion using physical exercise. Nevertheless, it should be complementary to implement both exercise and nutrition promotion since they would ultimately reinforce each other and have a significantly positive effect on health and body outcomes.

Keywords: Cost-effectiveness, Health promotion, Nutrition, Aging society, Community