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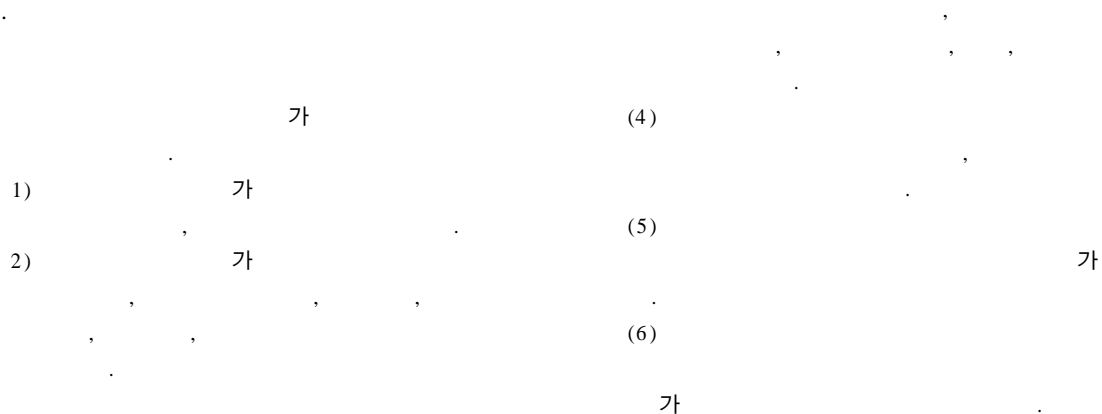
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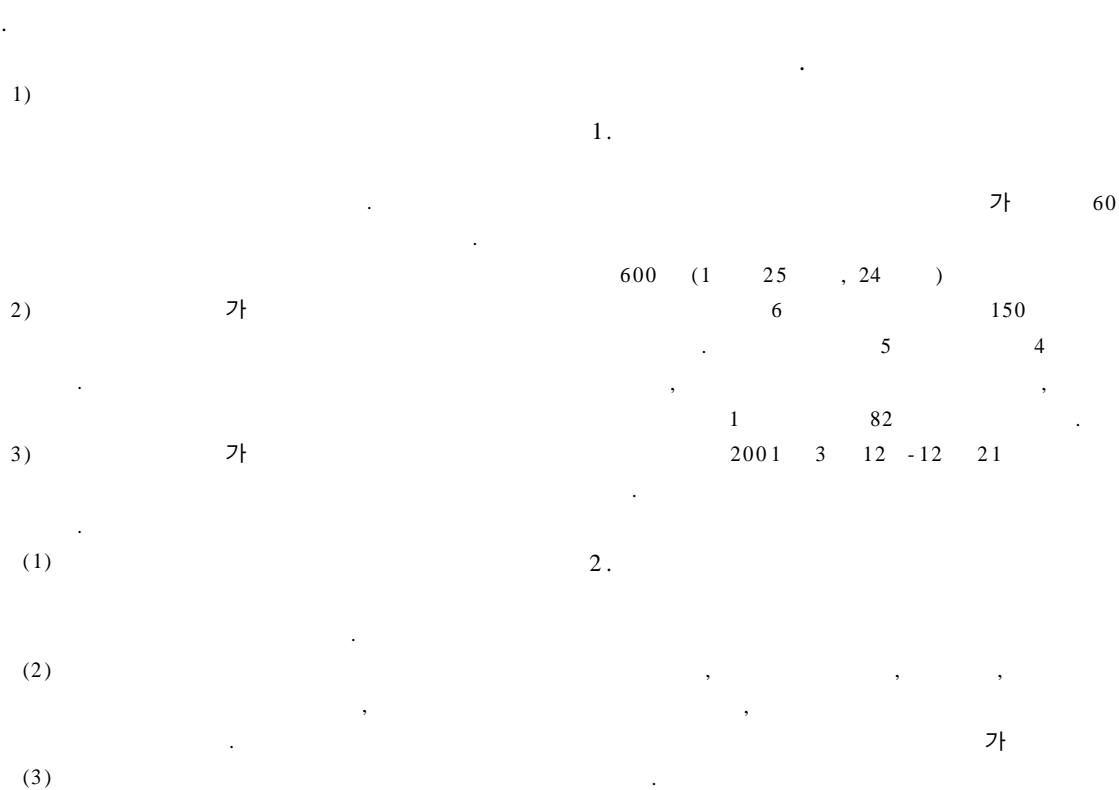
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3.



<Figure 1> Research design

Pretest (before the program)	Health Promotion Program (during 5 weeks)	Posttest 1 (immediately after the program)	Posttest 2 (4 weeks after the program)
0 ₁	X	0 ₂	0 ₃

0₁, 0₂, 0₃ : Outcome Evaluation of Health Promotion Program
(Health knowledge, Health attitude, Self efficacy,
Health promoting behaviors, Perceived health status, Life satisfaction)

0₂ : Process Evaluation of Health Promotion Program
(Satisfaction, Interest, Understanding of the Program)

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: Growing Younger, Growing Wiser (Kemper,
Deneen & Giuffre, 1986) Healthy Lifestyle for
Seniors Project (Warner-Reitz & Grothe, 1981)
Wallingford Wellness Project (FallCreek &
Stam, 1982) .
1 1 2 , 5 (1
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, 5) <Table 1>. ,
5 10 1 .

<Table 1> Health promotion program for the community resident older adults

Week	Contents
1st	Age related changes & Successful aging
2nd	Nutrition for Older adults
3rd	Exercise & Stress management for Older adults
4th	Prevention of Dementia & Promotion of Brain Function
5th	Self care for Common Health Problems of Older adults

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<Table 2>.

<Table 2> Process evaluation of health promotion program for the community resident older adults

	Mean	S.D.
Satisfaction	3.54	0.57
Interest	3.55	0.58
Understanding	3.43	1.21

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(5.85)
(6.72) 가 (t =

-4.139, P=0.000). (5.80)
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(t = -2.479, P=0.018)<Table 3>.

2) 4 (48.35) 가
(10.64) (t = -4.647, P = 0.004).
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3) (t = -8.684, P = 0.000). (6.00)
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(19.63) 가 (t =
(t = -3.606, P = 0.001). (18.08)
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4 (18.71) 가 . 6)
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4) (28.02) 가 (t =
(43.82) -4.389, P = 0.000). (25.57)
(51.09) 가 4 (27.27) 가
(t = -6.645, P = 0.000). (43.29) (t = -3.033, P = 0.004).

<Table 3> Outcome evaluation of health promotion program for the community resident older adults

	Time	Mean (SD)	t	P
Health knowledge	Pretest	5.85 (1.35)	-4.139	0.000
	Posttest	6.72 (1.12)		
Health attitude	Pretest	5.80 (1.24)	-2.479	0.018
	4 week Posttest	6.33 (1.04)		
	Pretest	10.64 (1.38)	-1.751	0.084
	Posttest	10.95 (1.06)		
Self efficacy	Pretest	10.55 (1.36)	0.000	1.000
	4 week Posttest	10.55 (1.28)		
	Pretest	18.37 (2.82)	-3.351	0.001
	Posttest	19.63 (2.76)		
Health Promoting Behaviors	Pretest	18.08 (2.10)	-1.879	0.068
	4 week Posttest	18.71 (2.49)		
	Pretest	43.82 (9.65)	-6.645	0.000
	Posttest	51.09 (8.42)		
Perceived health status	Pretest	43.29 (8.82)	-4.647	0.004
	4 week Posttest	48.35 (7.50)		
	Pretest	5.85 (1.47)	-8.684	0.000
	Posttest	7.04 (1.63)		
Life satisfaction	Pretest	6.00 (1.38)	-3.606	0.001
	4 week Posttest	6.75 (1.61)		
	Pretest	26.21 (4.49)	-4.389	0.000
	Posttest	28.02 (4.22)		
	Pretest	25.57 (3.59)	-3.033	0.004
	4 week Posttest	27.27 (4.03)		

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Healthy Lifestyles for Seniors: An Interdisciplinary Approach to Healthy Aging. A Meals for Millions/Freedom from Hunger Foundation, New York

- Abstracts -

The Evaluation of a Health Promotion Program for the Community resident Older Adults

*Gu, Mee-Ock · Kang, Young-Sil
Kim, Eun-Sim · Ahn, Hoang-Lan
Oh, Hyun-Sook · Eun, Young**

Purpose: This study was conducted to evaluate the process & outcome of a Health promotion program (Growing Younger & More Active) for the community resident older adults from March to December, 2001.

Method: A quasi experimental research (one group pretest-posttest design) was used in this study. The subjects were 82 older adults (but 40 older adults 4 weeks after the program). Program had 5 sessions (10 hours) once a week. Data were collected before the program,

immediately after & 4 weeks after the program and were analyzed with paired t-test.

Result: The levels of Satisfaction, Interest & Understanding of the Program were high. Significant differences were found in health knowledge, health promoting behaviors, perceived health status and life satisfaction between before program and immediately after program as well as between before program and 4 weeks after program, but no significant differences in Health attitude. Self efficacy has significant difference only between before program and immediately after program, but no significant differences between before program and 4 weeks after the program.

Conclusion: This results suggest that a Health promotion program for the community resident older adults developed this study is effective. So this program can be recommended as an effective nursing intervention for the health promotion of the older adults living in community.

Key words : Elderly health promotion program evaluation

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