Evaluating the indicators of the elder-friendly city in Urmia

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Abstract:

Background: According to the World Health Organization, the number of elderly people over 60 will double by 2025. Despite the increasing percentage of elderly people in communities, most urban spaces, environments, and houses are designed without taking into account the needs of the elderly. Due to factors such as a relative decline in birth rates and increased life expectancy, it seems that in the near future, the elderly population in Iran will form a significant part of the demographic structure of the country. The main solution to meet the needs of the elderly is to obtain the standards of an elder-friendly city. Therefore, this research was conducted with the aim of evaluating indicators (With the emphasis on social, cultural, recreational and health indicators) of the Elder- friendly City, in Urmia.

Methods: This descriptive cross-sectional study was carried out in 50 elderly over 60 years old in different regions of Urmia, Feb. 2019. Data collection was done by the WHO questionnaire. In terms of reliability, Cronbach s alpha coefficient was 78%, which is acceptable. Data were analyzed by Stata software. Systematic sampling was performed from 2 nursing homes in Urmia. Eligible criteria were the residence in Urmia and age above 60 years. The Kolmogorov-Smirnov test was used to check the normality of the data and t-test to compare the mean of the indicators.

Results: A total of 50 elderly people participated in this study. Their average age was 67.1 ± 7.32 and 51% were women. The results showed that all social, cultural and educational indicators in Urmia are fairly appropriate and in concordance with the standard, but health indicators are somewhat lower.

Conclusion: Health indicators are an important part of elder-friendly city standards. Therefore, further studies and appropriate interventions are recommended to obtain the standard level of health indicators.

Keywords:

Age-friendly communities, Health, Urmia, Iran

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