

Assessment of Healthy Lifestyle Behavior Needs for Older Adults Living with Hypertension

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Abstract : The purpose of this study was to assess and prioritize the order of needs with regard to the healthy lifestyle behaviors for older adults living with hypertension. The participants involved 400 hypertensive elderly individuals in Chiang Mai, Thailand. The research instrument was a 26-item needs-assessment questionnaire in a dual response format on a four-level rating scale. The data was analyzed with the use of descriptive statistics and the needs were ranked using the Modified Priority Needs Index (PNIModified). The results indicated that the three priorities of healthy lifestyle behavior were healthy eating (PNIModified = 0.36), exercise (PNIModified = 0.35), and social contribution (PNIModified = 0.34), respectively. The implications of the findings for planning the intervention phase of the project are of particular interest.

Keywords : needs assessment, the modified priority needs index (PNIModified), healthy lifestyle behavior, older adults

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