

Status of U.S. military retirees and their spouses toward achieving healthy people 2010 objectives

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=94377&lokasi=lokal>

Abstrak

Purpose: To assess the status of U.S. military retirees and their spouses 38 to 64 years of age relative to select Healthy People 2010 objectives and to identify sociodemographic characteristics associated with select health behaviors.

Design: Cross-sectional analyses with self-reported standardized measures from the U.S. Department of Defense Population Health Survey, 2003.

Setting: The continental United States.

Subjects: U.S. military retirees and their spouses 38 to 64 years of age.

Measures: Data for this study were self-reported responses to the Population Health Survey. Dichotomous variables were created to indicate whether each Healthy People 2010 objective had been met. Each objective was measurable with the survey by using the definitions set forth in Healthy People 2010. These objectives included healthy weight and obesity based on body mass index (height and weight); daily fruit, vegetable, and grain-product consumption; physical inactivity, moderate physical activity, and vigorous physical activity; binge drinking; cigarette use; and smoking-cessation attempts.

Results: The study population did not meet any of the Healthy People 2010 objectives included in this study. Sociodemographic characteristics that were associated with this result included being male, not having a college degree, and a less-than-excellent self-reported general health status.

Conclusion: Health-promotion interventions are needed to improve the health status of this population and to achieve the goals set forth in Healthy People 2010.