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MEDICAL CHECK-UP SUPPORTS HEALTHY AGING IN INDONESIA

BACKGROUND



In the 21st Century, Indonesia becomes the fourth biggest ageing country in the World as reported by the Second World Assembly on ageing (2002). It is estimated that Indonesia will have 28 million elderly in the year 2020 or about 9.5% of the total population. *On the other hand the Indonesian Household Health Survey (2001) reported 88.9% of the elderly suffered from disability (including mild disability). In the US health services, including medical check-up have significantly reduced disability from 22.1% in 1984 to 16% in 2002 (DHHS, 2003).*



How's effect of medical check up on the prevention of disability, measured by limited basic physical activities or activity of daily/ADL, in Indonesia.



METHODOLOGY



The design study was a panel study, and used data from the Indonesian Family Life Survey (collected 1993 – 2000 in three waves) covering 13 provinces from 27 provinces. Those who were 55 years or older in 1993 were included in this study. In total, 1,635 were sampled. Two datasets were constructed for modeling, one for basic activity of daily living (ADL) and the other for dynamic of activity of daily living. Multilevel logistic regression analyses were applied for modeling activity of daily living, and multilevel multinomial analyses were utilized for modeling of dynamic ADL



RESULTS



There were 94 elderly in 1993, 126 elderly in 1997, and 171 elderly in 2000 who suffered from limitation of ADL, and giving an incidence rate of 3.2% per year. *The study proved significant effects of medical check-up on improvements in daily physical activity among elderly (OR=1.85; 95% CI: 1.64 – 2.13). Beside, that Medical Check-Up also has benefits of routine medical check-up on dynamic daily physical activity were significant on changing inactive to active elderly (OR=1.61; 95% CI: 1.22 – 2.32), and from active to inactive elderly (OR=0.81; 95% CI: 0.62 – 0.95). However, medical check-up had no significant effect in changing from inactive to active elderly (OR=1.44; 95% CI: 0.92 – 1.96)*



CONCLUSION



There is a significant effect between medical check-up and basic activity of daily living among elderly in Indonesia, that would have a chance to maintain their ability to perform daily activity twice compared to those who did not receive routine medical check-up. This evidence has suggestion that routine medical check-up should involve in Indonesia health program especially in those people who were in 55 years or older. Sustainable on social insurance program to cover the medical check-up, and supporting elderly health policy has needed for further coming study.

