

# The relationship between intrinsic capacity and health behaviors of the elderly

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## Background

Taiwan is expected to be a “super-aged society” in 2025. Health problems related to aging syndrome are bound to become increasingly serious. This study aims to explore the correlation between health behaviors and intrinsic-capacity(IC) through the ICOPE evaluation and the Health Behavior Questionnaire for the Elderly.

## Methods

The study cohort included older adults aged  $\geq 65$  years who participated in community health screening between July 2011 and November 2024. The participants using the ICOPE screening tool and Elderly Health Behavior Questionnaire. IC's domains are vitality, cognition, locomotion, sensory (vision and hearing), and psychology.

## Results

A total of 924 elderly people with an average age of over 74 years old. The results of their self assessment through the ICOPE questionnaire showed that 41.34% of the participants reported memory decline, 21.97% reported a decline in mobility, and 8.12% reported a weight loss of more than 3 kilograms within three months, 40.91% reported that they had difficulty seeing far and near, 21.97 reported that they had hearing impairment, and at least 8% of the respondents said they had experienced depression-related situations in the past two weeks.

Further comparative analysis with the Elderly Health Behavior Survey found that 16 participants who reported memory decline were still smoking (4.18%), 1 was still chewing betel nut (0.26%), and 40 (10.47%) occasionally or drink frequently, among participants who reported that their mobility was declining, 7 were still smoking (3.44%), 2 were still chewing betel nut (0.98%), and 18 (8.87%) drank occasionally or frequently; among the participants who self-reported malnutrition, 2 People (9.09%) drink alcohol occasionally or regularly.

## Conclusions

Through this assessment, we can help the elderly understand and be alert to the decline of their own intrinsic capacity, while at the same time arousing the relationship with their own health behaviors and helping the elderly with weak inner abilities develop good health habits.

## Keywords

Intrinsic Capacity, Health Behavior Survey, Elderly

