



Service Priorities and Programmes
Electronic Presentations

Convention ID: 890

Submitting author: Ms Ying Yee Chan

Post title: Chief of Service, ,

Elderly health survey – the association between smoking and cataract

Chan YY (1), Cheng WY (1)

(1) Project Concern Hong Kong

Keywords:

Smoking

Cataract

Non communicable disease

Behavioural risk factors

Eye health

Eye health

Introduction

This project aims to investigate the relationship between the elderly's daily activities & behavior and health condition, including the association between smoking and cataract. Some researches show that education can change the behavior of a person and thus affect the health outcome. This project tries to identify the relationship between daily activities & behavior and health condition and hopes to work out an effective strategy to promote personal health so as to improve quality of life.

Objectives

to identify the relationship between daily behavior and health condition, including the association between smoking and cataract

Methodology

A total of 710 persons aged 55 or above had eye exam, fitness test and in-depth interview from March 2011 to June 2012. The samples were selected by 14 elderly centres and social service units in different districts among Hong Kong.

Result

Among the interviewees, the ratio of male to female is around 2:8. Their ages range from 55 to 95 years old. The median of age is 71 years old. 70% are married and living with family or spouse. Their mainly income comes from family. About 10% of interviewees are beneficiary of Comprehensive Social Security Assistance (CSSA) Scheme. About 8% of the interviewees are smokers or former smokers. They have smoked for more than 30 years on average and 70% of them have smoked 10 to 20 cigarettes per day. 89% of the smokers or former smokers had developed cataract while only 78% of the non-smokers had developed cataract. The result is similar to the analysis of Swedish men by Birgitta Ejdermik Lindblad, MD, PhD., of Örebro University Hospital. The study was published online January 2, 2014, in JAMA Ophthalmology. It also suggests that quitting smoking appears to decrease the risk of developing cataracts, and eye care professionals should encourage people to stop smoking.