Physical and Psychosocial Factors Associated with Health-promoting Behaviors among Elderly Chinese with Type-2 Diabetes

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Abstract
This study explored how physical and psychosocial factors influenced the practice of health-promoting behaviors among elderly Chinese patients with type-2 diabetes. Individual structured interviews were conducted with 191 elderly Chinese attending an outpatient clinic in Hong Kong. Results showed that demographic and illness characteristics were unrelated to health practices. Participants were more likely to engage in health-promoting behaviors when they were physically well, valued their health, were confident of practicing the behaviors and viewed their illness as controllable by both doctors and themselves. The above factors exerted their respective main effects, instead of interaction effects, in predicting health practices.

Keywords
Chinese health practices, correlates of health practices, elderly Chinese with type-2 diabetes