

Influence of sociodemographic factors in the control of chronic degenerative diseases in elderly women *

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Summary Poverty and precarious health in the underdeveloped countries mainly affects women and perpetuates the roles defined by sex, this condition is even more affected in the elderly.

1. Relevance

In the world, the number of elderly people is increasing. In 2010, Mexico registered 9.06% of older adults of the total population and by 2029 is expected to double the figure. Moreover, the increase in the prevalence of chronic degenerative diseases in this age group affect the quality of life and increase the need for medical attention. Likewise women have more risk factors and deficient response to disease, coupled with social inequality, poverty and vulnerability in health, increase the dying probability from these diseases.

2. Aims & Objectives

Identify sociodemographic factors that influence in the control of chronic degenerative diseases in elderly women.

3. Methods

Transversal clinical study. Was executed in Women's Hospital, Morelia, Michoacan. Was included 126 women over 60 years old, with obesity and diabetes mellitus, who decided to participate in the study by letter of informed consent. A socio-demographic analysis was carried out based on social class (low-middle class, low and extreme poverty) education (illiterate, basic, average and superior), and occupation (dependent on someone else, unpaid work, low or average remuneration). To identify the control of chronic degenerative diseases was analysed blood pressure, glucose, percentage of glycosylated haemoglobin, cholesterol and triglycerides. Statistical tests were applied chi square, statistical significance was considered when $p < 0.05$

4. Results

Of the 126 elderly women evaluated, the predominant socioeconomic level was the "lower class" (46%), the "basic" level of education (55%) and "unpaid" work (69%). It was identified that the "lower class" has higher percentages in "out of target" values in blood pressure (21%), cholesterol (30%) and triglycerides (36%). According to the educational level, "illiterate" show more uncontrolled in blood pressure(18%), in the "basic level" had good glyceemic control (30%) with statistical significance (0.03), however had decontrol in levels of cholesterol ($p= 0.02$) and triglycerides ($p=0.02$). By occupation the cholesterol ($p= 0.05$) and triglycerides ($p= 0.03$) was show uncontrolled levels.

5. Conclusions

Exist relationship between sociodemographic factors and the control of diabetes and obesity. The vulnerability of elderly women in Mexico requires specific public health policies that take into account gender, socioeconomic level, schooling and occupation

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