

**PB8 403** LONGEVITY STUDY IN DEBRECEN IV. THE INTERACTION BETWEEN THE PHYSICAL / NUTRITIONAL CULTURE AND THE GENERAL HEALTH STATUS IN THE LONG-LIVED ELDERLY.

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Introduction: There is a new conception of healthy aging, that is the interaction between health condition and physical/nutritional culture. This interaction was studied in the long-lived elderly (over 90 years old) in Debrecen city, the east of Hungary. Methods: 228 subjects (169 women, 59 men) randomly selected from the total number of the long-lived elderly were examined and interviewed by means of a questionnaire which contained 159 questions regarding their status of health, nutrition, and physical activity. Results: Based on a self-evaluation, 67% of them had good, very good or excellent and 10% of them had bad health conditions. The hypertonia (81%), arthrosis, spondylosis (76%), and the hypacusis (74%) are manifested as the major complaints among their sicknesses. The rates of the dementia and NIDDM were 31% and 16%, respectively. The incidence rate of the full urine incontinence was 34% in old people's homes, but it was only seen in 19% of the people living in their own houses. 36% of them do gymnastics regularly (69.5% daily). 50.5% of them have free play, 40.5% barely move in their flats while 9% are bedridden. Most of the elderly who were examined consume fruits (52.6%) and butter/margarine (46.2%) daily. Vegetable (50%) and fowl (65.4%) are consumed several times weekly. 68.4% of them eat 3 times a day. 96.2% of them consume soup daily. 40.2% drink a cup of coffee daily, 31.1% drink tea a couple of times a day, 8.3% consume a glass of wine. 13.2% of them are on a diet [because of bile (51.8%), diabetes (24.1%)]. We found only 2.6% smoking rate. Conclusion: Significant correlations were found between parameters of the health condition and the physical / nutritional culture. These results support a new conception of the healthy aging.