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# Health and quality of life among older rural people in Purworejo District, Indonesia


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**Methods:** In 2007, the WHO Study on global AGEing and adult health (SAGE) was conducted among 14,958 people aged 50 years and over in Purworejo District, Central Java, Indonesia. Three outcome measures were used in this analysis: self-reported quality of life (QoL), self-reported functioning and disability, and overall health score calculated from self-reported health over eight health domains. The factors associated with each health outcome were identified using multivariable logistic regression. Purely spatial analysis using Poisson regression was conducted to identify clusters of households with poor health outcomes.

**Results:** Women, older age groups, people not in any marital relationship and low educational and socio-economic levels were associated with poor health outcomes, regardless of the health indices used. Older people with low educational and socio-economic status (SES) had 3.4 times higher odds of being in the worst QoL quintile ( $OR=3.35$ ; 95%  $CI=2.73-4.11$ ) as compared to people with high education and high SES. This disadvantaged group also had higher odds of being in the worst functioning and most disabled quintile ( $OR=1.67$ ; 95%  $CI=1.35-2.06$ ) and the lowest overall health score quintile ( $OR=1.66$ ; 95%  $CI=1.36-2.03$ ). Poor health and QoL are not randomly distributed among the population over 50 years old in Purworejo District, Indonesia. Spatial analysis showed that clusters of households with at least one member being in the worst quintiles of QoL, functioning and health score intersected in the central part of Purworejo District, which is a semi-urban area with more developed economic activities.

**Conclusion:** Socio-economic status, age, marital status, and disability are associated with the health status of the population in Purworejo District, and the findings emphasize the need for people's health improvement.

**Access to data:** The questionnaire data and dataset are available for the public (see Supplemental material for the dataset, [https://doi.org/10.1186/1475-2875-10-10](#)), and you propose



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