



ASSESSING THE HEALTH LITERACY AND DISEASE PREVENTION OF ELDERLY: BASIS FOR AN ACTION PLAN

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ABSTRACT

This study assessed the health literacy and disease prevention practices among senior citizens individuals in Barangay Catandaan, Nasugbu, Batangas, as the basis for developing an appropriate action plan. A descriptive-quantitative research design was employed, involving two hundred (200) respondents aged 60 years and above selected through purposive sampling. Data were collected through a structured Likert-scale questionnaire covering demographic profile, health literacy, and disease prevention practices.

Findings revealed that the majority of respondents were aged 60–70 years, predominantly female, and high school graduates. Overall, respondents demonstrated a positive level of health literacy (WM = 3.26) but only a moderate level of disease prevention practices (WM = 2.99). Significant differences in health literacy and disease prevention were found when grouped according to sex, while no significant differences were observed in terms of age and educational attainment. Based on these findings, a gender-responsive action plan was developed to enhance health literacy and strengthen disease prevention practices among the elderly in the community.

Keywords: *elderly, health literacy, disease prevention*

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