

## Standard

# The Standard for Healthy Chinese Older Adults\*

## 1 Scope

This standard specifies the standard, and evaluation implementation and evaluation criteria for healthy Chinese older adults.

This standard is applicable to the evaluation of the health status for Chinese older adults aged 60 years and above by the personnel from medical and health institutions, nursing home, etc.

## 2 Normative references

The following documents constitute the essential provisions of this standard through the normative references in the text. For the references dated, only their dated versions are applies to this standard; for the references undated, their latest versions, including all amendments, are applicable to this standard.

WS/T 484 Technical specification for health management of the older adults

MZ/T 039 Capacity evaluation of the older adults

## 3 Terms and definitions

The following terms and definitions apply to this standard.

### 3.1 Healthy older adults

It refers to the older adults aged 60 years and above who are self-care or basically self-care, and the physical, mental and social aspects tend to be coordinated and harmonious. The age-related changes of their important organs do not lead to obvious functional abnormalities and the risk factors affecting health are controlled within the range appropriate to their age. Their nutritional status is well and their cognitive function is basically normal. They are optimistic, positive, and self-satisfied. They have certain health literacy and maintain a good lifestyle. They actively participate in family and social activities and have good social adaptability.

## 4 Standard for healthy Chinese older adults

Healthy Chinese older adults should meet the following requirements.

- a) Self-care or basically self-care;
- b) Age-related changes in important organs not resulting in significant functional abnormalities;
- c) Risk factors affecting health are controlled in a range appropriate to their age;
- d) Good nutritional status;
- e) Cognitive function is generally normal;
- f) Optimistic, positive, and self-satisfied;
- g) Have certain health literacy and maintain a good lifestyle;
- h) Actively participate in family and social activities;
- i) Good social adaptability.

## 5 Evaluation implementation

### 5.1 Evaluators

Medical health, nursing, elderly care and other professionals in medical and health institutions and nursing home have trained in standard, evaluation implementation and evaluation standards for healthy Chinese older adults.

### 5.2 Evaluation Location

The current residence of the evaluation objects or their nursing home, medical and health institution, etc.

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\* National Health Standard of the People's Republic of China (WS/T 802—2022).

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### 5.3 Evaluation content and weight

Three dimensions of health are included as following (the total score is 100 points):

Physical health (0–50 points)

Mental health (0–30 points)

Social health (0–20 points)

The specific evaluation indicators are shown in "II. Evaluation Items" of Table A.1 "Healthy Chinese Older Adults Assessment Form" in Appendix A.

### 5.4 Evaluation method

The evaluators will fill in "I. Basic Information" of Table A.1 "Healthy Chinese Older Adults Assessment Form" in Appendix A by asking the evaluation objects or their caregivers. The evaluation was carried out item by item in accordance with "II. Evaluation Items" of Table A.1 "Healthy Chinese Older Adults Assessment Form" in Appendix A. And the evaluators fill in the scores of each three-level indicator, and calculate the scores for each dimension of physical health, mental health and social health.

## 6 Evaluation standard

### 6.1 Evaluation standard for the health status of Chinese older adults in various dimensions

The evaluation standard for health status in each dimension of physical health, mental health and social health are shown in Table 1. According to this standard evaluated, the health status of each dimension is filled in "III. Evaluation Results of Each Dimension" of Table A.1 "Healthy Chinese Older Adults Assessment Form" in Appendix A.

**Table 1.** Evaluation standard for the health status of Chinese older adults in various dimensions

Health status	Physical health	Mental health	Social health
Healthy	40–50 points, and a non-zero score on any of the three-level indicators	24–30 points, and a non-zero score on any of the secondary indicators	16–20 points
Basically healthy	30–39 points, and a non-zero score on any of the three-level indicators	18–23 points, and a non-zero score on any of the secondary indicators	12–15 points
Unhealthy	29 points and below, or a zero score on any of the three-level indicators	17 points and below, or a zeroscore on any of the three indicators	11 points and below

### 6.2 Evaluation standard for the health status of Chinese older adults

The total evaluation score of the health status for Chinese older adults is the sum of scores of physical health, mental health, and social health, and the specific evaluation standards are shown in Table 2. The evaluators can make a determination for the overall health status of the elderly according to Table 2 and fill in the "IV. Health Evaluation Results" of Table A.1 "Healthy Chinese Older Adults Assessment Form" in Appendix A.

**Table 2.** Evaluation standard for the health status of Chinese older adults

Health status	Evaluation standard
Healthy	80–100 points, and all the three dimensions of health assessment are healthy
Basically healthy	Not meeting the "healthy" and "unhealthy" evaluation standard
Unhealthy	59 points and below, or the dimension of physical health is unhealthy, or the dimension of mental health is unhealthy, or total score for the social health dimension was zero