

## ABSTRACT

A cross-sectional descriptive study was carried out in Kalaw Township, southern Shan state, Myanmar aiming to describe the common health problems and health care seeking behaviors of elderly 60 years and older in both urban and rural areas. A 49-item semi-structured questionnaire was administered to random sample of 213 elderly. In this study, more than 60% of elderly were females. Thirty seven percent of elderly were still working and most of them were farmers. There was gender difference in education level, marital status, occupational status and morbidity. High risk behaviors such as smoking 12.21% and betel chewing 17.84% were still present but alcohol drinking was only 2.82%. Despite the reported good self-rated health status was 47.89%, 74% had diseases. Forty one per cent of elderly had hypertension, 18.78% with musculoskeletal disorders, 17.37% with cardiovascular diseases and 9.39% with diabetes. Co-morbidity was present in 25.35% of respondent and among them, elderly with hypertension identified heart disease as the highest comorbid condition. Only 2.82% needed help for daily activities. More than 91% of respondents sought medical care when they became ill. Fifty one percent consulted with medical doctors for their health problems, only 2.82% with specialists, 25.35% with self-medication and 9.86% did with not seek care. Most of the participants 49.77% went to elderly health care clinic, general practitioner clinic 20.66% and hospital outpatient department 12.21%. More than 70% went clinic first when they became ill but, 12.68% went clinic only if self-medication was failed to response and 7.04% went clinic only if they could not stand for pain.