

## **Abstract**

**Background:** There is a current demographic shift in the world leading to a growing number of older persons. Uganda has around 269,000 Retirees from the Traditional Civil Service including Police, Prisons, Local Government Employees, and Teachers. The number of retirees with health and other associated problems is increasing, calling for actions from the health care system and society. It is essential to analyze the Demographic, Socio-economic and Health System aspects because a combination of these factors increases the risk of poor health among the retirees.

### **Purpose of the Study:**

The purpose of the study was to assess the determinants of Health Status of Retired Civil Servants in Kumi, Bukedea and Ngora Districts

### **Methodology:**

This was a cross sectional study with both quantitative (Questionnaire) and qualitative (FGDs) data collection methods. Convenient random sampling was used to select 219 respondents and both manual and computer packages (Epi- Data and SPSS) were used to analyse the data.

### **Results:**

Findings from this research indicated that education level and the retirees' perception of health workers' attitudes towards them significantly influenced their Health Status. The majority of retirees (47 percent) depended solely on pension as a major source of income and subsistence agriculture contributed 36 percent.

### **Conclusions and recommendations**

From the study, the following are clear;

- The health status of retirees in Kumi, Ngora and Bukedea districts was moderate.
- The level of education of the retirees as a demographic factor significantly influenced the health status of retirees in Kumi, Ngora and Bukedea districts.

- Social support was the only socio-economic factor that influenced the health status of retirees in Kumi, Ngora and Bukedea districts.
- The attitudes of health workers had a great influence on the health status of retirees.

Based on the findings of the study as well as findings of similar studies conducted elsewhere, the following recommendations are put forward;

- **Pension sector reforms.** Make the pension sector more beneficial and stress free for retirees.
- **Self-Help Groups for the Elderly.** Build the capacity of Retirees' SACCOs and Self-help Groups and other Associations of the Elderly.
- **Investment in Geriatric Medicine.** Medicine and medical supplies must be committed to addressing the core health problems that affect the elderly.
- **Further studies into the topic.** Long term studies to examine the ways in which older adults' changing health interacts with social, economic and psychological factors and retirement decisions is recommended.