

What is Healthy Ageing?

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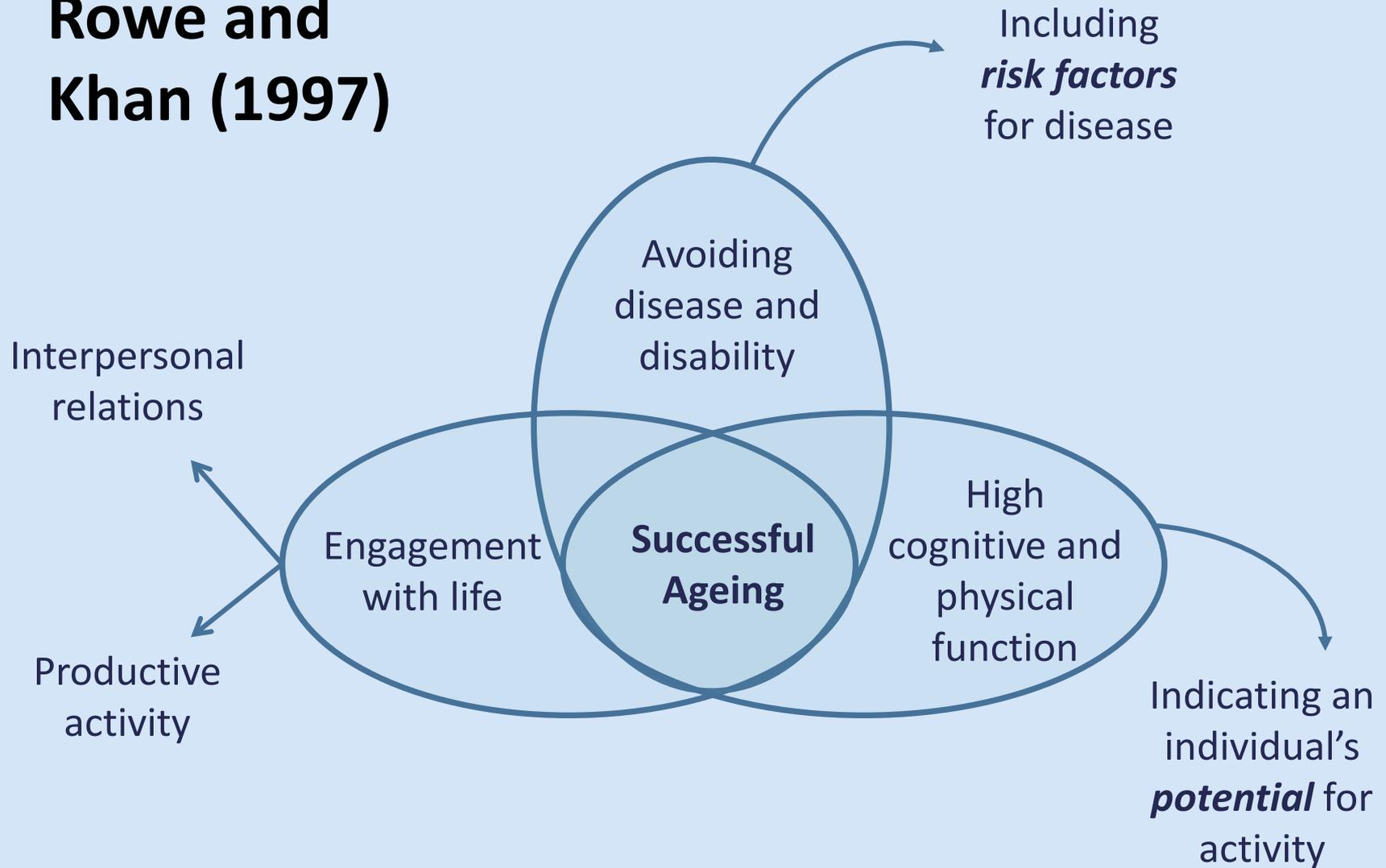
What is health?

“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” (World Health Organisation).

Friedman et al. (2019): Definitions of healthy ageing (or *successful ageing; optimal aging; ageing well* etc.) depend on our goals. e.g.

- Minimising costs of healthcare
- Enabling people to work for as long as possible
- Enabling people to feel as good as possible

Rowe and Khan (1997)



Avoiding Disease and Disability

Age UK (2015)

Table 2: Diseases and common conditions and syndromes studied

Cardiovascular diseases Hypertension Atrial Fibrillation Coronary heart disease Heart failure Stroke	Neuropsychiatric Dementia Depression Epilepsy Mental health (Psychoses, schizophrenia, bipolar affective disorder)
Respiratory Asthma Chronic obstructive pulmonary disease	Endocrine Diabetes Hypothyroidism
Chronic kidney disease (stages 3 to 5)	Cancer in the previous 5 years (excluding non-melanoma skin cancer)
<i>Additional common conditions</i> Anaemia Osteoarthritis Osteoporosis	<i>Additional syndromes</i> Falls Fragility fractures Incontinence (urinary and faecal) Skin ulcers (including pressure sores)

Lu et al. (2018):

Systematic review of healthy ageing measures:

- Most common were self-reported **chronic diseases**.
- Other studies measured: **hypertension and cardiovascular risk factors, biomarkers of kidney and cardiovascular function, BMI, pain, vision, audition, and sleep.**

High Cognitive and Physical Function

Cognitive and Physical **Ability** e.g. Lara et al. (2013)

- Episodic memory
- Cognitive processing speed
- Executive functions

Apple
Penny
Clock
Table

- Grip strength
- Gait speed
- Standing balance test etc.



Functional Ability e.g. Lawton and Broody (1969).

Basic Activities of Daily Living (BADLs)

BATHING

1. Bathes self without help
- ...
5. Does not try to wash self and resists efforts to keep clean

Instrumental Activities of Daily Living (IADLs)

ABILITY TO USE TELEPHONE

1. Operates telephone on own initiative
2. Dials a few well-known numbers
3. Answers telephone but does not dial
4. Does not use telephone at all

Engagement with Life

Interpersonal relations

- Socio-emotional and instrumental relations.
- For prevention of loneliness and provision of social support.

e.g. Manierre (2018)

Married?	No / Yes
Frequency of attending meetings, groups or clubs	Never – 2-3 times a month
Religious meetings	Never – once a week +

Productive activity

- Contributions to society.
- *Cf Purpose in Life* domain of psychological wellbeing (Ryff and Keyes, 1995)

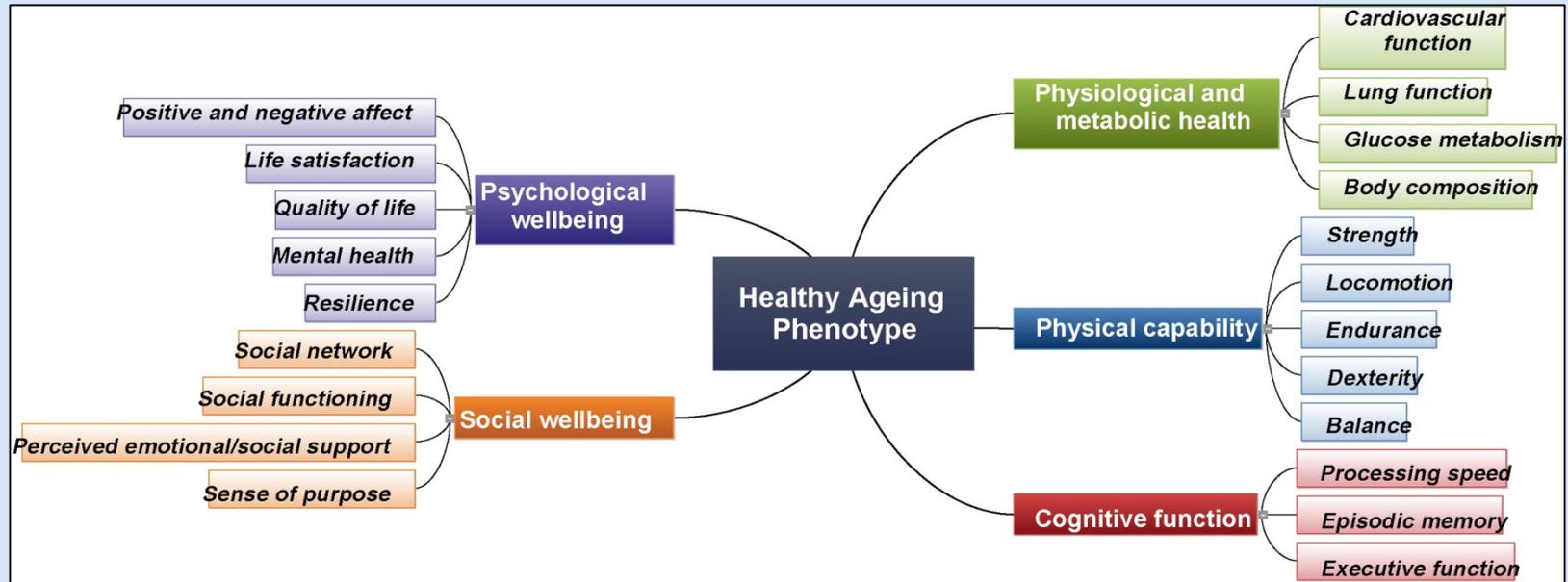
Employed?	No / Yes
No. hours volunteered in past year	0 – 80 +
No. hours spent helping others	< 20 – 160+

Ryff, C.D. & Keyes, C.L.M. (1995) The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69, 719-727.

Manierre, M. (2018). Binary and Nonbinary Measures of Successful Aging: Do They Yield Comparable Conclusions? *Research on Aging*. Available online 30th Dec 2018: <https://doi.org/10.1177/0164027518819208>

Healthy Ageing Phenotype

Lara et al. (2013)



- Greater focus on social and psychological factors
- Recommend measures of *subjective* experiences of e.g. wellbeing, loneliness, satisfaction with social activities etc.

Lay Perspectives

Strawbridge et al. (2002): of 867 adults aged 65-99 years:

- **18.8%** were rated as ageing successfully by Rowe & Khan criteria.
- **50.3%** rated themselves as ageing successfully.

Elias, Bryant, Toner and Brown (2019)

Describing what the term ageing well means to her:

“... hopefully to have enough good health so that you can function in some way [...] health is a good factor of course to start with ”

Female care home resident, age 95 years

Cf. Avoiding disease and disability

Describing someone who she felt was ageing well:

“she was such a nice person and very, *very* handicapped [...] she was in a wheelchair [...] But she was the most contented person, *outwardly* anyway, that I ever knew”

Lay Perspectives

Cosco *et al.* (2013): Systematic review of lay perspectives.

12 Psychosocial Factors

Acceptance

Spirituality

Community

Quality of life

Maintainance

Independence

Self-awareness

Perspective

Adjustment

Social roles

Prevention and remediation

Engagement

2 External Components

Environmental factors

Finances

5 Biomedical Components

Cognitive and mental faculties

Physical health and functioning

Health maintenance behaviours

Longevity

Health

- A broader, more nuanced, and varied construct.

Lay Perspectives

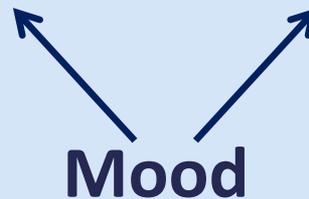
Teh, Brown, and Bryant (2019): The centrality of mood.

Physical health

“...when you are in a good mood, actually it will be easier to maintain your health.”

Social engagement

“...I have seen some older adults that looked very sad and worried every day. And they isolate themselves...”



Mood

Positive attitude

“If you are happy, your attitude is good.”

Lay Perspectives

Cultural differences

e.g. Teh, Brown, and Bryant (2019): interdependence of healthy ageing state.

“To age well, ***people in your family will need to be well too.*** If you are well, but your family members are unwell, then you will not be as happy. You will worry, for example, if some of your children are unwell, you will worry.” (‘Mr Yang’, aged 69 years)

“Children abandoned you. [...] ***Not having someone to look after you when you are old,*** [...] It is then considered as not [ageing] well.” (‘Mrs. Song’, aged 75 years)

Summary and Conclusions

- Healthy Ageing encompasses **more than just physical health**.
- Lay perceptions of healthy ageing are often broader and more nuanced than those of clinicians/researchers.
- There may be cultural and other variability in terms of which factors are most important.
- Lots of possibilities for **interventions and products** that support healthy ageing! E.g....
 - *Avoiding disease & disability*
 - *Reducing risk factors*
 - *Maintaining cognitive ability*
 - *Increasing functional ability*
 - *Promoting independence*
 - *Reducing isolation*
 - *Promoting acceptance of age-related change*
 - *Increasing health behaviours*
 - *Promoting positive mood and attitude*

Thank you for listening

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