

# VIEWS ON AGING AND THEIR ROLE FOR HEALTHY AGING

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## BACKGROUND

- The United Nations declared 2021-2030 as the **Decade of Healthy Aging** as more people than ever live long lives [1]
- Yet, longer lives are not healthier lives for all, thus, a major concern of public health is to **promote healthy aging** [1]
- **Views on aging (VoA)**, i.e. societal age stereotypes and self-perceptions of aging and old age [2], have been shown to play a significant role for **healthy aging** [3]
- We investigate the **prevalence** of different VoA and their association with **health, health behavior** and **healthcare**
- This knowledge contributes to a better understanding of the **requirements** for **healthy aging** and **effective healthcare**

## CURRENT PROJECTS ON VIEWS ON AGING (VoA)

### VoA AND POST-STROKE RECOVERY

#### – NEUROADAPT –

**AIM:** To investigate the relationship between trajectories of post-stroke disability and self-rated health, and the role of VoA as a modifying factor

**METHOD:** Prospective observational study with one in-hospital assessment and interview and four telephone interviews of 300 patients enrolled with acute ischaemic stroke or transient ischaemic attack

**COOPERATION:** Clinic and Polyclinic for Neurology, Prof. Dr. Agnes Flöel

**DATA COLLECTION PERIOD:** March 2021 – November 2023



### VoA AND FEAR OF FALLING

#### – GAST –

**AIM:** To investigate the role of VoA (self-perceptions of aging) for gait patterns and fear of falling

**METHOD:** Cross-sectional study with 100 patients recruited at the geriatric medical center (AMZ) in Wolgast. Interviews are supplemented by routine clinical data, and assessment of gait parameters (GAITRite®)

**COOPERATION:** Clinic and Polyclinic for Internal Medicine D (Geriatrics), Prof. Dr. Maik Gollasch

**DATA COLLECTION PERIOD:** Starting spring 2024



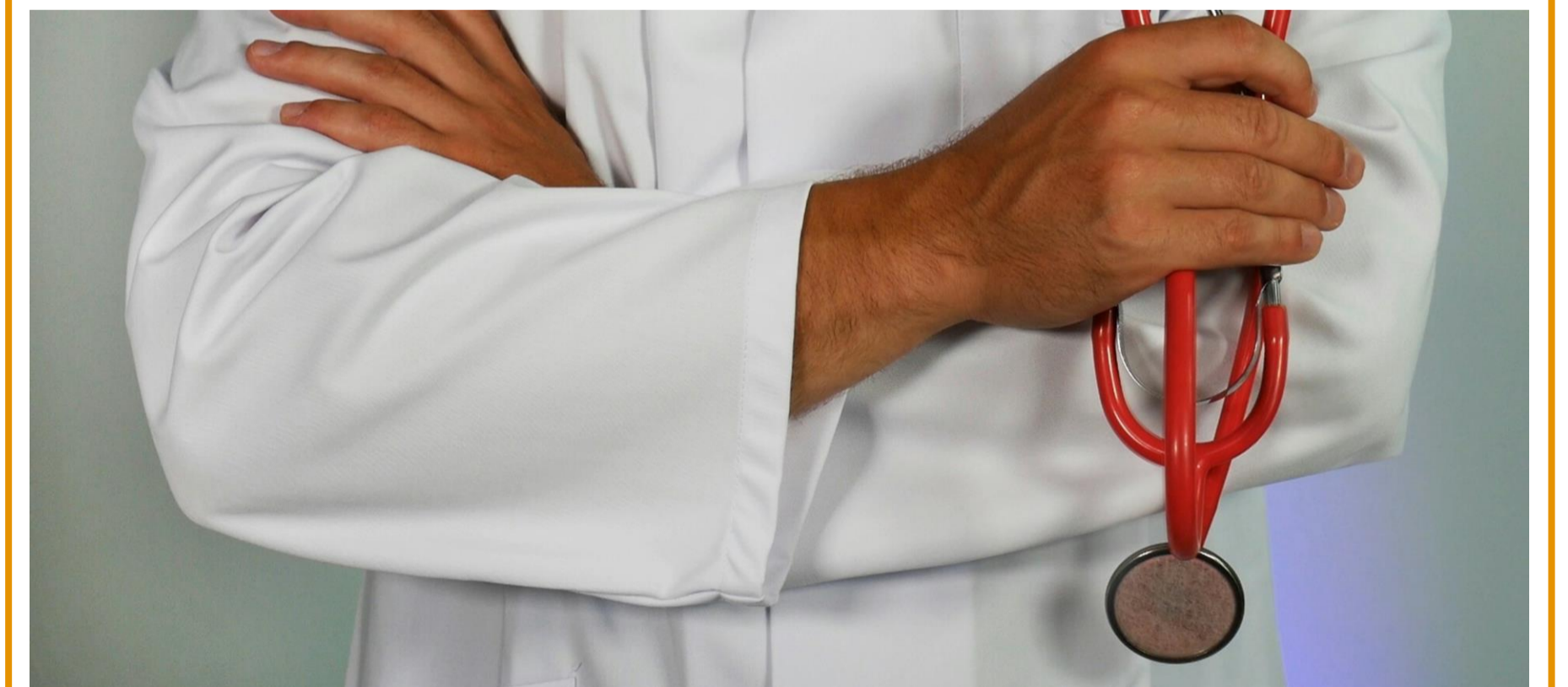
### VoA IN PRIMARY CARE

#### – ABBHA –

**AIM:** To examine VoA (age stereotypes, self-perceptions of aging) among general practitioners in Mecklenburg-Western Pomerania and their relationship with socio-demographic factors, practice characteristics, and specific communication patterns (Elderspeak)

**METHOD:** Cross-sectional survey of all general practitioners in Mecklenburg-Western Pomerania. Data collection will be conducted via paper-pencil or online questionnaire.

**DATA COLLECTION PERIOD:** Starting spring 2024



## FACTS ON AGING QUIZ

What do you know about old age and old people?  
Check your knowledge now!



## ABOUT US

Prevention Research and Social Medicine – Institute  
for Community Medicine – Prof. Dr. Susanne Wurm



[1] United Nations (2022). Decade of healthy ageing. <https://www.decadeofhealthyageing.org/about/join-us/partnering>

[2] Wurm, S., Diehl, M., Kornadt, A. E., Westerhof, G. J., & Wahl, H. W. (2017). How do views on aging affect health outcomes in adulthood and late life? Explanations for an established connection. *Developmental Review*, 46, 27-43.

[3] Westerhof, G. J., Nehrkom-Bailey, A. M., Tseng, H. Y., Brothers, A., Siebert, J. S., Wurm, S., ... & Diehl, M. (2023). Longitudinal effects of subjective aging on health and longevity: An updated meta-analysis. *Psychology and Aging*, 38(3), 147.

[4] Schäfer, S. K., Fleischmann, R., von Sarnowski, B., Bläsing, D., Flöel, A., & Wurm, S. (2021). Protocol: Relationship between trajectories of post-stroke disability and self-rated health (NeuroAdapt): protocol for a prospective observational study. *BMJ Open*, 11(6).

[5] Jesgarz, L., Gehring, M., Schäfer, S., & Wurm, S. (2023, November 27). Predictive associations of psychosocial factors and fear of falling in older adults: Protocol of a systematic literature review. <https://doi.org/10.17605/OSF.IO/X5ZGR>