

Active and healthy ageing

Editorial

Ageing is a period in the life cycle that everyone experiences. The world population is rapidly aging, and the global proportion of people aged 60 and over is expected to reach 22% by 2050, up from 11% in 2006.¹

Population aging is a global phenomenon associated with the gradual improvement of medical fields and living conditions. It is seen that especially developed countries have developed a series of strategies in social and health services to provide a good quality of life for older adults, and studies continue to focus on preserving their independence and enabling them to live an active life in their own environment as they age.^{1,2} In the health management of the elderly, emphasis is mostly given to the dimension related to physical functionality. Today, other factors that go beyond the boundaries of health but are still thought to have an impact on health outcomes are also taken into account. For example, lifestyles, environmental conditions and social participation.^{3,4}

In general, there is a special emphasis on the need for a central policy aimed at increasing the level of active aging. It is suggested that the implementation of the Integrated Active Ageing Package (IAAP), which includes policies to improve the health and economic security of older people, encourage participation in social groups and longer working lives, and organize learning programs, will be useful in increasing the level of active aging of older people.³

It has also been examined how health status and social networks are related to resilience among older people and how they contribute to their ability to live in rural and remote communities as they age. It has also been determined that efforts to increase mental health status may increase resilience, especially among older people in rural settings with fewer family and friends.

It is noted that participation in cultural and interactive activities are essential elements for combating social isolation and can eliminate the harmful effects of social isolation on health.

The concept of successful aging is fundamentally related to the cultural structure of society, therefore it is recommended that the cultural, social and religious conditions of each society should also be taken into consideration.^{3,4}

It has been shown that active and healthy aging can be increased by activating social infrastructure, urban planning, the architecture of health facilities and lifelong personal arrangements.

Physical activity is an important component of healthy lifestyles. It has also been investigated whether electronic messaging can increase physical activity among the elderly. It has been concluded that electronic messaging transmitted from mobile phones is effective in increasing the duration of physical activity in the elderly.^{2,4}

Volume 8 Issue 5 - 2024

Ferhan Tanrıöğür Soyuer

Department of Physiotherapy and Rehabilitation, Turkey

Correspondence: Ferhan Tanrıöğür Soyuer, Department of Physiotherapy and Rehabilitation, Turkey, Email soyuerferhan@gmail.com

Received: November 11, 2024 | **Published:** November 14, 2024

Today, successful aging has become an indispensable part of development programs. In order to achieve successful aging, all aspects of elderly health should be taken into account. Many factors that will be focused on successful aging can help prevent and reduce age-related problems, thus reducing costs such as disease burden for the state economy.

The power of science shows that it can provide a broad concept that "includes not only longevity and reducing morbidity with a healthy lifestyle, but also living a meaningful, joyful, honorable and interactive life" Therefore, we will try to focus on these issues in the upcoming issues of our journal IJFCM.

Acknowledgments

None.

Conflicts of interest

The author declares there is no conflict of interest.

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