

به نام خدا

DETERMINANTS AND INDICATORS OF SUCCESSFUL  
AGING AS AMULTIDIMENSIONAL OUTCOME: A  
SYSTEMATIC REVIEW OF LONGITUDINAL STUDIES

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# INTRODUCTION

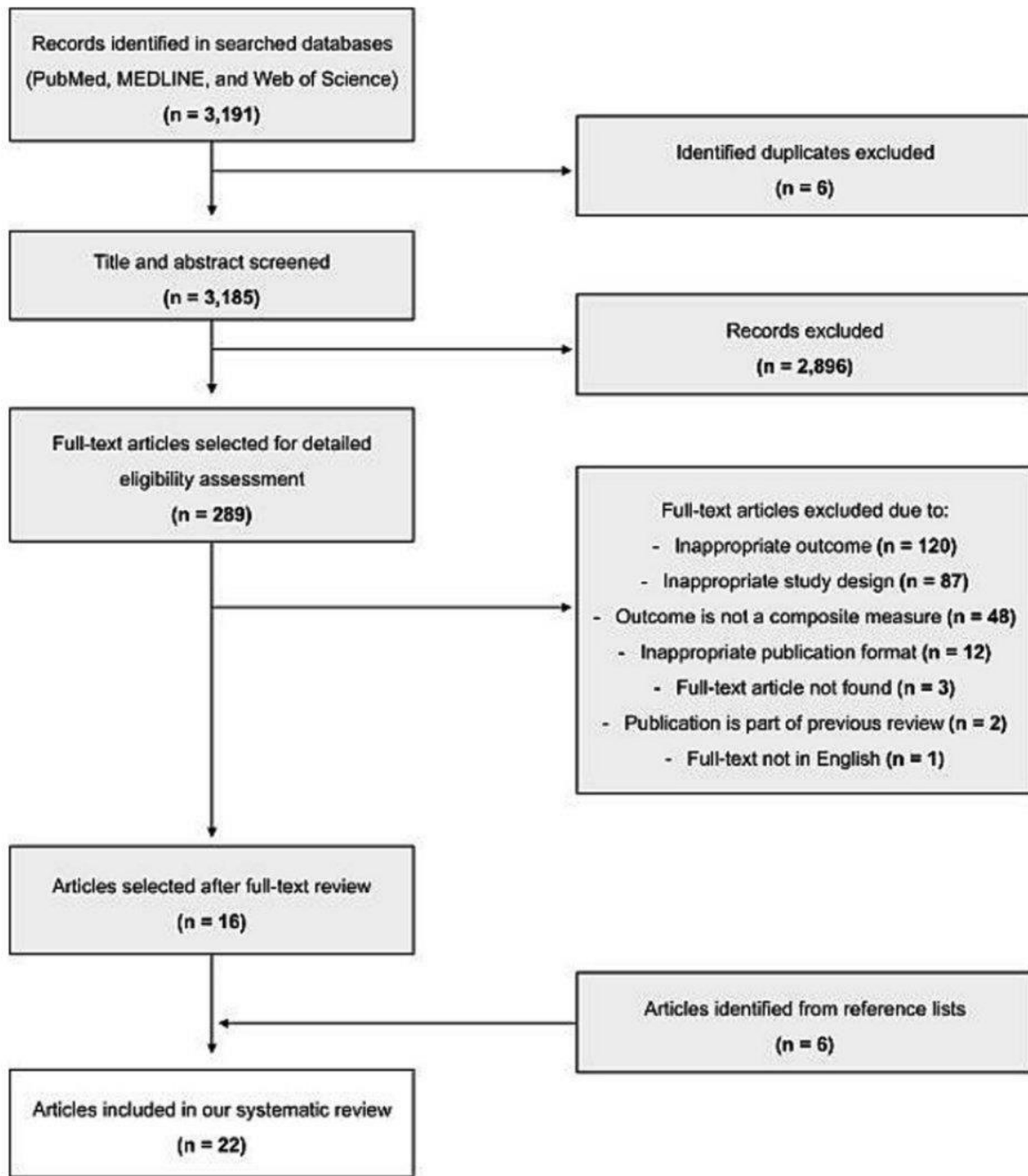
- The world's population is aging at an unprecedented pace. By 2050, it is estimated that the global number of people aged 65 and older will be more than double, reaching over 1.5 billion individuals
- How to cope with the increasing burden of age-related diseases and conditions has become a point of major concern to health policy makers.
- The concept of successful aging (SA) was introduced by Rowe and Kahn in 1997 to describe the phenomenon of aging in good overall physical, mental, and social wellbeing."
- Originally defined as 'freedom from disease or disease-disability, high cognitive and physical functioning, and active engagement with life', the term SA has evolved to include functional ability, independence and quality of life.

# INTRODUCTION

- There has been increasing interest in understanding the role of various exposures throughout the lifecourse including lifestyle, biological, psychological, and social factors as possible determinants of SA

## METHODS

- A systematic search was performed identifying records in PubMed, MEDLINE, and Web of Science published between August 2016 and June 2023.
- Only longitudinal observational studies, where exposures were measured before the outcome, were included in the review.
- Further inclusion criteria included original research articles published in peer-reviewed journals, primary aim to measure associations between determinants and SA outcome, using the definition of SA based on the multidimensional model of SA by Rowe and Kahn.
- Exclusion criteria were: cross-sectional and case-control studies, experimental laboratory or animal studies, secondary source reports, SA definitions not including the aforementioned domains of SA as defined by Rowe and Kahn, studies in special population groups.



# STUDY SELECTION

FIGURE 1  
PRISMA flow diagram of study selection, including identification, screening, eligibility, and inclusion of studies.

# STUDY CHARACTERISTICS

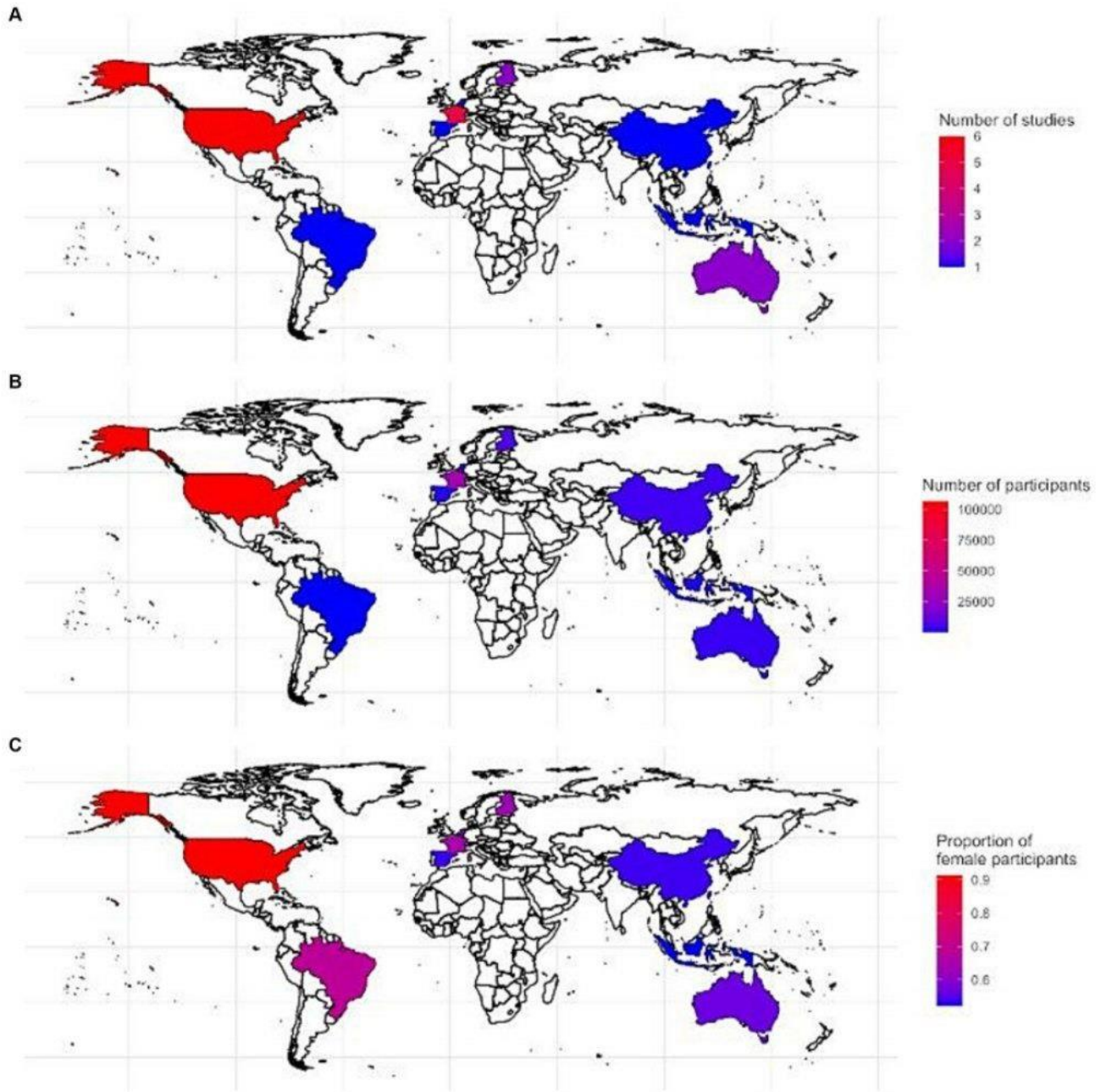


FIGURE 2  
Graphical representation showing the geographical area covered by the studies in the systematic review: (A) the number of included studies, (B) the total number of participants based on the included studies, and (C) the proportion of females in the total amount of included participants per country.

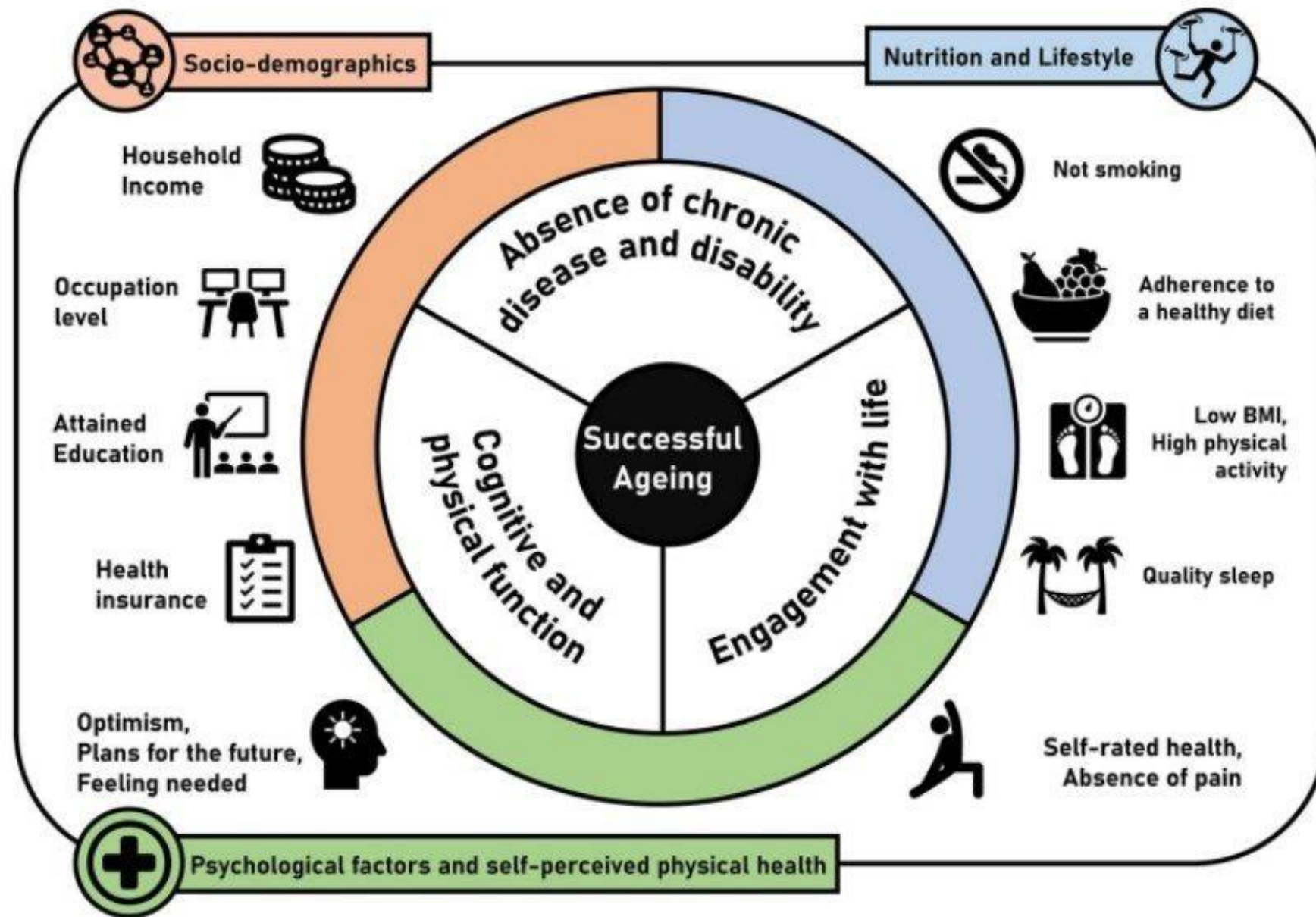


FIGURE 3

Overview of determinants and indicators of SA from the studies included in the systematic review ( $n = 22$ ).



## SOCIO-DEMOGRAPHIC FACTORS

- Sex
- Ethnicity and Financial Status
- Occupational Status
- Residency
- Marital Status and Family Longevity

# NUTRITION AND LIFESTYLE FACTORS

- Anthropometrics
- Diet
- Specific Nutrients
- Combination of Lifestyle Factors
- Synergistic Effects
- Overall Importance of Lifestyle Habits

## BIOLOGICAL FACTORS

- Metabolic Health
- CRP Levels
- Metabolic Syndrome

## PSYCHOLOGICAL FACTORS AND WELL-BEING

- Optimism
- Self-Perceived
- Feeling Needed and Future Plans
- Components of SA
- Engagement with Life
- Variation in Assessment

# DISCUSSION

- Overview
- Key Determinants
- Lifestyle Importance
- Diet and Health
- Biological Factors
- Psychological Factors
- Socio-economic and Psycho-social Factors
- Broader Implications

# DISCUSSION

- Methodological Limitations
- Definitions of SA
- Multidimensional Aspects
- Combining Objective and Subjective Criteria
- Focus of Current Studies
- Recent Findings
- Future Research

# DISCUSSION

- Strengths of the Review
- Definition and Inclusion Criteria
- Methodology
- Observational Nature and Limitations
- Study Attrition
- Geographical and Age Limitations
- Future Research Directions

## CONCLUSION

- Multidimensional Definition
- Holistic View
- Complexity and Novel Approaches
- Summary of Determinants
- Emerging Research
- Future Research Needs