

Successful Aging Among Community-Dwelling Palestinian Older Adults: Prevalence and Association with Sociodemographic Characteristics, Health, and Nutritional Status

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Abstract

Background: Aging population and life expectancy are increasing globally, to cope with this trend, successful aging (SA) attracted the attention of gerontology research to determine its prevalence, risk factors, and its correlates. However, the published research about SA and older adult's health are sparse in Palestine. **Objectives:** This study aimed to determine the prevalence and correlates of SA, normal aging, and mild cognitive impairment (MCI) among Palestinian older adults in Hebron governorates. **Methods:** A cross-sectional study was conducted during March 2018–May 2018 among a total of 185 participants selected by stratified random sampling from five different areas in Hebron governorance. SA was defined based on the multidimensional model; absence of chronic diseases, normal functional status with complete independency, maintains normal cognitive and psychological function and social engagement. Sociodemographic data, nutrition, and health status were also collected and analyzed. **Results:** The prevalence of SA among older Palestinians (22.2%), usual aging (58.9%), and the MCI (18.9%), with no significant difference in the prevalence between men and women $P < 0.05$. The most prevalent subdomain is independent living skill (77.8%) and the lowest is the absence of chronic diseases (30.8%). SA was associated with younger older age (60–70 years), still working, and well-nourished participants. **Conclusion:** The results of this study revealed, successful aging is associated with younger age, still working and good nutritional status. Further research with appropriate methodology different parts of Palestine is required.

Key words: Mild cognitive impairment, older adults, Palestine, prevalence, successful aging

INTRODUCTION

The worldwide aging population has significantly increased in number for the past decades. The increase in life expectancy is the main reason.^[1] Palestine is also witnessing increase in life expectancy, according to the Palestinian Central Bureau of Statistics, the elderly made 4.4% of the total population with 72 years of life expectancy.^[1] This growing number requires proper research and planning to meet their needs and stand by all challenges they face to grow up with dignity.^[2]

Successful aging (SA) is not a new concept in geriatric literature; still, there is no standard definition for SA, however, there are main points that are included in any definition of SA; absence of age-related chronic diseases (such as hypertension, diabetes, and cancer), high level of physical functioning and independency, high cognitive function, and good social engagement.^[3] Other researchers created a multidimensional

model to define the SA that included: avoidance of major chronic diseases, physical function, and psychocognitive function.^[2]

Up to our knowledge, after searching in many databases including ScienceDirect, Scopus, PubMed, and SpringerLink, there is an obvious gap in the information available about the needs of the aging population in Palestine. Aging and gerontology research is empirical and needs investigation. In

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