

Staying fit in older age: What is the secret?

Digital Workshop

Where? Online via Zoom (for link click [here](#))

When? 18.01.2022, 4:00-6:00 p.m. CET

Due to demographic change, the industrialized world faces decreasing birth rates, a higher life expectancy and an ageing population. Older age is characterized by large heterogeneity regarding physical health, physical fitness, and mental well-being. We will investigate this heterogeneity by presenting data from the ongoing AEQUIPA/OUTDOOR ACTIVE project and pursue the question what really matters. In this workshop, further projects on healthy ageing will present their work. This will lead to a critical discussion on suitable health outcomes for older age.

- 16:00** Workshop introduction
Karin Bammann, University of Bremen, Germany
- 16:10** OUTDOOR ACTIVE study: Context and study design
Karin Bammann, University of Bremen, Germany
- 16:20** OUTDOOR ACTIVE study: Health of older adults in Bremen
Birte Albrecht, University of Bremen, Germany
- 16:40** A multidimensional model of healthy ageing: proposal and evaluation of determinants based on a population survey in Ecuador
Maria Fernanda Rivadeneira, Pontificia Universidad Católica del Ecuador, Ecuador
- 17:00** Healthy active ageing in age-friendly communities: Older people's perspectives in the UK, Brazil and India
Judith Sixsmith, University of Dundee, UK
- 17:20** Ageing, Health and Life Satisfaction of the Oldest Old: An Analysis for Germany
Wencke Gwozdz, Justus-Liebig-University Giessen, Germany
Alfonso Sousa-Poza, University of Hohenheim, Germany
- 17:40** Discussion and round-up
Karin Bammann, University of Bremen, Germany

The workshop is free of charge.

Contact

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