

Abstract

Title: Lifestyle Factors and Successful Ageing: A Systematic Review on the SuperAger Phenomenon

Background: As the world's population continues to age, the importance of studying the elders becomes more relevant. Age is one of the most prominent risk factors for diseases and understanding how to overcome or prevent the onset of any of them should be the goal for us as health promoting professionals. One of the straight-forward preventive measures is lifestyle.

Objectives: The aim of this thesis was to assemble lifestyle factors that potentially contribute to the successful ageing of SuperAgers.

Methods: A total of 6 databases were systematically reviewed using keywords established to help answer the review question. 654 studies were identified through the primary search and 10 studies were identified by hand search. After removing the duplicates, another 590 studies were excluded and 20 studies were selected for further eligibility. These studies were assessed using the Newcastle Ottawa Scale.

Results: The number of studies finally retrieved from the systematic search was 20. Physical activity was identified as the most likely lifestyle factor to be positively associated with SuperAgeing. Social engagement, diet and adherence to cognitive activities were also found to be influential, as opposed to alcohol consumption and tobacco smoking that showed a negative impact on cognitive functions.

Keywords:

cognitive functions, episodic memory, physical activity, diet, elderly