

Social relationships may help maintaining function among older adults

COMMUNITY EMPOWERMENT AND CARE
FOR WELL-BEING AND HEALTHY LONGEVITY
: EVIDENCE FROM COHORT STUDY (ABBR. CEC)



- The cohort study which run from **1991 (for 28 years)** in a suburban area of Japan
- Study setting
 - Population: 4,791
 - Aging rate 28.1%
(1st April 2019)
- **All of the residents** have been invited to participate

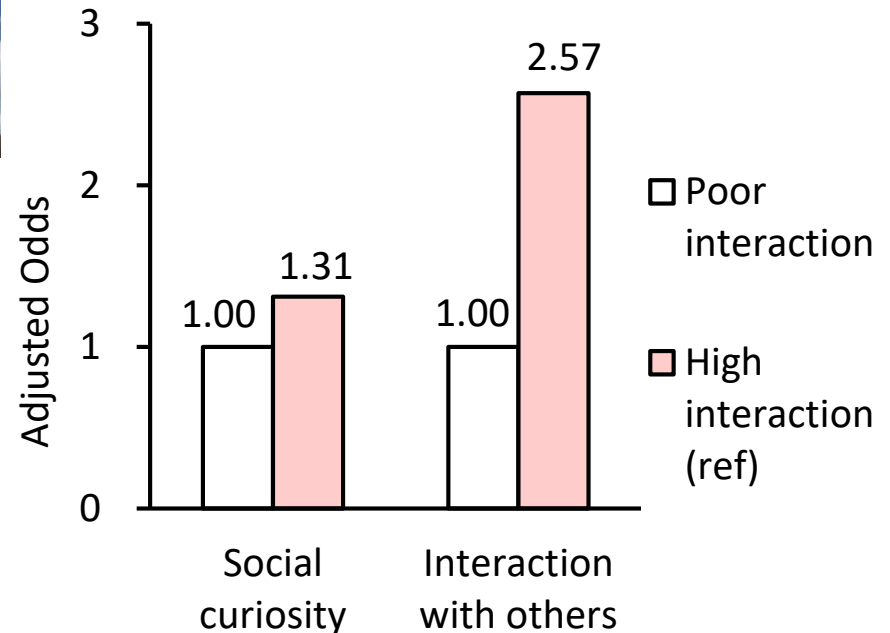


Fig. The odds ratio for a one-point increase in social interaction scale (subscales) with prevention of functional declines

High social curiosity and interacting with others were significantly associated with maintaining functional declines six years later. Promoting individual's social curiosity and interaction may be one of key strategy for preventing future need for care.

References: Watanabe K et al., Public health. 2020; 179:84-89

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