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Successful aging lifestyles related to well-being of elderly Japanese resided in a local City, Japan

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Introduction: In super-aging period elderly Japanese residents need to have active lifestyles aiming at successful aging. In particular it's important for "old-old" aged 75 years and over to keep their well-being better through lifetime.

Aims: The purpose of this study is to verify the successful aging lifestyles related to well-being of elderly Japanese, and to compare lifestyle factors between "young-old" aged 65-74 years and "old-old".

Methods: Subjects were randomly selected from all elderly residents in A City, Kyoto Prefecture, Japan. Questionnaires were distributed to elderlies randomly selected in Dec. 2015. 1,419 elderlies were analyzed in this study. Successful aging lifestyles related to well-being were compared between "young-old" aged 65-74 years and "old-old". Ethical approval for this study was obtained.

Results: 724(73.6%) of "young-old" and 309 (70.5%) of "old-old" had good well-being. Successful aging lifestyles related to better well-being were as follows. In "old-old" elderlies successful aging lifestyles were taking health checkups, caring about salinity, eating vegetables, doing exercise, feeling stressed, taking enough rest, going out three times a month or more, joining district events, having relationship other than work and having fun or purpose. In "young-old" elderlies in addition to those of "old-old" residents taking regularly meals, eating breakfast at every morning, eating dinner two hours before bedtime, eating dinner at every night, eating seaweed or mushrooms 4 times a week or less and no smoking were active lifestyles.

Conclusions: Successful aging lifestyles are considered to be important to keep well-being better in elderly residents in super-aging Japan.

Notes: