

To Examine the Factors Affecting Health and Wellbeing of Centenarians Living in Ireland

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Background

According to the United Nations the global number of centenarians is set to continue to climb, expecting to reach more than 25 million people in 2100 [1]. As centenarians live at the furthest extremity of age, they have long been considered as representative of healthy aging [2][3]. The unprecedented growth of centenarian population cohorts and the heterogeneity in their phenotypes has led to the compromise that generally they can be considered as ambassadors for healthy aging [4][5][6]. The ideology of centenarians as a 'model for positive aging' is driven by the aforementioned need in modern society to distinguish the key factors contributing to advanced longevity.

Research Aims and Objectives

The aim of this research is to extend the body of knowledge concerning the factors which have influenced the health and wellbeing of an individual aged over 100 years living in Ireland by identifying the factors that have influenced positively or otherwise on the persons health and longevity.

It is hoped that this research will educate policy makers on what contributes to successful ageing and furthermore guide future ageing strategies.

This study will employ storytelling in the form of face to face interviews) in order to give centenarians a voice.

What's Next?

Ongoing Recruitment of Participants

Commencement of Interview Process

Transcription of Findings

Acknowledgement

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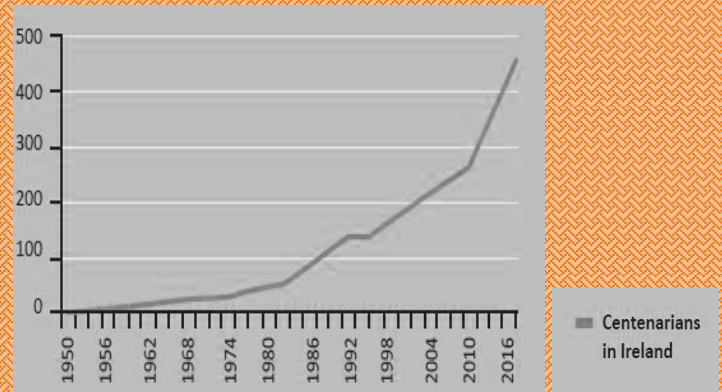


Fig.1 Rise in number of Irish centenarians 1950-2016. Source: Human Mortality database (HMD), Central Statistic Office, 2017

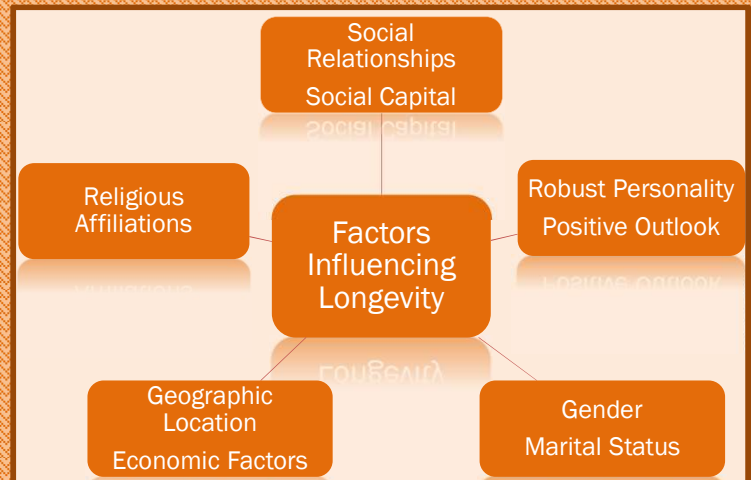


Fig.2 Factors identified through the literature as influencing longevity in centenarians.

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