

A12

The concept and determinants of active aging

Darinka Korovljev, Jovan Kuzmanović, Nikola Todorović, Marijana Ranisavljev, David Nedeljković, Valdemar Štajer, and Sergej M. Ostojić

Faculty of Sport and Physical Education, University of Novi Sad, Novi Sad, Serbia

Correspondence: Darinka Korovljev

(darinka.korovljev@fsfvns.edu.rs)

Exercise and Quality of Life 2024, **16(3)**: A12

Background

Active aging (AA) is essential for the well-being of the growing older adult population. Defined by the World Health Organization (WHO), active aging optimizes health, participation, and security to enhance seniors' quality of life (QoL). Understanding the determinants that influence active aging is crucial for developing effective interventions.

Materials and methods

A comprehensive literature review examined studies focused on various dimensions of active aging, including physical health, social engagement, mental well-being, and environmental influences. Qualitative and quantitative data were synthesized to delineate the core components of the active aging framework.

Results

Influential determinants include the physical environment, access to health and social services, social engagement, personal factors, economic status, and behavioral choices. Evidence shows that favorable physical and social environments correlate with higher QoL scores in older adults. Regular physical activity boosts physical health and fosters social integration, while economic stability and access to supportive services are vital for promoting an active lifestyle.

Conclusions

Recognizing and addressing the determinants of active aging allows policymakers and communities to create targeted interventions that facilitate healthy aging. Strategies incorporating physical, social, and economic elements are essential for enhancing the quality of life for seniors, ultimately leading to more vibrant and engaged aging populations.