To Measure Individual-level Active Ageing Index in the Context of Iran and to Examine its Associations with Health-Related Quality of Life of Older People

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Abstract

Iran is one of the fastest ageing countries in the world and is expected that it will face with a major challenges in future, as it is yet unprepared to respond to the necessities of its older population. The model of Active Ageing which is proposed in recent years by the world health organization, could be a strategy that could greatly contribute in addressing the problem of population ageing in Iran. This study for the first time has measured the status of Active Ageing in Iran. It was hypothesized that having an active life and living actively is associated with higher quality of life among older people.

A quantitative cross-sectional survey of a random sample of 500 people aged 55+ years resident in Tehran was conducted using multistage stratified cluster sampling strategy method. In total, 420 people responded. The Active Ageing was measured using the Active Ageing Index and the quality of life of older people was measured using the Short-form 36 item questionnaire. Associations between the domains and the overall Active Ageing Index scores with the quality of life of older people were examined using multiple linear regression analysis in STATA software.

The analyses indicated that the overall AAI score in Iran is 29.12 which is lower than EU-28 countries. Whoever, Iranian elderly gained a higher score in the first and the second domain and are considerably poorer in terms of the third and the fourth domains. The analyses also found a significant associations between the fourth domain (capacity and enabling environment) and both the physical and mental components of the HRQoL, but the associations of the overall AAI was found only with the mental component. The analyses also found that being women, older, and poorer were significantly associated with having poor HRQoL.

Implications of these findings for older people currently living in Tehran are considered and recommendations for appropriate interventions, taking account of the results, are made.