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| 1. Record Nr. | UNINA9910629296703321 |
| Titolo | Trends and Determinants of Healthy Aging in China / / edited by Yi Zeng, Jiehua Lu, Xiaoyan Lei, Xiaoming Shi |
| Pubbl/distr/stampa | Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2022 |
| ISBN | 981-19-4154-8 |
| Edizione | [1st ed. 2022.] |
| Descrizione fisica | 1 online resource (486 pages) |
| Collana | History Series |
| Disciplina | 780 |
| Soggetti | Age distribution (Demography) Demography Population Sociology, Urban Aging Population Population and Demography Urban Sociology |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references. |
| Nota di contenuto | Part I. Trends of healthy aging in china -- Chapter 1. Twenty years' follow-up surveys on elder people's health and quality of life -- Chapter 2. Changes in Socioeconomic Status as Determinants of Health with Increase in Ages: Convergence or Divergence? -- Chapter 3. The Age, Gender, Urban-Rural and Regional Differences in Dynamic Changes of Activity of Daily Living among the Chinese Oldest-old -- Chapter 4. Trends of Dynamic Changes in Activities of Daily Living, Physical Performance, Cognitive Function and Mortality Rates among the Oldest-old in China -- Chapter 5. The Trends of Family Support for the Chinese Oldest-old -- Chapter 6. Analysis of Trends of Future Home-based Care Needs and Costs for the Older Adults in China -- Part II. Determinants of Healthy Aging -- Chapter 7. The Impact of Empty-nested Living on Physical and Psychological Health among Chinese Elder -- Chapter 8. Residential Proximity to Major Roadways and Cognitive Function among Chinese Adults 65 Years and Older.- Chapter 9. Self-Assessment of Health and Life Satisfaction and the Determinants among the Older Adults -- Chapter 10. Analyses of |

Gender Difference in Self-rated Health among the Older adults in China
-- Chapter 11. A Study on the Intensity of Care Needs among the Chinese Older Adults -- Chapter 12. The Impacts of Universal Medical Insurance Coverage on Health Care Utilization, Financial Burden and Health Status among the Older adults -- Chapter 13. How Does the New Rural Pension Scheme Remold the Elder-care Pattern in Rural China? -- Chapter 14. Effects of the New Rural Social Endowment Insurance Program on Intergenerational Transfer -- Chapter 15. Impacts of Changes in Living Arrangements on Mortality Risk of the Older Adults.

Sommario/riassunto

This book studies healthy aging in China based on analyses of the datasets of eight waves of longitudinal survey in 1998-2018 with worldwide largest sample of oldest-old. It consists of four parts. The first part reports the 6th, 7th, and 8th surveys of "Chinese Longitudinal Healthy Longevity Survey" (CLHLS), with the largest sample of oldest-old aged 80+ in the world and comparable sample of young-old aged 65-79, trends and characteristics of physical health and mental health of older adults in China based on analyses of the CLHLS datasets. The second part focuses on analyses and discussions of the influencing factors of healthy aging from perspectives of families, socioeconomics and community environments. The third part reports studies on the gender and age differences in main chronic diseases' prevalence rates, inflammation, anti-oxidation, trace elements, effects of the nutritional dietary structure and the environmental selenium on health among the older adults. The fourth part focuses on the analyses and discussions of policy recommendations to face the serious challenges of the population aging in China and the database of the eight waves of CLHLS from 1998 to 2018, which are available free of charge to scholars, practitioners and general public for scientific research and socioeconomic planning. This book is easy to read and to understand by researchers and the general public, and no special professional background is required.