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Does social capital benefit older adults' health and well-being? The mediating role of physical activity

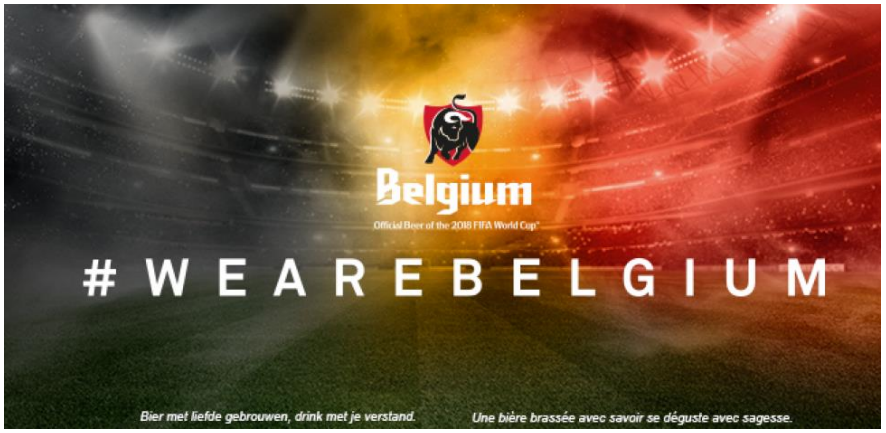
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KU Leuven

ICSIH4
Lausanne, July 13th 2018


Filip Boen
IEDEREEN SUPPORTER?
het groepsvirus in ons brein
VRIJ DAG
Filip Boen
IEDEREEN
SUPPORTER?
het groepsvirus
in ons brein
VRIJ DAG

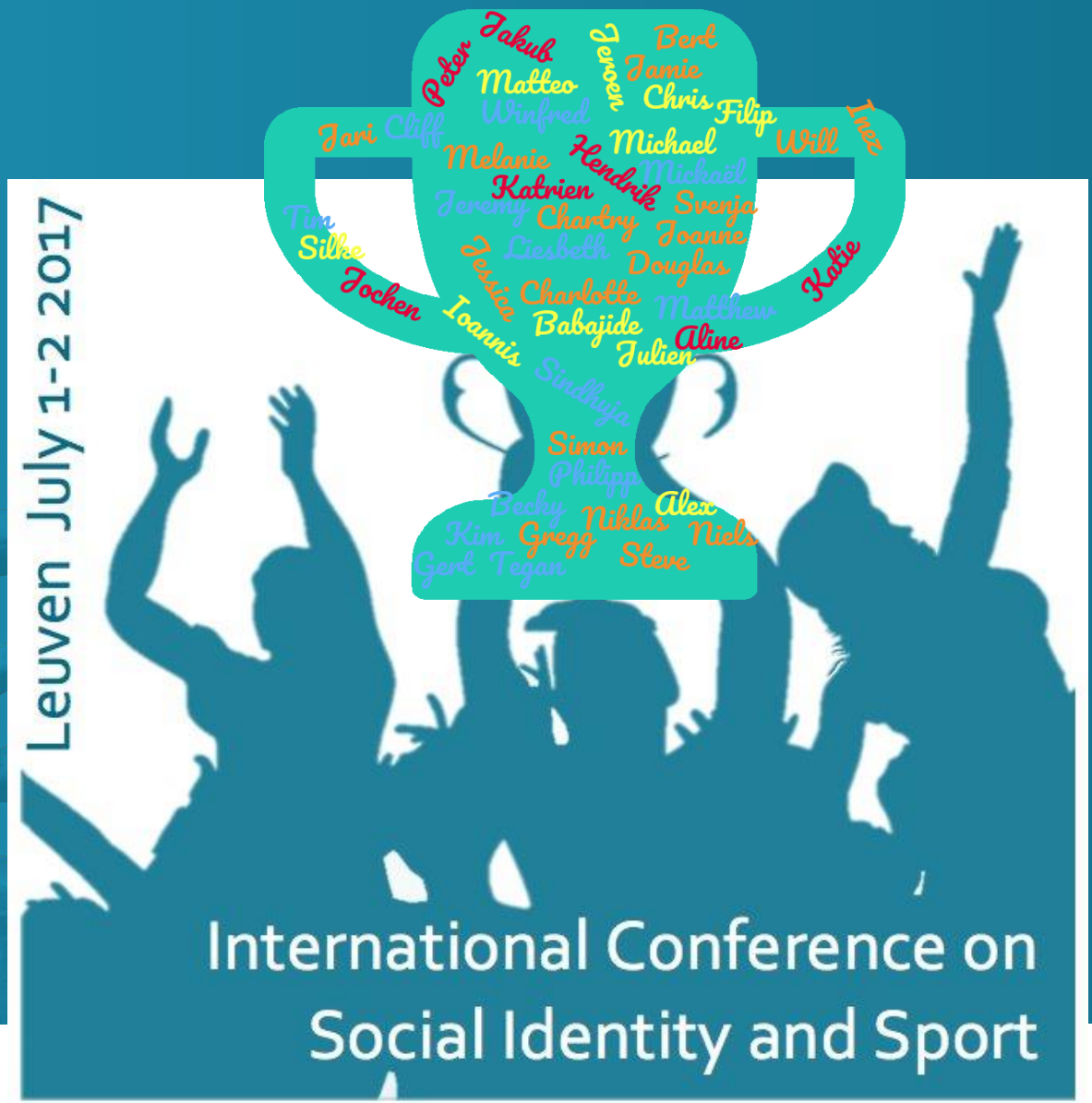
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Belgium
Official Beer of the 2018 FIFA World Cup™
#WEAREBELGIUM
Bier met liefde gebrouwen, drink met je verstand.
Une bière brassée avec savoir se déguste avec sagesse.



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Welcome at our ICSIS Conference!



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ICSIS1 2017
Leuven





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ICSIS2
2019 Stirling June 28-30









Let the ICSIS-norm become the ICSIH4 norm!



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Give each speaker a standing ovation

(it is good for your health
and the speaker's self-esteem)!



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Discrepancy

well-established health benefits of PA

↔

less than 1/3 of older adults meet PA guidelines



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Norms:
“It is not for people of my age anymore”



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OKRA's 'Every step counts!': Walking together towards coffee and cake



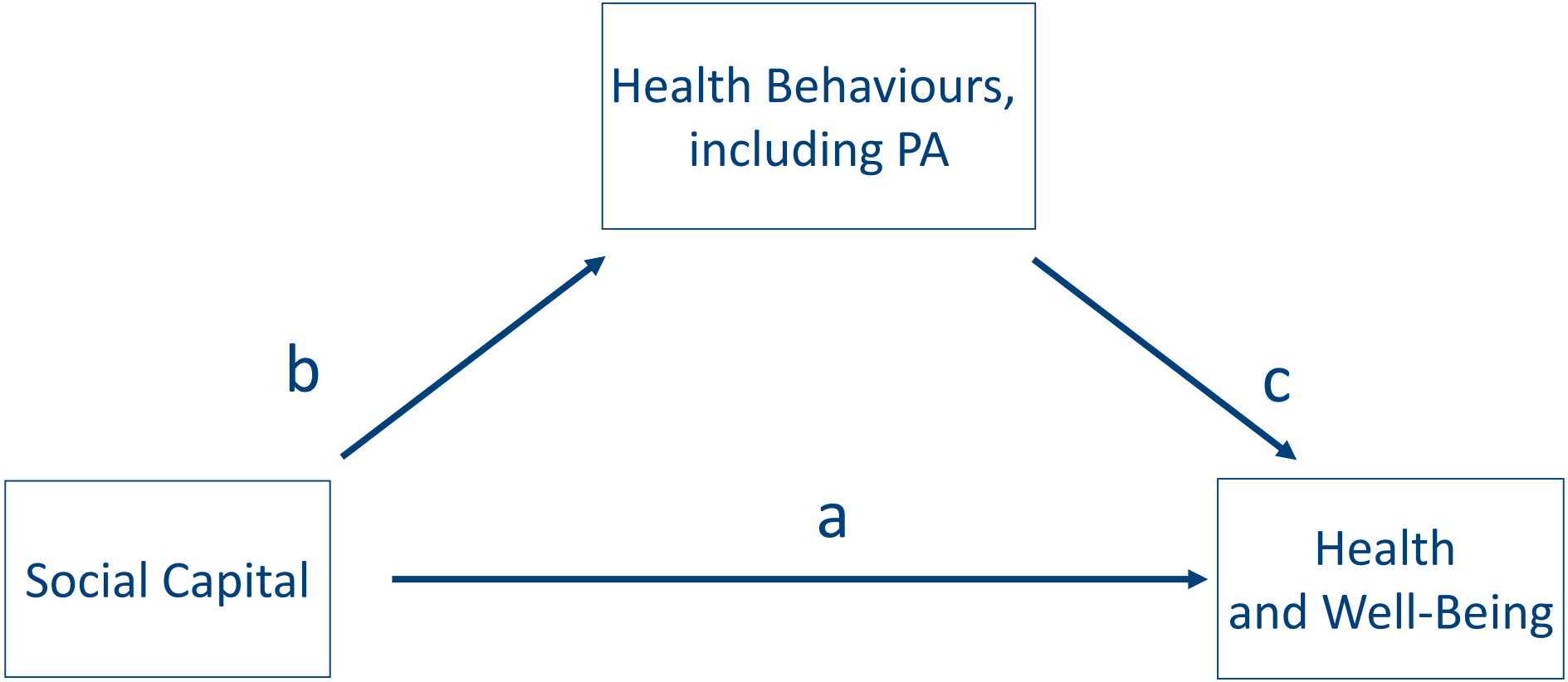
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Social capital: definitions

- the networks, norms of reciprocity, and trust among members of a neighbourhood or community that develop through social interaction and mutual co-operation

- key determinant of successful aging (Berkman & Glass, 2000) in terms of (self-rated) health and well-being

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Health Behaviours, including PA
b
c
Social Capital
a
Health and Well-Being

Social capital and PA

- PA (partially) mediates the positive association between social capital and health (Mohnen, Volker, Flap, & Groenewegen, 2012; Nieminen et al., 2013)

- but this mediation had not yet been tested among elderly



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Aim of study

- to test whether PA mediates the relation between social capital and health and well-being among elderly

- both cross-sectionally and longitudinally



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Participants

- members of OKRA (+55 years), representative for Flemish population with respect to gender, age and region

- N = 959 in wave 1

- N = 409 in wave 2 (three years later)

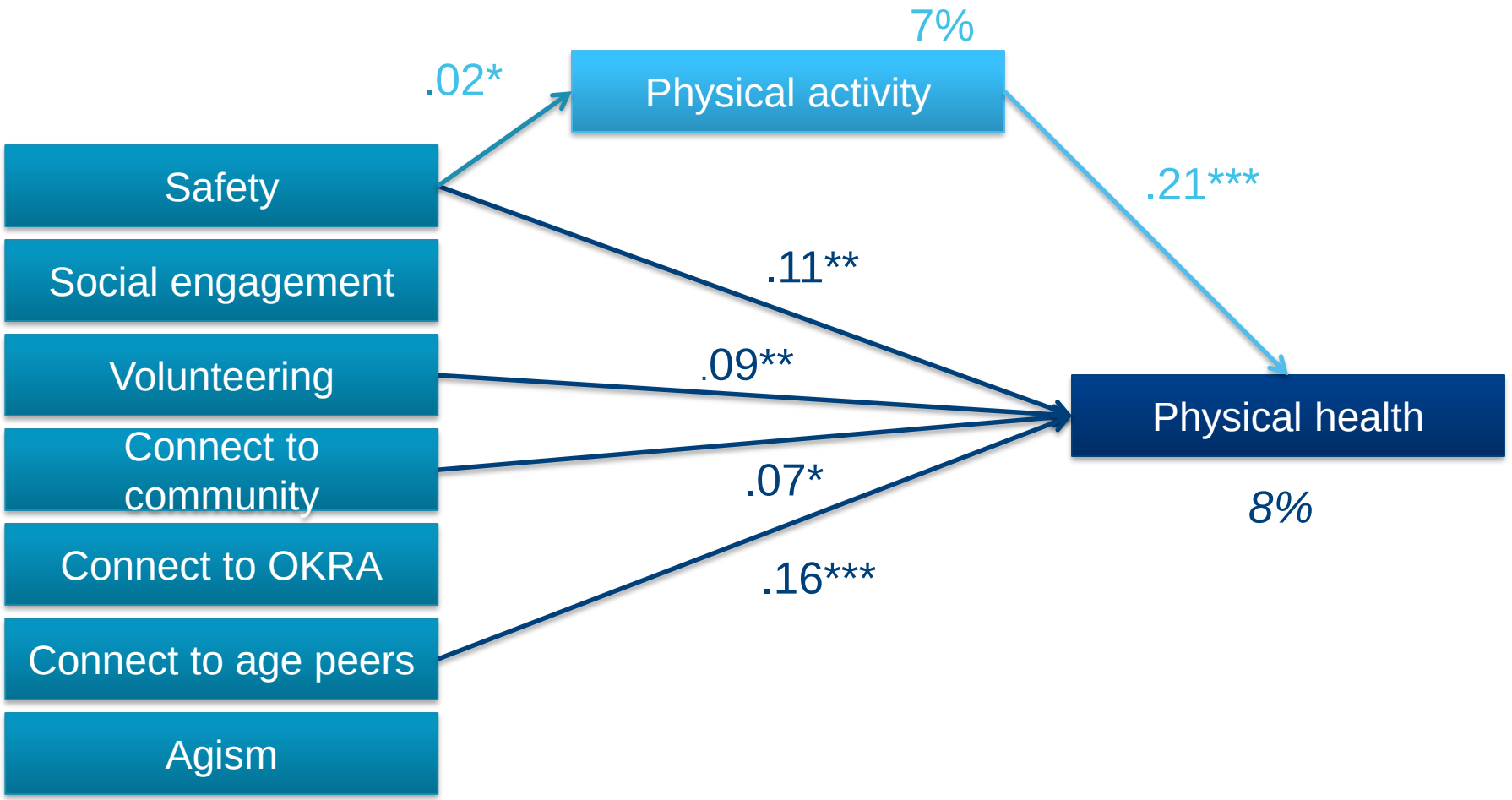
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Measures

- **criteria**: (self-rated) physical health and well-being
- **mediator**: PA (adapted Godin LTEQ)
- **predictors** (indicators of social capital):

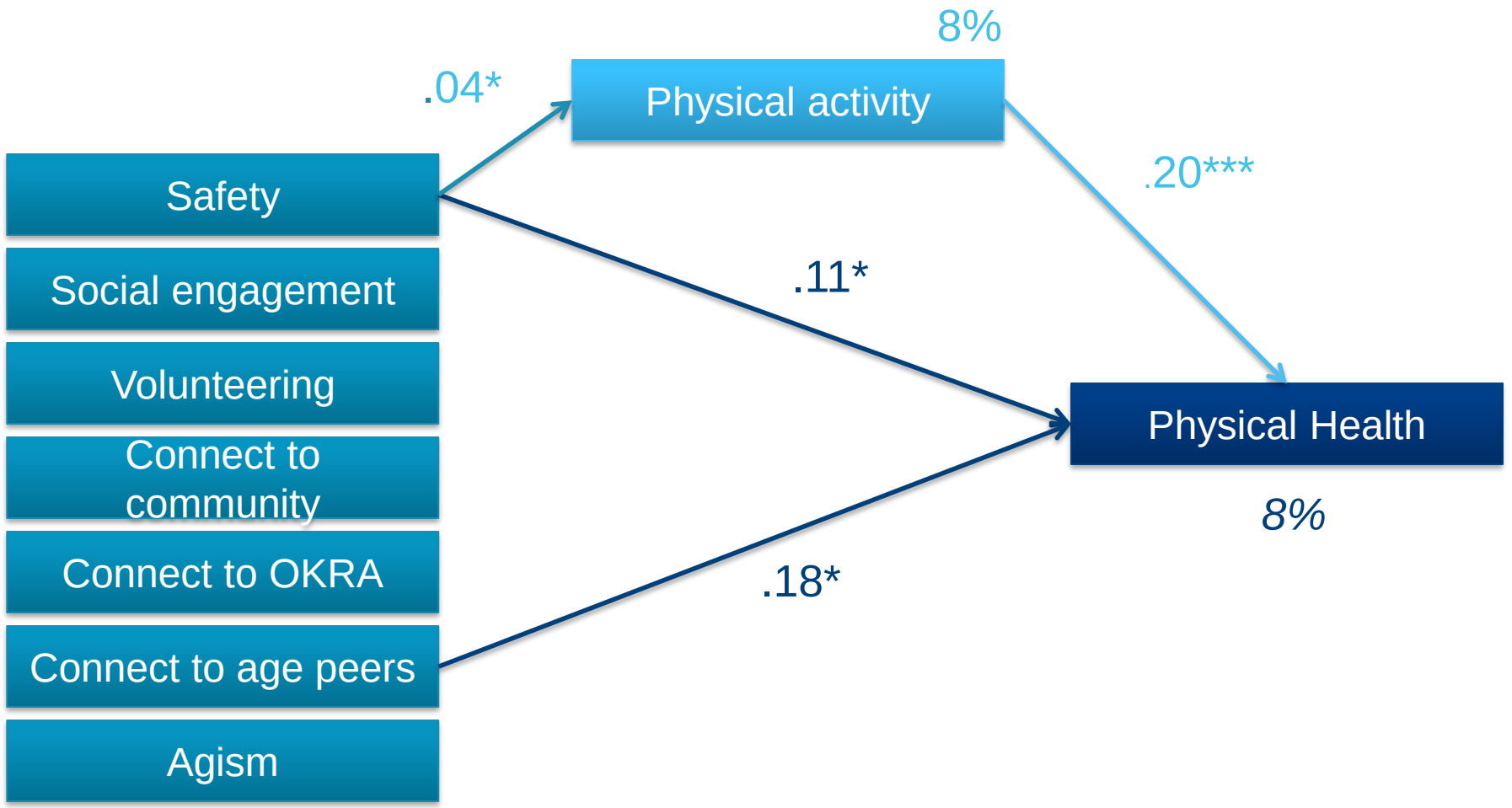
1) perceived safety in society
2) social engagement (politics, religion, …)
3) volunteering
4) connectedness to community
5) connectedness to OKRA
6) connectedness to age peers
7) perceived ageism

Health cross-sectionally



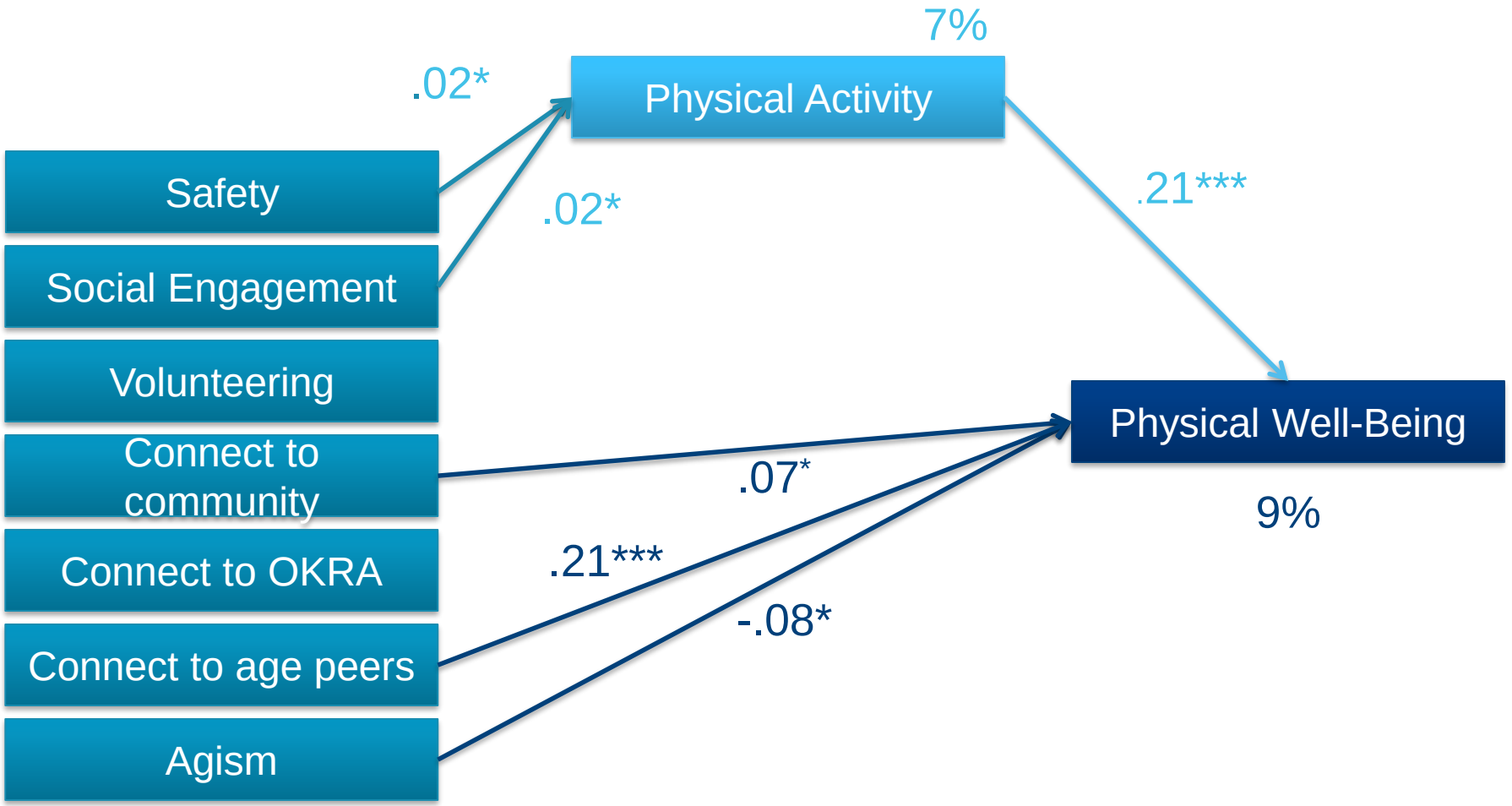
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Health longitudinally



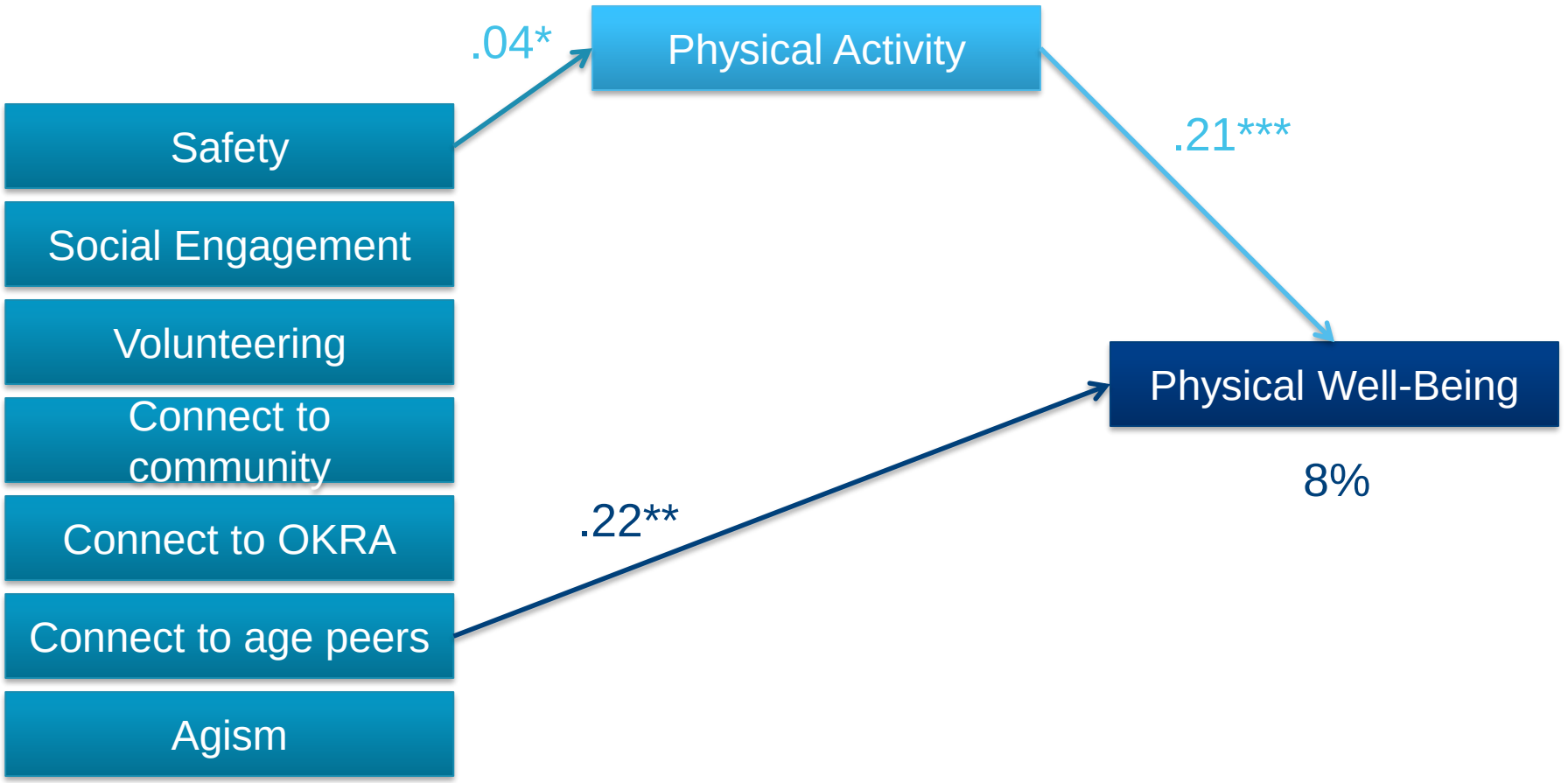
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Well-Being cross-sectionally



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Well-Being longitudinally



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Conclusions

- social capital and PA are independent and modest predictors of health and well-being among elderly
- (partial) mediation of PA only for perceived safety
- connectedness (with age peers) > actual participation (social engagement and volunteering)!
- future research focuses on PA as a means to obtain social capital/connectedness !

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Benidorm Bastards



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Beverse Bastards



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Memoride unlocks social capital

http://www.memoride.eu



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Thanks for your attention!



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