

Factors associated with healthy longevity among elderly in Ipoh, Perak

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ABSTRACT

Introduction: Healthy longevity is a result of a person's ability to live a long life maintaining good health. It correlates to differences in genetics, lifestyle, and overall well-being. **Objective:** The study aims to examine factors associated with longevity among elderly aged 80 years and older, including lifestyle, social, and spiritual beliefs, in Ipoh, Perak. **Materials and Method:** The mixed method study, in which five elderly aged 85 and above were selected conveniently through snowballing method for the in-depth interview. They were asked about their lifestyles and life experiences in coping to the aging period. For the quantitative part, 55 elderly people were selected using a convenience sampling method. They were subjected to assisted self-filled questionnaire to get information on their sociodemographic status, lifestyles, current morbidity and coping experience with aging. **Results:** The healthy aging and longevity among respondents were associated with a variety of interrelated factors. The qualitative component of the study had shown that proper dietary intakes, active living and adequate sleep were elements in their life. Early interventions to health issues, access to high-quality healthcare and maintaining social ties and interaction help them to cope with their life. In the quantitative components, most of them have been physically active (61.8%), following recommended food intakes, never smoke (70.9%) or drink alcohol (76.4%). However, almost 90% of them were co-morbid with good compliance of medication and good control of their disease (76.4%). Most of the respondents have a good relationship with relatives, friends and a community (more than 60%). High spirituality and feeling gratitude were practiced by 72% of respondents. **Conclusion:** Maintaining physical and mental health by practicing proper dietary intakes, active lifestyles, avoiding smoking and excessive alcohol usage, as well as by enhancing social and spiritual health can help to prevent undesired outcome of aging and preserve longevity.