

Ageing & Health

Healthy Aging Across the Baltic and Nordic Regions: A Longitudinal Comparison Analysis

Madara Mikelsons, Ieva Reine, Signe Tomsons, Andrejs Ivanovs

This study assesses and compares healthy aging using the developed healthy aging index (HAI) in Latvia, Lithuania, Estonia, Sweden, Denmark, and Finland. We observed minimal decreases in HAI scores over time across all countries. Notably, Sweden, despite initially having the highest HAI score, saw decreases in all five subscales. Estonia declined in four subscales, while Denmark and Latvia experienced declines in three subscales each. Finland and Lithuania showed declines in two subscales.

Where to age healthy? Comparing health outcomes of older people in different healthcare systems in Europe

Ismo Linnosmaa, Terhi Auvinen, Lauri Kortelainen, Olli Salmensuu, Minna Kaarakainen

In this study, we compare health outcomes across European healthcare systems, examining whether ageing-related changes in risk-adjusted health outcomes differ. Using SHARE wave 8 data (N=46 574, 27 countries), we analysed number of chronic diseases (NOCDs), limitations in ADLs/IADLs, self-assessed health, demographics, socio-economic factors, and lifestyle. Our findings indicate differences in risk-adjusted NOCDs between healthcare systems, likely due to varying access to health care.

Functional limitations in 2017–2021 among Europeans aged 55–69 years based on labor market status: Impacts of COVID-19 pandemic

Inna Lisko, Olli Kurkela, Annele Urtamo, Jenni Kulmala, Leena Forma

The presentation provides an exploration on changes that occurred in the prevalence of functional limitations during the COVID-19 pandemic within different labor market groups and within different stringency levels of government policies among older working-aged Europeans. Unexpectedly, during the ~1st year of the pandemic, functional limitations decreased in many labor market groups. The decreases were most evident in countries conducting moderate COVID-19 stringency policies.

Association between frailty and polypharmacy among older individuals in Europe

Bukova-Zideluna A., Villerusa A., Baltmane D.

This study assesses the association between frailty and polypharmacy in Europeans aged 50+, comparing it with Latvia. Using SHARE Wave 9 data (2022) from 48,308 respondents (57.1% female, mean age 70.2), frailty was evaluated using the SHARE-

Frailty Instrument. Polypharmacy was defined as taking five or more medications daily. After adjusting for age and gender, odds ratios for polypharmacy were 1.4 for pre-frailty and 1.7 for frailty.

Working life & retirement

Digital natives, digital immigrants and digital hermits in the labour market: a European comparison of older adults

Petteri Kolmonen, Kathrin Komp-Leukkunen

The ability to use a computer is becoming increasingly crucial for thriving in European societies. Although it is well known that the older generations are less likely to possess computer skills, the full scope of how this differs across countries and cohorts is underexplored. This presentation showcases results from a study exploring when older adults first used computers, comparing 26 European countries. The chosen perspective reveals considerable variation across both countries and cohorts.

Quality of life and working among people of retirement age in Estonia

Retirement Expectations of Older Workers in Estonia, Lithuania and Latvia

Olga Rajevska

It is already a commonplace that the labour market participation of pensioners in the Baltic States will inevitably increase as the population ages and shrinks. Policies should provide attractive options for people to stay in the labour market as long as possible. What is the population's own perception of its retirement prospects, and to what extent is this in line with the available employment statistics? Can SHARE data help to understand the differences between the three Baltic countries?

Bridging Generations for a Sustainable Working Life in the Nordic and Baltic Regions

Ageing & Well-being

Childhood adversity and mental health of the elderly during COVID-19 Pandemic: the buffering role of age

Xu Zong University of Helsinki

This study aims to examine the impact of childhood adversity on mental health during the COVID-19 lockdown, using data of SHARE. Our findings indicate that individuals exposed to childhood adversity were more likely to experience heightened levels of depression, anxiety, and stress during the lockdown period. Age acted as a buffer against the negative influence of childhood adversity. However, advantaged socio-economic position did not act as a buffer against the negative effects.

Links between psychological well-being and depressiveness among 50+ years old Lithuanian residents

Antanas Kairys, Olga Zamalijeva, Raimonda Sadauskaite, Ieva Reine

This study aims to evaluate the associations of psychological well-being with depressiveness using data from the SHARE collected in Lithuania. The results of the analysis indicate that, even when controlling for previous levels of depressiveness, earlier psychological well-being scores are important in understanding the expression of depressive symptoms. This means that psychological well-being has aspects that are important for understanding depressiveness and do not completely overlap with it.

Living Arrangements, Socio-Economic Position and Well-Being in Old Age – a Regional Perspective in Europe

Luule Sakkeus, Lili Abuladze

Living alone in old age has become a mainstream phenomenon in Europe. Often, people living alone have the worse health and well-being outcomes compared to people living in other arrangements. However, regional differences within Europe indicate that living alone may not have negative implications everywhere. Here, we study the associations between well-being and living arrangements in old age by different European regions, taking into account childhood and adulthood socio-economic positions.

Social relations & family

Comparative Analysis of Loneliness Among Older Adults in the Baltic-Nordic Region: Insights from SHARE Data

Comparative Analysis of Loneliness and Social Isolation Among Older Adults in Latvia and Iceland

Ieva Reine, Madara Mikelsona, Helgi Guðmundsson, Andrejs Ivanovs, Signe Tomsona, Halldór S. Guðmundsson

During the COVID-19 Pandemic Our studies examine intergenerational solidarity

and loneliness among older adults in the Nordic and Baltic regions, focusing on COVID-19's socio-cultural impacts. Using SHARE data, we analyze support exchanges and loneliness determinants. Objectives include investigating assistance patterns, exploring loneliness, and comparing countries in the Baltic Sea region. Findings show increased support exchanges and regional differences in loneliness, with Nordic countries reporting lower levels.

The Impact of Widowhood on Grandchild Care Provision: A Longitudinal Study

Elisa Tambellini, Mirikka Danielsbacka, Antti Tanskanen, Anna Hägglund, Anna Rotkirch

Grandparents play a crucial role in providing childcare for their grandchildren, but the dynamics of grandparental caregiving can be influenced by various factors, including changes in relationship status. However, the nuanced differences between grandmothers and grandfathers in response to such transitions have often been overlooked. This study investigates the effect of widowhood on the amount and frequency of grandchild care provided by European grandparents and grandmothers.