



Nordic Gerontological Federation

GeroNord

News on research, developmental work and education within the
ageing area in the Nordic Countries

Volume 28, no 1, 2019

In this newsletter

- | | |
|--|---|
| 1. Word from the president of NGF | 2 |
| 2. IAGG-ER 2019 in Gothenburg | 3 |
| 3. The 25 th NKG in Reykjavik | 4 |
| 4. Recent doctoral dissertations | 6 |
| 5. The board of NGF | 7 |

The 25th NKG 3.-6.6.2020



Greetings from the president

It is less than one month until the IAGG-ER in Gothenburg. I guess many of you are looking forward to this congress, to listen to inspiring lectures, read the posters and discuss with new and old friends. The Nordic society is preparing for the 25th NKG congress in 3.-6. June 2020 in Reykjavik Iceland. I hope all of you already have marked those days in the calendar and follow the website for the 25th NKG. The slogan for the congress is: "The age of aging"

<https://www.25nkg.is/>

Gerontology has many aspects. We are discussing and planning how to make it better for the last years of others and our lives. It is not only about how to reduce functional decline and suffering. Getting older is also related to our expectations and attitudes both at the individual level and as a society. I recommend to have a look at the Cork Ageing Well groups, "Ageing is the new cool" (See link below). Maybe we are preparing to the worst case scenario and forget the years before we are in need of care. The demographics focus on how many older persons there will be in the next decade and all the challenges it will pose to the society. Maybe we should focus on "the new cool". That might lead to a better quality of life in a long period after retirement.

<https://www.hse.ie/eng/services/list/2/primarycare/ageing-well-programme.html>

If any of you have similar programs like the one from York, please send it to us for the next edition of GeroNord.

Nils J Holand
President of NGF

It is only three weeks to the 9th congress of the International Association of Gerontology and Geriatrics-European Region. The congress theme is **'Towards Capability in Ageing – from cell to society'** with a focus on our ability to perform actions in order to reach valued goals within the macro, meso, and micro contexts.



For the first time, IAGG-ER takes place in a Nordic country. The congress preparations are at the final stages but let's take a look at the beginning of the process. Linda Nordberg interviewed the president for the IAGG-ER congress, Boo Johansson, and the deputy general secretary, Marie Kivi, in April. They say that good things started to happen already in 2014 when the 24th Nordic Congress of Gerontology was held in Gothenburg. Experiences of organizing successful congress and support from the local actors such as the local Centre for Ageing and Health (AgeCap) at the University of Gothenburg and Göteborg & Co gave the courage to take the chance and stand for a candidate for IAGG-ER congress.

At the end, representatives from all member countries of IAGG-ER voted for the congress organizer and Gothenburg was chosen even though Malaga, the other candidate, had Antonio Banderas as an ambassador to the city. Boo and Marie highlight that the advantages of the congress, for instance meeting with the colleagues, sharing the recent research and high participation of junior researchers beat the drawbacks of the congress such as hard work and the economic risk. They are expecting around 1500 participants in the congress, mostly from Europe but also from the US, Canada and Australia. The congress has broad high quality scientific program and in addition to that, there are also activities between scientific sessions (a choir and a fashion show) that are worthwhile experiencing.

Find the full interview (in Swedish) from link below

<http://goteborgco.se/2019/04/kongress-om-aldrande-i-goteborg/>

In order to be up to date, please check a detailed program and practical information from the congress website. <https://iagger2019.se/>

See you soon in Gothenburg!

Welcome to the 25th Nordic Congress of Gerontology in Reykjavik, Iceland, 3rd to 6th of June 2020.

The congress is organized by The Icelandic Gerontological Society and The Icelandic Geriatric Medicine Society in collaboration with the Nordic Gerontological Federation. The program will feature plenary lectures, clinical symposia and posters, covering a wide spectrum of topics at the cutting-edge of contemporary gerontology. The congress venue will be Icelandair Hotel Reykjavik Natura, close to the bustling city centre of Reykjavik.

Executive committee for 25NKG



Steinunn Þórðardóttir President of 25NKG, MD, PhD, is a geriatrician and chief physician of the Department of Dementing Illnesses at Landspítali University Hospital in Reykjavik, Iceland. In the clinic, she has fought for a better continuity of care and support for patients with dementia and their families throughout the different stages of the disease. She has also advocated for a national strategy on dementia in Iceland. She received her PhD in 2018 from the Karolinska Institute in Stockholm, Sweden. The focus of her research has been on biomarkers and genetics of neurodegenerative diseases and her thesis was on early preclinical biomarkers in familial Alzheimer disease. Apart from clinical work and research she is currently serving as one of the program directors for the training of doctors in internal medicine in Iceland.

Ólöf Guðný Geirsdóttir Secretary General of 25NKG have strong interdisciplinary research group in several core areas in gerontological research. Dr. Geirsdóttir has been involved in administrative and academic leadership positions promoting ageing research as well as educating new professionals to the field of geriatric nutrition. She has led the work, with the Director of Health, on the Icelandic nutritional recommendations (2018) for older adults and healthy and a nutritional recommendation for sick and frail older people. In her recent research, she focuses on associations between nutrition and physical activity among community-dwelling older adults, the nutritional status of sick and frail older adults and how to improve outcomes with nutritional care.



Sigurbjörg Hannesdóttir is the president for The Icelandic Gerontological Society – Öldrunarfræðafélag Íslands (ÖLD). Sigurbjörg was born in Reykjavík. She is an occupational therapist and studied in Esbjerg Denmark. She has been president of ÖLD since 2014 and has a broad experience working with the elderly in nursing homes. ÖLD was founded in 1973 and its aim is to increase knowledge in matters relating to the elderly and to promote research in the field of aging and also to be adviser to the ministry in matters of the elderly. ÖLD focuses on increasing academic discussion among professionals and introduces the latest in aging studies at any given time. ÖLD participates in national and international collaboration with organizations concerned with issues of the elderly. Members of the organization reflect the multidisciplinary activities of the aging field.

See ÖLD website: www.olderun.is



Sirrý Sif Sigurlaugardóttir works as a gerontological social worker in the municipality of Skagafjörður. Previously she has worked as a project- and training manager at Alzheimer Iceland. Sirrý has a master degree in social work from the University of Iceland. In her dissertation she focused on evidence based practice in gerontological social work. She's a board member in the Icelandic Gerontological Society.

Konstantín Shcherbak was born in Moscow. He completed his specialist training in Internal Medicine and Geriatrics at Landspítali – The National University Hospital of Iceland and St. Olavs Hospital, Trondheim University Hospital in Norway. Konstantín holds a Master degree in Medical Science from the University of Iceland where he appears as a guest speaker on Geriatrics-related topics. He is principally involved with hospital-based geriatric rehabilitation and works at a fall clinic. He is a member of local committees on hospital falls prevention and comprehensive geriatric assessment and management.



Ólafur Samúelsson MD is a specialist in Internal Medicine and Geriatrics. He serves as a consultant physician at Landspítali – The National University Hospital of Iceland and Eir Nursing Home, Reykjavik. He is a president of the Icelandic Geriatric Medicine Society, Full Board representative in the European Geriatric Medicine Society (EuGMS), co-chairman for the EuGMS Special Interest Group on Long Term Care. Ólafur is a chair of the Internal Review Board at Landspítali.

Ragnheiður Kristjánsdóttir graduated with a degree in physical therapy from department of medicine, University of Iceland in 2000 and a MA in Gerontology from the department of Social Sciences, University of Iceland in 2014. She has worked as a physical therapist at Landspítali – The National University Hospital of Iceland, Akershus University Hospital in Norway and Hrafnista nursing homes in Iceland. She has been the head of the department of physical therapy at Hrafnista nursing homes since 2012. She is a member of the board of the Gerontology association of Iceland since 2015 and was a member of the board of the Physical therapy in The Icelandic Gerontological Society 2014-2017.



We look forward to seeing you in 2020!

- 1 October 2019 - Registration and call for abstracts opens
- 15 December 2019 - Deadline abstracts symposia
- 15 January 2020 - Notification symposia
- 1 February 2020 - Deadline abstracts oral presentations and posters
- 25 February 2020 - Notification acceptance of abstracts
- 1 March 2020 - End of early bird registration

Leisure activities and well-being in midlife and older age with special reference to physical activity and resistance training

The 8th of March 2019, the dissertation “Leisure activities and well-being in midlife and older age with special reference to physical activity and resistance training” was defended by **Tiia Kekäläinen** for a PhD in health sciences (gerontology and public health) at the Faculty of Sport and Health Sciences and Gerontology Research Center, University of Jyväskylä, Finland.

Participation in leisure activities is linked to better well-being. In addition to mental well-being, leisure time physical activity has many benefits for functional capacity and health. The loss of muscle mass and strength in older age can be prevented by resistance training. Notwithstanding, only a minor proportion of adults, including older adults, participate in physical activity at a sufficient level for maintaining or improving their health. The aim of this thesis was to investigate both cross-sectional and longitudinal associations between leisure time activities and well-being in midlife and older age. The special focus was on leisure time physical activity and resistance training.

Data from three research projects were utilized: the Finland 2014 – Consumption and Lifestyle study, the Jyväskylä Longitudinal Study of Personality and Social Development (JYLS) and the Minimum Resistance Training Frequency (MRTF) – randomized controlled trial. The Finland 2014 –study is a postal survey with a random sample representative of the Finnish adult population (n=1354). JYLS is an ongoing longitudinal study in which the same participants have been followed from age 8 to 50. In this study, data collected at ages 42 and 50 were used. MRTF trial included a nine-month supervised resistance training program for older adults aged 65-75 (n=104) and a twelve-month follow-up. Leisure activities, including physical activity, and well-being were measured by self-report questionnaires.

The results showed that leisure time activities and leisure time physical activity were positively related to current well-being in midlife and older age. Different activities were associated with different dimensions of well-being: creative activities and travelling with emotional well-being, reading and walking with psychological well-being, and exercise in general with physical well-being, for example. Longitudinally, higher mental well-being predicted later participation in leisure time physical activity in midlife, not vice versa.

The results from resistance training intervention revealed that the intervention was beneficial for some components of well-being and for some exercise-related motivational and volitional characteristics among older adults. Almost half of the participants continued with regular resistance training for one year after the intervention. Improvements in intrinsic motivation for exercise and exercise self-efficacy predicted later participation in resistance training.

In summary, the associations between leisure activities, including leisure time physical activity, and well-being seem to be complex. In light of these results, more attention should be paid to motivational characteristics and mental well-being as resources for a physically active lifestyle.

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The thesis is available at https://jyx.jyu.fi/bitstream/handle/123456789/62941/978-951-39-7677-4_vaitos08032019.pdf?sequence=1&isAllowed=y

Executive committee

Nils Holand: President

Steinunn Þórðardóttir: 1. Vice president

Marja Jylhä: 2. Vice president

Marijke Veenstra: Secretary General of the 24NKG

Representatives from the member organizations

Denmark: Danish Gerontological Society (Dansk Gerontologisk Selskab): Jette Thuesen

Danish Society for Geriatrics (Dansk Selskab for Geriatri): Pia Nimann Kannegaard

Finland: Societas Gerontologica Fennica: Mikaela von Bonsdorff

Finnish Geriatricians (Suomen Geriatriit ry - Finlands Geriatriker rf): Eija Lönnroos

Finnish Society for Growth and Ageing Research (Kasvun ja vanhenemisen tutkijat ry - Föreningen för forskning i uppväxt och åldrande): Elisa Tiilikainen

Iceland: the Icelandic Gerontological Society (Societas Gerontologica Islandica): Sigurbjörg Hannesdóttir

Icelandic Geriatric Society (Icelandic Geriatrics Society): Steinunn Þórðardóttir

Norway: Norwegian Society for Aging research (Norsk selskap for aldersforskning): Marijke Veenstra

Norwegian Geriatric Association (Norsk geriatriisk förening): Nils Holand

Sweden: Swedish Gerontological Society (Sveriges Gerontologiska Sällskap): Susanne Iwarsson

Swedish Geriatric Society (Svensk Geriatriisk Förening): Peter Nordström

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