

HOW SOCIAL FACTORS AFFECT THE HEALTH & WELLBEING OF ADULTS DURING COVID-19

THIS STUDY SEEMS TO EXAMINE THE IMPACT OF THE 3 S ON QUALITY OF LIFE (BOL)

MOOD?

QUALITY OF LIFE WAS MEASURED BY MENTAL AND PHYSICAL HEALTH

COVID-19 SENT AMERICANS INTO LOCKDOWNS AND ISOLATION WHICH IMPACTED MENTAL HEALTH

OLDER ADULTS ARE MORE VULNERABLE TO THE IMPACT OF LONELINESS

SOCIAL CAPITAL COMPONENTS ARE A SIGNIFICANT PROTECTIVE FACTOR FOR HEALTH W/ AN IMPACT EQUIVALENT TO QUITTING SMOKING

SOCIAL CAPITAL INTERVENTIONS CAN IMPROVE OVERALL QUALITY OF LIFE AND IMPROVE MANAGEMENT OF CHRONIC ILLNESS ESPECIALLY AMONG OLDER ADULTS!

SOCIAL CAPITAL WAS MEASURED THROUGH THREE CATEGORIES

CIVIC ENGAGEMENT

SOCIAL COHESION

AND SOCIOECONOMIC STATUS

SOCIAL COHESION WAS MEASURED BY HOW OFTEN RESPONDENTS USED EMAIL TEXTS, SOCIAL MEDIA AND CALLS CONNECT WITH OTHERS

SOCIO-ECONOMIC STATUS WAS EVALUATED BASED ON INCOME AND EDUCATION

YOU HAVE 0 NEW MAIL

CIVIC ENGAGEMENT WAS ASSESSED WITH

POLITICAL ACTION

MEASURE #297

RACIAL JUSTICE

NO JUSTICE NO PEACE

SAY THE NAMES

CIVIC ENGAGEMENT

SOCIAL SUPPORT WAS MEASURED THROUGH LEVEL OF HELP AN INDIVIDUAL RECEIVED

LET ME HELP YOU

EMOTIONAL SUPPORT WAS MEASURED BY EVALUATING AMOUNT OF ADVICE, COMFORT LOVE OR OTHER FORMS OF EMOTIONAL SUPPORT

SOCIAL NETWORK FORMATION WAS EXAMINED THROUGH FREQUENCY OF CONTACT WITH FAMILY AND FRIENDS

AS WELL AS RELATIONSHIP QUALITY

A SAMPLE OF 2370 OLDER ADULTS AGED 49+ WERE SELECTED FROM THE NSHAP NATIONAL SOCIAL HEALTH AND AGING PROJECT DATASET

2370

NATIONAL INSTITUTE ON AGING

AFRICAN-AMERICANS AND HISPANICS WERE SAMPLED AT A MUCH HIGHER RATE

STATISTICAL ANALYSIS WAS USED TO THE DATA

SOCIAL CAPITAL

SOCIAL SUPPORT

SOCIAL NETWORK FORMATION

A STATISTICALLY SIGNIFICANT A.K.A STRONG RELATIONSHIP BETWEEN SOCIAL CAPITAL, SOCIAL NETWORK FORMATION AND SOCIAL SUPPORT

SOCIETIES WITH HIGHER SOCIAL CAPITAL HAVE:

HIGHER INCOMES

LESS CORRUPTION

AND ARE HEALTHIER

CONCLUSION: SOCIAL CAPITAL, SOCIAL SUPPORT AND SOCIAL NETWORK FORMATION PARTIALLY IMPROVE THE QUALITY OF LIFE OF AMERICAN ADULTS DURING COVID-19

- POTENTIAL SOLUTIONS WOULD INCLUDE:
- CIVIC ACTIVITIES (VOLUNTEERING)
 - STRENGTHENING COMMUNITY TIES TO FASTER COMMUNITY
 - CREATING AGE FRIENDLY COMMUNITIES
 - THIS STUDY ALSO POSITS THAT THESE SOLUTIONS MUST ACCOUNT FOR INCOME, HEALTH CARE & ACCESSIBILITY