

# Table of Contents

Foreword . . . . .	v
Table of Contents . . . . .	ix
<b>PART I: CONCEPTUAL ISSUES . . . . .</b>	<b>1</b>
<b>1 A New Paradigm in the Study of Aging . . . . .</b>	<b>3</b>
Traditions in the Study of Aging, Age, and the Aged . . . . .	3
Evolution in Research on Active Aging . . . . .	6
Empirical Bases of Active Aging . . . . .	9
Concluding Remarks . . . . .	14
<b>2 Population Aging: Facts and Projections . . . . .</b>	<b>16</b>
Life Expectancy Enlargement . . . . .	16
Population Aging . . . . .	17
Years to Life and Life to Years . . . . .	18
Morbidity Hypotheses . . . . .	21
Determinants of Morbidity . . . . .	26
Concluding Remarks . . . . .	28
<b>3 Working, Empirical, and Lay Definitions, and Theoretical Models . . . . .</b>	<b>29</b>
Introduction . . . . .	29
Controversial Issues . . . . .	30
Working Definitions . . . . .	32
Empirical Definitions . . . . .	36
Lay Concepts . . . . .	44
Theoretical Models . . . . .	49
Toward a Multidimensional-Multilevel Proposal of Active Aging . . . . .	55
Psychological Domains Contributing to Active Aging . . . . .	57
Concluding Remarks . . . . .	58
<b>PART II: BEHAVIORAL AND PSYCHOLOGICAL DOMAINS OF ACTIVE AGING . . . . .</b>	<b>61</b>
<b>4 Behavioral Health and Physical Fitness . . . . .</b>	<b>63</b>
Introduction . . . . .	63
Physical Exercise . . . . .	64
Diet and Nutrition . . . . .	69
Smoking and Drinking . . . . .	72
Concluding Remarks . . . . .	72

---

<b>5</b>	<b>Cognitive Functioning</b> . . . . .	74
	Introduction . . . . .	74
	Education and Socioeconomic Status . . . . .	77
	Physical Exercise . . . . .	80
	Activity . . . . .	84
	Cognitive Training and Interventions . . . . .	88
	Concluding Remarks . . . . .	97
<b>6</b>	<b>Emotional and Motivational Functioning: Affect, Control, and Coping</b>	98
	Introduction . . . . .	98
	Positive Emotions and Positive Aging . . . . .	102
	Personal Control . . . . .	107
	Coping with Stress . . . . .	112
	Concluding Remarks . . . . .	119
<b>7</b>	<b>Social Functioning and Social Participation</b> . . . . .	120
	Introduction . . . . .	120
	Social Functioning and Positive Emotions Across the Life Span . . . . .	121
	Social Functioning and Health . . . . .	123
	Social Functioning and Cognitive Impairment . . . . .	126
	Concluding Remarks . . . . .	128
<b>PART III: PROMOTING ACTIVE AGING</b> . . . . .		129
<b>8</b>	<b>Active Aging Promotion Programs</b> . . . . .	131
	Introduction . . . . .	131
	Lifelong Health Promotion . . . . .	133
	Promoting Healthy Aging During Adulthood . . . . .	135
	Cognitive Impairment . . . . .	137
	Active-Aging Promotion Projects . . . . .	145
	Population-Based Projects . . . . .	150
	Concluding Remarks . . . . .	153
	<b>Conclusions</b> . . . . .	155
	<b>References</b> . . . . .	159
	<b>Selected Websites on Active Aging</b> . . . . .	192