

Patterns, Trends, and Implications of Living Arrangements among Middle-aged and Older Adults in China

In societies experiencing rapid demographic aging, fostering healthy aging emerges as a vital strategy to counter the multitude of challenges spawned by an aging population. In-depth research into the living environments and health conditions of middle-aged and older adults yields critical insights that can guide the formulation of policies and interventions aimed at promoting healthy aging. This presentation will delve into the dynamic patterns and trends characterizing the living arrangements of middle-aged and older adults in China, and the implications of these arrangements on diverse aspects of health and well-being. The discussion will centre specifically on cognitive and psychological health, functional status, and the achievement of optimal aging within this demographic, offering a succinct overview of three empirical studies, including an ongoing project using data from the 2014 and 2018 waves of the China Family Panel Studies (CFPS). Furthermore, the presentation will spotlight and deliberate on potential domains for future research that call for more comprehensive investigation and scrutiny.