

*Towards making Ireland the best
place in the world to grow old*

Formal and informal social participation among middle-aged men: Findings from The Longitudinal Study on Ageing

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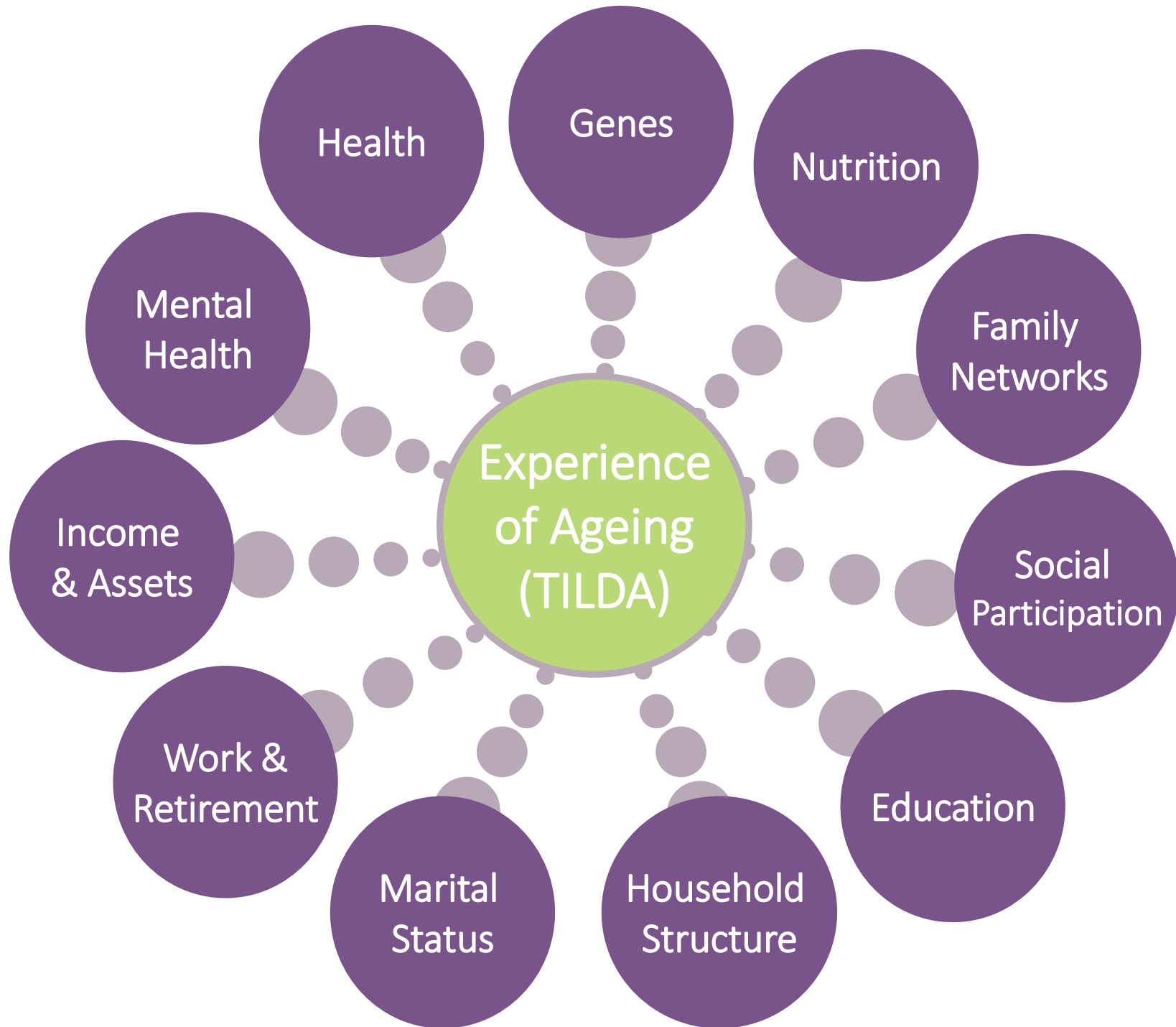
1. Provide an overview of **The Irish Longitudinal** study on **Ageing**
2. Describe formal and informal social participation among middle-aged men in the Republic of Ireland
 - Volunteering (formal)
 - Active & social participation (informal)
3. Look at change over time (x2)
4. Some benefits of participation
 - Quality of life
 - Depressive symptoms
 - Self-rated health



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The Irish Longitudinal
Study on Ageing

Methodology The Irish Longitudinal Study on Ageing (TILDA)

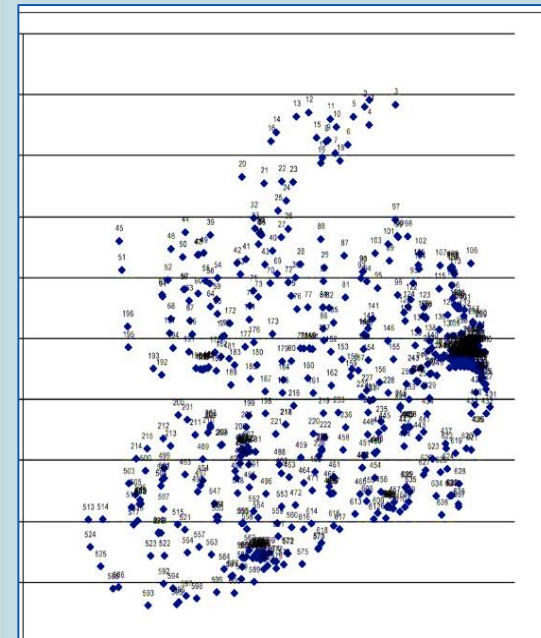


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8,504

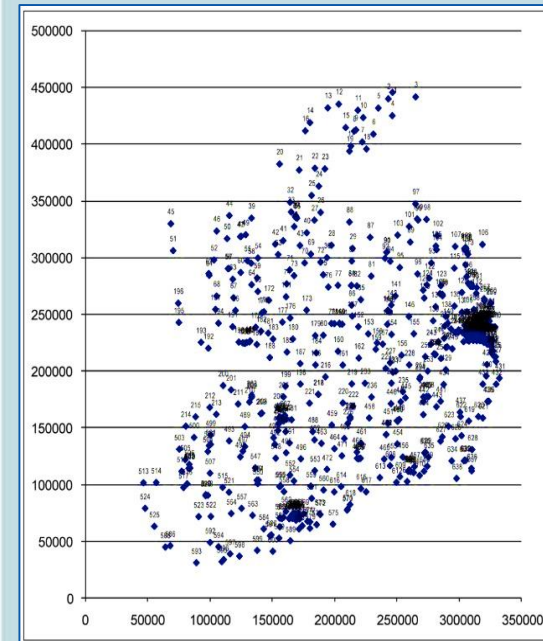
Participants

50+



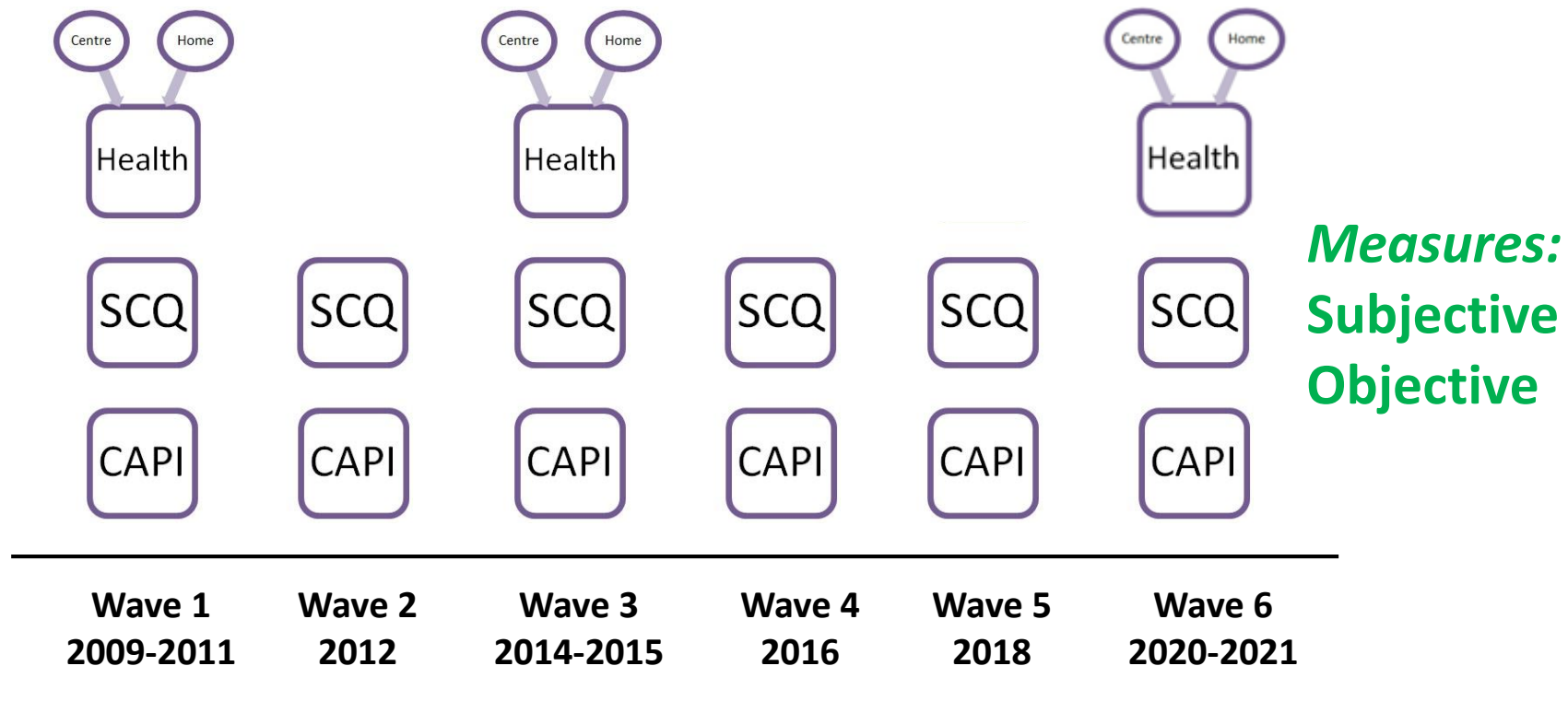
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Every 2 years



Data collection every 2 years for interview, every 4 - 6 years for health assessment

Refresh sample



CAPI: computer-assisted personal interview

SCQ: self-completion questionnaire

Health: TILDA health assessment

- Target population is the population of persons aged 50+ living in residential addresses in the Republic of Ireland, and their spouses or partners of any age
- Sampling frame was the Geodirectory
 - Comprehensive listing of all residential addresses in the State
 - But no age information → increased field costs
- Sample design (multi-stage design)
 - All residential addresses grouped into 3,155 clusters
 - Selection of 640 clusters stratified by SEG, age and geography to maintain a population representative sample
 - Resulted in 32,000 addresses
 - Household response rate of 62%
 - Baseline sample size of 8,175 (+329 partners aged less than 50 years)

Coverage

| Wave 1 Age Group | Number |
|---------------------|--------------|
| < 50 (partners) | 329 |
| 50 – 59 | 3,271 |
| 60 - 69 | 2,589 |
| 70 - 79 | 1,689 |
| 80 - 89 | 578 |
| 90+ | 48 |

**TILDA includes
1:140 of all
community
dwelling adults
in the Rol aged
50+**

Representative of population of Ireland aged 50+

| Wave 1 Age Group | TILDA | % each group | % Census 2011 |
|---------------------|--------------|-----------------|------------------|
| 50 - 59 | 3,271 | 40% | 40% |
| 60 - 69 | 2,589 | 32% | 30% |
| 70 - 79 | 1,689 | 21% | 18% |
| 80+ | 578 | 8% | 10% |

What do middle-aged participants look like

| | TILDA sample | | Middle-aged only | |
|---------------------------|--------------|-------------|------------------|-------------|
| | % | 95% CI | % | 95% CI |
| Primary/none | 38.2 | (36.7,39.8) | 21.3 | (19.0,23.7) |
| Secondary | 43.2 | (41.9,44.6) | 55.0 | (52.4,57.7) |
| 3rd level | 18.5 | (17.5,19.6) | 23.7 | (21.6,25.9) |
| Employed | 35.5 | (34.2,36.9) | 68.7 | (66.2,71.2) |
| Retired | 35.3 | (33.9,36.7) | 7.1 | (5.9,8.5) |
| Other | 29.2 | (27.9,30.5) | 24.2 | (21.9,26.6) |
| Lives with spouse/partner | 67.5 | (66.2,68.8) | 76.7 | (74.3,78.9) |
| Dublin city or county | 22.5 | (19.4,25.9) | 21.0 | (17.6,24.8) |
| Another town or city | 28.1 | (25.0,31.5) | 28.8 | (25.1,32.7) |
| A rural area | 49.4 | (45.7,53.1) | 50.3 | (46.0,54.5) |



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Participation among middle-aged men

- Findings from TILDA

Volunteering (formal)

Social participation (informal)

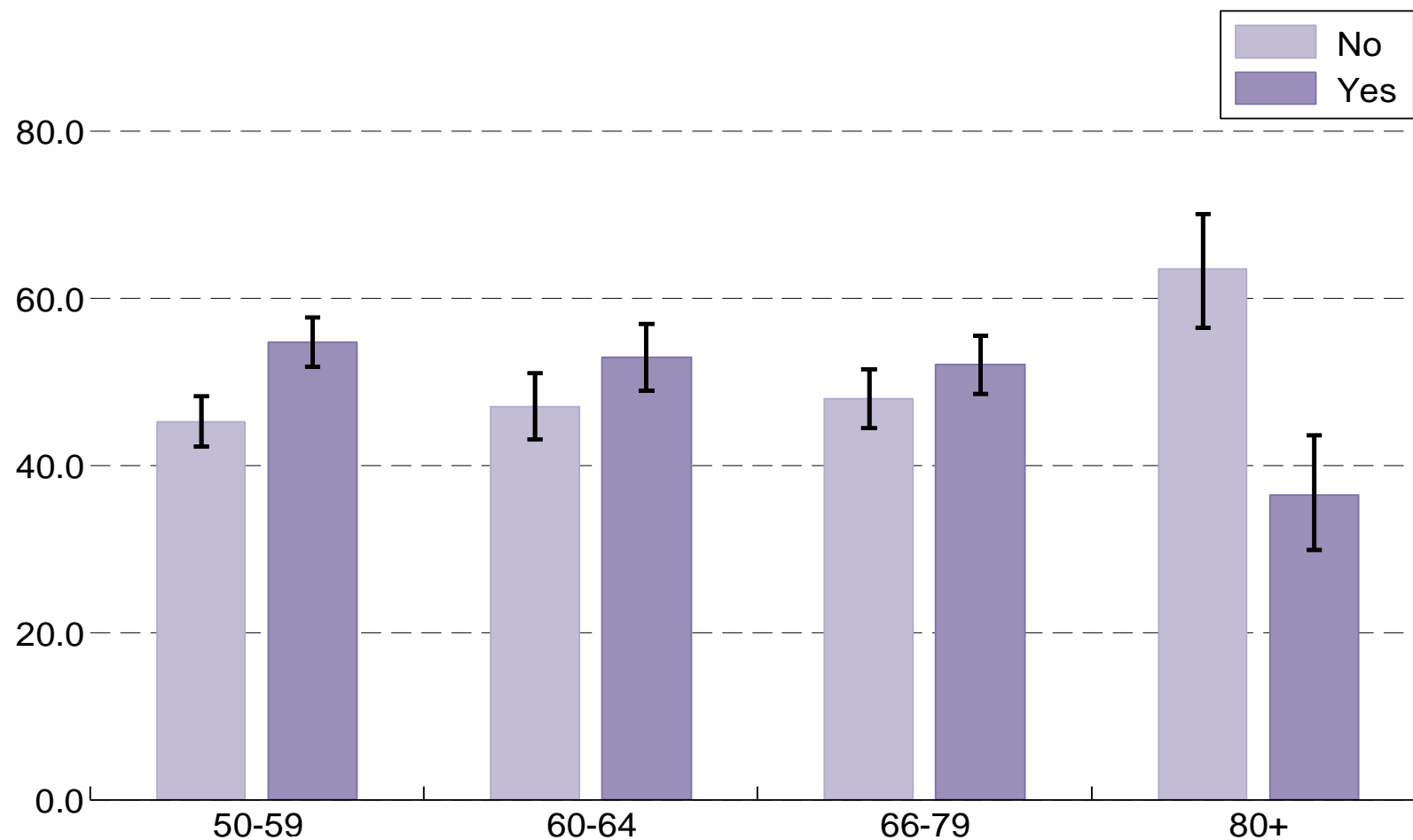


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Volunteering

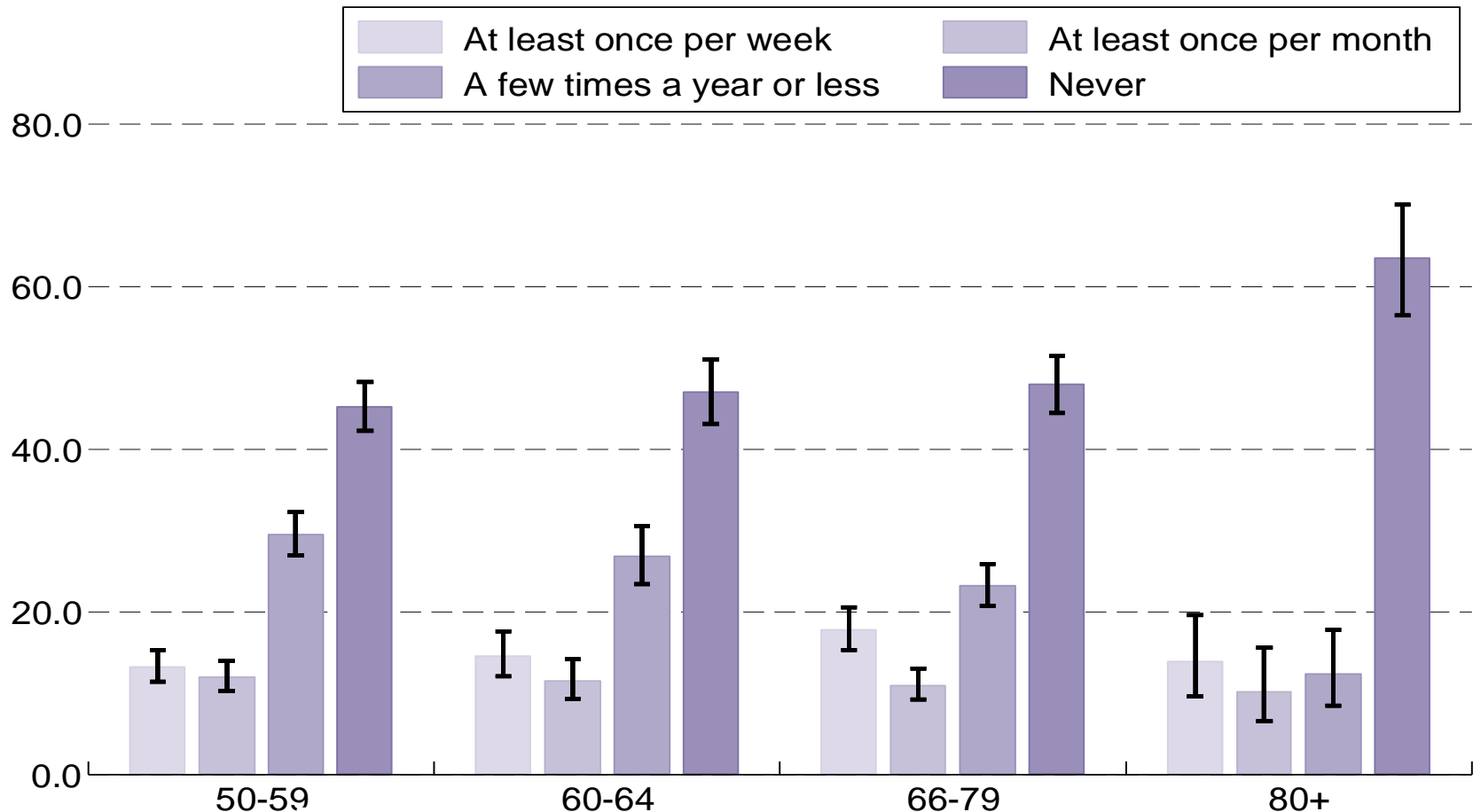
% of men who do voluntary work



Note. N = 3049;

Error bars correspond to 95% confidence intervals

How often respondents do voluntary work

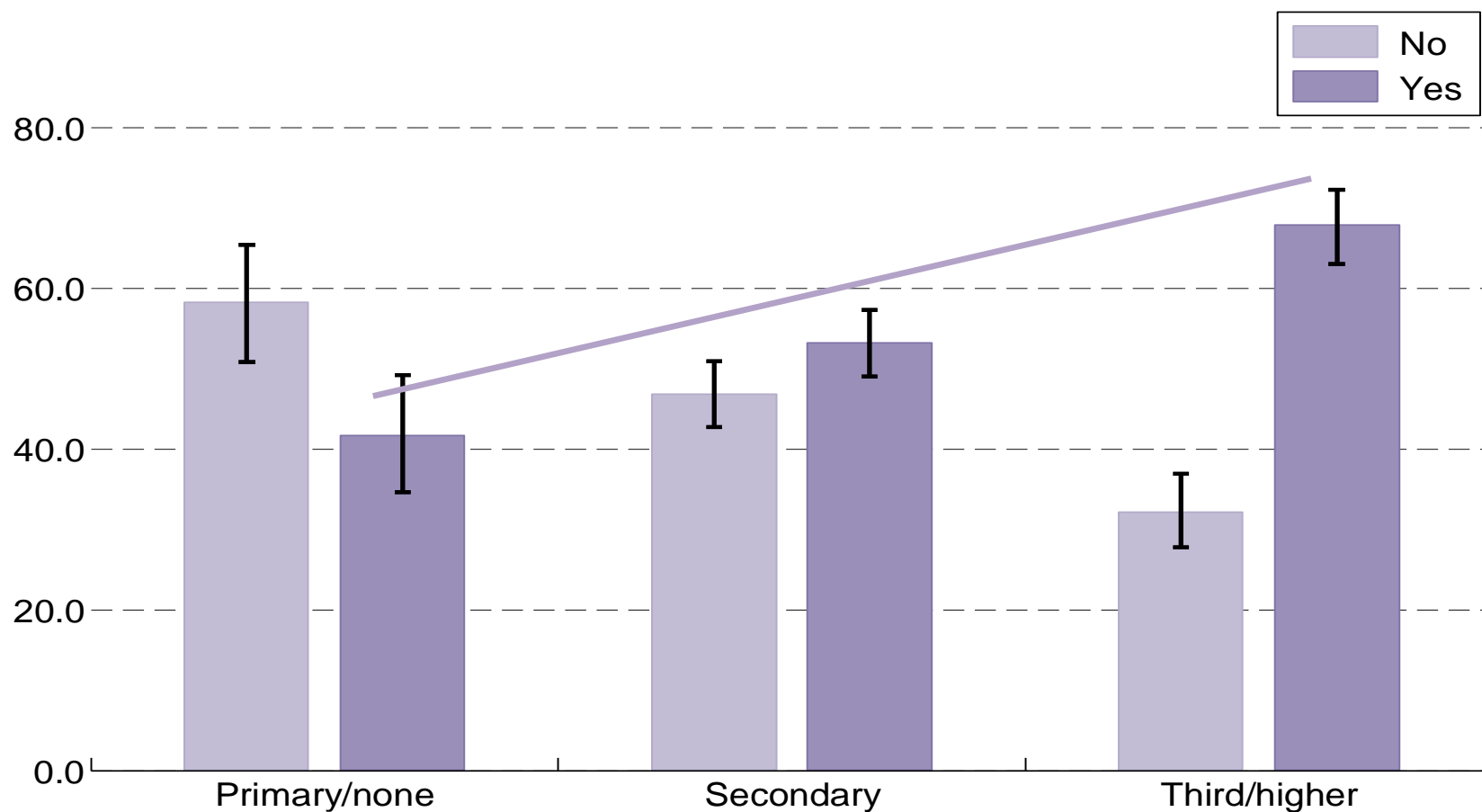


Note. N = 3049;

Error bars correspond to 95% confidence intervals

Characteristics of volunteers

– Education

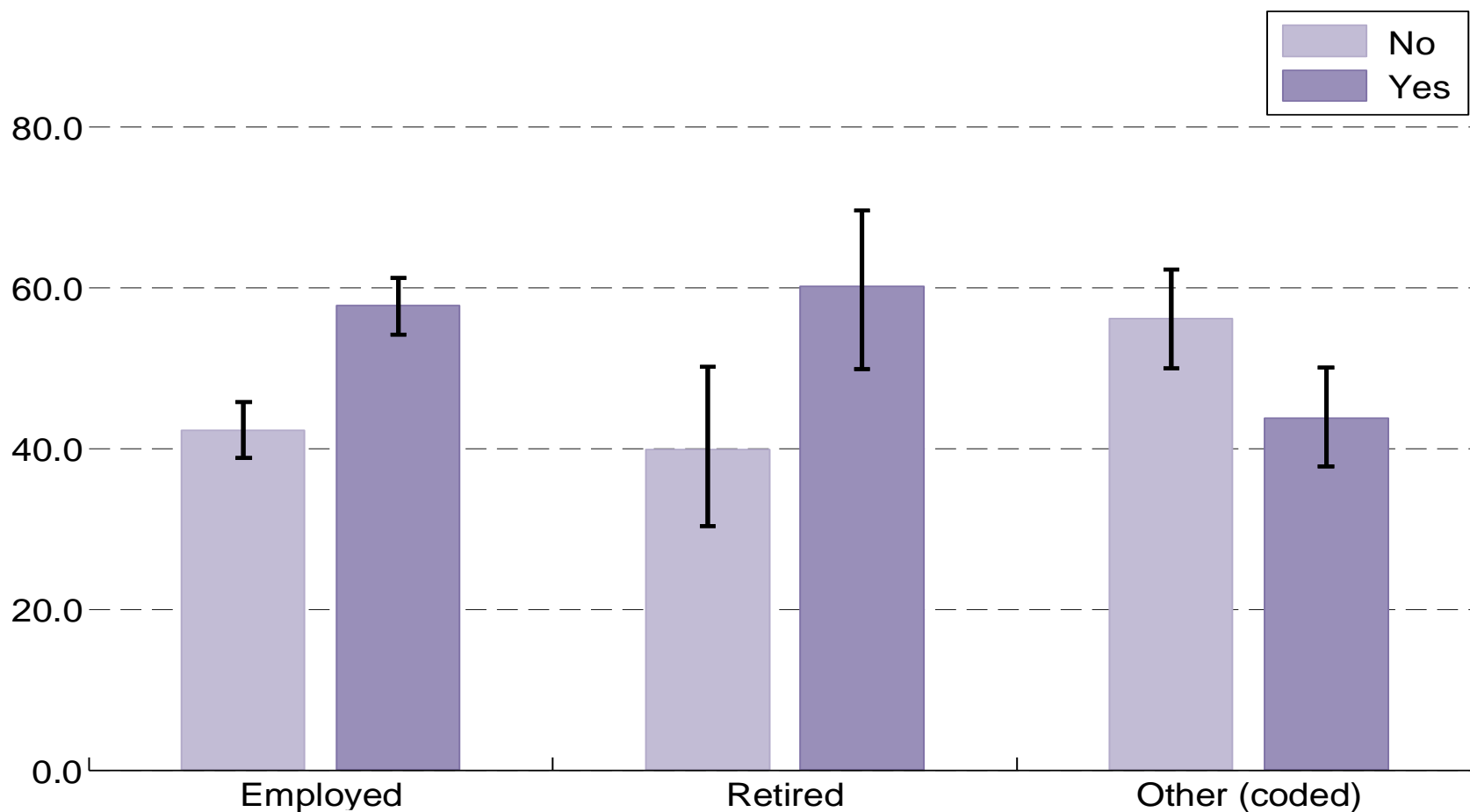


Note. N = 1204;

Error bars correspond to 95% confidence intervals

Characteristics of volunteers

– Employment status

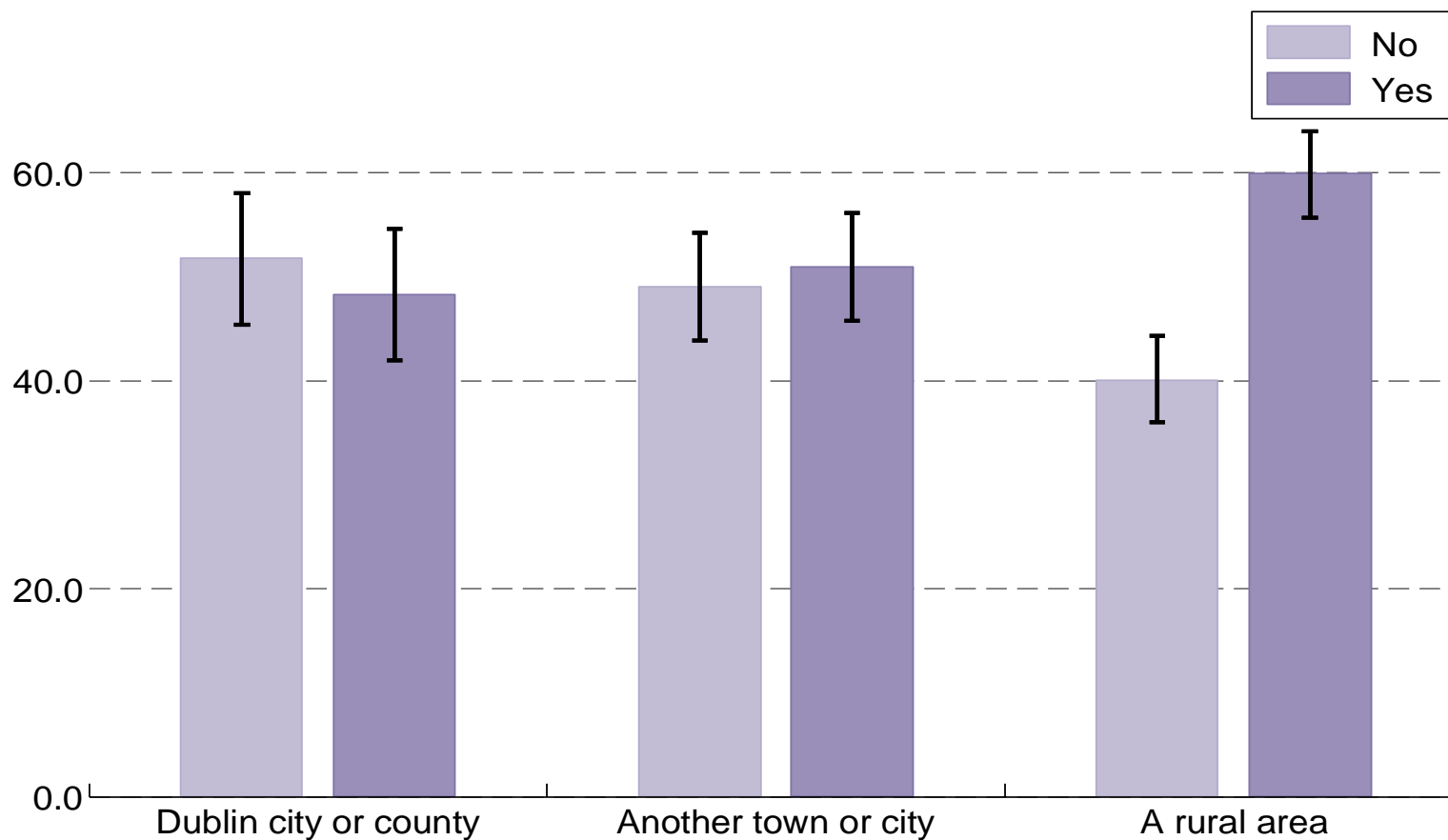


Note. N = 1204;

Error bars correspond to 95% confidence intervals

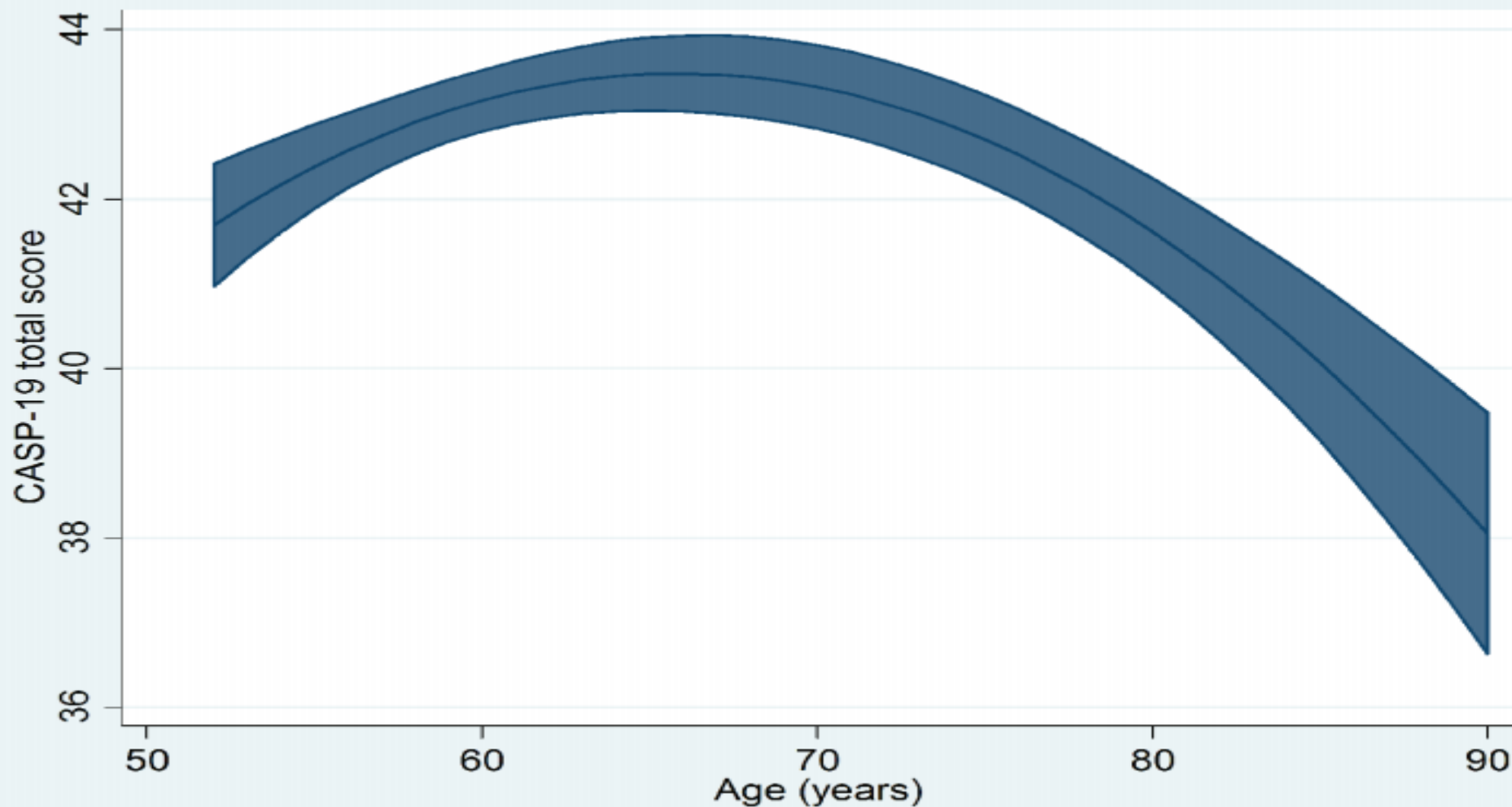
Characteristics of volunteers

– Location



Note. N = 1204; Missing obs = 258; Error bars correspond to 95% confidence intervals

Quality of life



Benefits of volunteering (QoL & Depressive symptoms)

| | Mean QoL | Mean depressive symptoms |
|--------------------|----------------------|--------------------------|
| Does not volunteer | 42.11 (41.30, 42.93) | 6.06 (5.32, 6.80) |
| Does volunteer | 44.16 (43.60, 44.73) | 4.88 (4.31, 5.45) |

| | Excellent/V.Good | | Good | | Fair/Poor | |
|----------------|------------------|---------|------|---------|-----------|---------|
| | % | 95% CI | % | 95% CI | % | 95% CI |
| Does not | 52 | [48-56] | 30 | [26-35] | 18 | [15-21] |
| Does volunteer | 60 | [55-64] | 29 | [26-33] | 11 | [9-14] |
| Total | 56 | [53-59] | 30 | [27-33] | 14 | [12-16] |

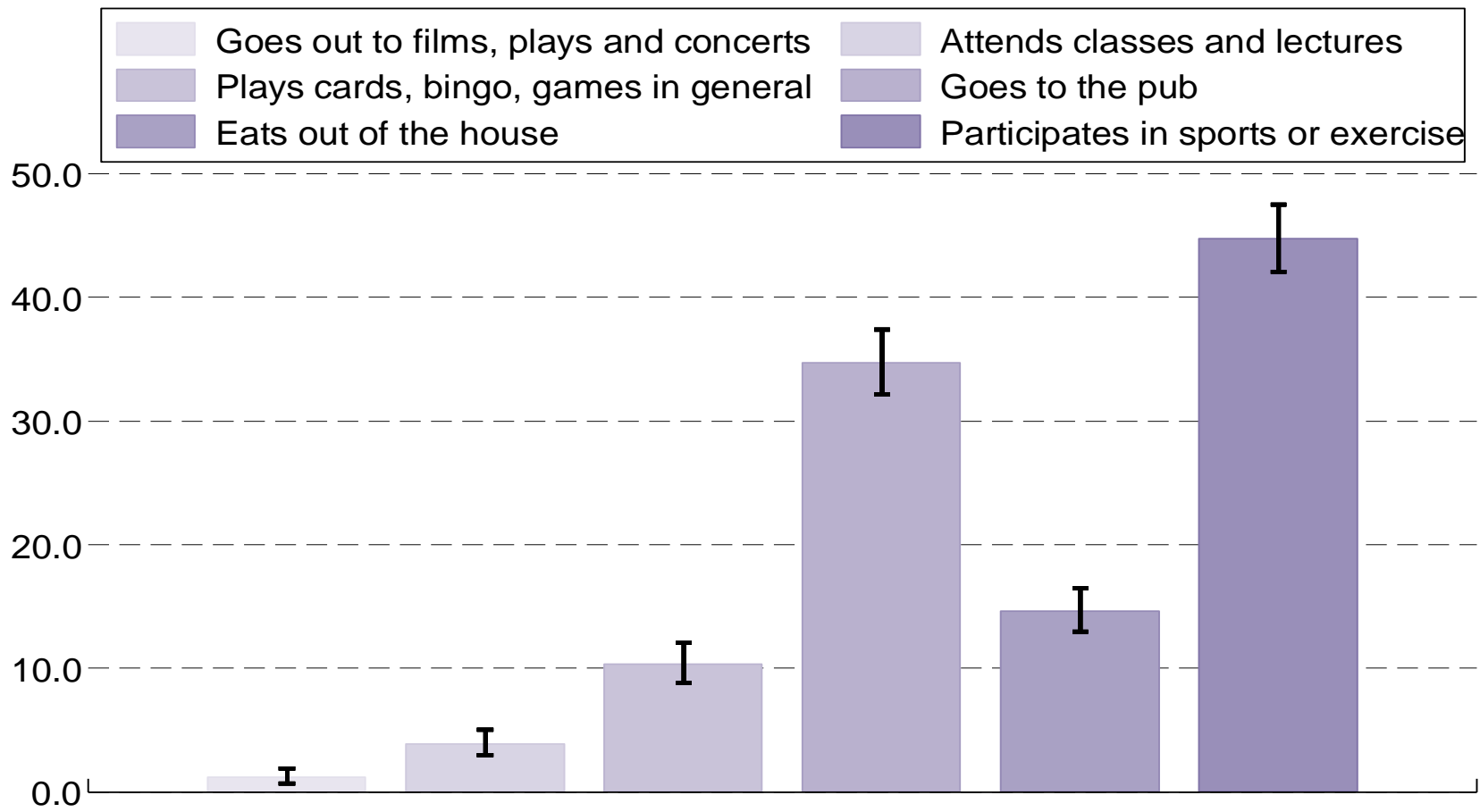


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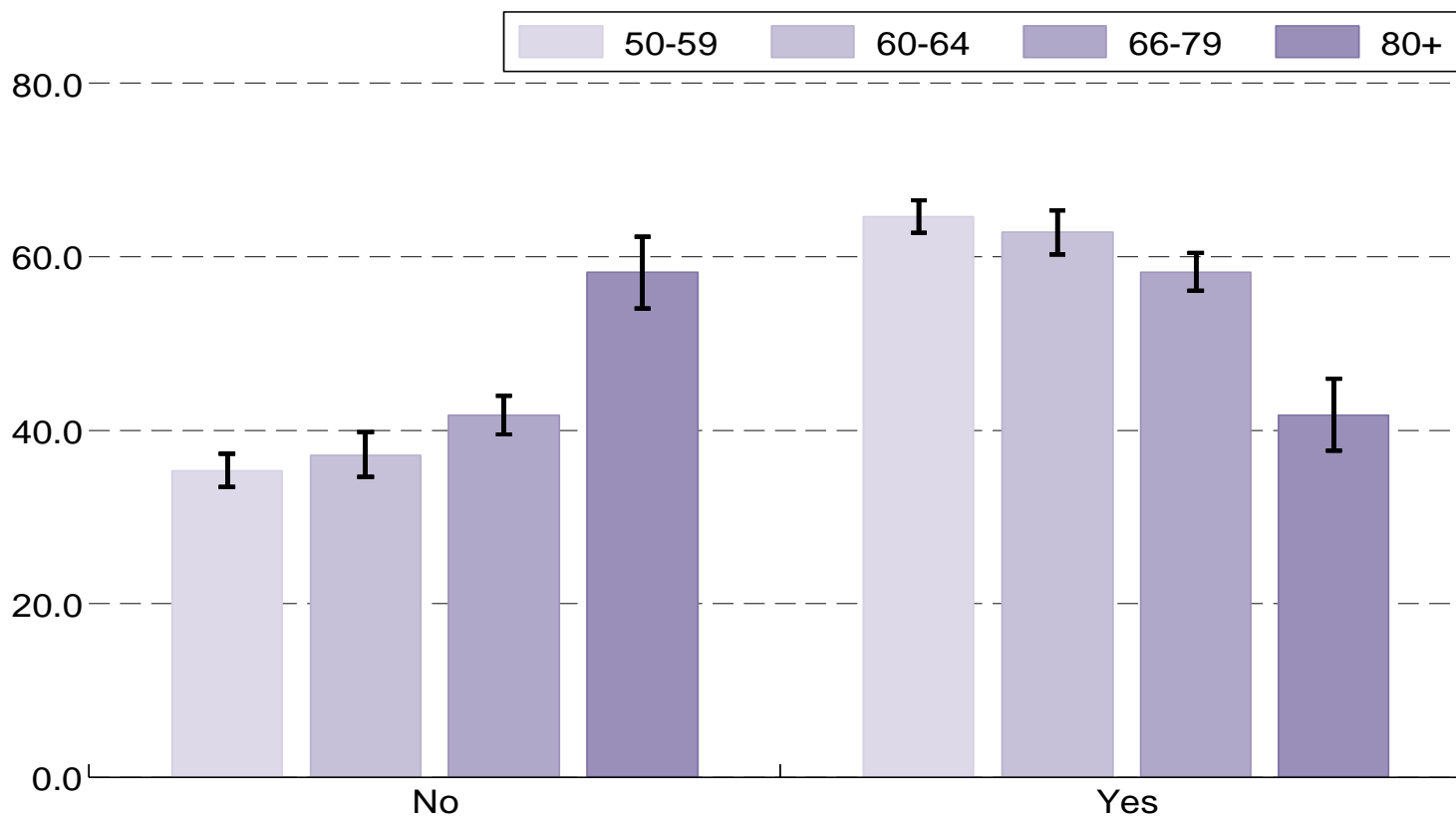
Weekly Active & Social participation

Active and social participation



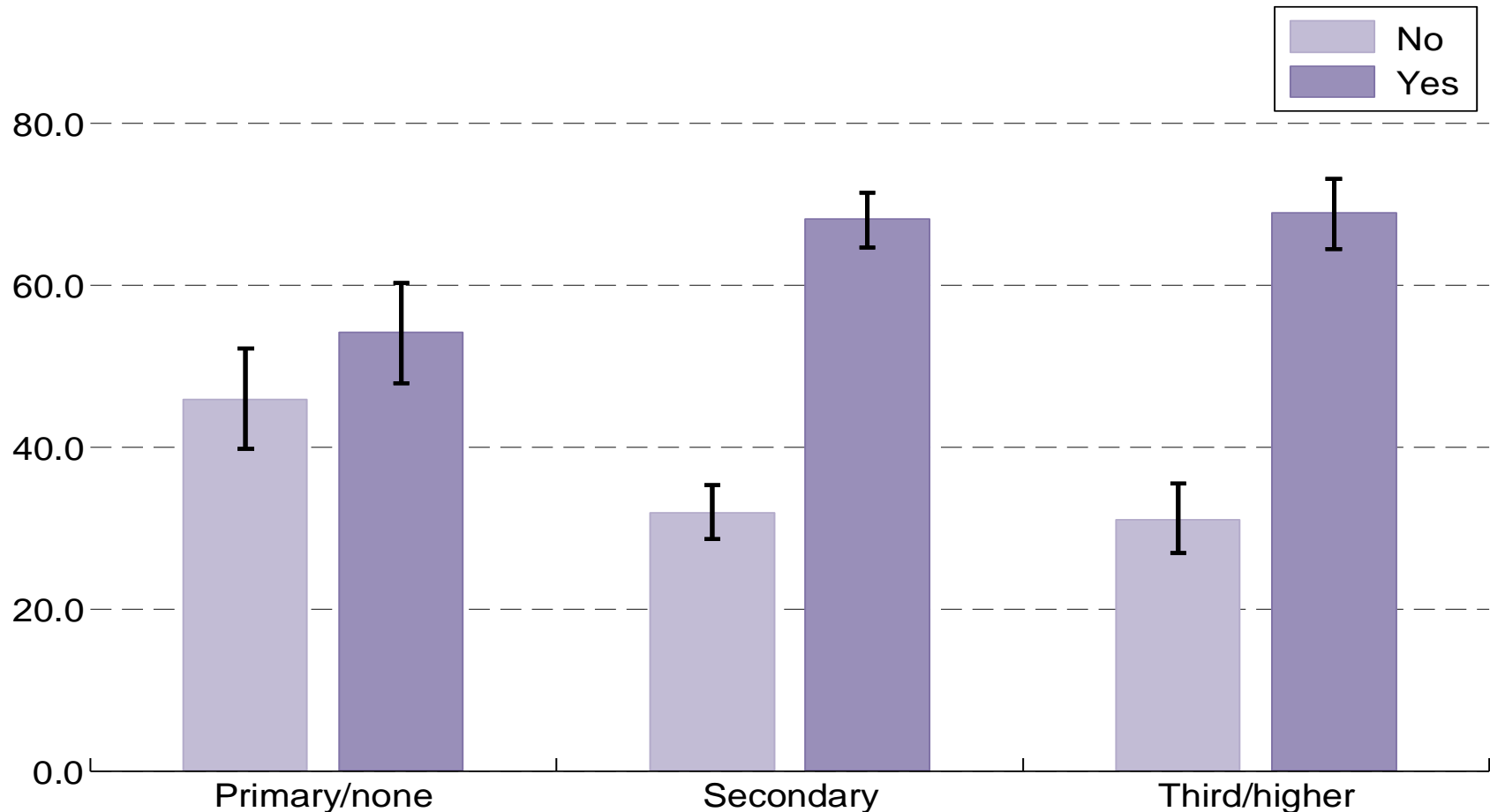
Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals

Active and social participation



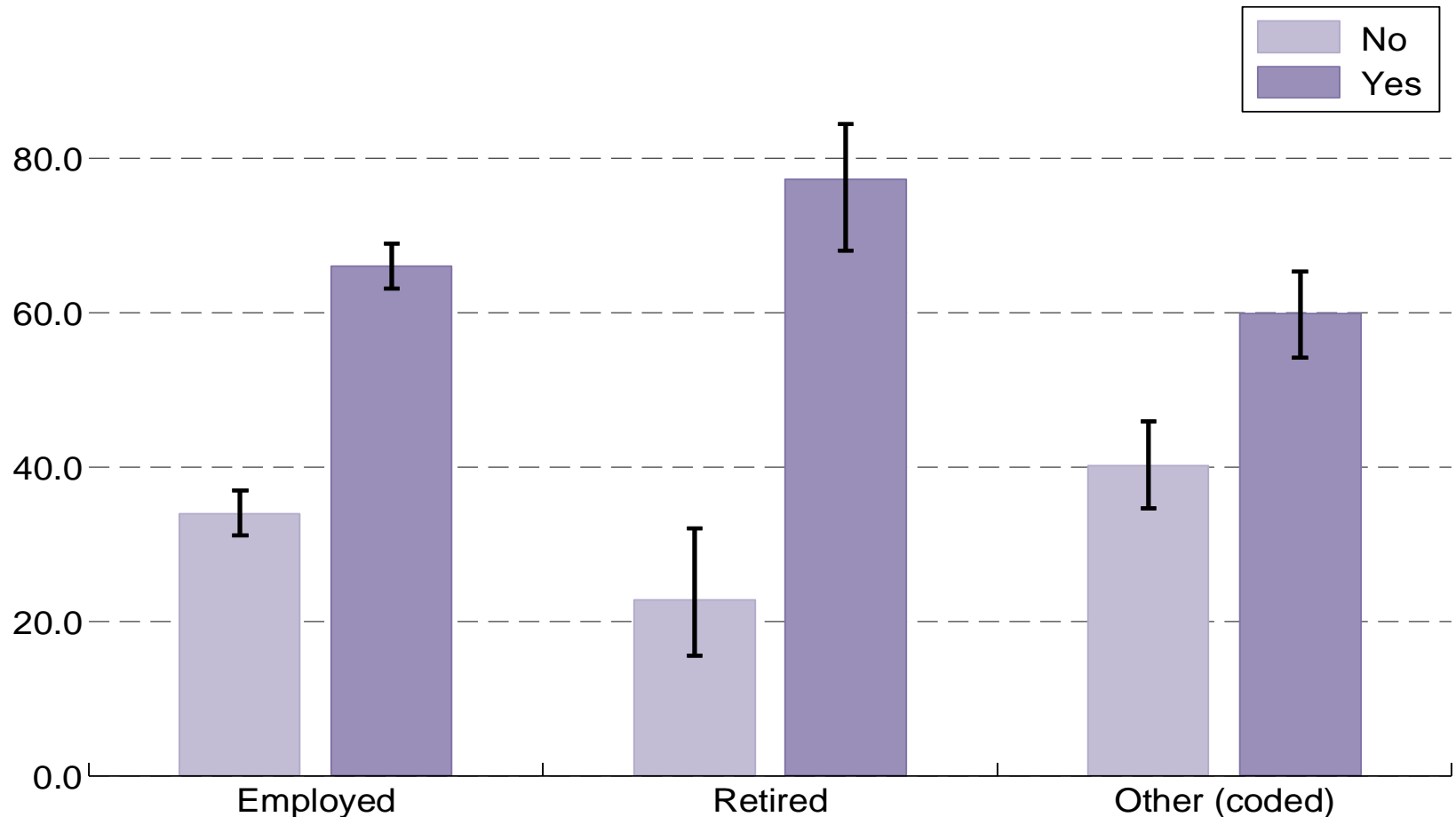
Note. N = 8163; Missing obs = 12; Error bars correspond to 95% confidence intervals

Active and social participation – Education



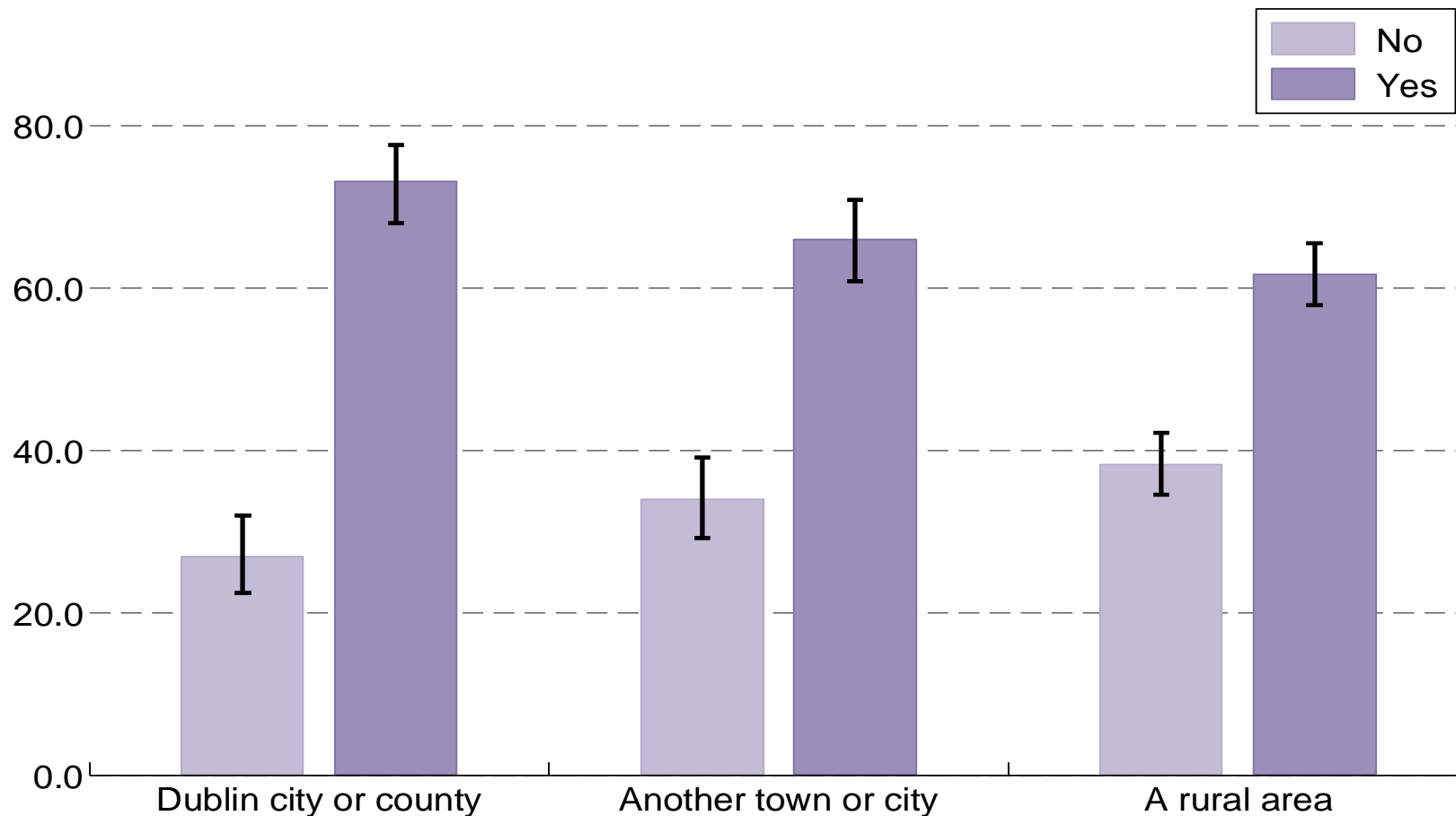
Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals

Active and social participation – Employment status



Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals

Active and social participation – Location



Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals

Benefits of Active and social participation (QoL & Depressive symptoms)

| | Mean QoL | Mean depressive symptoms |
|----------------------|----------------------|--------------------------|
| Weekly participation | 43.92 (43.39, 44.44) | 5.1 (4.57, 5.62) |
| Less or none | 40.64 (39.45, 41.83) | 6.5 (5.79, 7.2) |

| | Excellent/V.Good | | Good | | Fair/Poor | |
|----------------------|------------------|---------|------|---------|-----------|---------|
| | % | 95% CI | % | 95% CI | % | 95% CI |
| Weekly participation | 58 | [55-61] | 29 | [26-32] | 13 | [11-15] |
| Less or none | 50 | [45-54] | 32 | [28-36] | 18 | [15-22] |
| Total | 55 | [52-58] | 30 | [27-33] | 15 | [13-17] |

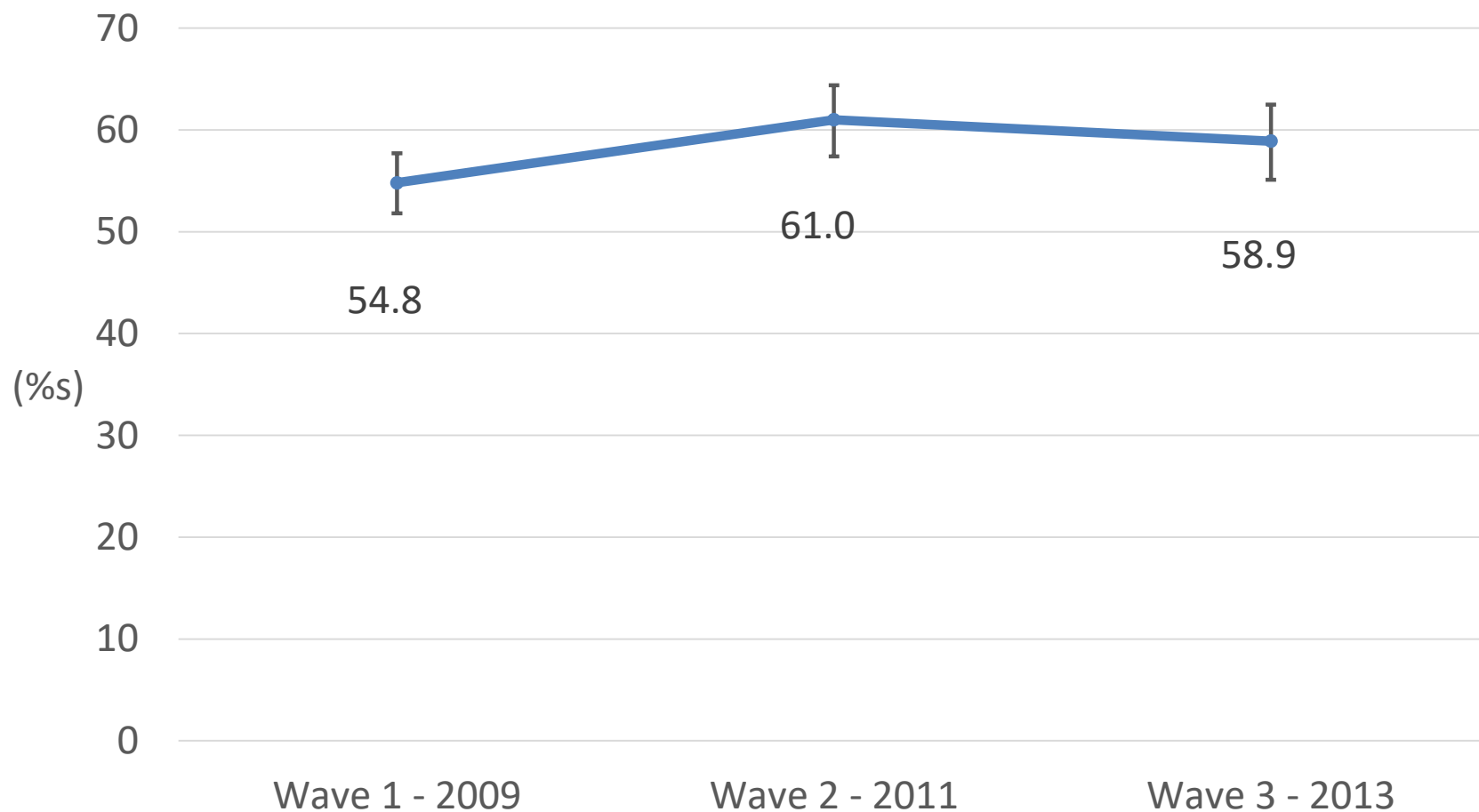


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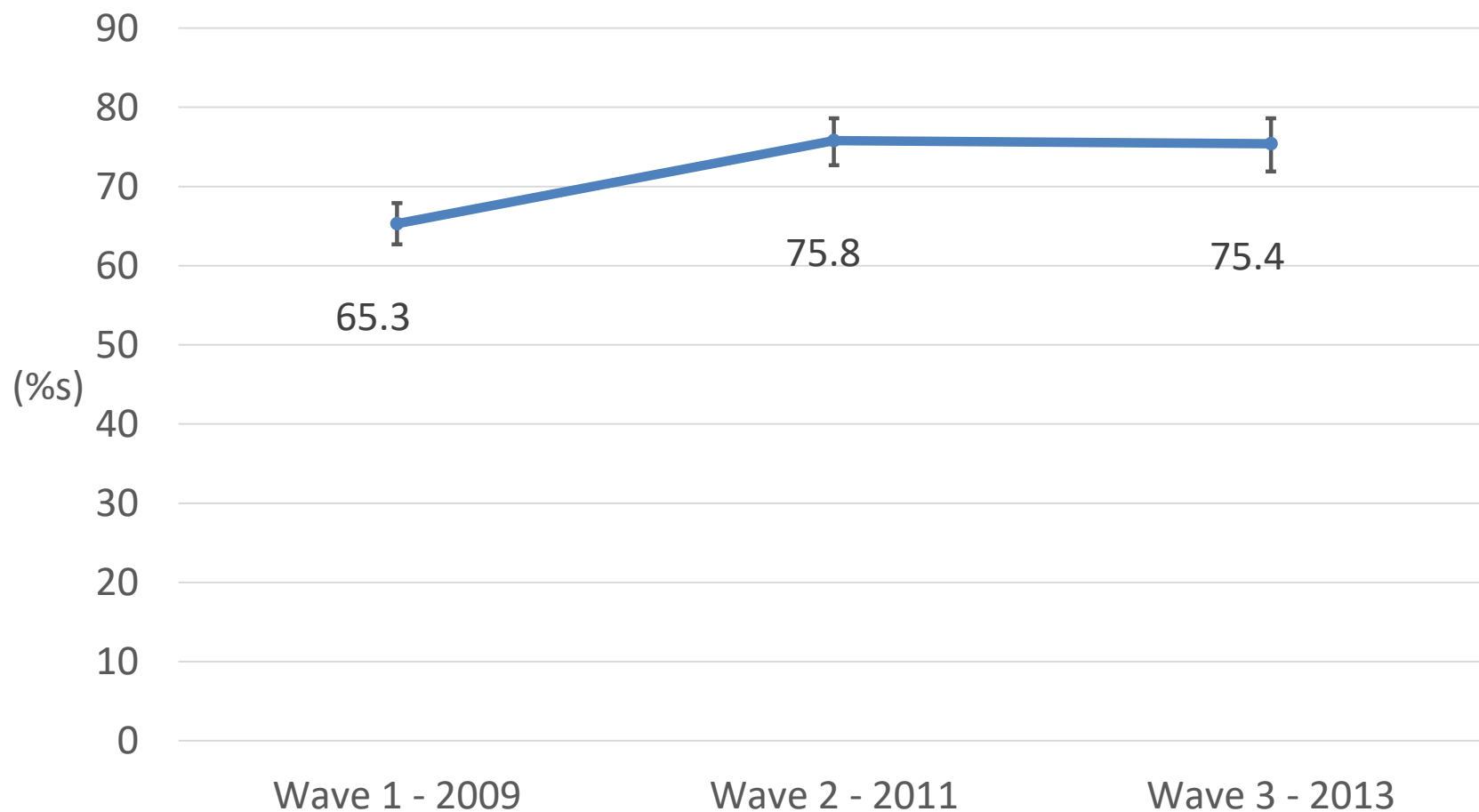
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Change over time

Volunteering



Social participation



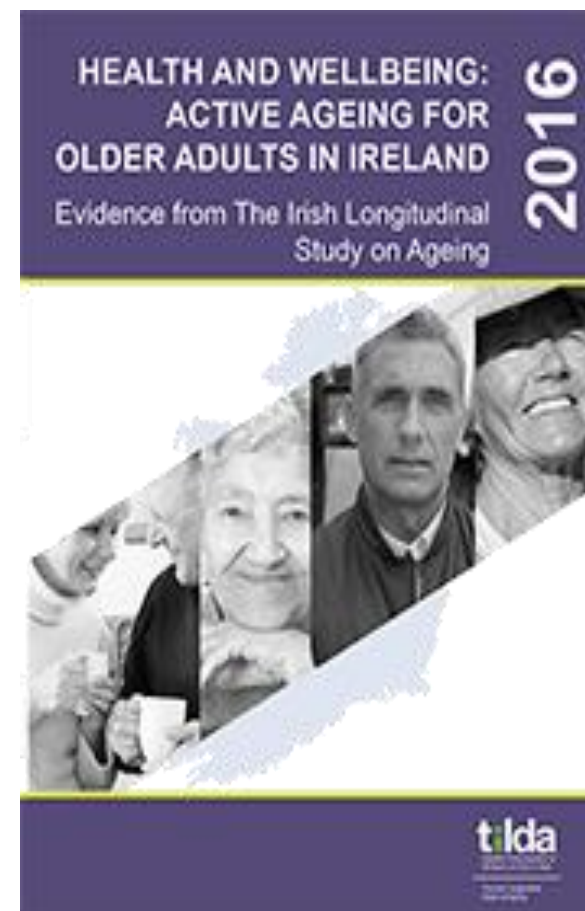
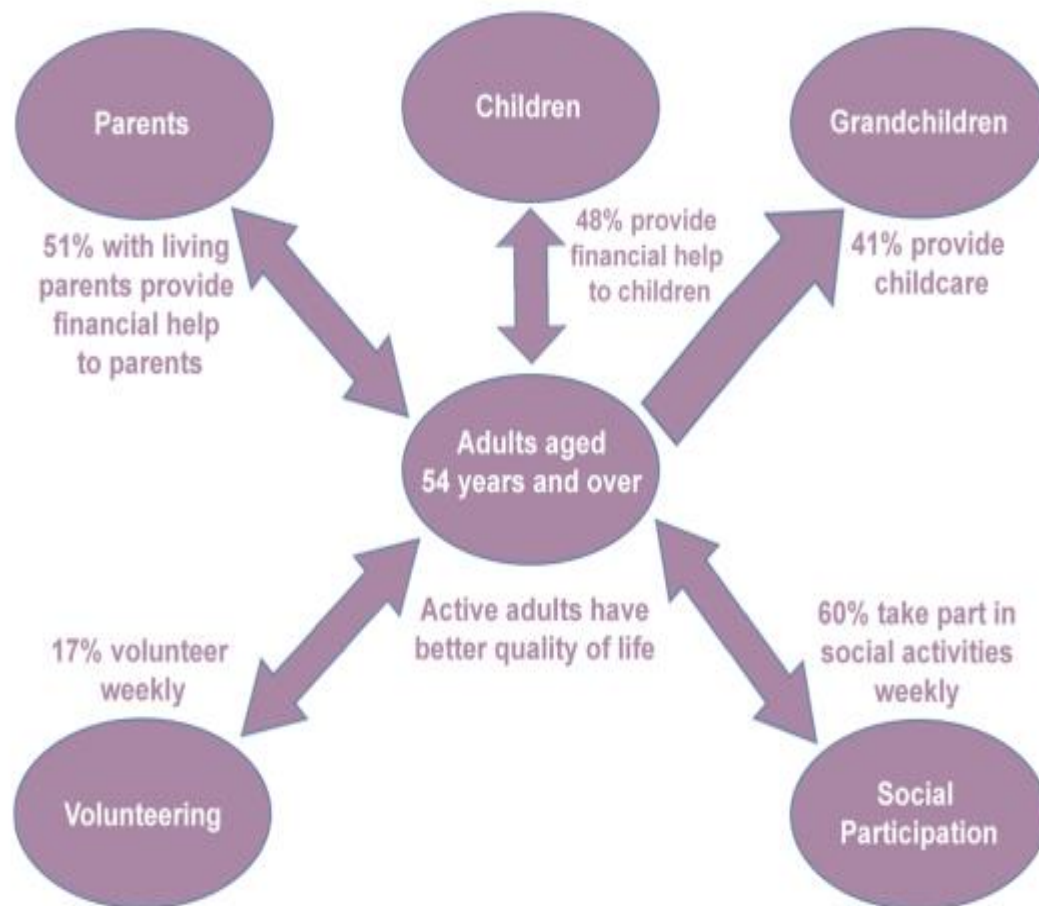


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Conclusions

- High rates of both volunteering and social participation
- Evidence of patterning according to education and other markers
- Volunteering benefits QoL, psychological health, physical health
- Social proscribing
- Future directions





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Resources

- Wave 1, wave 2 and wave 3 data currently available from:
 - Irish Social Science Data Archive (ISSDA): www.ucd.ie/issda/data/tilda/

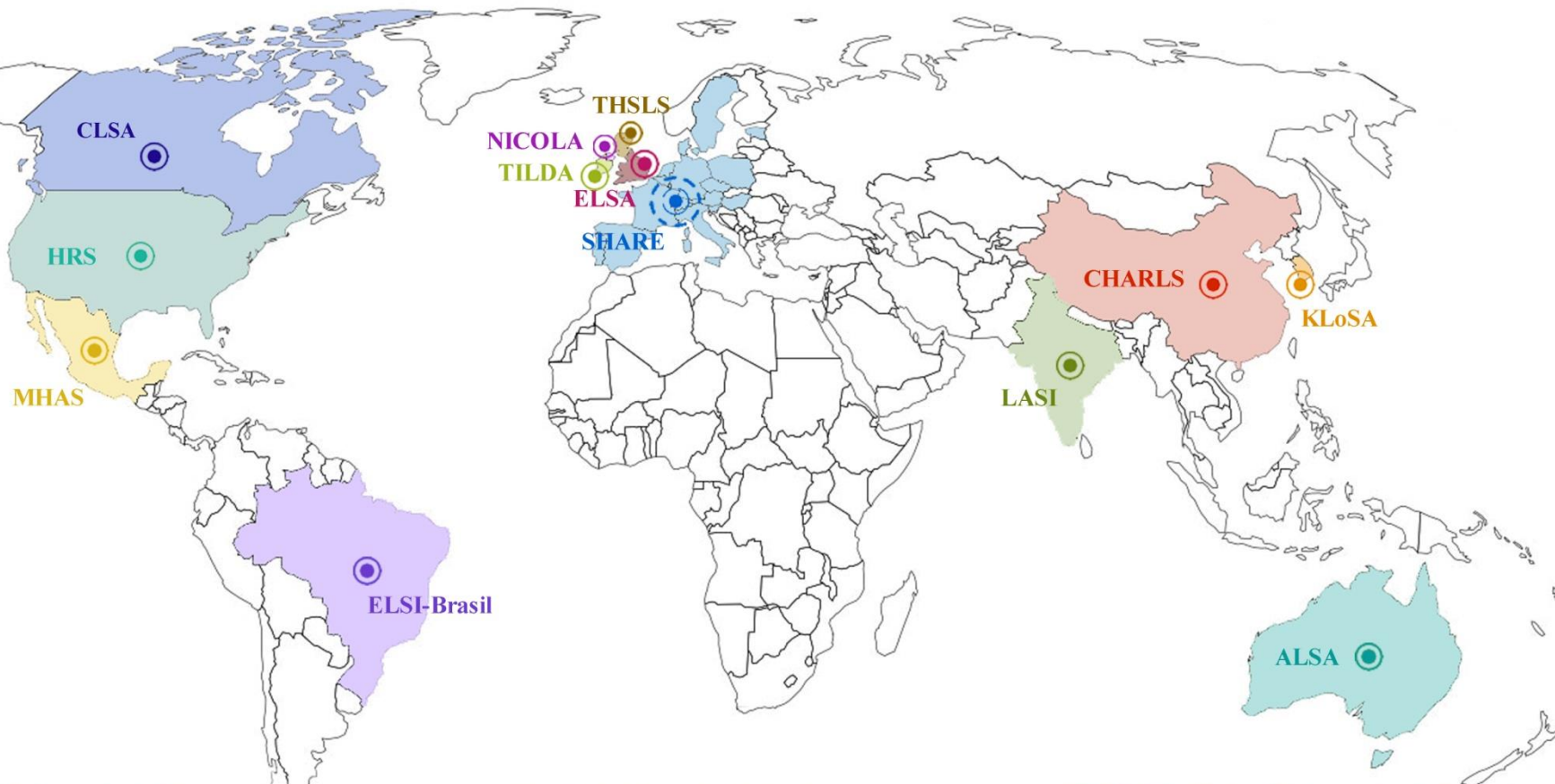


- Interuniversity Consortium for Political and Social Research (ICPSR):
www.icpsr.umich.edu/icpsrweb/ICPSR/studies/34315



- TILDA also participating in Gateway to Global Aging initiative (www.g2aging.org/)
 - TILDA data are searchable alongside HRS, ELSA, CHARLS, LASI, *etc.*

International 'family' of longitudinal studies of ageing



HRS: Health and Retirement Study (U.S.A.)
CLSA: Canadian Longitudinal Study on Aging
MHAS: Mexican Health and Aging Study
ELSI-Brasil: Brazilian Longitudinal Study of Health, Ageing and Well Being

TILDA: The Irish Longitudinal Study of Ageing
ELSA: English Longitudinal Study of Ageing
SHARE: Survey of Health and Retirement in Europe
NICOLA: Northern Ireland Cohort Longitudinal Study of Ageing
THSLs: The Scottish Longitudinal Study of Ageing

CHARLS: China Health and Retirement Longitudinal Study
LASI: The Longitudinal Ageing Study in India
KLoSA: Korean Longitudinal Study of Ageing
ALSA: The Australian Longitudinal Study of Ageing

- TILDA publications
 - <https://tilda.tcd.ie/publications/reports/>
 - <https://tilda.tcd.ie/publications/papers/>
 - <https://tilda.tcd.ie/publications/research-briefs/>
- TILDA data and other resources
 - <http://www.ucd.ie/issda/data/tilda/>
- Lifepath collaborative healthy ageing project
 - <http://www.lifepathproject.eu/wp>



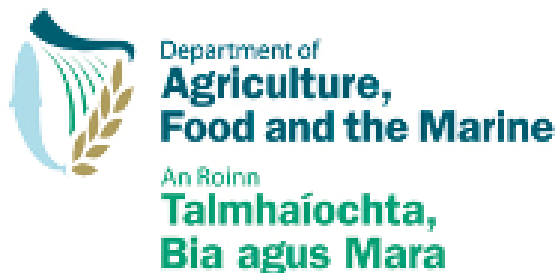
The
ATLANTIC
Philanthropies



Funders



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Údarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority



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For more information:
www.tilda.ie