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Malaysia explores holistic approach to healthy ageing and well-being

February 24, 2022 | News

Based on the latest demographic trends, Malaysia is expected to be an aged nation by 2030 and super-aged by 2050



Led by the School of Medical and Life Sciences, Sunway University has established a collaborative partnership with the Senior Citizens Club Subang Jaya in fostering a holistic approach to healthy ageing and well-being that includes physiological, psychological and socio-economic dimensions. The Senior Citizens Club Subang Jaya is one of the most active and dynamic citizens club in Malaysia; working closely with the Ministry of Women, Family and Community Development of Malaysia to reach out and enrich the lives of older adults in the community through social and personal development activities.

The Sunway University's Ageing Health and Well-Being Research Centre, led by Prof. Dr. Alexandre Schaefer at Sunway University was established to foster multidisciplinary research and interventions that are focused on the promotion of a healthy lifespan development in South-East Asian (SEA) communities. Specific areas of interest will include (but not limited to) the well-being of older adults in Malaysia, the interplay between socioeconomic conditions and mental health, and strategies to build resilience against future pandemics and climate events.

Recognising the significant influence that the lived environment has on behaviour, risk exposure, health outcomes, and social inclusion, this academia-public partnership will focus on developing initiatives to develop a more age-friendly environment.

Prof. Dr. Mahendhiran Nair, Sunway University Pro-Vice Chancellor (Research Engagement & Impact) said, "This collaboration is aligned to the Shared Prosperity Vision 2030, the 12th Malaysian Plan and the 10-10 Malaysian Science, Technology, Innovation and Economy Framework, which will enable new opportunities for socio-economic growth through the development of an inclusive 'silver economy'".