

GUIDELINES

The standard for healthy Chinese older adults (2022)

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Healthy older adults refer to the elderly aged 60 and above who can take care of themselves or basically take care of themselves. The three aspects of body, psychology, and society tend to be in a coordinated and harmonious state. The age-related changes in essential organs do not lead to apparent functional abnormalities, the risk factors affecting health are controlled within the age-appropriate range, and with good nutritional status; the cognitive function is basically normal, optimistic, positive, and self-satisfied, with a certain level of health literacy and maintaining a good lifestyle; active participation in family and social activities with good social adaptability, etc.

Healthy Chinese seniors should meet the following requirements:

1. Self-sufficient or nearly self-sufficient;
2. Major organs showing no functional abnormalities associated with aging;

3. Risk factors controlled at levels considered satisfactory for the corresponding age group;
4. Normal nutritional status;
5. Cognitive function is basically normal;
6. Staying optimistic, positive, and self-satisfied;
7. Have a certain level of health literacy and maintain a good lifestyle;
8. Actively participate in family and social activities;
9. Have good social adaptability.

AUTHOR CONTRIBUTIONS

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CONFLICT OF INTEREST

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