Older adults’ social networks, the relationships they have with family, friends, and the community, are closely related to their health and mortality. In addition to robust and engaging social networks, older adults can improve their health and well-being through health-promoting lifestyles — such as physical activity, good nutrition, and stress management — which can lead to successful aging. The purpose of this study was to understand predictors on social networks and health-promoting lifestyles in older adults (≥ 65 years old).

Most socio-demographic factors were significantly positively associated with health-promoting lifestyles (see Table 1). The social network score and health-promoting lifestyles were higher in the Korean immigrant groups (e.g., spiritual growth & stress management were the highest scores among the HPLP). The stronger relationship between social networks & health-promoting lifestyles in the immigrant group, compared to the Korean older adults. (r=0.631 vs. r= 0.308)

Participan: A total of 354 (226 older adults residing in South Korea & 128 immigrants in the U.S) 
Data collection: from July 2015 to April 2016 
Measurements: Social network scale-6 (6 items) : social networks from family & friends 
Health-promoting behaviors (52 items) : six domains including physical health and stress management. 
Statistical analyses: Student’s t-test, two-ways of analysis of variance & post hoc test using SPSSS 18

Since differences in the degree of health-promoting lifestyles can lead to population inequality, it is significant to identify predictive variables that differ in the degree of health-promoting lifestyles between the two groups. We suggest that health policymakers and healthcare providers develop targeted programs that are designed to promote health-related lifestyles that are associated with older adults.