**Title:** Frequency and determinants of successful aging: Opinions of Retired people in Tabriz city.

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**Abstract:**

**Introduction:** As the age of societies grows up in developed countries, aging becomes more important, and recently, successful aging has been introduced. There is not a fixed definition for successful aging. Different scientists have presented variable definitions in the recent century. The more popular and acceptable definition contains three main elements: 1. Not having any disease, or any disease related disability 2. Maintenance of high cognitive and physical function 3. Active engagement with life. The positive effect of having a positive view of aging by older people themselves on physical health has been shown by previous studies. Therefore, it is necessary to understand the criteria of successful aging by older people and fulfill them.

**Method:** In the sectional study, 170 people over 60 years have been selected among retirees of university, workers, education in the city of Tabriz. The prevalence of successful aging is studied by the criteria of retired people have been studied. The prevalence of successful aging is studied by asking the how you agree by “I am aging successfully” the interviews have done on phone or in one’s presence.

**Findings:** 72.9% of people have considered themselves as aging successfully, and 37.6% have become successful by criteria. There is a meaningful relation between income and marital status and ADL (Activities of Daily Living) with successful aging. There is not any meaningful relation between sex, education with successful aging. The people who have been interviewed, presented social health (60%), physical health (46.5%), mental health (44.1%), functional health (22.4%) and economical status (45.1%) as the criteria of successful aging.

**Results:** The prevalence of successful aging by the views of older people themselves and the criteria, in this study is higher than previous similar studies in developed countries. The cause can be our different culture. Although, our participants are retired and have independent financial support. Also the criteria which have defined before, are for developed countries and they are not may be suitable for our country. Like previous studies, there is a great difference in prevalence of successful aging by the views of elder people and the criteria. Maybe people do not care the disease which is important for scientists and this, increases the difference of prevalence by the definition of elders and scientists.

**Presentation:** Poster