

GASEL Wellbeing older people seek and share information related to exercise

Older people are not all similarly interested in information related to physical exercise and some might even avoid it. Are women more active in seeking information? Is there a difference in older people information behaviour according to age? Do those who rate their health to be poor avoid exercise information?

Health information becomes more important with age when the meaning of information on prevention and care of different illnesses rises. According to previous researches, active use of health information may promote healthy aging. However, older people are not homogenic group and we need to learn more about their individual differences. This is needed for providing relevant information for this specific demographic group.

According to a questionnaire survey conducted in GASEL study, there is no difference in information behaviour of older men and women. On the other hand those who rated their health to be good were more likely to seek exercise information, discuss with others about issues related to exercise, and to tell others what they have heard or read on the matter. Older people who were over 80 years old or who rated their health to be poor tend to avoid thinking about exercise as well as information related to exercise.

This science news is based on a following conference presentation:

Enwald H, Kangas M, Keränen N, Immonen M, Similä H, Jämsä T & Korpelainen R: Health information behaviour of Finnish elderly - The GASEL project. Information: Interactions and Impact (i3) Conference, 23.-26.6.2015 Aberdeen, UK.

Picture: Pixhill.com

