Towards making Ireland the best place in the world to grow old

Formal and informal social participation among middle-aged men: Findings from The Longitudinal Study on Ageing

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Overview

1. Provide an overview of The Irish Longitudinal study on Ageing

2. Describe formal and informal social participation among middle-aged men in the Republic of Ireland
   – Volunteering (formal)
   – Active & social participation (informal)

3. Look at change over time (x2)

4. Some benefits of participation
   – Quality of life
   – Depressive symptoms
   – Self-rated health
Methodology The Irish Longitudinal Study on Ageing (TILDA)
Experience of Ageing (TILDA)

- Health
- Genes
- Nutrition
- Family Networks
- Social Participation
- Education
- Income & Assets
- Mental Health
- Work & Retirement
- Household Structure
- Marital Status
Towards making Ireland the best place in the world to grow old

8,504 Participants

50+
Every 2 years
Data collection every 2 years for interview, every 4 - 6 years for health assessment

Refresh sample

**Measures:** Subjective Objective

|-------------------|-------------|-------------------|-------------|-------------|-------------------|

**CAPI:** computer-assisted personal interview

**SCQ:** self-completion questionnaire

**Health:** TILDA health assessment
Sample Design

• Target population is the population of persons aged 50+ living in residential addresses in the Republic of Ireland, and their spouses or partners of any age

• Sampling frame was the Geodirectory
  – Comprehensive listing of all residential addresses in the State
  – But no age information ➔ increased field costs

• Sample design (multi-stage design)
  – All residential addresses grouped into 3,155 clusters
  – Selection of 640 clusters stratified by SEG, age and geography to maintain a population representative sample
  – Resulted in 32,000 addresses
  – Household response rate of 62%
  – Baseline sample size of 8,175 (+329 partners aged less than 50 years)
## Coverage

<table>
<thead>
<tr>
<th>Wave 1 Age Group</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 50 (partners)</td>
<td>329</td>
</tr>
<tr>
<td>50 – 59</td>
<td>3,271</td>
</tr>
<tr>
<td>60 - 69</td>
<td>2,589</td>
</tr>
<tr>
<td>70 - 79</td>
<td>1,689</td>
</tr>
<tr>
<td>80 - 89</td>
<td>578</td>
</tr>
<tr>
<td>90+</td>
<td>48</td>
</tr>
</tbody>
</table>

TILDA includes 1:140 of all community dwelling adults in the RoI aged 50+
Representative of population of Ireland aged 50+

<table>
<thead>
<tr>
<th>Age Group</th>
<th>TILDA</th>
<th>% each group</th>
<th>% Census 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 - 59</td>
<td>3,271</td>
<td>40%</td>
<td>40%</td>
</tr>
<tr>
<td>60 - 69</td>
<td>2,589</td>
<td>32%</td>
<td>30%</td>
</tr>
<tr>
<td>70 - 79</td>
<td>1,689</td>
<td>21%</td>
<td>18%</td>
</tr>
<tr>
<td>80+</td>
<td>578</td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>TILDA sample</td>
<td></td>
<td>Middle-aged only</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------</td>
<td>---------------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td></td>
<td>%</td>
<td>95% CI</td>
<td>%</td>
</tr>
<tr>
<td>Primary/none</td>
<td>38.2</td>
<td>(36.7,39.8)</td>
<td>21.3</td>
</tr>
<tr>
<td>Secondary</td>
<td>43.2</td>
<td>(41.9,44.6)</td>
<td>55.0</td>
</tr>
<tr>
<td>3rd level</td>
<td>18.5</td>
<td>(17.5,19.6)</td>
<td>23.7</td>
</tr>
<tr>
<td>Employed</td>
<td>35.5</td>
<td>(34.2,36.9)</td>
<td>68.7</td>
</tr>
<tr>
<td>Retired</td>
<td>35.3</td>
<td>(33.9,36.7)</td>
<td>7.1</td>
</tr>
<tr>
<td>Other</td>
<td>29.2</td>
<td>(27.9,30.5)</td>
<td>24.2</td>
</tr>
<tr>
<td>Lives with spouse/partner</td>
<td>67.5</td>
<td>(66.2,68.8)</td>
<td>76.7</td>
</tr>
<tr>
<td>Dublin city or county</td>
<td>22.5</td>
<td>(19.4,25.9)</td>
<td>21.0</td>
</tr>
<tr>
<td>Another town or city</td>
<td>28.1</td>
<td>(25.0,31.5)</td>
<td>28.8</td>
</tr>
<tr>
<td>A rural area</td>
<td>49.4</td>
<td>(45.7,53.1)</td>
<td>50.3</td>
</tr>
</tbody>
</table>
Participation among middle-aged men
- Findings from TILDA
Participation domains

Volunteering (formal)

Social participation (informal)
% of men who do voluntary work

Note. N = 3049; Missing obs = 695; Error bars correspond to 95% confidence intervals.
How often respondents do voluntary work

<table>
<thead>
<tr>
<th>Age Group</th>
<th>At least once per week</th>
<th>At least once per month</th>
<th>A few times a year or less</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td>40.0</td>
<td>60.0</td>
<td>20.0</td>
<td>0.0</td>
</tr>
<tr>
<td>60-64</td>
<td>50-59</td>
<td>60-64</td>
<td>20-0</td>
<td>0.0</td>
</tr>
<tr>
<td>66-79</td>
<td>60.0</td>
<td>80.0</td>
<td>40.0</td>
<td>0.0</td>
</tr>
<tr>
<td>80+</td>
<td>70.0</td>
<td>90.0</td>
<td>50.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

Note. N = 3049; Missing obs = 695; Error bars correspond to 95% confidence intervals
Characteristics of volunteers – Education

Note. N = 1204; Missing obs = 258; Error bars correspond to 95% confidence intervals
Characteristics of volunteers – Employment status

Note. N = 1204; Error bars correspond to 95% confidence intervals
Characteristics of volunteers – Location

Note. N = 1204; Missing obs = 258; Error bars correspond to 95% confidence intervals
Quality of life

Source: McCrory et al.
## Benefits of volunteering (QoL & Depressive symptoms)

<table>
<thead>
<tr>
<th></th>
<th>Mean QoL</th>
<th>Mean depressive symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>95% CI</td>
</tr>
<tr>
<td>Does not volunteer</td>
<td>42.11 (41.30, 42.93)</td>
<td>6.06 (5.32, 6.80)</td>
</tr>
<tr>
<td>Does volunteer</td>
<td>44.16 (43.60, 44.73)</td>
<td>4.88 (4.31, 5.45)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Excellent/V.Good</th>
<th>Good</th>
<th>Fair/Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td></td>
<td>95% CI</td>
<td>95% CI</td>
<td>95% CI</td>
</tr>
<tr>
<td>Does volunteer</td>
<td>60 [55-64]</td>
<td>29 [26-33]</td>
<td>11 [9-14]</td>
</tr>
<tr>
<td>Total</td>
<td>56 [53-59]</td>
<td>30 [27-33]</td>
<td>14 [12-16]</td>
</tr>
</tbody>
</table>
Weekly Active & Social participation
Active and social participation

Goes out to films, plays and concerts
Attends classes and lectures
Plays cards, bingo, games in general
Goes to the pub
Eats out of the house
Participates in sports or exercise

Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals
Active and social participation

Note. N = 8163; Missing obs = 12; Error bars correspond to 95% confidence intervals
Active and social participation – Education

Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals
Active and social participation – Employment status

Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals
Active and social participation – Location

Note. N = 1462; Missing obs = 0; Error bars correspond to 95% confidence intervals
Benefits of Active and social participation (QoL & Depressive symptoms)

<table>
<thead>
<tr>
<th>Weekly participation</th>
<th>Mean QoL</th>
<th>Mean depressive symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>43.92 (43.39, 44.44)</td>
<td>5.1 (4.57, 5.62)</td>
</tr>
<tr>
<td>Less or none</td>
<td>40.64 (39.45, 41.83)</td>
<td>6.5 (5.79, 7.2)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Excellent/V.Good</th>
<th>Good</th>
<th>Fair/Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly participation</td>
<td>% 95% CI</td>
<td>% 95% CI</td>
<td>% 95% CI</td>
</tr>
<tr>
<td>58</td>
<td>[55-61]</td>
<td>[26-32]</td>
<td>[11-15]</td>
</tr>
<tr>
<td>Total</td>
<td>55 [52-58]</td>
<td>30 [27-33]</td>
<td>15 [13-17]</td>
</tr>
</tbody>
</table>
Change over time
Volunteering

Wave 1 - 2009: 54.8%
Wave 2 - 2011: 61.0%
Wave 3 - 2013: 58.9%
Social participation

Wave 1 - 2009 65.3
Wave 2 - 2011 75.8
Wave 3 - 2013 75.4
Conclusions
• High rates of both volunteering and social participation

• Evidence of patterning according to education and other markers

• Volunteering benefits QoL, psychological health, physical health

• Social proscribing

• Future directions
HEALTH AND WELLBEING: ACTIVE AGEING FOR OLDER ADULTS IN IRELAND
Evidence from The Irish Longitudinal Study on Ageing

Parents
51% with living parents provide financial help to parents

Children
48% provide financial help to children

Grandchildren
41% provide childcare

Adults aged 54 years and over

Volunteering
17% volunteer weekly

Active adults have better quality of life

60% take part in social activities weekly

Social Participation

https://tilda.tcd.ie/publications/reports/pdf/w3-key-findings-report/TILDA%20Wave%203%20Key%20Findings%20report.pdf
Data Availability

• Wave 1, wave 2 and wave 3 data currently available from:
  – Irish Social Science Data Archive (ISSDA): [www.ucd.ie/issda/data/tilda/](http://www.ucd.ie/issda/data/tilda/)
  – Interuniversity Consortium for Political and Social Research (ICPSR): [www.icpsr.umich.edu/icpsrweb/ICPSR/studies/34315](http://www.icpsr.umich.edu/icpsrweb/ICPSR/studies/34315)

• TILDA also participating in Gateway to Global Aging initiative ([www.g2aging.org/](http://www.g2aging.org/))
  – TILDA data are searchable alongside HRS, ELSA, CHARLS, LASI, etc.
International ‘family’ of longitudinal studies of ageing

HRS: Health and Retirement Study (U.S.A.)
CLSA: Canadian Longitudinal Study on Aging
MHAS: Mexican Health and Aging Study
ELSI-Brasil: Brazilian Longitudinal Study of Health, Ageing and Well-Being

TILDA: The Irish Longitudinal Study of Ageing
ELSA: English Longitudinal Study of Ageing
SHARE: Survey of Health and Retirement in Europe
NICOLA: Northern Ireland Cohort Longitudinal Study of Ageing
THSLS: The Scottish Longitudinal Study of Ageing

CHARLS: China Health and Retirement Longitudinal Study
LASI: The Longitudinal Ageing Study in India
KLoSA: Korean Longitudinal Study of Ageing
ALSA: The Australian Longitudinal Study of Ageing
• TILDA publications
  – https://tilda.tcd.ie/publications/reports/
  – https://tilda.tcd.ie/publications/papers/
  – https://tilda.tcd.ie/publications/research-briefs/

• TILDA data and other resources
  – http://www.ucd.ie/issda/data/tilda/

• Lifepath collaborative healthy ageing project
  – http://www.lifepathproject.eu/wp
For more information:
www.tilda.ie