



Fundació
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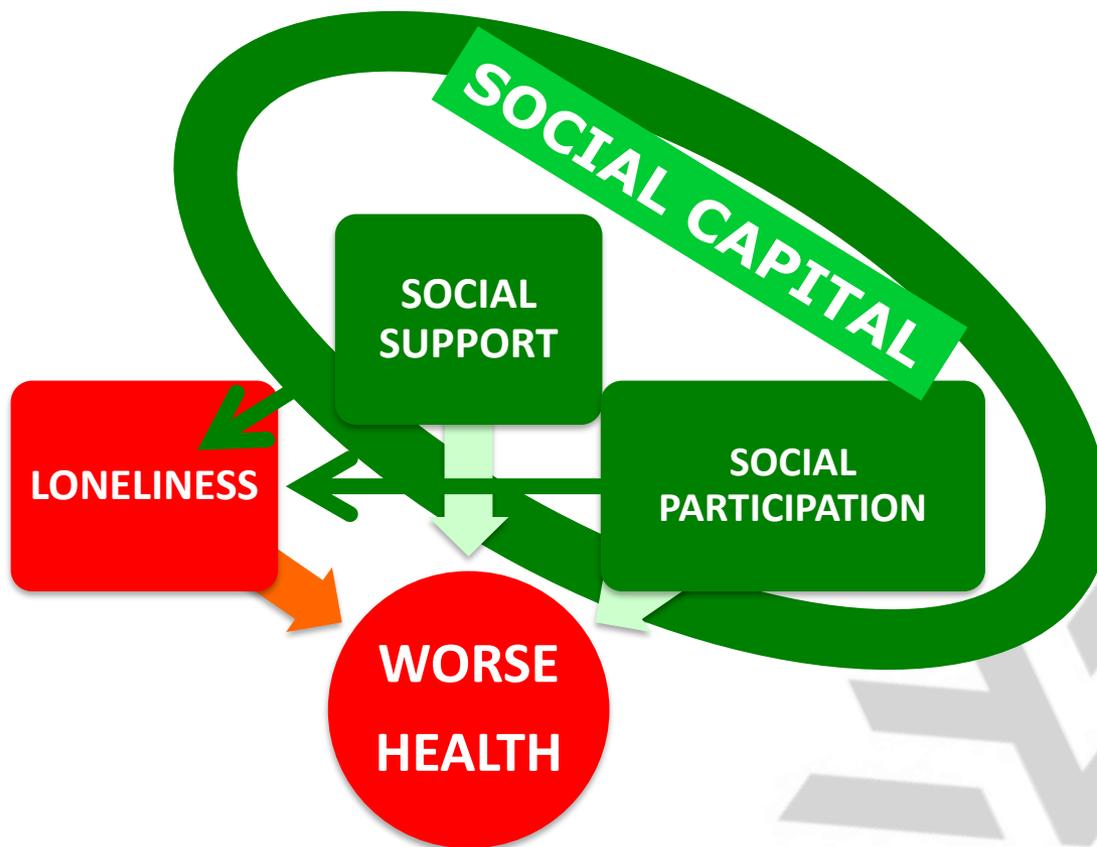
Como afrontar los impactos psicológicos: **relaciones sociales y soledad** **en personas mayores** desde una perspectiva de salud pública

Laura Coll-Planas



Barcelona, 21 de enero del 2021

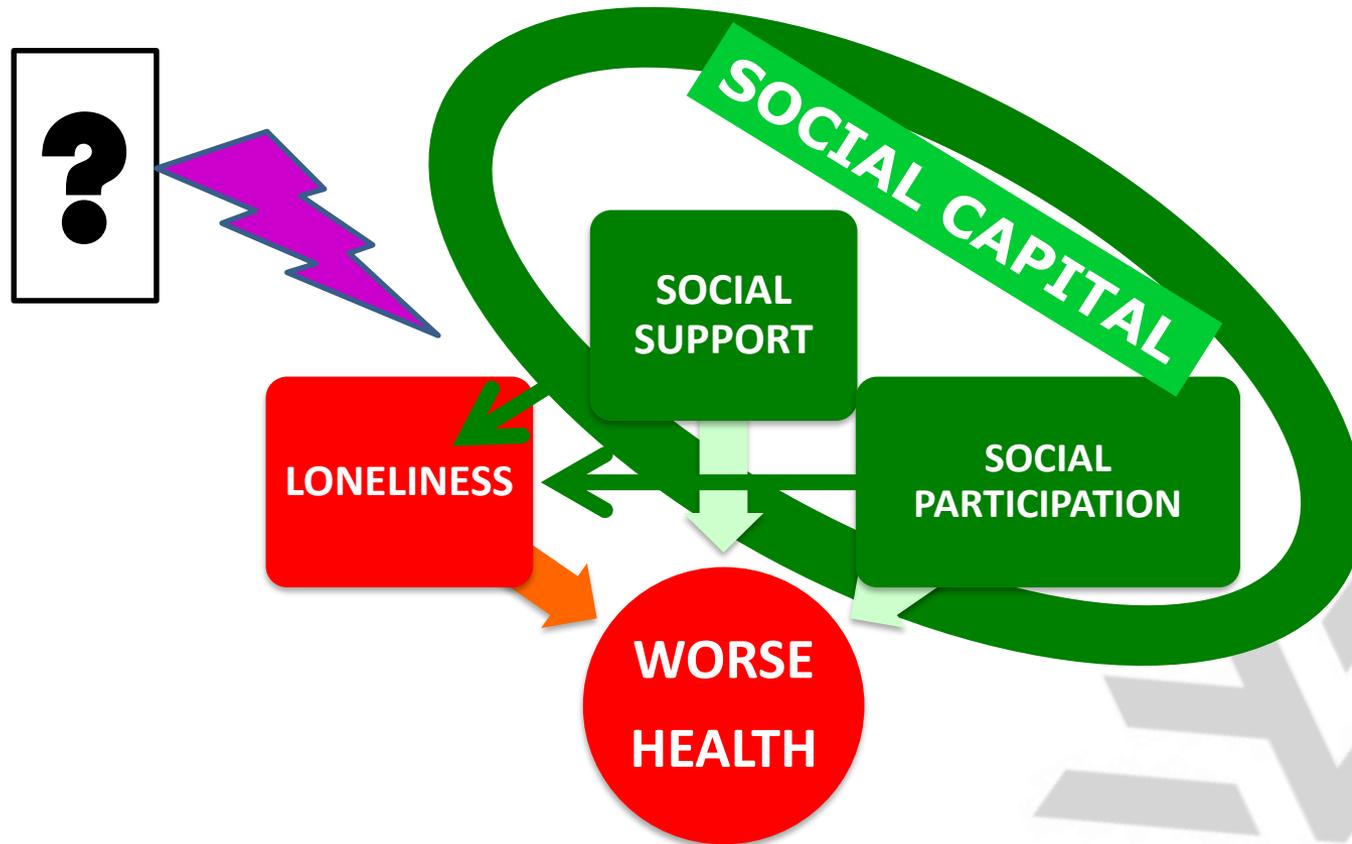
Relaciones entre soledad, capital social y salud



House JS, et al. (1988). Social relationships and health. Science.

Holt-Lunstad, J., et al. (2010). Social relationships and mortality risk: A meta-analytic review. PLoS Medicine

Intervenciones en soledad, capital social y salud



JECH Online First, published on November 10, 2016 as 10.1136/jech-2016-208131

Review

Social capital interventions targeting older people and their impact on health: a systematic review

Laura Coll-Planas,^{1,2} Fredrica Nyqvist,³ Teresa Puig,^{2,4} Gerard Urrútia,^{2,5} Ivan Solà,^{2,5} Rosa Monteserín^{2,6}

Masi, C. M. (2011). A meta-analysis of interventions to reduce loneliness. *Personality and Social Psychology Review: An Official Journal of the Society for Personality and Social Psychology, Inc*, 15(3), 219–266.

Soledad y actividad física

Journal of Aging and Physical Activity, (Ahead of Print)

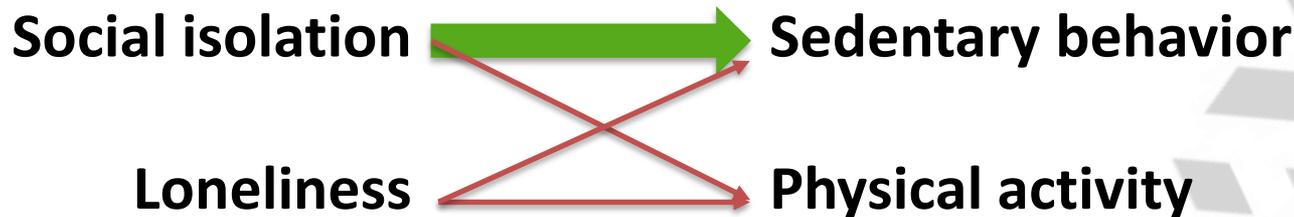
<https://doi.org/10.1123/japa.2019-0311>

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ORIGINAL RESEARCH

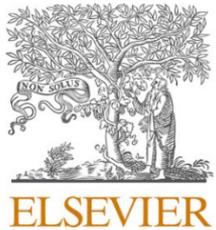
Is Sedentary Behavior or Physical Activity Associated With Loneliness in Older Adults? Results of the European-Wide SITLESS Study

Mark A. Tully, Ilona I. McMullan, Nicole E. Blackburn, Jason J. Wilson, Laura Coll-Planas, Manuela Deidda, Paolo Caserotti, and Dietrich Rothenbacher, on behalf of the SITLESS group



Soledad y fragilidad

Maturitas 144 (2021) 93–101



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Maturitas

journal homepage: www.elsevier.com/locate/maturitas



Is loneliness a predictor of the modern geriatric giants? Analysis from the survey of health, ageing, and retirement in Europe

Maria Giné-Garriga ^{a,b}, Javier Jerez-Roig ^{c,*}, Laura Coll-Planas ^{c,d}, Dawn A. Skelton ^e,
Marco Inzitari ^{f,g}, Joanne Booth ^e, Dyego L.B. Souza ^{c,h}



Soledad y fragilidad

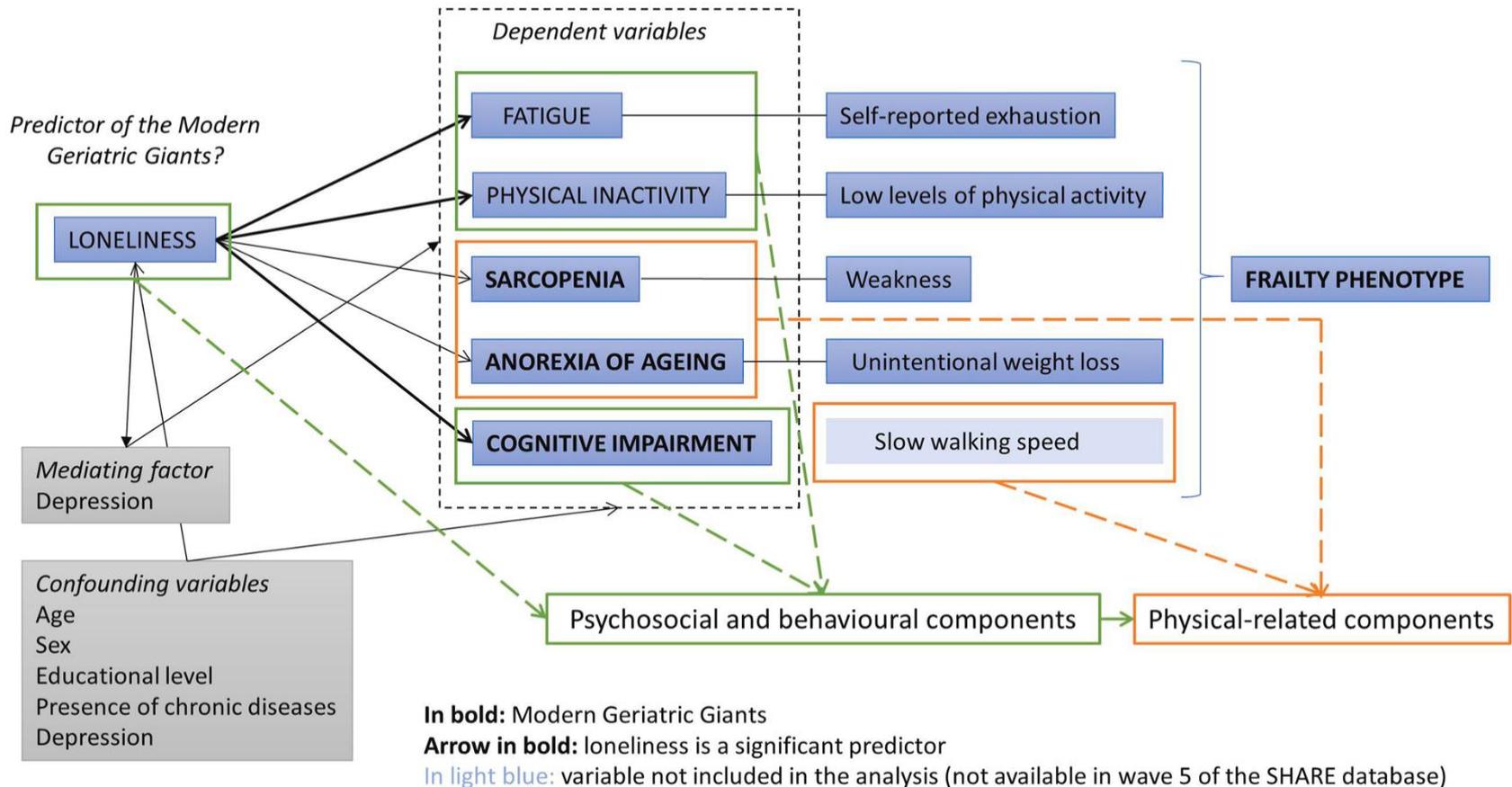


Fig. 4. Theoretical model summarizing the multivariable analysis results.

PROYECTO “CAMINS”:

Vincular con otros y con activos del barrio

CAMINS: de la solitud a la participació

Proyecto CAMINOS de la soledad a la participación



CAPITAL SOCIAL

(apoyo social entre iguales + participación social)

**Health and
Social Care** in the community

Health and Social Care in the Community (2015)

doi: 10.1111/hsc.12284

Promoting social capital to alleviate loneliness and improve health among older people in Spain

Laura Coll-Planas MD^{1,2}, Gabriela del Valle Gómez MSc^{1,2}, Petra Bonilla MSW³, Teresa Masat MD⁴,
Teresa Puig MD PhD^{2,5} and Rosa Monteserin MD PhD^{1,2,6}

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PROYECTO “AEQUALIS”:

La intervención “*Sentirnos bien*”



Coll-Planas et al. *BMC Public Health* (2018) 18:345
<https://doi.org/10.1186/s12889-018-5219-x>

CAPITAL SOCIAL

(apoyo social entre iguales + participación social)

+

AUTOCUIDADO

+

ALFABETIZACIÓN EN SALUD:

=

Al servicio de las **DESIGUALDADES SOCIALES**

BMC Public Health

STUDY PROTOCOL

Open Access

Promoting self-management, health literacy and social capital to reduce health inequalities in older adults living in urban disadvantaged areas: protocol of the randomised controlled trial AEQUALIS



Laura Coll-Planas^{1,2*}, Sergi Blancafort^{1,2}, Xavier Rojano^{1,2}, Marta Roqué^{1,2}
and Rosa Monteserín^{2,3}

PROYECTO “AEQUALIS”:

Resultados en salud y bienestar mental

Promoting social capital, self-management and health literacy in older adults through a group-based intervention delivered in low-income urban areas: results of the randomized trial AEQUALIS

Sergi Blancafort; Rosa Montserrat Nadal; Irene Moral; Marta Roqué Figuls; Xavier Rojano i Luque; Laura Coll-Planas

BMC Public Health



Forthcoming interventions...



RE-IMAGINING ENVIRONMENTS FOR CONNECTION AND ENGAGEMENT: TESTING
ACTIONS FOR SOCIAL PRESCRIBING IN NATURAL SPACES

SC1-BHC-29-2020: Innovative actions for improving urban health and wellbeing - addressing environment, climate and socioeconomic factors

The RECETAS project

Nature-based social prescribing

Contextual factors: gender, age, race, ethnicity, mobility, income, education, culture, time

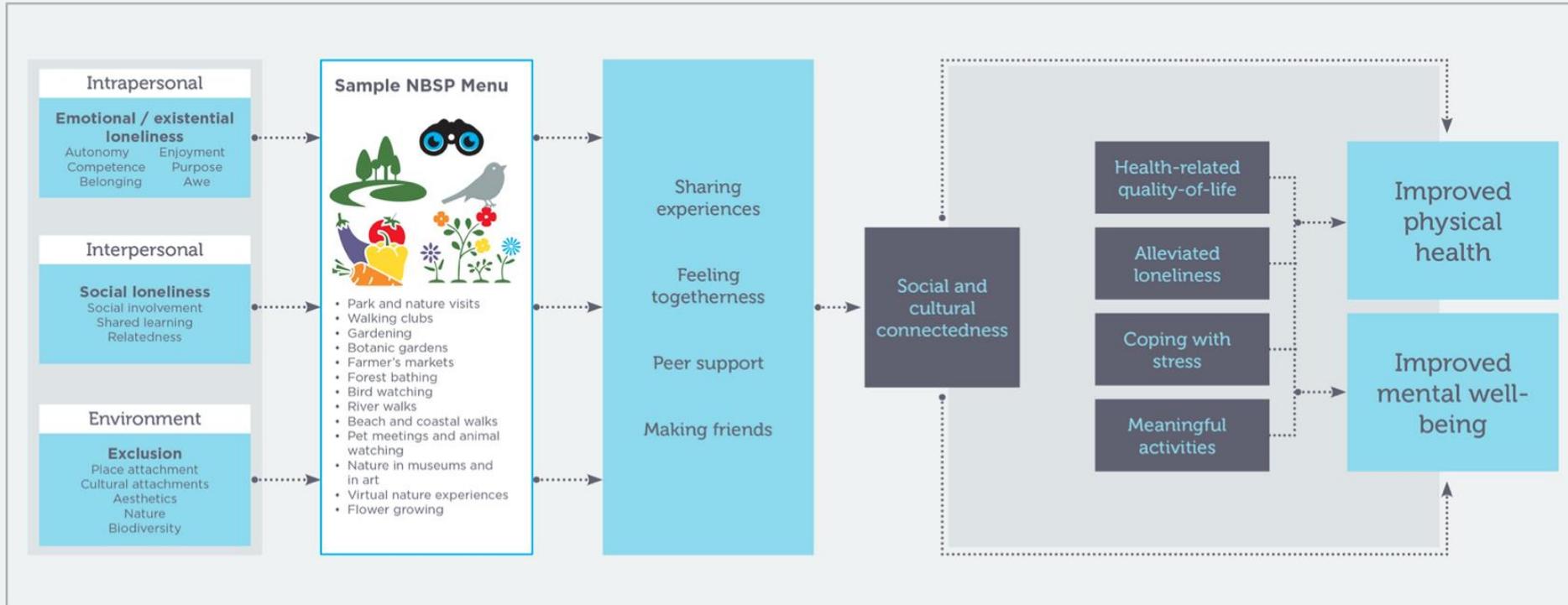


FIGURE 1.3.1C THEORETICAL MODEL DESCRIBING NBSP INTERVENTION



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[@fsie_uab](https://twitter.com/fsie_uab)



*¡Muchas gracias por
vuestra atención!*

A CONTINUACIÓN...

Sara Domènech

***Cómo afrontar los impactos cognitivos:
utilizando el fútbol y el patrimonio
en la terapia de la reminiscencia
para a las personas mayores.***