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Healthy Lifestyle and Quality of Life in Older Adults: An Integrative Review of the Evidence

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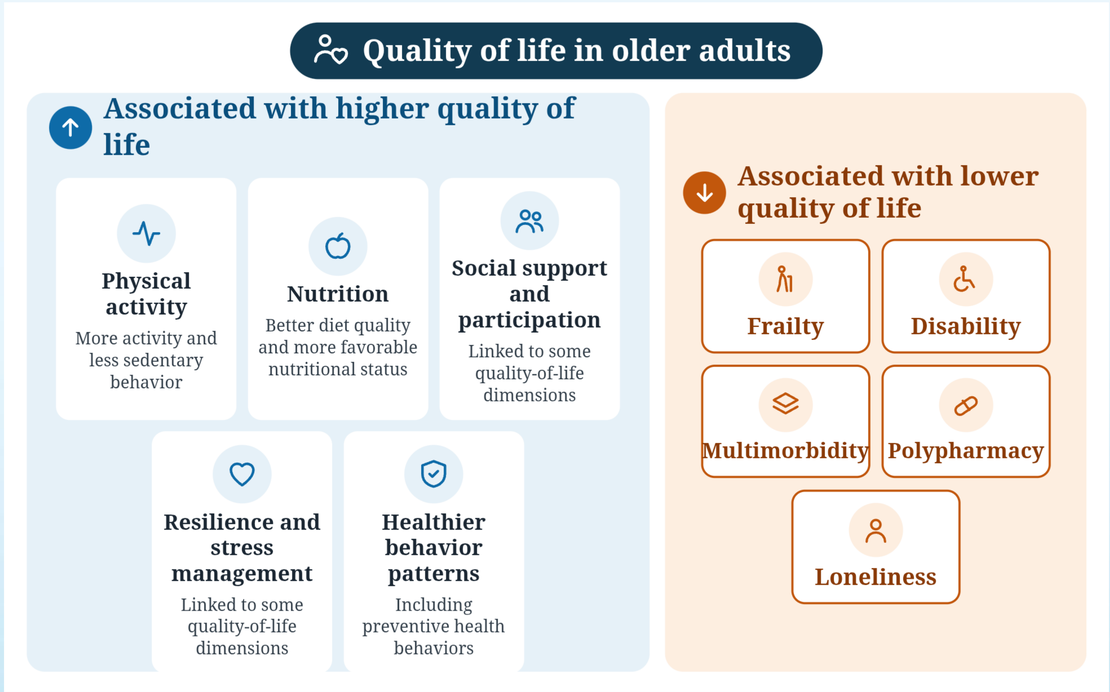
Backgrounds

The growing older adult population has necessitated greater attention to preserving independence, functioning, and quality of life. A healthy lifestyle, including physical activity, a healthy diet, reduced sedentary behavior, and other health-promoting behaviors, is among the modifiable factors associated with quality of life in older adults . However, the available evidence is heterogeneous in terms of the components examined, assessment instruments, and study designs . This study aimed to review and synthesize the existing evidence on the association between a healthy lifestyle and quality of life in older adults.

Methods

This study was an integrative literature review on healthy lifestyles and quality of life in older adults. Relevant studies published between 2021 and 2026 were examined in Google Scholar, Web of Science, Scopus, PubMed, ScienceDirect, and CINAHL. A total of 15 studies were reviewed, and data were analyzed using Russell's (2005) method.

Findings



Conclusion

A healthy lifestyle and health behaviors, as a set of modifiable factors, play an important role in improving the quality of life of older adults. Given the range of components influencing this relationship, it is recommended that multidimensional, community-based interventions and care packages be designed and implemented to improve the quality of life of older adults.

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