

A Study of Centenarians in Puerto Rico from a Sociological Perspective

Ángeles Almenas-Velasco and Julita Ortiz- Marín
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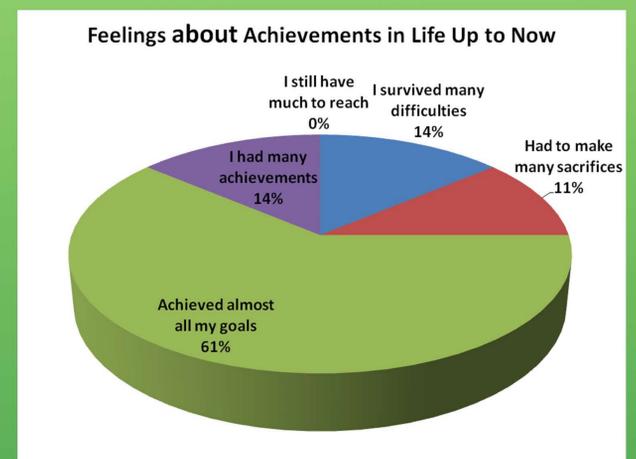
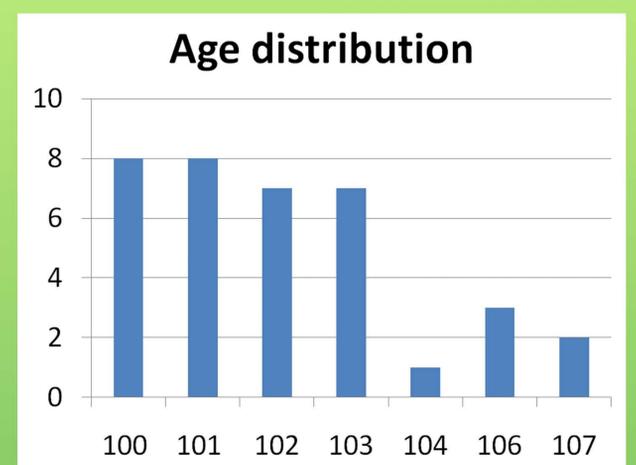
A Study of Puertorican Centenarians was conducted in eighteen towns of the island in 2013. It was sponsored by the Society of Gerontology of Puerto Rico, MMM Health Insurance and Housekeeper Services (Programa de Amas de Llaves).

Methodology

Using a close end questionnaire and an interview to those centenarians who agreed to participate and among those the ones that passes with twenty or more points a Mini Mental, thirty-six were selected. The questions were made to verify if the centenarians shared or not the characteristics of most centenarian studies in the world as to longevity in their close family, social relations, dietary habits, health profile and overall self assessment.

Results

- Of those interviewed, 69% were female and 31% were male.
- Ten (28%) lived in rural areas and 26 (72%) lived in cities. Those numbers are very close to the demographical data of Puerto Rico according to the 2010 Census. According to that population census in the island and its two island municipalities lived 540 centenarians.
- The mean age of those who participated was 102 years, the two oldest were 107 years old.
- Fifty percent had close relatives who had lived to the age of ninety or older. These were parents, siblings, grandparents, aunts or uncles or even great grandparents. The oldest of the relatives reached the age of 115 years.

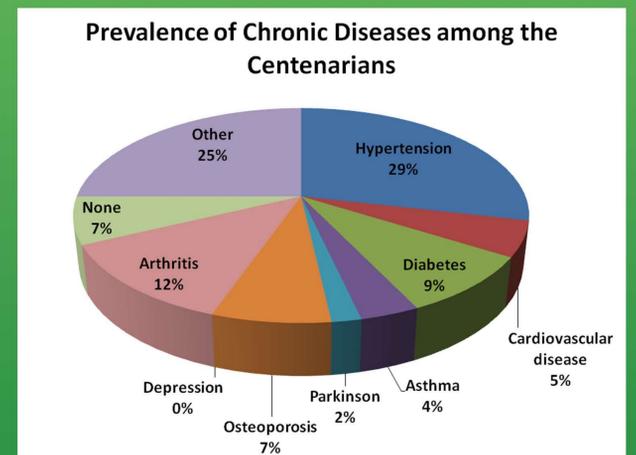


Diet

Centenarians in Puerto Rico said they liked meat, poultry specially. Some 50% said they liked or liked very little to eat vegetables; the other 50% said to like them very much.

Sports

Sports were practiced a bit in youth by 44.5%.



Personal perception – emotional wellbeing

Only 33% said their character had changed very much since being middle aged, 31% said it had changed a little and thirty six per cent said it had not changed.

Longevity Secrets

To the question regarding to their secret for longevity the most mentioned was a healthy diet, next a peaceful and tranquil life and having no vices.

