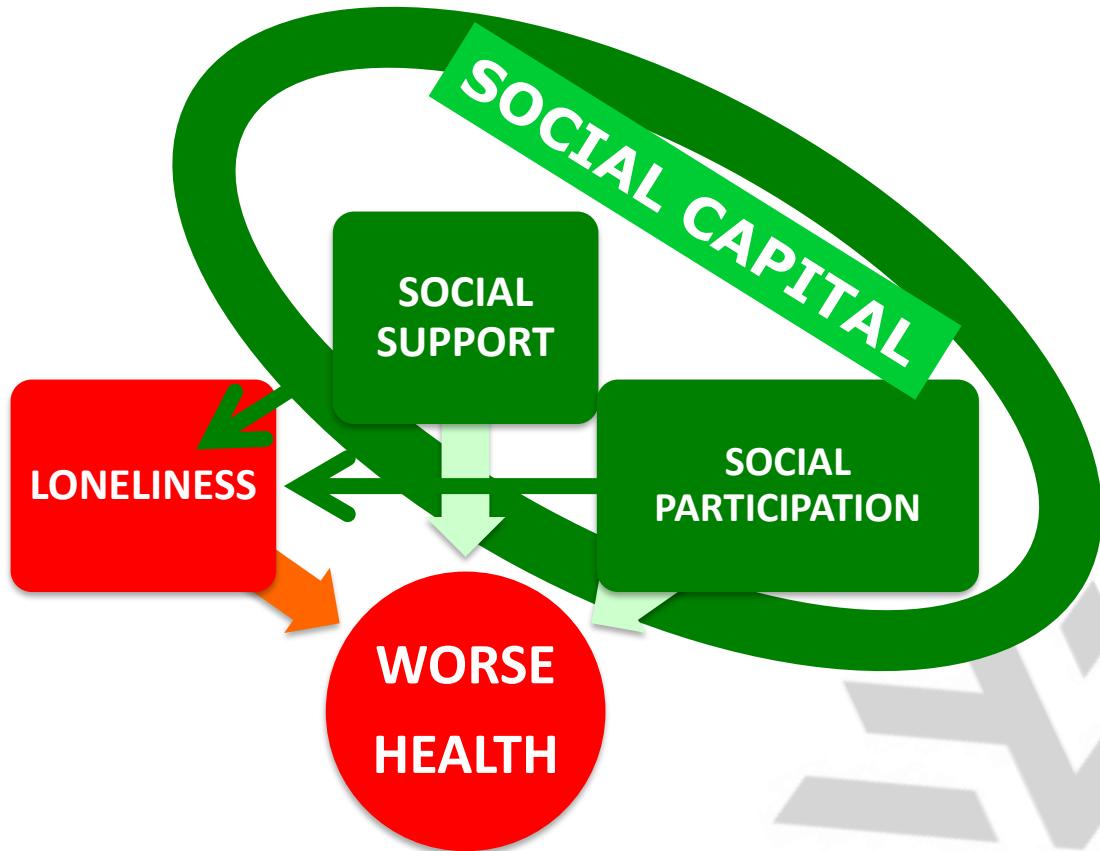




Como afrontar los impactos psicológicos: relaciones sociales y soledad en personas mayores desde una perspectiva de salud pública

Laura Coll-Planas

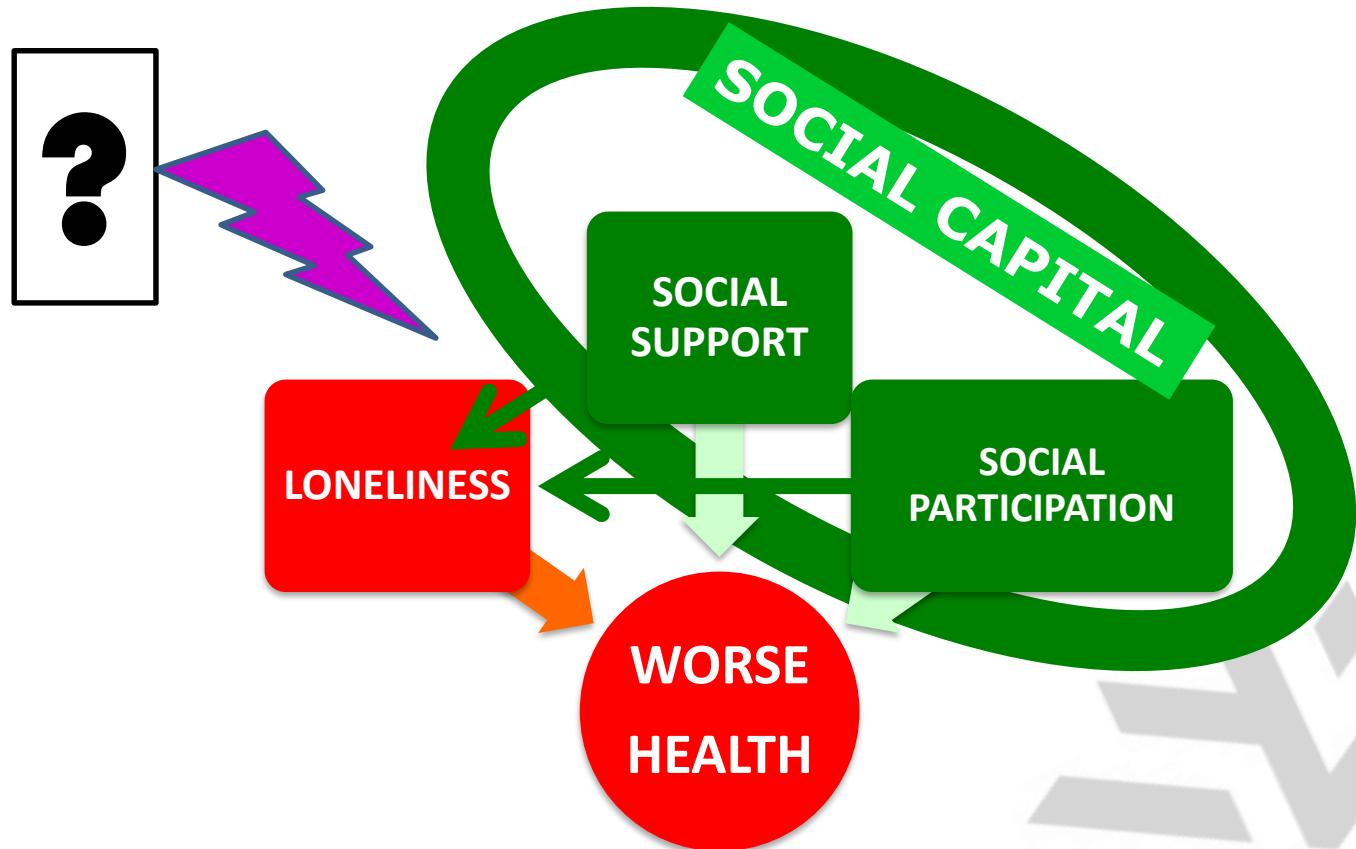
Relaciones entre soledad, capital social y salud



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 Urrutia,^{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.

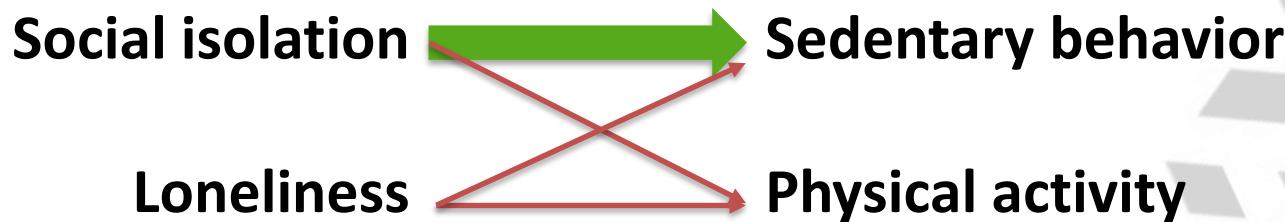
Soledad y actividad física

Journal of Aging and Physical Activity, (Ahead of Print)
<https://doi.org/10.1123/japa.2019-0311>
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Human Kinetics
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](#)

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

M. Giné-Garriga et al.

Maturitas 144 (2021) 93–101

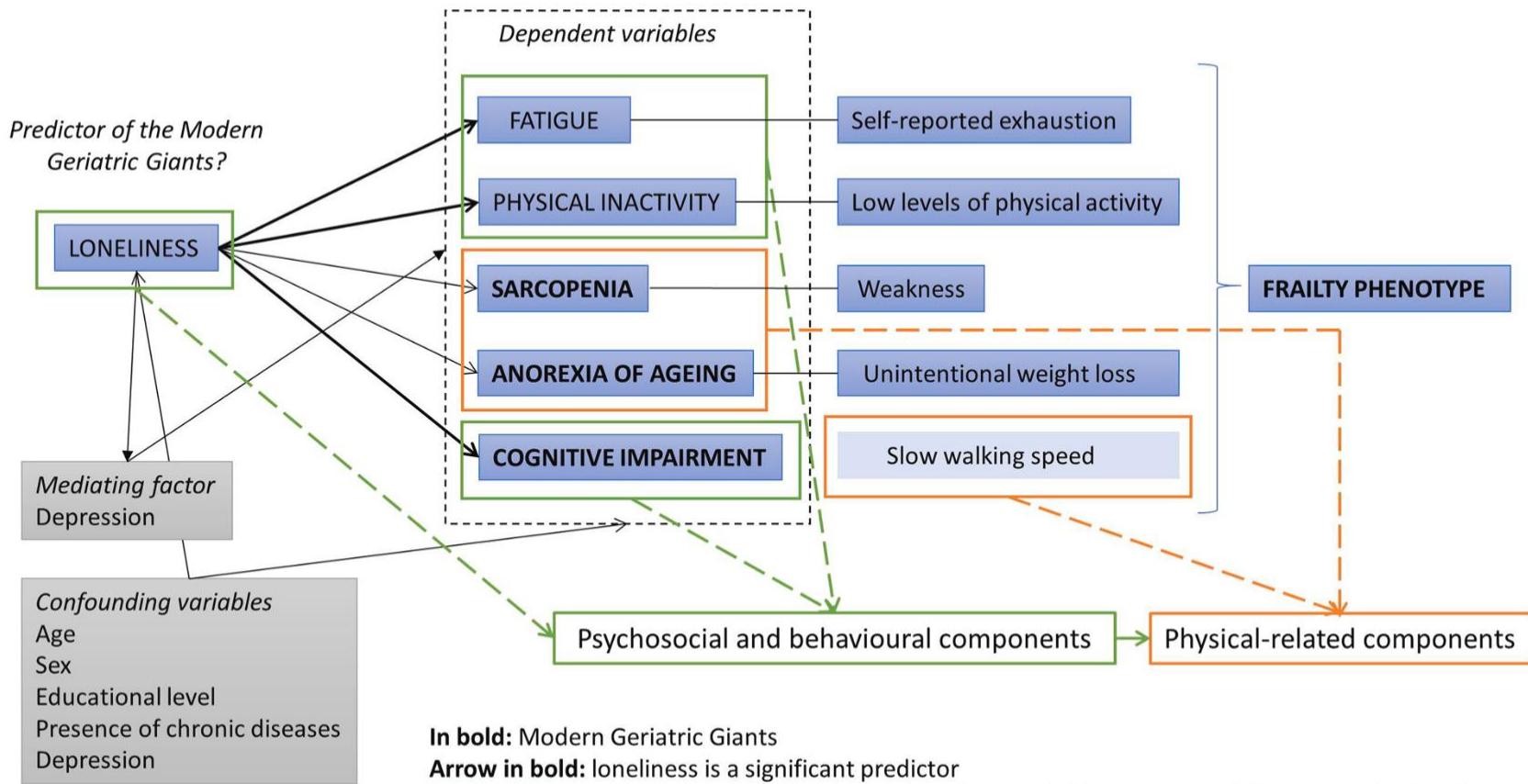


Fig. 4. Theoretical model summarizing the multivariable analysis results.

Giné-Garriga, Maturitas 2021

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 Monteserín MD PhD^{1,2,6}

¹Fundació Salut i Envelleixement (Foundation on Health and Ageing), Universitat Autònoma de Barcelona, Barcelona, Spain, ²IIB Sant Pau, Barcelona, Spain, ³Equip d’Atenció Primària Sant Martí de Provençals, Institut Català de la Salut, Barcelona, Spain, ⁴Equip d’Atenció Primària Cardedeu, Institut Català de la Salut, Barcelona, Spain, ⁵Servicio de Epidemiología Clínica y Salud Pública, Hospital de la Santa Creu i Sant Pau, Universitat Autònoma de Barcelona, Barcelona, Spain and ⁶Equip d’Atenció Primària Sardenya, EAP Sardenya, Barcelona, Spain



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 Monteserín Nadal; Irene Moral; Marta Roqué Figuls; Xavier Rojano i Luque; Laura Coll-Planas

BMC Public Health



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The RECETAS project

Nature-based social prescribing

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

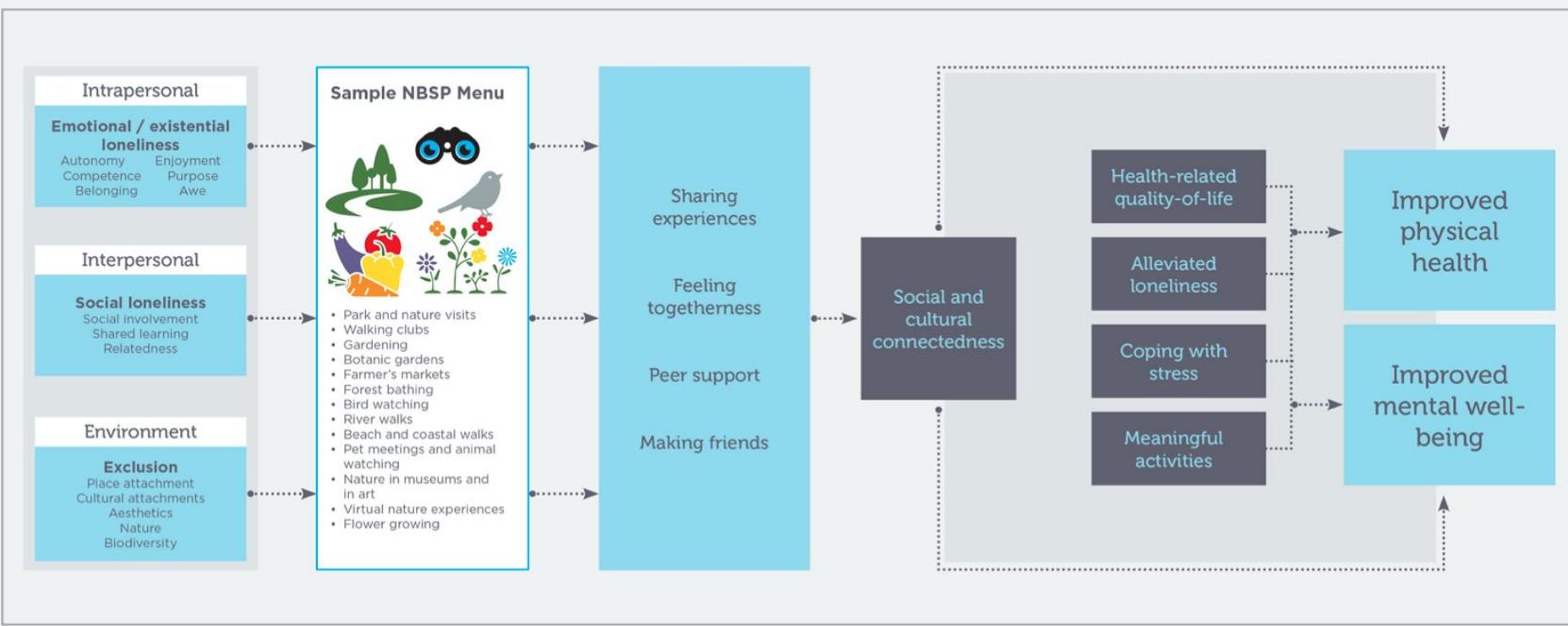


FIGURE 1.3.1C THEORETICAL MODEL DESCRIBING NBSP INTERVENTION



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



A CONTINUACIÓN...

Sara Domènech

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