

## How Do Malaysian Elderly Perceive Their Social Support?

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### ABSTRACT

**INTRODUCTION:** Social support is an exchange of resources between at least two individuals which is perceived by the provider or the recipient to be intended to enhance the well-being of the recipient. This study aims to describe the perceived social support and related factors among elderly in Malaysia. **METHODS:** We used a validated tool, the 11-item Duke Social Support Index (DSSI) to assess perceived social support through face to face interview. Higher scores indicate better social support, where the DSSI 11-item scores range from 11 to 33. Data were analysed using SPSS version 23. Linear regression analysis was done to determine factors which influence perceived social support by adapting the conceptual model of social support determinants and its impact on health. **RESULTS:** A total of 3,959 respondents aged 60 years and above completed the DSSI. The estimated mean DSSI score was 27.65 (95%CI: 27.36, 27.95). Adjusted for confounders, the few factors found significantly associated with low social support among elderly were female gender (0.360, 95%CI: 0.157, 0.563), low income group; income below RM1000 (-0.208, 95%CI: -0.515, 0.099), low number of close friends; no close friend/person (-4.439, 95%CI: -4.908, -3.970), 1-2 close friends (-2.430, 95%CI: -2.773, -2.086), being single (-0.470, 95%CI: -0.702, -0.239), unemployed (0.276, 95%CI: 0.068, 0.484), less participation in society/religious activity; 0-1 time (-3.33, 95%CI: -3.683, -2.970), 2-5 times (-2.068, 95%CI: -2.411, -1.726), probable depression (-1.741, 95%CI: -2.141, -1.341), functional limitation (-0.468, 95%CI: -0.833, -0.102) and dependency in instrumental activities of daily living (-0.365, 95%CI: -0.624, -0.108). **DISCUSSION:** Sociodemographic (gender, income, marital status and occupation), social network (close friends), social involvement (society/religious activity) and personal health status are factors which influence social support in elderly. Community-empowerment programmes and special activities should be emphasized as interventions to enhance social support among the elderly.

**KEYWORDS:** social support, social networking, elderly, Duke Social Support Index

## Using the Smart City Concept to Improve Urban Health

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### ABSTRACT

A Smart City is supposed to refer to an idealised, technologically driven city with the antecedent use of big data and lots of information technology. More recently, however, we have come to accept that the Smart City is not just about using information technology or about the Internet of Things. These technologies are increasingly being recognized as just tools to achieve a Smart City and it is people who must come first in the Smart City Concept. All components of the Smart City Concept can be used to directly or indirectly improve urban health. These components range from renewable energy, healthcare infrastructure, urban vertical farming to smart homes and smart biometrics, all of which have a health component or can result in better health. These are in addition to the outbreak management of infectious diseases using smart technologies. This presentation will demonstrate how the components of a Smart City can be used to improve urban health.