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Study of the state of health in the conditions of constant numerous transitional and intermediate stages

Olha Chovhaniuk^{1*}, Lyudmyla Bashkirova², Kseniia Meleha³, Volodymyr Yakymenko⁴

¹ Department of propedeutics of internal medicine named on them. professor M.M. Berezhnysky, medical faculty, Ivano-Frankivsk National Medical University, Ivano-Frankivsk, Ukraine, <https://orcid.org/0000-0002-3867-4620>

² Department of Neurology No. 2., Shupyk National Healthcare University of Ukraine, Kyiv, Ukraine, <https://orcid.org/0000-0002-1521-260X>

³ Department of Fundamentals of Medicine, Faculty of Health and Physical Education, Uzhhorod National University, Uzhhorod, Ukraine, <https://orcid.org/0000-0002-2205-9236>

⁴ Department of Oncology, Surgical Oncology and Radiation Diagnostics, Zaporizhzhia State Medical and Pharmaceutical University, Zaporizhzhia, Ukraine, <https://orcid.org/0000-0002-8867-650>

Abstract

Aims: To explore the impact of transitional and intermediate stages on physical, mental, and social health.

Methodology: A descriptive cross-sectional approach was used. There was no analysis carried whatsoever.

Results: Life changes such as marriage, divorce, and retirement affect physical health in different ways, influenced by factors such as marital satisfaction and stress management. Divorce can cause emotional distress, and access to healthcare is critical to managing stress. Retirement can reduce stress but can lead to health risks if it leads to social isolation. Mental health is affected at all stages of life, from academic stress in early adulthood to mid-life crises in middle age and existential rumination in later life. Social determinants of health, such as education, marriage decisions, and career change, are influenced by socioeconomic status, income, and access to health care. Aging people are more affected by income, health care, and support systems. Global events can disrupt access to employment and healthcare, emphasising the interplay of social determinants and life changes. In 2023, the world's population reaches 8.045 billion, of which 25% are aged 0-14 years, 65% are aged 15-64 years and 10% are aged 65+. This age distribution presents challenges and opportunities, requiring investment in education, health and social services for young people, support for the working-age population, and specialised care and resources for older people.

Scientific Novelty: Exploring the dynamics of health within a continuum of numerous transitional

Keywords: Health Assessment; Transitional Stages; Intermediate Conditions; State of Health; Constant Monitoring; Study Research

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* **CONTACT:** Olha Chovhaniuk: ochovganyuk@ifnmu.edu.ua.

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and intermediate stages unveils a groundbreaking scientific frontier.

Conclusion: Life transitions impact health, necessitating informed choices and support. Mental health education is vital for coping. Social determinants matter, as do diverse age demographics, requiring tailored policies for well-being.

Introduction

WHO has defined health as a state of complete physical, mental, and social well-being, not simply the absence of disease. This complex and multifaceted concept is a fundamental aspect of human existence. The quest to understand health, its determinants, and its various dimensions has been a central challenge in medicine, public health, and the social sciences. Although traditional approaches often focus on the binary concepts of health and illness, the reality of human health is much more complex. This complexity is compounded when we consider the dynamic nature of health, passing through numerous transitional and intermediate stages [1].

Physical, mental, and social well-being are included in the complex concept of health, which is influenced by a wide range of variables that can be both constant and dynamic. The planning of health system needs and actions depends on the nature of transitions from a healthy state to chronic disease and death [2]. The study of health status at various transitional and intermediate stages throughout a person's life is one of the most interesting topics in the field of medical research. This rigorous study scrutinises the complex relationships between these transitional and intermediate stages and their impact on multiple aspects of health, including physical health, mental health, and the role of social factors. In addition, this study will offer a thorough examination of the manifestations of these transitional and intermediate stages in different age populations [3].

Life changes, expected or unforeseen, can be difficult to manage, as change requires a period of uncertainty and adjustment. In particular, transitions often require a transformation of social identity, whereby people leave one or more social groups and join others in a new environment. The life course is marked by numerous transitions and intermediate stages, each characterised by distinct challenges, opportunities, and physiological changes [4]. From infancy to old age, people pass through these phases, and the experiences they encounter during these transitions can significantly affect their health status. The potential for transitions to shape wellbeing outcomes at any age is well documented. However, it is recognised that changes in later life are particularly significant and can sometimes pose significant risks. Understanding the impact of these stages on health is of paramount importance as it enables policymakers, health professionals, and researchers to develop targeted interventions and strategies to promote healthier lives [5].

Changes in family structure are common in many high-income countries, and evidence shows that they can worsen children's physical health. However, given that children in low- and middle-income countries make up the vast majority of children worldwide, we know very little about the prevalence or effects of changes in family structure [6]. People's physical health is profoundly affected by the transitional and intermediate stages they experience throughout their lives. From birth to childhood, from adolescence to adulthood, and into old age, the body undergoes continuous changes. These changes can have serious consequences for a person's physical well-being. Puberty marks the beginning of a key developmental stage called adolescence, which lasts until the mid-20s. For example, rapid growth and development during childhood and adolescence require special nutritional and healthcare interventions to ensure adequate physical health. Conversely, the aging process brings with it a number of challenges, including decreased physical strength and increased susceptibility to chronic disease [7,8].

Mental health is an integral aspect of overall well-being, closely intertwined with the various phases and transitions that individuals undergo throughout their lives. These transitional phases can significantly affect a person's emotional and psychological well-being. For example, adolescence is a period characterised by identity development, peer pressure, and academic stress, all of which can have a profound impact on mental health outcomes [9].

Competency-based learning programmes play a central role in the educational context. These programmes assess learning outcomes in terms of competencies, which are divided into three main types: integral, generic, and specific. Integral competence refers to an individual's ability to solve both typical and complex specialised tasks as well as practical problems in their professional field. It involves the acquisition of knowledge and skills that are developed through the study of specific academic disciplines in a given subject area. On the other hand, generic competencies are more universal in nature and can be developed through the study of any academic discipline. These competencies can be applied in different contexts to solve situational problems [10].

The influence of educational activities on the development and emergence of each individual's professional competencies is noteworthy. Similarly, major life transitions, such as becoming a parent or retirement, may present unique mental health challenges [11].

The World Health Organisation defines the social determinants of health as the conditions in which people are born, grow, live, earn a living, and age. These conditions are shaped by how money, power, and resources are distributed at the global, regional, state, or local levels. Across the life course, the social determinants of health play a critical role in determining how healthy people will be. Socioeconomic level, education, employment, access to health care, and social support networks are just a few examples of the many variables that make up these determinants. The influence of these determinants is not static but varies at transitional and intermediate stages of life [12,13]. To gain a full understanding of how the transitional and intermediate stages affect health, it is important to analyse these effects in different age groups of the population. People at different life stages face unique challenges and opportunities, and their health needs change accordingly.

The study of health within the context of ongoing and many transitional and intermediate stages, in conclusion, offers a rich and complex environment for inquiry. With a focus on physical health, mental health, and the impact of social factors, this research project aims to shed insight into the complex interaction between these phases and health outcomes. We seek to give a thorough knowledge of how health is developed throughout life by looking at these dynamics across different age groups, eventually assisting in the creation of tailored treatments and policies to enhance the well-being of people and populations. This study aims to investigate and evaluate the intricate interactions between transitional and intermediate phases and numerous health-related parameters. We will specifically look at how these stages affect physical and mental health as well as how socioeconomic variables affect health outcomes. We will also look into how these consequences alter throughout the population's various age groups, offering a nuanced view on health inequalities and difficulties people encounter at various times in their lives.

Research Problem

The research problem at the heart of this study revolves around the need to comprehensively understand and address the multifaceted nature of health in the context of constant, numerous transitional, and intermediate stages.

How do the various transitional and intermediate stages experienced throughout the human lifespan influence physical and mental health outcomes, and what role do social determinants play in shaping health disparities during these critical life transitions?

Research Focus

The aim of this study is to comprehensively explore and analyse health in the context of sustained and diverse transitional and intermediate stages. By exploring how individuals navigate and adapt to various life transitions such as career changes, lifestyle changes, or developmental milestones, and the associated health outcomes, this study aims to shed light on the complex interactions between these transitional states and overall life changes. wellbeing. Through a rigorous empirical investigation, this study aims to provide valuable insights into the factors that influence transitional health, offering a nuanced understanding of how individuals can effectively manage and optimize their health across life transitions.

Research Aim and Research Questions

1. To assess the Influence of Transitional and Intermediate Stages on Physical Health.
2. To examine the Effects of Transitional and Intermediate Stages on Mental Health.
3. To investigate the Role of Social Determinants in Health Disparities Across Transitional and Intermediate Stages.

Research Methodology

General Background

The study of health in settings characterised by multiple constants, multiple transitions, and intermediate stages involves a multifaceted investigation of human well-being across a dynamic spectrum of circumstances. This area of research delves into the complex interplay of biological, environmental, and sociocultural factors that influence health outcomes as people move through different life stages adapting to ever-changing conditions. Researchers in this field seek to elucidate the complex interrelationships among these variables, shed light on how health trajectories are shaped, and identify strategies to promote resilience and optimal health across the human lifespan.

Data Analysis

A descriptive **cross-sectional** approach was used. There was no analysis carried whatsoever.

Research Results

Table 1 shows how various life changes, including marriage, divorce, and retirement, have variable effects on physical health depending on a number of important circumstances. Marriage can initially cause stress as people get used to this life-altering commitment, despite the potential benefits of greater social support and companionship. The impact on physical health is greatly influenced by both the capacity to properly handle stresses and the level of marital pleasure. Contrarily, divorce can cause mental distress and lifestyle changes, and managing stress-related health concerns requires access to healthcare. Based on emotional fortitude and financial standing, post-divorce readjustment may result in health gains or losses.

Table 1. Transitional and Intermediate stages effect on Physical Health.

| Transitional Stage | Impact on Physical Health | Factors Influencing Impact | Potential Outcomes |
|--------------------|--|-------------------------------|--|
| Marriage | Stress associated with adjustment can affect overall well-being. | Marital satisfaction | Improved physical health with support and companionship. |
| | | Social support | Negative impact if stressors are not managed. |
| Divorce | May lead to lifestyle changes (e.g., diet, exercise). Emotional stress and lifestyle changes may affect physical health. | Emotional resilience | Health improvement with post-divorce adaptation. |
| | | Socioeconomic status | Health decline due to stress and lifestyle changes. |
| Retirement | Access to healthcare is important for managing stress-related issues. Transition from work-related stress can have positive or negative effects on health. | Financial preparedness | Improved health if retirement allows for stress reduction. |
| | | Access to healthcare services | Health risks if retirement leads to social isolation. |

Source: Authors' development based on Lee et al. 2021 n.d.

Retirement, often seen as a way to escape workplace stress, can have both favourable and unfavourable health consequences. While financial preparedness and continued access to health care after retirement are critical variables affecting health outcomes, access to health care for preventive measures is important during this transition period. The potential for poorer health looms if it leads to social isolation, even though physical health may improve with less stress during retirement. As a result, these transitions have a significant impact on physical health, with outcomes dependent on multiple individual characteristics, social support, and access to healthcare.

Table 2 explains how people frequently face a variety of substantial negative effects on their mental health as they go through several transitional and intermediate periods of life. Young adults who are adjusting to new settings and responsibilities throughout the transition from high school to college and the career frequently experience adjustment stress and scholastic expectations. As people adjust to the realities of partnership and motherhood, early adulthood, which is characterized by marriage and family formation, can cause relationship stress and parenting issues. A midlife crisis, which is typically accompanied by emotional upheaval and an identity crisis as people consider their life choices and objectives, often occurs around middle age.

Table 2. Transitional and Intermediate stages effect on Mental Health.

| Aspect | Transitional/Intermediate Stage | Impact on Mental Health |
|------------------|--|--|
| Education | Transition from High School to College and Workforce | Adjustment stress, academic pressure |
| Early Adulthood | Marriage and Family Formation | Relationship stress, parenting challenges |
| Middle Adulthood | Midlife Crisis | Emotional turmoil, identity crisis |
| Retirement | Transition to Retirement | Adjustment challenges, financial concerns |
| Aging | Coping with Loss and End of Life | Grief, emotional well-being, existential reflections |
| Global Events | Pandemics and Natural Disasters | Anxiety, stress, uncertainty |

Source: Authors' development based on Heanoy et al. 2020 and Chapter 25: Physical Development in Middle Adulthood - Human Behavior and the Social Environment I n.d.

As people transition from a fixed job schedule to greater independence and reliance on resources, retirement throughout later adulthood may provide adjustment issues and financial worries. Aging people frequently struggle with coping with loss and death, which can result in feelings of sadness, changes in mental health, and

profound existential questions about what life is all about. Additionally, major world events like pandemics and natural catastrophes can have an adverse effect on mental health throughout the course of a person's lifetime by causing worry, tension, and uncertainty as people cope with previously unimaginable difficulties and upheavals.

In conclusion, major turning points in life that have a big impact on mental health are transitional periods and in-between stages. Each stage comes with its own set of stresses and difficulties, from relationship dynamics and scholastic expectations to existential reflections and global crises, highlighting the significance of mental health assistance and coping methods to effectively traverse these complex experiences.

Many life transitions and interim periods are strongly shaped by the social determinants of health, which are depicted in Table 3. The transition from academia to the labour force can have a major impact on people's socioeconomic status, employment prospects, income levels, and life circumstances. At an early age, choices about marriage and family formation can have a significant impact on family income, work situations, and access to health care. Midlife crises and job changes are common among middle-aged people and can affect things like economic stability, job status, and access to health care. Retirement marks a key stage when living conditions, access to health care, and financial stability may change.

Table 3. Social Determinants and Transitional and Intermediate Stages of Life.

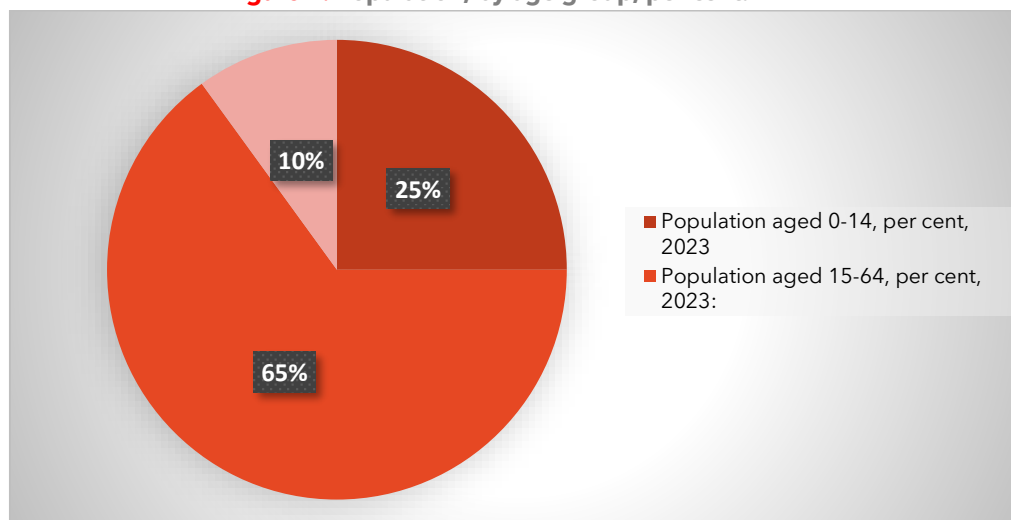
| Stage | Impact on Social Determinants of Health |
|------------------|---|
| Education | Transition from education to the workforce can influence socioeconomic status, employment opportunities, income, and living conditions. |
| Early Adulthood | Marriage and family formation may affect household income, employment, and access to healthcare |
| Middle Adulthood | Midlife crisis and career changes may influence income stability, employment status, and access to healthcare. |
| Retirement | Transition to retirement can impact financial security, access to healthcare, and living arrangements. |
| Aging | Aging may influence income, access to healthcare, and support systems for elderly individuals. |
| Immigration | Immigration can affect access to education, employment, and healthcare depending on migration status and policies. |
| Global Events | Global events like pandemics can disrupt employment, access to healthcare, and socioeconomic stability. |

Source: Authors' development based on WHO social determinants of health n.d.

As people get older, things like money, access to healthcare, and social support networks become more important in determining their overall well-being. Additionally, immigration status and rules have a significant impact on how migrants may access healthcare, work prospects, and education. Further highlighting the interdependence of social factors and life transitions are the potential effects of global calamities like pandemics on employment, access to healthcare, and socioeconomic situations. Ultimately, enhancing health equality and people's well-being across the lifetime depends on comprehending and resolving these dynamic linkages.

Figure 1 depicts the startling 8.045 billion people that will inhabit the planet in 2023. This enormous population is dispersed throughout different age groups, which has clear demographic ramifications. Notably, 25% of the world's population is under the age of 14, which denotes a sizeable group of young people. As the future workers, innovators, and leaders, this young demographic brings both potential and problems since it calls for large expenditures in social services, healthcare, and education.

65% of the world's population, or people, are between the ages of 15 and 64. The progress of society and the economy depend heavily on this working-age population. For the economy to flourish and to meet the demands of the entire society, there must be a balance between this age group and the dependent young and old populations.

Figure 1. Population, by age group, per cent.

Source: Authors' development based on World Population Dashboard n.d.

The elderly population, defined as those 65 and over, makes up 10% of the total population. With greater life expectancies and lower birth rates in many areas, this ratio shows that the globe is aging. The aging population presents issues for healthcare, pensions, and social support systems since the older population needs specialized resources and care.

The age composition of the world's population in 2023 will be diversified, with a large proportion of young people, people who are working age, and an aging population. A balanced and forward-looking strategy is required to handle the demands and possibilities given by each demographic group since the interaction between different age groups will affect many facets of society, including employment dynamics, healthcare systems, and social policies.

Discussion

Transitional stages in life, such as marriage, divorce, and retirement, exert varying impacts on physical health, contingent upon several influential factors. Marriage, while offering potential benefits through increased social support and companionship, can initially induce stress as individuals adjust to this life-altering commitment. The degree of marital satisfaction plays a pivotal role in determining the impact on physical health, as does the ability to effectively manage stressors. Conversely, divorce can bring emotional turmoil and lifestyle changes, with access to healthcare serving as a crucial component for addressing stress-related health issues. Post-divorce adaptation may lead to health improvements or declines, influenced by emotional resilience and socioeconomic status. Similarly, a scoping review from 2020 found that many life transitions, such as marriage, divorce, and retirement, can influence physical activity levels. For example, retirement may lead to increased physical activity due to reduced work-related stress, while divorce may lead to decreased physical activity due to emotional turmoil and lifestyle changes [14]. A study found that young adult health lifestyles were significantly associated with cardiovascular risk. This suggests that the choices individuals make during life transitions can have long-term implications for their health [15]. Overall, these studies suggest that life events and transitions can have complex and varied impacts on physical health, depending on a range of personal and environmental factors. Access to healthcare, social support, and effective stress management strategies may all play important roles in promoting positive health outcomes during these transitions.

People often experience a variety of significant negative effects on their mental health during various transitional and in-between periods of life. Young people who are adjusting to new environments and responsibilities during the transition from high school to college and career often experience the stress of adjustment and school expectations. For both males and females, the transition from paid employment to long-term unemployment or sick leave was associated with greater psychological distress. According to a Canadian study [16], a mental health literacy intervention with life skills integration dramatically increased higher education students' awareness of mental health and reduced the stigma associated with mental illness. According to the Mentally Healthy Schools resource in the UK, if students experience difficulties in transferring to a new school, this can have a negative impact on their well-being and academic performance. Overall, life transitions can be exciting, but they can also be stressful and difficult as they force people to change their circumstances and adapt to new commitments, habits, and expectations. It is crucial to recognise how changing circumstances affect mental health and get help when you need it [17].

The various transitions and intermediate periods of life are largely determined by the social determinants of health. The transition from academia to the labour force can have a major impact on people's socioeconomic status, employment prospects, income levels, and living conditions. Similar findings on social determinants of health and their complex interactions with diseases in older adults were also obtained in another study [18]. Another study found a significant correlation between retirement and feelings of social inferiority and health inequalities in later life, including unhealthy, risky behaviours, limited access to healthcare, and more. According to similar findings from another study, retirement has independent effects on subjective health status, physical activity, and some behavioural risk factors [19].

Since 25% of the world's population is under 14 years of age, a population of 8.045 billion in 2023 presents both opportunities and challenges. The 15-64 years age group, which accounts for 65%, is necessary for economic growth. This group must be balanced with their dependents for continued progress and the well-being of society as a whole. Another study also showed that the age distribution of the population varies by location. Except in sub-Saharan Africa where it was below the 55 per cent threshold, the percentage of the population aged between 15 and 64 years ranged from 64 to 65 per cent in most regions [20,21]. According to the age distribution of the world population, 10 per cent of the population is over 65 years of age, and about a quarter of the world population is between 15 and 64 years of age [22]. Because some regions have more young people and others have a higher proportion of older people, these figures demonstrate how the age distribution varies in different parts of the world.

Conclusions and Implications

1. Marriage, divorce, and retirement are life transitions that can have both positive and negative effects on physical and mental health. The impact varies widely among individuals and is influenced by factors such as marital satisfaction, emotional resilience, and access to healthcare.
2. The choices individuals make during life transitions can have long-lasting implications for their health. It underscores the importance of making informed decisions and seeking support when undergoing significant life changes.
3. Life transitions, especially those involving education and employment, often lead to mental health challenges, including stress and academic or job-related pressures. These challenges may require targeted interventions and support systems to help individuals cope effectively.
4. The study on mental health literacy intervention among postsecondary students in Canada suggests the importance of incorporating mental health education and life skills training into educational curricula. This can reduce stigma and improve knowledge about mental health, equipping young adults to better manage mental health challenges during transitions.
5. Social determinants of health, such as income, employment opportunities, and living conditions, play a vital role in shaping individuals' experiences during life transitions. Addressing these determinants is crucial for reducing health inequalities and promoting well-being.
6. The global population is diverse in terms of age distribution. Understanding these demographics is essential for planning healthcare systems, social services, and economic development. Regions with a higher proportion of elderly or young populations may require specific policies and resources to meet their unique needs.
7. Balancing the working-age population with dependents is critical for sustained economic growth and societal well-being. Policymakers must consider strategies to support families and caregivers to ensure the well-being of both young and elderly populations.
8. Different regions have varying age distributions, which can lead to disparities in healthcare needs, economic development, and social support systems. Tailored approaches to address these regional differences are essential for equitable outcomes.

In conclusion, life transitions are inevitable and can have profound effects on physical and mental health. Recognizing the complexities of these transitions and addressing them through education, support systems, and policies that consider social determinants of health are crucial for promoting overall well-being and reducing health disparities in a diverse and evolving global population.

Author contribution

All authors have sufficiently contributed to the study and agreed with the results and conclusions.

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Ethical statement

This study does not require IRB approval as it does not involve human subjects/data.

Declaration of interest

No conflict of interest is declared by authors.

Data sharing statement

Data supporting the findings and conclusions are available upon request from the corresponding author

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