

CREATING A SUPPORTIVE ENVIRONMENT FOR HEALTHY AGEING IN BAYELSA STATE

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Abstract

Functional ability is the composition of intrinsic capacity of the individual (older adult), relevant environmental characteristics and the interaction between them, while the intrinsic capacity is the mental and physical capacity of a person which involve the ability to walk, think, see, hear and remember. These capacities are influenced by the presence of disease, injuries, and age – related changes. And the influential factor is prevented by establishing an age – friendly communities and environment which are Physical Activity, Social Connection and Inclusion, Safety and Accessible Health, Supportive Services, Supportive Mental Well-being and Mitigation of Environmental Risk. This paper critically review the supportive environment and added that blood group O is friendly for strenuous exercise while group, A, B and AB is for less strenuous one. The religion/ church is the way out for everyone to be taken away from loneliness and isolation. Government should have it as a policy to install grab bars in the bathrooms, proper lighting to reduce falls and injuries and also prevent air pollution, noise and extreme heat to foster healthy ageing. Key recommendations include Blood group A, B, AB should embark mild exercise to attain a state of well - being while group O is good for the strenuous one and Government should provide policies that prevent air pollution, noise and extreme heat to curb age – related diseases.

Keywords: Functional Ability, Supportive Environment, Intrinsic Capacity, Healthy Ageing, Bayelsa State.

INTRODUCTION

A supportive environment is a place such as a home, school, work place or communities where people feel safe, valued, and encouraged to grow, providing emotional security, trust, and resources to meet physical/emotional needs while minimizing stressors, allowing individuals to

build confidence, resilience, and reach their potential. It's about warmth, consistency, and positive relationships, not just physical safety, fostering open communication and belonging. In order words, it's a place where individuals feel seen, valued, and have the emotional and practical backing to reach their potential, whether at home, school, work, or communities, (Focuskeeper Glossary,2024).

And to effectively nurture supportive environment is to properly handle the characteristics such as, safety and belonging, trust and respect, empowerment, connection, inclusion and growth – oriented. Ipso factor, the importance of social contract is put to birth, people consent to be governed in exchange for protection, order, and basic services that ensure their well-being and allow them to thrive. Therefore, it is the sole responsibility of government to provide the enabling or supportive environment for its citizens. (Sustainability Directory, 2025). Government alone could not provide it and she is helped or a collaborative effort that involves active participation from citizens, the private sector, and non-governmental organizations.

Government that have the people at heart unfold the fullness of carrying out its responsibility to ensure supportive environment is put in place by Establishing Law and Order, Providing Public Services and Infrastructure, Managing the Economy, Ensuring Social Welfare, Protecting Rights and Freedoms, and Protecting the Environment. Once the Sexpartite key ways is effectively and efficiently established and operationalized healthy ageing start to evolve. According to (WHO, 2020) that healthy ageing is “the process of developing and maintaining the functional ability that enables wellbeing in older age.” Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to meet their basic needs, learn, grow and make decisions, be mobile, build and maintain relationships, and contribute to society.

Functional ability consists of the intrinsic capacity of the individual, relevant environmental characteristics and the interaction between them. Intrinsic capacity comprises all the mental and physical capacities that a person can draw on and includes their ability to walk, think, see, hear and remember. The level of intrinsic capacity is influenced by several factors such as the presence of diseases, injuries and age-related changes.

Environments include the home, community and broader society, and all the factors within them such as the built environment, people and their relationships, attitudes and values, health and social policies, the systems that support them and the services that they implement. Being able to live in environments that support and maintain one’s intrinsic capacity and functional ability is key to healthy ageing.

Bayelsa State faces significant Healthy aging challenges, especially the older adults experiencing poor health, financial strain, social isolation, and environmental pollution especially in rural areas

with limited healthcare access, although some positive initiatives and urban advantages exist, requiring integrated, community-based efforts to improve overall well-being. According to HEDA Report (2025) and Daw, (2025). that 70.2% of residents blame oil and gas operations for pollution. Water pollution was the most reported (55.7%), followed by air (23.18%) and soil pollution (15.92%). Furthermore, 79.24% of respondents suffer health issues linked to pollution. Health concerns are particularly severe in Kolokuma/Opokuma, Nembe, and Yenagoa. These three communities/ LGA are among the eight LGA that composed Bayelsa state. Government was blamed for her negligence, as 70.24% say the government fails to hold oil companies accountable for environmental damage. 81.94% are dissatisfied with the federal government's response to community concerns.

Bayelsa state is among the top four states that produce 85% of crude oil in the country. She produces 53.28 million based on the ranking in Nov 2023 – Sep 2024, Fredrick, (2025). The aftermath is the health aging challenge mostly the elderly one and supportive environment is the panacea.

A supportive environment is crucial for healthy ageing, as it can significantly enhance an individual's functional ability, quality of life, and well-being in older age. The World Health Organization (WHO, 2020) defines healthy ageing as the process of developing and maintaining the functional ability that enables well-being, which is determined by the interaction between an individual's intrinsic capacity and their environment. Supportive environment contributes to healthy ageing in the following,

Promotes Physical Activity

Fosters Social Connection and Inclusion

Ensures Safety and Accessibility

Improves Access to Health and Support Services

Supports Mental Well-being and

Mitigates Environmental Risks.

In the light of the above, this work seeks to critically review the sexpartite that contribute positively to healthy ageing. Researchers had done synthesis literature review with regards to the sexpartite however, this work is carrying out a critical review to the subject matter and which has been the gap this work will bridge up. This becomes so essential because United Nations Decade of Healthy Ageing (2021 – 2030) has advocated that creating age-friendly communities and environments), is a key public health strategy to ensure that people can live longer, healthier, and

more fulfilling lives, regardless of their intrinsic capacity or personal circumstances. Who, (2020). The former also serves as significance to Bayelsa state and the health policy makers in general.

Objective of the study is to:

1. Examine the effect physical activity has on healthy ageing.
2. Ascertain if social connection and inclusion contribute to healthy ageing.
3. Investigate if safety and accessibility ensures healthy ageing
4. Find out if access to health and Support Services encourage healthy ageing
5. Determine if mental well-being improves healthy ageing
6. Evaluate if mitigating environmental risks enhance healthy ageing

PHYSICAL ACTIVITY PROMOTES HEALTHY AGEING

Evidence consistently indicates that regular physical activity improves cardiovascular efficiency, muscle strength, and bone density, while reducing fall risk. It also enhances cognitive function and mitigates symptoms of depression and anxiety. Socially, active older adults report greater independence, life satisfaction, and community participation. Justyna et al., (2025). Researcher like Crossby et al., (2025) also agrees to the latter and emphasize the fact that nutrition is as vital as that of regular physical activity, including walking and balance training, reduces the risk of mobility impairments by 30-50% and lowers fall incidence. Tailored exercise regimens, such as seated aerobic and resistance training, mitigate cardiovascular morbidity and mortality by 25%. Physically active seniors exhibit a 30% lower risk of depression-like symptoms and a 20-40% reduced likelihood of Alzheimer's disease, dementia, and cognitive decline. Exercise also alleviates the emotional impact of social isolation.

Nutrition is equally vital; older adults often face diminished hunger cues and malnutrition, exacerbated by urbanization and economic constraints. Nutrient deficiencies heighten susceptibility to chronic diseases and frailty. Mid-life dietary patterns, such as the Mediterranean diet—rich in vegetables, fruits, and antioxidants—correlate with a 25-35% lower chronic disease risk and enhanced cognitive function. Combining nutrient-dense diets with resistance training improves muscle mass and reduces homeostasis deregulation, promoting physiological stability. The synergy of diet and exercise is critical. Structured physical activity paired with balanced nutrition enhances functional strength, reduces frailty, and supports mental resilience. Lifestyle

modifications integrating diet, exercise, and sleep are strongly linked to healthier aging trajectories. Given the evidence, proactive adoption of these strategies is imperative to optimize autonomy, vitality, and well-being and life satisfaction experienced by aging individuals.

The UK Department of Health, (2011); US Department of Health (2009, 2011); American College of Sports Medicine (1998); World Health Organization (2010) and European Association of Cardiovascular Prevention and Rehabilitation (Borjesson et al. 2011); all cited in James et al. 2016), guidelines stated that exercise is generally safe for older people and they therefore need not consult a medical practitioner before increasing physical activity levels. Nevertheless, as cardiovascular risks, such as increased blood pressure, arrhythmia or myocardial infarction are concerns when taking up exercise, the European Association of Cardiovascular Prevention and Rehabilitation suggest self-assessment by a brief questionnaire to determine the need for advice from health professionals, (James et al., 2016). In most cases, this is precautionary and a medical practitioner will allow the person to proceed with moderate exercise. Training intensity or exercise duration should be increased modestly not more than once every 4 weeks (James et al., 2016). The essentiality of the health professional's advice is supported by a research after a century.

After over a century of research, it is now clear that having one specific blood group type may carry important consequences on health and wellbeing despite being a recessive trait, some good reasons may be brought to justify the larger prevalence of O blood group in humans. One reasonable explanation is the protection that this blood group may exert against the risk of developing some of the most frequent human pathologies, thus including cancer, cardiovascular disease, diabetes and venous thrombosis. The recent evidence that women with non-O blood groups are at increased risk of pre-eclampsia brings additional support to the evolutionary advantages of having O blood group type. Interestingly, Cvjeticanin and Marinkovic observed that the frequency of the O blood type was high (72.2%) in elite water polo players, whereas the frequencies of the A and B blood types were low and AB was absent). The former and the latter blood group need a moderate exercise and must be in line with the advice from a medical practitioner.

Exercise is especially critical to the health of type Os, because the impact of stress is direct and physical. Not only does a regular intense exercise program elevate your spirits, it enables the type O to maintain weight control, emotional balance, and a strong self – image. Type Os respond well to heavy exercise – in nearly every way.

Type Os who want to lose weight must participate in highly physical exercise. That is because this type of exercise makes the muscles tissues more acidic and produces a higher rate of fat burning activity. Acidic muscles tissues is the result of Ketosis, which, as we have discussed, was the key to the success of our Type O ancestors.

Type Os who do not express their physical nature with appropriate activity in response to stress are eventually overwhelmed during the exhaustion stage of the stress response. This exhaustion stage is characterized by a variety of psychological manifestations caused by a slower rate of metabolism, such as depression, fatigue, or insomnia. If there is no change, you will leave yourself vulnerable to a number of inflammatory and autoimmune disorders, such as arthritis and asthma, as well as to consistent weight gain and eventual obesity. The following exercise are recommended for Type Os, aerobic, swimming, jogging etc. D' Adamo and Whitney, (1996).

Healthy diet and exercise work together, such as diet reduces the risk of diabetes so also regular exercise. The duo work separately like, diet primarily impact weight management while physical activity provides structural benefit like muscles strengthen and cardiovascular health. The two with sleeping cannot do without each other to attain healthy ageing.

Furthermore, in as much as physical activity promotes healthy ageing the emphasis of not considering the blood group as a determinant factor to the nature of exercise is counterproductive. Blood group A, B and AB must strictly adhere to the advice of a medical practitioner as to the type of exercise to be done since exercise unarguably promotes healthy ageing.

SOCIAL CONNECTION AND INCLUSION AIDS HEALTHY AGEING.

People are social creatures by nature. Our relationships with family, friends, coworkers, and community members are important to our survival, CDC (2024). WHO, (2025) defines social connection as the ways people relate to and interact with others. Social connectedness reflects the continuum of meeting social connection needs. It is the degree to which you have the number, quality, and variety of relationships that you want. It is when you feel like you belong and have the support and care that you need, *ibid*, (2024).

Two social variables are of interest in characteristics, social relationships: social network and social support. Social networks are defined as the web of person – centered social ties (Berkman and Glass, 2000 cited in IMNA, 2006). Its assessment includes the structural aspects of social relationships, such as size (the number of network members), density (the extent to which members are connected to one another), boundedness (the degree to which ties are based on group structures such as work and neighborhood), and homogeneity (the extent to which individuals are similar to one another). It assessment also may extend to aspects including frequency of contact, extent of reciprocity, and duration. Social support refers to the various types of assistance that people receive from their social networks and can be further differentiated into three types: instrumental, emotional and informational support. Instrumental support refers to the tangible resources (such as cash loans, labor in kind) that people receive from their social networks, while emotional support includes less tangible (but equally important) forms of assistance that make people feel cared for and loved (such as sharing confidences, talking over problems). Informational support

refers to the social support that people receive in the form of valuable information, such as advice about healthy diets or tips about a new cancer, Institute of Medicine of National Academies (IMNA) (2006).

Social connection importance is the protection against chronic disease and serious illness. High-quality relationships can help people live longer, healthier lives. It can help reduce the risk of chronic disease and serious illness, such as Heart disease, stroke, dementia, depression and anxiety. Positive health benefits of Social connection can lead to longer life, better health, and well-being. It can improve the ability to manage stress, anxiety, depression, healthy eating habits, physical activity and quality of sleep. According to The World Health Organization (WHO) Commission on Social Connection report says that Strong social connections can lead to better health and longer life, while the report revealed that 1 in 6 people worldwide is affected by loneliness, with significant impacts on health and well-being. Loneliness is linked to an estimated 100 deaths every hour—more than 871 000 deaths annually. Loneliness is described as the painful feeling that arises from a gap between desired and actual social connections, while social isolation refers to the objective lack of sufficient social connections, CDC (2024).

Social connection can protect health across the lifespan. It can reduce inflammation, lower the risk of serious health problems, foster mental health, and prevent early death. It can also strengthen the social fabric, contributing to making communities healthier, safer and more prosperous.

In contrast, loneliness and social isolation increase the risk of stroke, heart disease, diabetes, cognitive decline, and premature death. It also affects mental health, with people who are lonely twice as likely to get depressed. Loneliness can also lead to anxiety, and thoughts of self-harm or suicide, *ibid*, 2024.

Therefore, the two basic pillars of social connection are, social network which is the structure and social support, the function. The structure is actually the web of relationship one has. Such relationship include family, friends, and colleagues that one is deeply connected to. Whereas the function is an aid that involve emotional comfort, advice or practical help that is provided by the network - family, friends, and colleagues. Social connection is invariably the experience one has, the feeling of being loved, cared for and valued emanating from a large network by providing constant and regular support. A strong sense of connection is yielded mostly with a small network than a large network which give birth to loneliness and social isolation.

The absence of loneliness is a vital component of healthy aging. And each person can make a difference through simple, everyday steps—like reaching out to a friend in need, putting away one's phone to be fully present in conversation, greeting a neighbor, joining a local group, or volunteering. If the problem is more serious, finding out about available support and services for people who feel lonely is essential.

SAFETY AND ACCESSIBILITY ENHANCE HEALTHY AGEING

Age-friendly infrastructure such as grab bars in bathrooms, proper lighting, and accessible buildings, reduces the risk of falls and injuries and such infrastructure allow older adults to live independently and enhance healthy ageing. According to Iris, et al. (2023) who emphasize the essentiality of grab bars in bathroom that Sixty-three adults completed a hazardous bathtub transfer task, experiencing an unpredictable external balance perturbation while stepping from a slippery bathtub to a dry surface. Thirty-two were provided a grab bar, while thirty-one had no grab bar available. Slips and grab bar use were recorded via four video cameras. Slip occurrence and strategy were identified by two independent video coders.

Participants who had a grab bar were 75.8% more likely to recover their balance during the task than those who did not have a grab bar. Successful grab bar grasp was associated with balance recovery in all cases. Attempts to stabilize using other environmental elements, or using internal strategies only, were less successful balance recovery strategies. Grab bar presence appeared to cue use of the environment for stability. Proactive grasp and other strategies modified grasping success.

Grab bars appear to provide effective support for recovery from unexpected balance loss. Grab bar presence may instigate development of fall prevention strategies prior to loss of balance.

Given the prevalence and severity of bathroom falls and injuries across age groups grab bar is installed in bathroom. Grab bars reduce fall risk during bathing transfers and improve bathing accessibility for adults of all ages and abilities. Hence, a research is carried out to characterize Canadian public perceptions on the installation and use of grab bars in home bathrooms.

The research surveyed 443 Canadians about whether they currently had a grab bar and their perspectives on grab bar policy. 65.4% of respondents did not have a grab bar. However, 88.5% of respondents would allow a grab bar to be installed in their bathroom at no cost to them, only 11.5% of respondents would object to grab bar installation becoming mandatory in new builds, and 85.6% of respondents would use a grab bar if it were installed in their bathroom. Responses were affected by age (in four groups: 18-39, 40-59, 60-79, and 80+ years), self-reported impairment, and home ownership status. Older adults, respondents who reported having impairments, and home owners were more likely to respond favorably toward grab bars. Based on these results, the majority of Canadians would respond positively to policy mandating bathroom grab bars in new homes, Iris et al., (2022).

Furthermore, Healthy aging and good quality of life is important to allow older people to live at home. Lighting is a significant environmental attribute promoting visual, physical, and mental

health. Due to normal visual age changes, older people need more light, but improving indoor lighting levels receives little attention.

Sixty healthy 77 years old living at home participated during the 4-month dark winter period. In the intervention group (IG, n=30), the living room lighting was optimized by providing lamps and a basic control system with three preset levels (normal, medium, low). Participants chose the light level and kept a diary. No change was implemented for the control group (CG, n=30). A questionnaire measured self-reported visual and general health and ability to perform ADL in regards to lighting before and after the intervention in both groups.

In the IG, lighting levels significantly improved self-assessed lighting levels, abilities to perform ADLs, and read and write in the living room (all $p < 0.03$). In the CG the only change was a deterioration in performing ADLs ($p < 0.05$). The difference in change was significant between the IG and CG (all $p < 0.02$). Normal lighting was the preferred level and increased comfort and well-being. The IG also resumed visually demanding tasks, and acknowledged that avoiding these tasks were mainly due to poor lighting.

Good vision is essential in promoting healthy aging at home and require adequate lighting. This can easily be achieved using a basic light system. Adopting to higher lighting levels evolves quickly. Our results suggest that improved quality of light could improve quality of life, and lighting should be included as a factor promoting healthy aging at home, Helle, et ta, (2019).

Home environments that lack accessibility modifications appropriate to the needs of their users are likely to result in people with functional limitations becoming disabled at home. The increasingly aging population means that this is a major concern and also related to the fundamental rights of persons with disabilities. Our systematic review indicates that, in general, interventions to enhance the accessibility of homes can have positive effects. However, high-quality research is needed, especially longitudinal studies, using standardised outcome measurements, to obtain a stronger evidence base for the benefits of home accessibility interventions. As it is unlikely that improvements to accessibility in the home will be instigated one modification at a time, researchers need to develop more sophisticated designs and analyses in order to partial out the effects of multiple interventions in different types of settings, and health and welfare systems, Hea, et al., (2016).

The most effective way to reduce fall to the elderly ones is by installing grab bars in bathrooms/showers, adding handrails on stairs, ensuring step-free entries, improving lighting (especially, motion-sensor lights), and removing slip hazards.

ACCESS TO HEALTH AND SUPPORT SERVICES IMPROVES HEALTHY AGEING

Proximity to general practitioners generally improves healthy ageing due to the ease of access to preventative care, chronic disease management, and timely health interventions, which becomes so critical for maintaining functional capacity. Physical proximity is equally important as the quality of relationship that envelope trust, continuity, and proactive care promote healthy ageing

Older adults are at higher risk of conditions such as hypertension, diabetes, heart disease, and cancer. Easy access to a general practitioner (geriatrician who are specialist doctor that focuses on the healthcare needs of older adults typically aged 65 and older) increases the likelihood of, routine screenings, preventive check-ups, and early diagnosis. Additionally, early detection often leads to simpler treatments and better outcomes. Many older adults live with one or more chronic conditions. Close proximity to a general practitioner makes it easier to, attend follow-up appointments, adjust medications, monitor symptoms, and prevent complications.

The Importance of early detection cannot be over emphasized as many diseases are asymptomatic in their early stages, making routine health checks is essential. When symptoms do appear, the disease may have already progressed to a stage where treatment is less effective.

For instance, cancer Research UK reports that survival rates for some of the most common cancers are three times higher when diagnosed at an early stage.

Breast cancer, Over 90% of women diagnosed at stage 1 survive for at least five years, compared to just 15% for those diagnosed at stage 4.

Bowel cancer, More than 90% of patients diagnosed at stage 1 survive for five years or more, whereas survival drops to 10% for those diagnosed at stage 4.

Lung cancer, around 60% of patients diagnosed at stage 1 survive for five years, compared to only 5% at stage 4.

Early-stage diagnosis allows for use of less invasive treatments with fewer side effects, improving patient outcomes significantly. When diseases are caught early, they often require simpler, less invasive treatments. For example, early-stage cancers may be treated with minor surgery or targeted therapies rather than extensive chemotherapy or radiation. In heart disease, identifying risk factors early allows for lifestyle changes and medication rather than major surgeries like bypass operations or stent placements, Echelon Health (anonymous).

However, Patients who live further most a time got satisfaction compare to patients who live closer to general practitioner. And limited access to a wide range of specialized services is the comment of patients to area of proximity. High proximity in densely populated areas can lead to higher general practitioner workloads and longer waiting times for appointments.

MENTAL WELL-BEING IMPROVES HEALTHY AGEING

Lifelong learning is an essential practice for personal growth, adaptability, and mental wellness. In an ever-evolving world, acquiring new skills and knowledge can significantly impact our mental health. Lifelong learning refers to the ongoing, voluntary, and self-motivated pursuit of knowledge for personal or professional development. This process helps to keep the mind engaged, promote emotional health, and provide a sense of purpose. Research shows that individuals who actively engage in learning experience less anxiety and depression.

Engaging in lifelong learning can take many forms, including hobbies, formal education, workshops, or even online courses. Each of these methods has unique benefits that can enhance mental wellness. For instance, learning a new language or musical instrument can help improve cognitive function and boost self-esteem.

Additionally, studies suggest that people who engage in lifelong learning are more resilient to stress. By continually adapting and acquiring new skills, you become more capable of handling life's challenges. This adaptability fosters a sense of control over your life, which is crucial for mental wellness.

One major way lifelong learning enhances mental wellness is by promoting cognitive health. Continuous learning activities stimulate the brain, helping to preserve and enhance cognitive function. The concept of "neuroplasticity" explains how the brain can adapt and grow throughout your lifetime.

Participating in activities like puzzles, reading, or attending a seminar encourages the brain's neural pathways to form and strengthen. As a result, lifelong learners often report increased memory retention, improved problem-solving abilities, and heightened creativity, The balance collective (2025).

Furthermore, through our research at the Mental Health Foundation, we know that spending time outdoors has been one of the key factors enabling people to cope with the stress of the COVID-19 pandemic. Throughout the pandemic, nearly half (45%) of people in the UK told us that visiting green spaces, such as parks, helped them to cope.

Our findings are echoed by other research that found that people visiting and noticing nature, mainly, was important in supporting their wellbeing. This is a really important point, as it helps us understand that a connection with nature helps unlock mental health benefits and gives us essential clues on how to maximise these benefits for our well-being.

Connectedness refers to the way we relate to nature and experience nature. A strong connection with nature means feeling a close relationship or an emotional attachment to our natural surroundings.

There are ways that we can develop our connectedness with nature. Activities that involve the senses can help to develop our connection with the natural world, as can activities where we feel emotions such as compassion, perceive beauty or find meaning in nature.

For instance, we might notice the beauty of nature by listening intently to birdsong or touching the bark of trees. Smelling flowers or feeling the soil between our fingers whilst planting bulbs in the garden are also highly sensual ways to connect with nature. We don't always have to be in nature to further our relationship with the natural world: writing a poem about our favourite nature spot or reflecting on preferred walks helps us consciously notice, consider and pause to appreciate the good things in nature.

Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration, Mental health foundation (2026).

Chia-chen, et. al. (2024), performed a cross-sectional online survey in Brisbane and Sydney, Australia, from April 15th and May 15th, 2021 around one year after the first covid-19 pandemic lockdowns. The results show that individuals with a stronger connection to nature are linked with a lower level of stress and anxiety with increased frequency in public greenspace visits, while such an association is less clear for individuals with a weaker connection to nature. We also find that, through the answer to an open-ended question, individuals with a lower connection to nature tend to mention nature-related words less as the reason for visiting greenspace. This indicates that a person's connection to nature is linked with how they interact with nature and thus might determine whether and how much psychological benefit a person gains from experiencing nature.

The love of nature and the connectedness is the panacea to a better mental health, it lower depression and anxiety which become evident during the pandemic.

MITIGATING ENVIRONMENTAL RISKS ENHANCE HEALTHY AGEING

More than 90% of humans breathe dangerously contaminated air, according to the World Health Organization. Citizens of Finland, however, are not among them. Finland has the cleanest air in the world, a comprehensive analysis by the WHO found. That means that Finns are largely spared from the debilitating illnesses caused by air pollution. Finland has such clean air because of strong

environmental regulations. The government invests in renewable energy, protects forests and lakes, and promotes the adoption of electric vehicles. Finns old adult enjoy healthy ageing because of the best quality of air she has across the globe.

In contrast, more than 7 million people are prematurely killed each year due to air pollution, the WHO reports. As fine particles from pollutants fill the air, they penetrate the lungs and cause “stroke, heart disease, lung cancer, chronic obstructive pulmonary diseases and respiratory infections, including pneumonia,” WHO notes.

The report says that the major sources of pollution in the world are coal-fired power plants, transportation and agriculture sectors, deforestation, and waste burning, among other sources.

All across the world, levels of fine particulate matter — indicating the presence of sulfate, nitrates, black carbon, and other contaminants — exceed levels deemed safe by WHO.

The easiest way to reduce air pollution is to limit these practices.

India Has the World’s 14 Most Polluted Cities, New Report Shows

Finland is also well on its way to reach the goals it set under the Paris Climate Agreement.

Clean air and leading the global fight against climate change — it looks like Finns can sit back and take a deep breath and her citizen enjoy healthy ageing especially her senior citizens. Joe, (2018).

Reducing exposure to harmful factors like air pollution, noise, and extreme heat through urban planning and policy interventions helps prevent or delay age-related diseases.

Conclusion

Functional ability consists of the intrinsic capacity of the individual and the relevant environment which is the Supportive environment that serve as an enabler or a buffer that allow an individual intrinsic capacity to be fully realized as functional and also those individual that have low intrinsic capacity to perform their daily activities. Exercise is as crucial as enhancing cognitive function, mitigates symptoms of depression and become socially active, however, exercising based on blood group specification and government providing health improving policies that curtail air pollution, noise and extreme heat is some of the supportive environment that helps functional ability to attain healthy ageing among the older adult.

Suggestions

1. Blood group A, B, AB should embark on mild exercise to attain a state of well - being while group O is good for the strenuous one.
2. Older adult that may be likely inflicted with cognitive decline, depression and heart disease due to social isolation and loneliness should be engaged in a place of worship as panacea.
3. Government should established a policy enforcing any person that build must install grab bars in the bathroom and proper lighting to reduce fall and injuries among the older adult.
4. General practitioners, geriatricians and specialized services are insufficient in the rural areas and government must review it in favor of the villagers especially the senior citizens.
5. Older adult should be convinced to have a love of nature which is a reliable factor that improve mental health and cognitive function
6. Government should provide policies that prevent air pollution, noise and extreme heat to curb age – related diseases.

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