



PING PONG

ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

Scientific Publications

Donizzetti, A. R. (2019). [Ageism in an aging society: The role of knowledge, anxiety, about aging, and stereotypes in young people and adults.](#) International Journal of Environmental Research and Public Health, 16(8).

<https://doi.org/10.3390/ijerph16081329>

Identifies ageism as a significant problem and tests a framework of its different determinants.

Chang, A. Y., Skirbekk, V. F., Tyrovolas, S., Kassebaum, N. J., & Dieleman, J. L. (2019). [Measuring population ageing: an analysis of the Global Burden of Disease Study 2017.](#) The Lancet Public Health, 4(3), e159–e167. [https://doi.org/10.1016/S2468-2667\(19\)30019-2](https://doi.org/10.1016/S2468-2667(19)30019-2)

Uses the Global Burden of Diseases study to define a specific category of age-related diseases, which can then be used to assess and compare the health of populations better than simple chronological age.

Hamer, M., Lavoie, K. L., & Bacon, S. L. (2014). [Taking up physical activity in later life and healthy ageing: The English longitudinal study of ageing.](#) British Journal of Sports Medicine, 48(3), 239–243. <https://doi.org/10.1136/bjsports-2013-092993>

van Dyk, S. (2016). [The othering of old age: Insights from Postcolonial Studies.](#) Journal of Aging Studies, 39, 109–120. <https://doi.org/10.1016/j.jaging.2016.06.005>

Analyzes the social discourse around old age, and its recent developments following the distinction between active old age (the Third Age) and frail and dependent old age (the Fourth Age), and how both categories are implicitly based on prejudices and generalizations that separate older people from society.



News Articles

[COVID ageism as a public mental health concern](#) (The Lancet, 2020)

Outlines how COVID-19 ageism may influence mental health through isolation, fear of sub-optimal treatment in the case of infection, reduced sense of belonging and perceived burdensomeness; and how such thoughts may become internalized in both the older and the younger generation's attitudes towards old age.

[The 91-year-old ping-pong champion](#) (The Guardian, 2012)

Preview of the film that provides backstories of Les and Terry with further details of their sports careers.

Other

[The Ping Pong Care Campaign](#) - Website

[Ageing and health](#) (WHO Factsheet, 2018)

[Global Strategy on Ageing and Health](#) (WHO, 2016)

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