

SHARE Findings Newsletter No. 01 - December 2016

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SHARE Findings Newsletter

This newsletter informs about **selected new research findings** based on data from the Survey of Health, Ageing and Retirement in Europe (SHARE) by providing summaries of selected studies.

All text in these articles can be used for press reports.

If you have any more detailed questions about the here presented research, please view the whole scientific study (link under the article) or get directly in touch with the authors of the study.

Please enjoy reading our new SHARE Findings Newsletter.

Fight cognitive decline with Sudoku!

Study shows how leisure activity can help to train your memory



(November 2016) Researchers from the Hebrew University in Jerusalem show that the impact of Sudoku and crossword puzzles is even bigger than expected. In their study they used data from about 17,000 European adults aged 65 and older collected by SHARE.

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The taller, the happier?

International study analyses the link between body height and well-being among people 50+



(November 2016) The taller you are, the better you live? Higher-than-average persons are often seen as beautiful, dominant or successful. But are tall people really necessarily more satisfied with their lives than short ones? This questions was reassessed by using SHARE data from 10 European countries.

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Working under stressful conditions causes depressions in the long run

Researchers argue that health consequences of work stress should be analysed in a life-course perspective



(October 2016) Stress at work has a negative impact on our health – this idea isn't new. The media images we usually associate with this topic are highly pressured young managers or thirtysomething white collar workers with lots of responsibility suffering from burnout. However, this does not represent scientific findings.

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Why do older people hit the bottle?



(October 2016) While binge drinking is usually seen as a vice of younger generations, alcohol consumption of middle-aged and older people has been steadily increasing since the 1990s. But what makes men and women aged 50 years and older hit the bottle? An international study compares dangerous drinking habits of men and women across Europe. [>> Read more](#)

Going broke in retirement?

Multinational study shows why households with elderly persons are increasingly indebted



(October 2016) Living in your own home, having enough money for a decent lifestyle and making ends meet with your savings – that is the traditional way in which many people imagine their retirement. However, an international study scrutinizes this ideal.

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More brothers – less chances for a college degree?

Study compares chances to obtain higher education in different European countries regarding number of siblings and gender inequality



(August 2016) Whether or not a young person is able to obtain a college degree depends on many different aspects. However, previous research has shown that family background plays a key role in children's educational achievements.

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About SHARE:

SHARE, the Survey of Health, Ageing and Retirement in Europe is a multidisciplinary and cross-national panel database of micro data on health, socio-economic status and social and family networks of more than 123,000 individuals (approximately 293,000 interviews) from 20 European countries and Israel aged 50 or older. Beginning with the next data collection in 2017, SHARE will cover 28 countries. The data are available to the entire research community free of charge.

SHARE responds to a Communication by the European Commission calling to "examine the possibility of establishing, in co-operation with Member States, a European Longitudinal Ageing Survey". SHARE has become a major pillar of the European Research Area, selected as one of the projects to be implemented in the European Strategy Forum on Research Infrastructures (ESFRI) in 2006 and given a new legal status as the first ever European Research Infrastructure Consortium (SHARE-ERIC) in March 2011. SHARE is centrally coordinated by Prof. Axel Börsch-Supan, Ph.D. at the Munich Center for the Economics of Aging (MEA), Max Planck Institute for Social Law and Social Policy.

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