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Introduction

As the global population ages, the prevalence of chronic conditions such as Type-2 diabetes mellitus (T2DM) among older adults continues to rise. Successful aging, de ned as the ability to maintain physical health, functional independence, and overall well-being in later life, is a primary goal for older individuals, including those managing chronic illnesses like T2DM [1]. However, achieving successful aging with T2DM requires not only e ective disease management but also adequate health literacy to navigate the complex healthcare landscape and engage in self-care practices. Health literacy, broadly de ned as the ability to obtain, understand, and use health information to make informed decisions about one's health, plays a crucial role in the management of chronic conditions such as T2DM. Individuals with low health literacy may face challenges in understanding medical instructions, adhering to treatment regimens, and accessing appropriate healthcare services, leading to suboptimal health outcomes and reduced quality of life [2]. Despite the recognized importance of health literacy in chronic disease management, limited research has speci cally examined its role in successful aging among older adults with T2DM. is study aims to address this gap by investigating the relationship between health literacy, successful aging, and diabetes management in older individuals with T2DM [3].

However, our study also revealed persistent disparities in health literacy levels among older adults with T2DM, with implications for access to and utilization of diabetes self-management resources and healthcare services. Low health literacy was associated with challenges in understanding medical instructions, navigating the healthcare system, and making informed decisions about diabetes management, highlighting the need for targeted interventions to improve health literacy skills among this population [4]. Qualitative insights from interviews further underscored the multifaceted nature of health literacy and its impact on successful aging in the context of T2DM. Participants shared experiences of overcoming barriers, leveraging social support networks, and adopting coping strategies to manage their diabetes and maintain independence and well-being as they age. ese narratives

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aging among older adults with T2DM, thereby enhancing diabetes self-management and overall well-being in later life. Understanding the complex interplay between health literacy, successful aging, and diabetes management is essential for developing targeted interventions and programs to support older adults with T2DM in achieving optimal health outcomes and maintaining independence and quality of life as they age. By addressing the unique needs and challenges faced by this population, healthcare providers and policymakers can contribute to the promotion of healthy aging and improved quality of life for older adults with T2DM [7].

Materials and Methods

is study employs a mixed-methods approach, integrating quantitative surveys and qualitative interviews, to investigate the relationship between health literacy, successful aging, and diabetes management among older adults with Type-2 diabetes mellitus (T2DM).

e study participants include older adults (aged 65 years and above) diagnosed with T2DM, recruited from healthcare facilities, community centers, and diabetes support groups. Participants are selected through purposive sampling to ensure diversity in demographics, health literacy levels, and diabetes management experiences. A structured survey instrument is developed to collect quantitative data on health literacy, successful aging outcomes, and diabetes management among older adults with T2DM. Key variables include health literacy levels (measured using validated instruments such as the Short Test of Functional Health Literacy in Adults), successful aging indicators (e.g.,