

## CFPR SEMINAR SERIES (JAN-APR 2025)

# EARLY-LIFE WAR TRAUMA AND LATER-LIFE HEALTH WITH A FOCUS ON VIETNAM



03 March 2025  
12PM – 1:30PM (SGT)  
AS7-06-42  
Seminar Room



### Session chaired by:

Associate Prof. Bussarawan Teerawichitchainan  
(CFPR Co-Director & Department of Sociology and Anthropology)

### REGISTER HERE:

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Evidence about the importance of early life experiences for later life health continues to grow, yet the impact of war as an early life experience remains understudied. This represents a significant oversight, given the profound health challenges that arise from the aftermath of war trauma and the increasing numbers of older adults worldwide who have lived through war. Among these, many reside in Asia, where the experience of war has been particularly widespread. The Vietnam Health and Aging Study (VHAS), launched six years ago, was specifically designed to empirically examine the connections between varying levels of war trauma and later life health outcomes. This lecture begins by highlighting the prevalence of war experiences among older adults, particularly in Asian contexts, before focusing on survivors of the American War in Vietnam. It will delve into findings from the VHAS, showcasing what the study has revealed about the long-term impacts of wartime trauma on health and aging, offering insights into the enduring consequences of these early life adversities.

## OUR SPEAKER



### Professor Zachary Zimmer

CANADA RESEARCH CHAIR IN AGING AND COMMUNITY

Dr. Zachary Zimmer earned a PhD in Sociology with a focus on Population Studies in 1998 from the University of Michigan. He has held positions at several universities and organizations, including the University of Nevada Las Vegas, The Population Council, the University of Utah, and the University of California San Francisco. In 2016, he was awarded a Tier 1 Canada Research Chair in Global Aging and Community, which he holds at Mount Saint Vincent University in Halifax, Canada, where he is also a Professor in the Department of Aging and Family Science. His research applies global demographic perspectives to the health and wellness of older adults, focusing on Asian populations. Zimmer's work covers topics such as religiosity, early-life wartime trauma, chronic pain, and intergenerational relationships in changing societies. He has published over 120 articles in gerontology, sociology, demography, public health, medicine, and epidemiology.