WORLD REPORT ON AGEING AND HEALTH

Ouder worden en gezondheid: het grote verhaal

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#YearsAhead
Our primary role is to direct and coordinate international health within the United Nations’ system. We support countries as they coordinate the efforts of multiple sectors of the government and partners to attain their health objectives and support their national health policies and strategies.
65-plussers per gemeente

Aandeel 2012

Aandeel 2040 (prognose)

Absoluut 2040

Aandeel per gemeente (%)

- Minder dan 15
- 15 - 20
- 20 - 25
- 25 - 30
- 30 - 35
- 35 of meer

Totaal per gemeente

- 1000
- 10.000
- 50.000
- 100.000

Bron: CBS/PBL (PEARL); bewerking PBL
Populations are getting older

Percentage aged 60 years or older:
- 30% or more
- 10 to <30%
- <10%

2015

World Health Organization
Speed of population ageing

Time for percentage of population over age 60 to double
Japan example
How these extra 20 years can be spent…

… It all depends on HEALTH
There is no “typical” older person
Health in older age is not random

What makes us age differently?

- Genetic inheritance
- Who we are

and a lifetime of:
- Where we live
- Our health behaviour
- Our access to health care
Healthy Ageing is an investment, not a cost

<table>
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<tr>
<th>Investment</th>
<th>Benefits</th>
<th>Return</th>
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<td>Health systems</td>
<td>Health</td>
<td>Individual well-being</td>
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<td>Long-term care systems</td>
<td>Skills and knowledge</td>
<td>Workforce participation</td>
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<td>Lifelong learning</td>
<td>Mobility</td>
<td>Consumption</td>
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<td>Age-friendly environments</td>
<td>Social connectivity</td>
<td>Entrepreneurship and investment</td>
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<tr>
<td>Social protection</td>
<td>Financial security</td>
<td>Innovation</td>
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<td></td>
<td>Personal dignity, safety and security</td>
<td>Social and cultural contribution</td>
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<td>Social cohesion</td>
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The goal: maximize functional ability that enables well-being in older age
Components of Healthy Ageing

**Intrinsic capacity**

**Personal characteristics**

**Genetic inheritance**

**Health characteristics**
- Underlying age-related trends
- Health-related behaviours, traits and skills
- Physiological changes and risk factors
- Diseases and injuries
- Changes to homeostasis
- Broader geriatric syndromes

**Functional ability**

**Environments**
Public Health Framework

- High and stable capacity
- Declining capacity
- Significant loss of capacity

Functional ability
Intrinsic capacity
Priority areas for action

- Improve measurement, monitoring and understanding
- Align health systems to the older populations they now serve
- Ensure everyone can grow old in an age-friendly environment
- Develop long-term care systems
Align health systems

• Place older people at the centre of health care
• Shift the care focus from managing diseases to optimizing what people can do
• Develop the health workforce
Designing health systems to encourage *Healthy Ageing*

- System alignment
  - Older-person-centred integrated care
    - Interventions adapted to the individual and their level of capacity
      - Goal: optimize trajectories of intrinsic capacity
Long-term care is defined as:

- the activities undertaken by others to ensure that people with or at risk of a significant ongoing loss of intrinsic capacity can maintain a level of functional ability consistent with their basic rights, fundamental freedoms and human dignity.
Develop long-term care systems

- Establish the foundation for a functioning system
- Develop the long-term care workforce
- Ensure the quality of long-term care
Strategic Objective 4: Developing Systems for Providing Long Term Care (home, communities and institutions)

Elements of an older person centred system of long-term care

Support (e.g. information, training, accreditation, quality assurance)
Create age-friendly environments

- Combat ageism
- Enable autonomy
- Support Healthy *Ageing* in all policies
Creating Age Friendly Environments

Examples of interventions that contribute to creating Age Friendly Environments and achieving abilities essential to Healthy Ageing, by sector

<table>
<thead>
<tr>
<th>Abilities</th>
<th>Transport</th>
<th>Housing</th>
<th>Social protection and assistance</th>
<th>Education and Labour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet basic needs</td>
<td>Ensure safe transport options</td>
<td>Provide access to adequate housing</td>
<td>Provide assistance to families that care for older family members</td>
<td>Provide training programmes adapted to older workers</td>
</tr>
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<td>Learn, grow and decide</td>
<td>Ensure front-line transportation operator training</td>
<td>Ensure information availability on housing options for older people</td>
<td>Promote advance care planning</td>
<td>Provide access to computers and the internet at minimal cost (libraries, community centres)</td>
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<td>Be mobile</td>
<td>Ensure public transport accessibility to older people and those with disability</td>
<td>Assist with home modifications</td>
<td>Ensure availability of specialised transport options</td>
<td>Ensure workplaces are adapted to needs of older people</td>
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<td>Contribute</td>
<td>Ensure transportation availability for work or volunteer opportunities</td>
<td>Ensure housing is located near work or volunteering opportunities</td>
<td>Provide unemployment insurance</td>
<td>Implement policies to prevent discrimination based on age</td>
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29 and 30th October, 2015
Improve measurement, monitoring, and understanding

• Agree on metrics, measures and analytical approaches
• Improve understanding of the health status and needs of older populations
• Increase understanding of ageing trajectories and what can be done to improve them
Investing in *Healthy Ageing* means creating a future that gives older people the freedom to live lives that previous generations could never have imagined.

For Global Strategy and Action Plan: [www.who.int/ageing](http://www.who.int/ageing)
Free downloadable

http://www.who.int/ageing/en/

Full report: English and Spanish
Executive summary: Arabic, Chinese, English, French, Japanese, Portuguese, Russian and Spanish,
The World report on ageing and health: a policy framework for healthy ageing

John R Beard, Alana Officer, Islene Araujo de Carvalho, Ritu Sadana, Anne Margriet Pot, Jean-Pierre Michel, Peter Lloyd-Sherlock, JoAnne E Epping-Jordan, GM E E (Geeske) Peeters, Wahyu Retno Mahanani, Jotheeswaran Amuthavalli Thiagarajan, Somnath Chatterji

Although populations around the world are rapidly ageing, evidence that increasing longevity is being accompanied by an extended period of good health is scarce. A coherent and focused public health response that spans multiple sectors and stakeholders is urgently needed. To guide this global response, WHO has released the first World report on ageing and health, reviewing current knowledge and gaps and providing a public health framework for action. The report is built around a redefinition of healthy ageing that centres on the notion of functional ability: the combination of the intrinsic capacity of the individual, relevant environmental characteristics, and the interactions between the individual and these characteristics. This Health Policy highlights key findings and recommendations from the report.
Thank you for your attention