Prevention Needs for Healthy Ageing: An International Perspective

Dr John Beard
Director,
Department of Ageing and Life Course
Proportion of Population Over Age 60, 2012

Percentage aged 60 or over
- 0 to 9
- 10 to 19
- 20 to 24
- 25 to 29
- 30 or over

World Health Organization
Proportion of Population Over Age 60, 2050
Why Act on Ageing?

- Economics
- Human Rights
- Social Cohesion - the formation of societies that are cohesive, peaceful, equitable and secure requires that we attend to the needs of all.
Why is Policy Difficult?

- Diversity
- Disparity
- Discrimination
Trajectory of physical function by baseline function

Source: Peeters et al 2013
Why is Policy Difficult?

- Diversity
- Disparity
- Discrimination
Female Deaths Across the Life Course (Mathers et al 2013)
Years of Life Lost Age 60 and Over

Source: 2004 GBD in WHO
Global Brief for WHD 2012
Why is Policy Difficult?

- Diversity
- Disparity
- Discrimination
20th Century Life Course

Childhood/Education → Working Life → Retirement
20th Century Life Course

Childhood/Education  Working Life  Retirement  Added years
21st Century Life Course

Chilhood/Education  Working Life  Retirement  Added years
21\textsuperscript{st} Century Life Course

- Lifelong Learning
- Work and Contribution
- Personal and Family
A Capabilities Approach to Ageing

Environmental factors

Personal factors

Resilience

Capabilities
- Good health
- Financial security
- Education
- Social relations
- Attitudes

Wellbeing
- Having a role
- Attachment
- Enjoyment
- Control
- Security
- Personal development
Entry points for healthy ageing

**STRATEGIES TO ENHANCE FUNCTION**

- Prevention, Detection and Management of Disease

**STRATEGIES TO FOSTER WELLBEING FOR ANY GIVEN LEVEL OF FUNCTION**

- Assistive Devices and Rehabilitation
- Long Term and Social Care

**HEALTH**
- Physical function
- Cognitive function
- Emotional function

**WELLBEING**

- Strategies targeting the physical and social environment to PROMOTE HEALTH
- Strategies targeting the physical and social environment to ENHANCE PARTICIPATION
A Life Course Approach to the Health of Ageing Populations

- Health promotion across the life course
- Integrated older person centred care (Primary/Acute/Chronic/Long Term Care)
- Age-friendly environments

INNOVATION; KNOWLEDGE GENERATION AND TRANSFER
WHO Global Network of Age-friendly Cities and Communities
TOWARD AN
AGE-FRIENDLY
NEW YORK CITY: A Findings Report

2011

Fall 2008
GOOD HEALTH ADDS LIFE TO YEARS

Bartam and Namak with their grandson

www.who.int/world-health-day/2012
What is WHO doing on ageing?

- Global Strategy and Action Plan (2016)
- Supporting member states - Knowledge Translation models (Ghana 2013, China 2014, ? 2015)
- Strategic Advisory Group of Experts on Ageing and Health (SAGEAH)
- Knowledge and Action Network on Ageing
- Normative work
GOOD HEALTH ADDS LIFE TO YEARS

Helmut Wirz
Retired Pharmacist

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www.who.int/world-health-day/2012
Good Health Adds Life to Years