



WORLD
REPORT
ON
**AGEING
AND
HEALTH**

**Ouder worden en
gezondheid: het
grote verhaal**

Anne Margriet Pot
Twitter: @ampot1
#YearsAhead



Our primary role is to direct and coordinate international health within the United Nations' system.

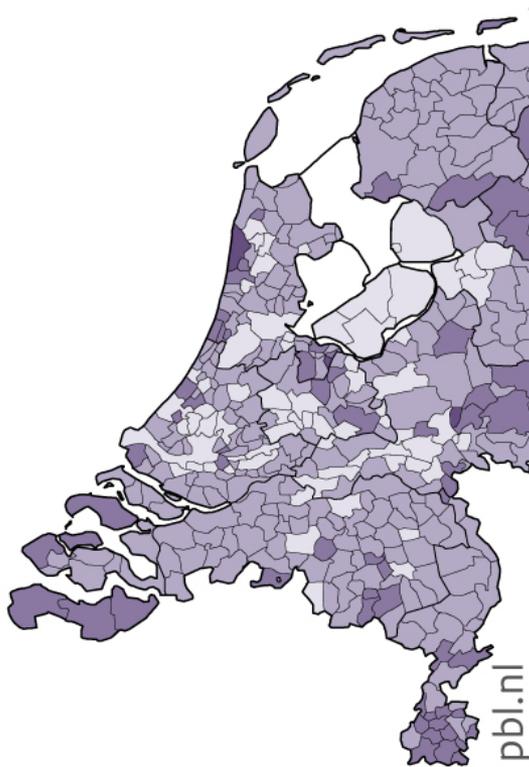
We support countries as they coordinate the efforts of multiple sectors of the government and partners to attain their health objectives and support their national health policies and strategies.



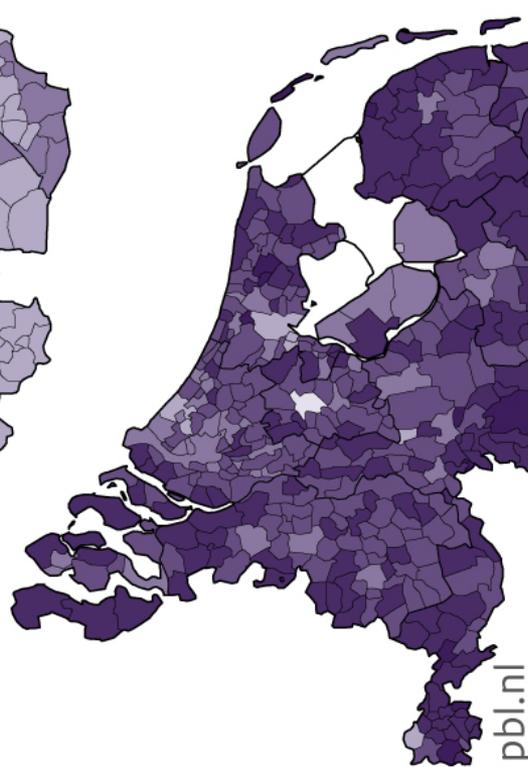
**World Health
Organization**

65-plussers per gemeente

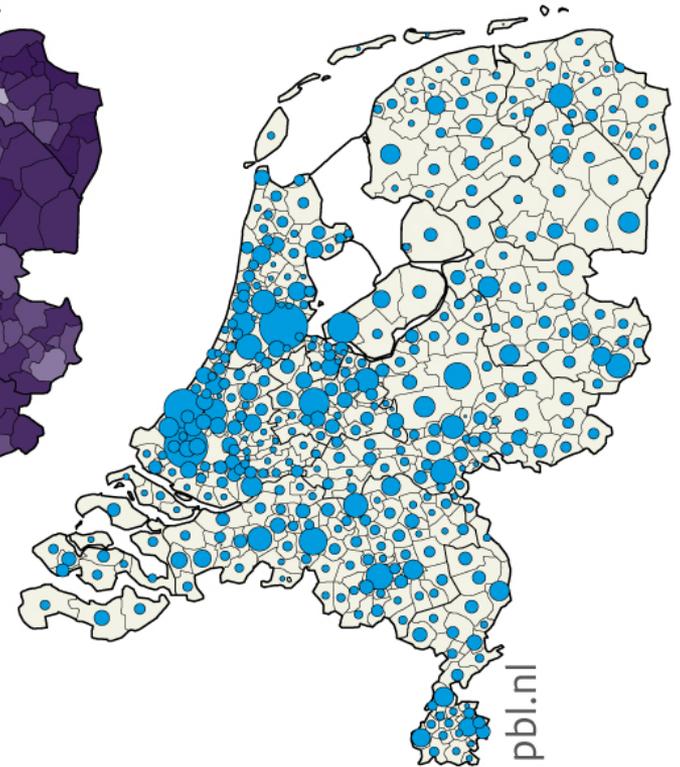
Aandeel 2012



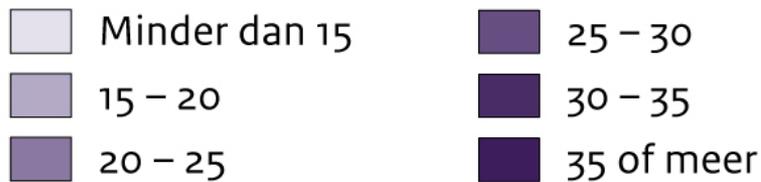
Aandeel 2040 (prognose)



Absoluut 2040



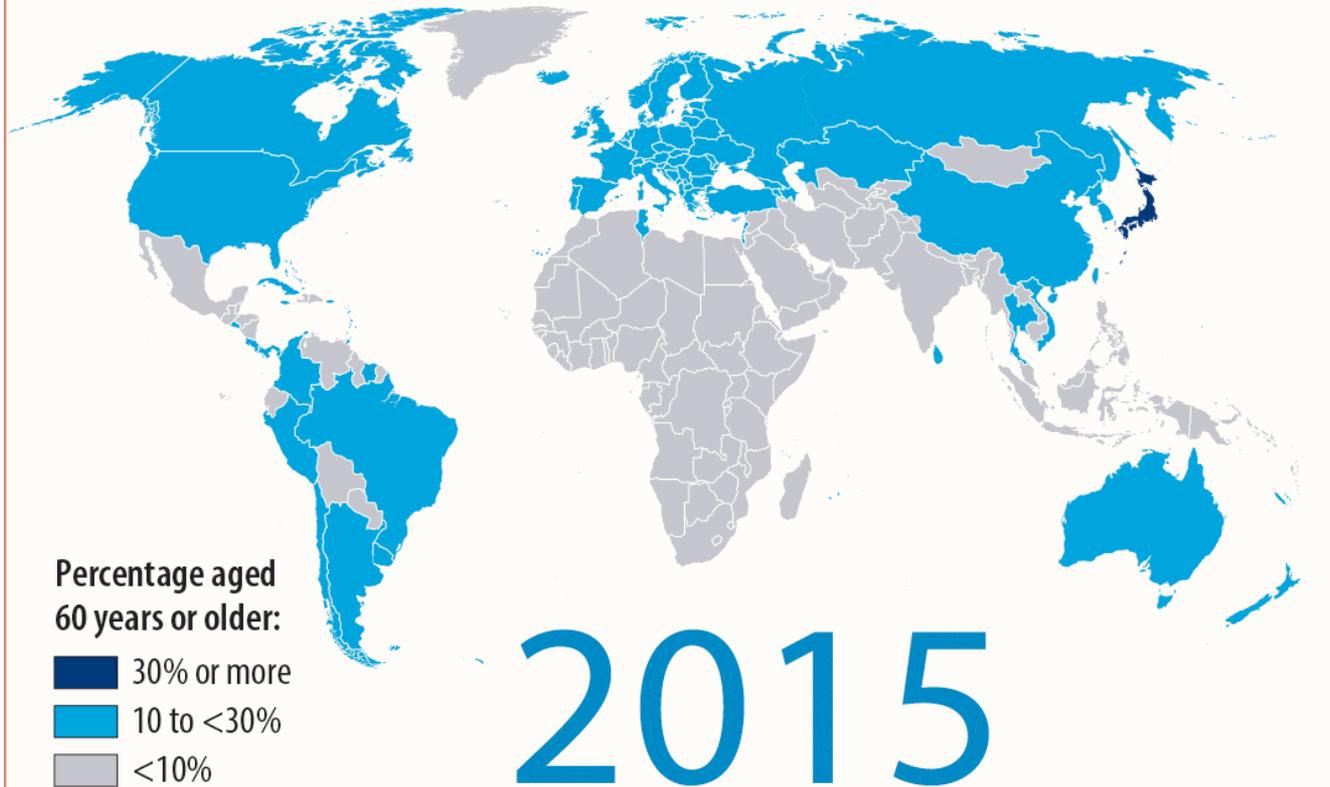
Aandeel per gemeente (%)



Totaal per gemeente

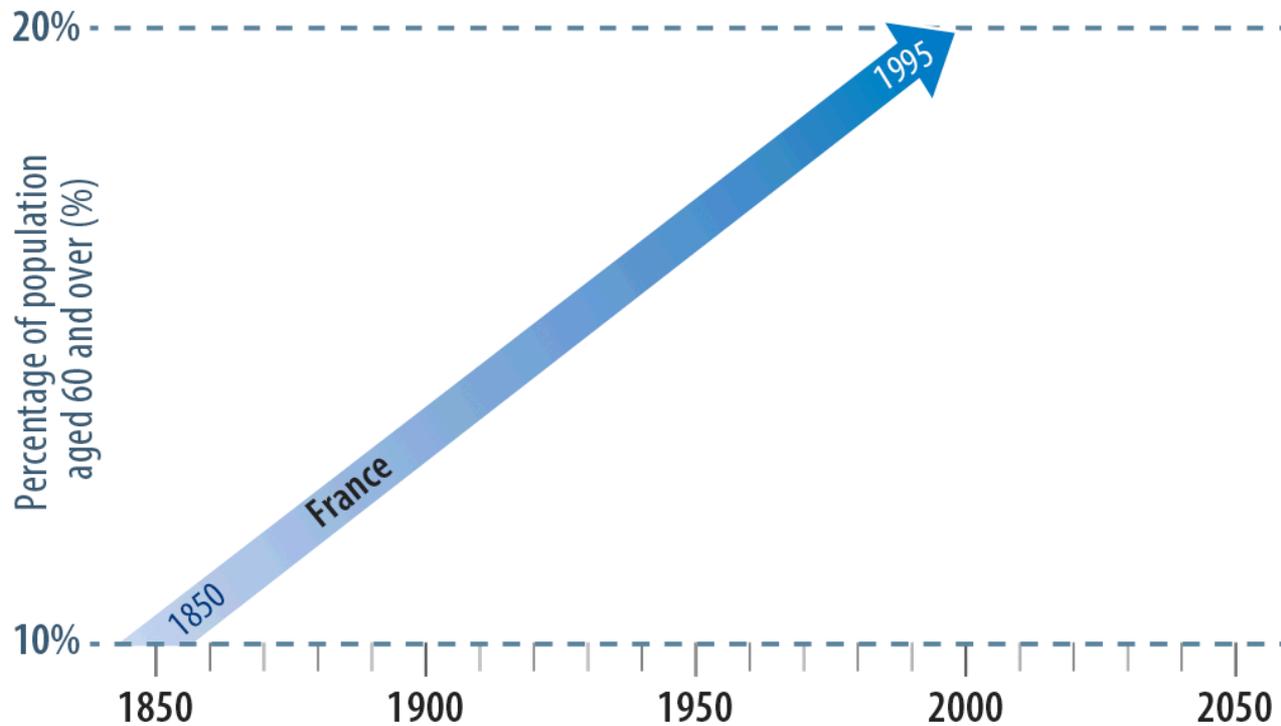


Populations are getting older



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

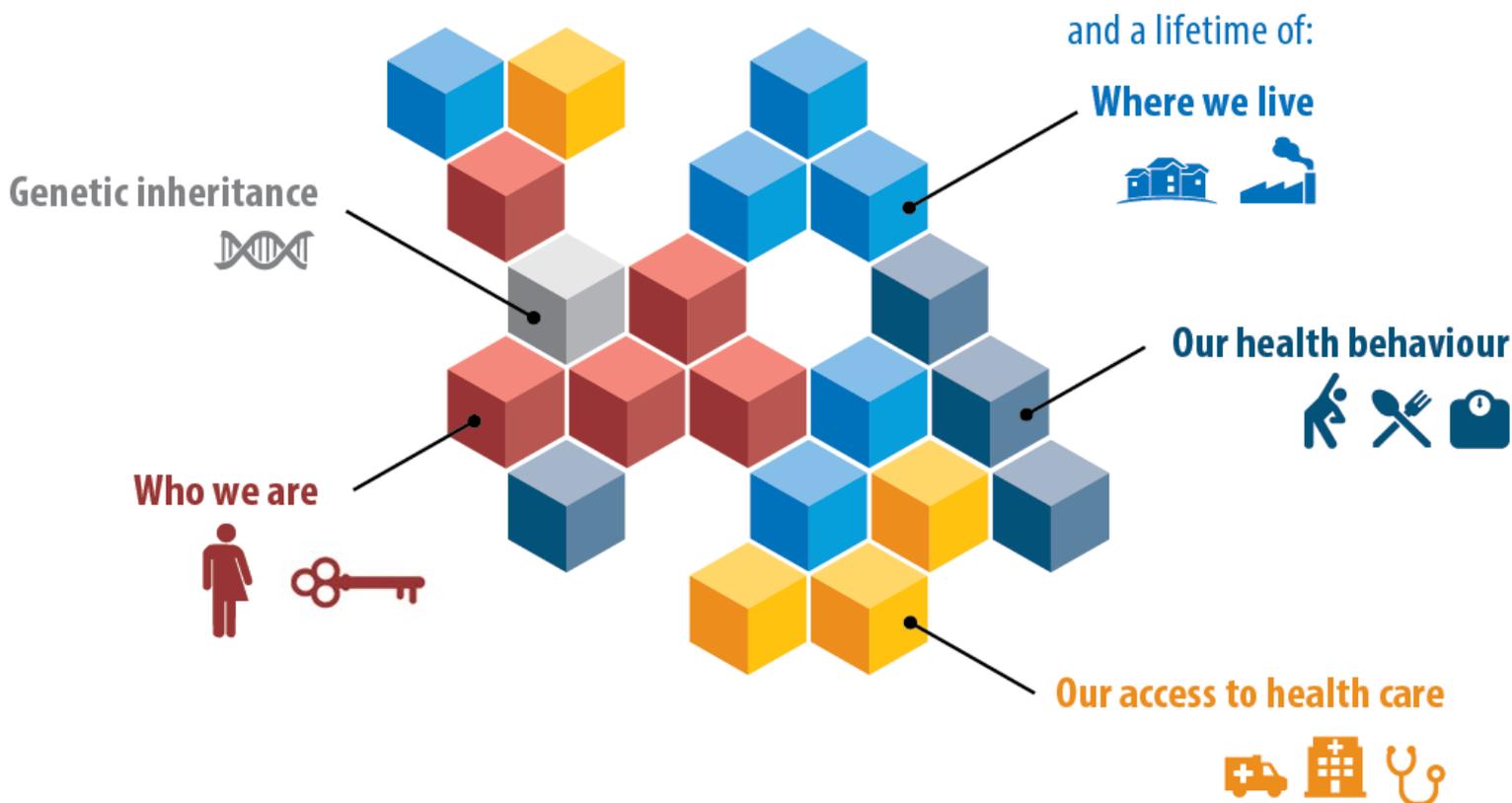
There is no “typical” older person



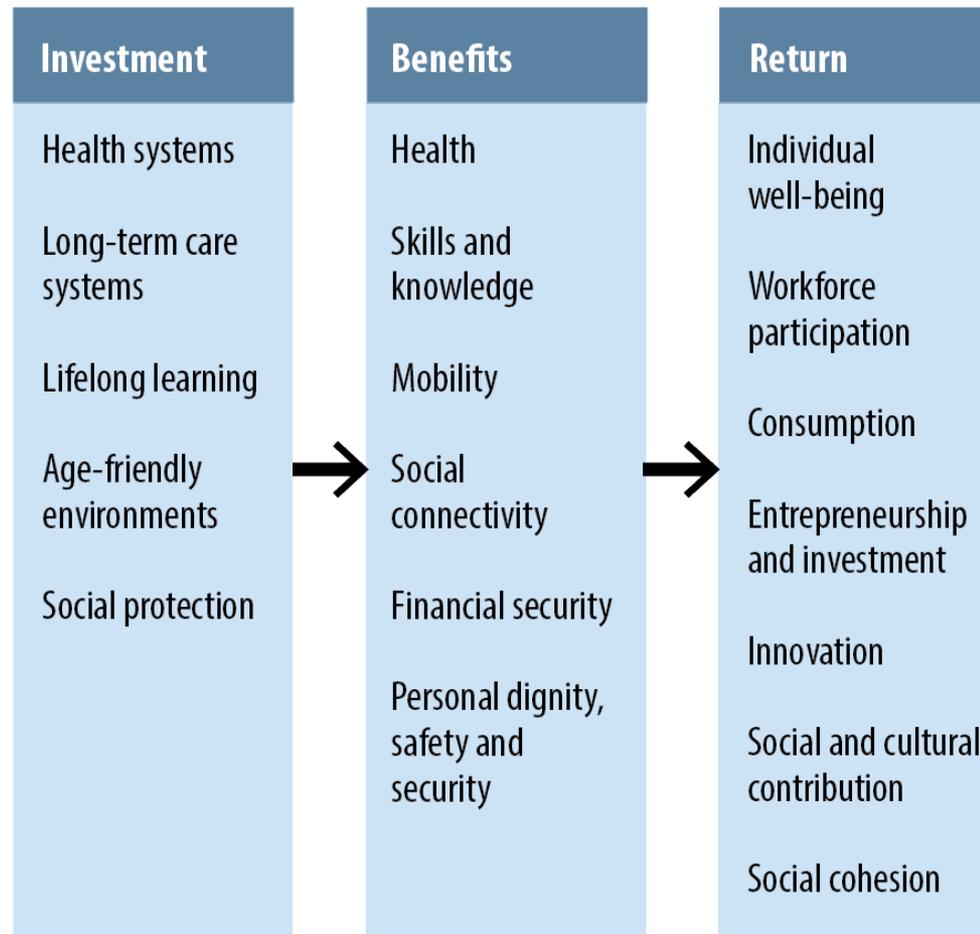


Health in older age is not random

What makes us age differently?



Healthy Ageing is an investment, not a cost

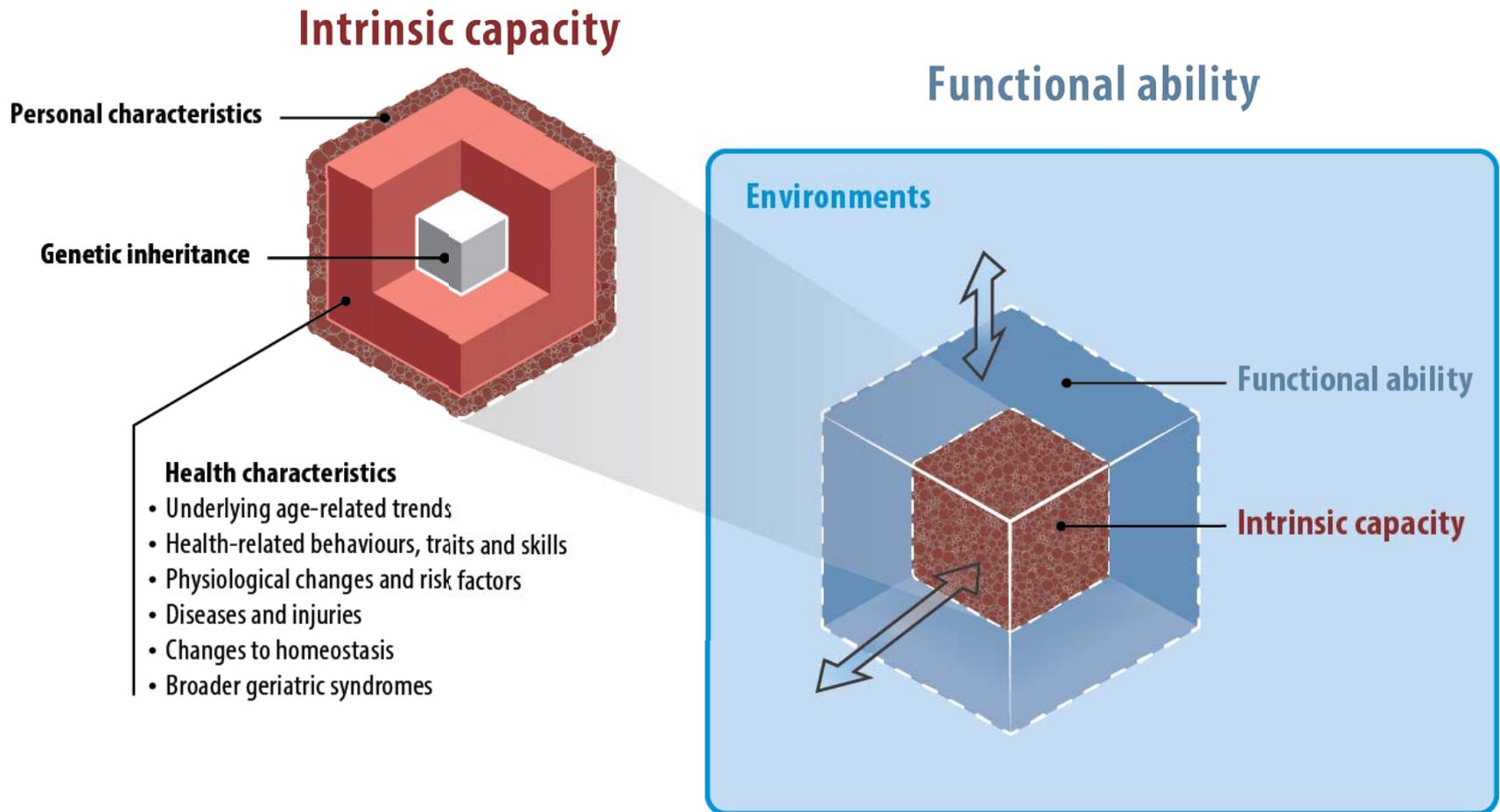




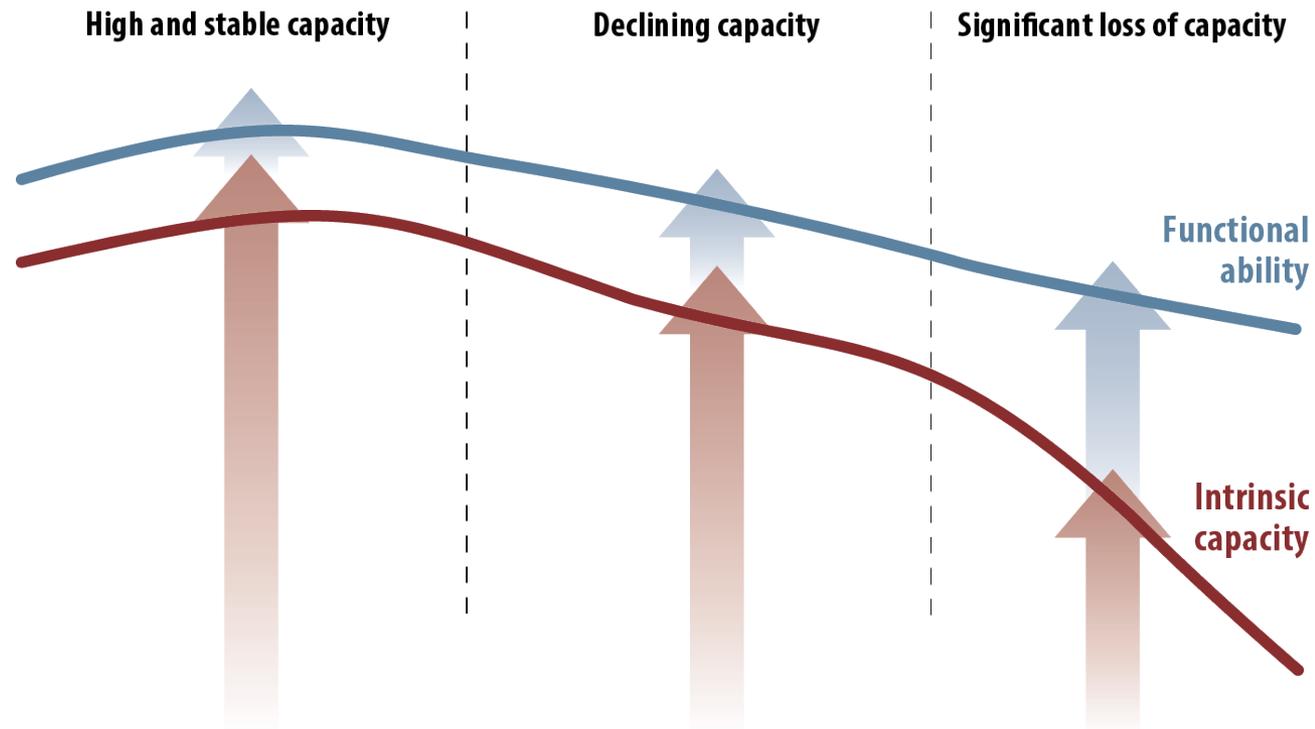
**The goal:
maximize
functional
ability that
enables well-
being in older
age**



Components of Healthy Ageing



Public Health Framework



Priority areas for action

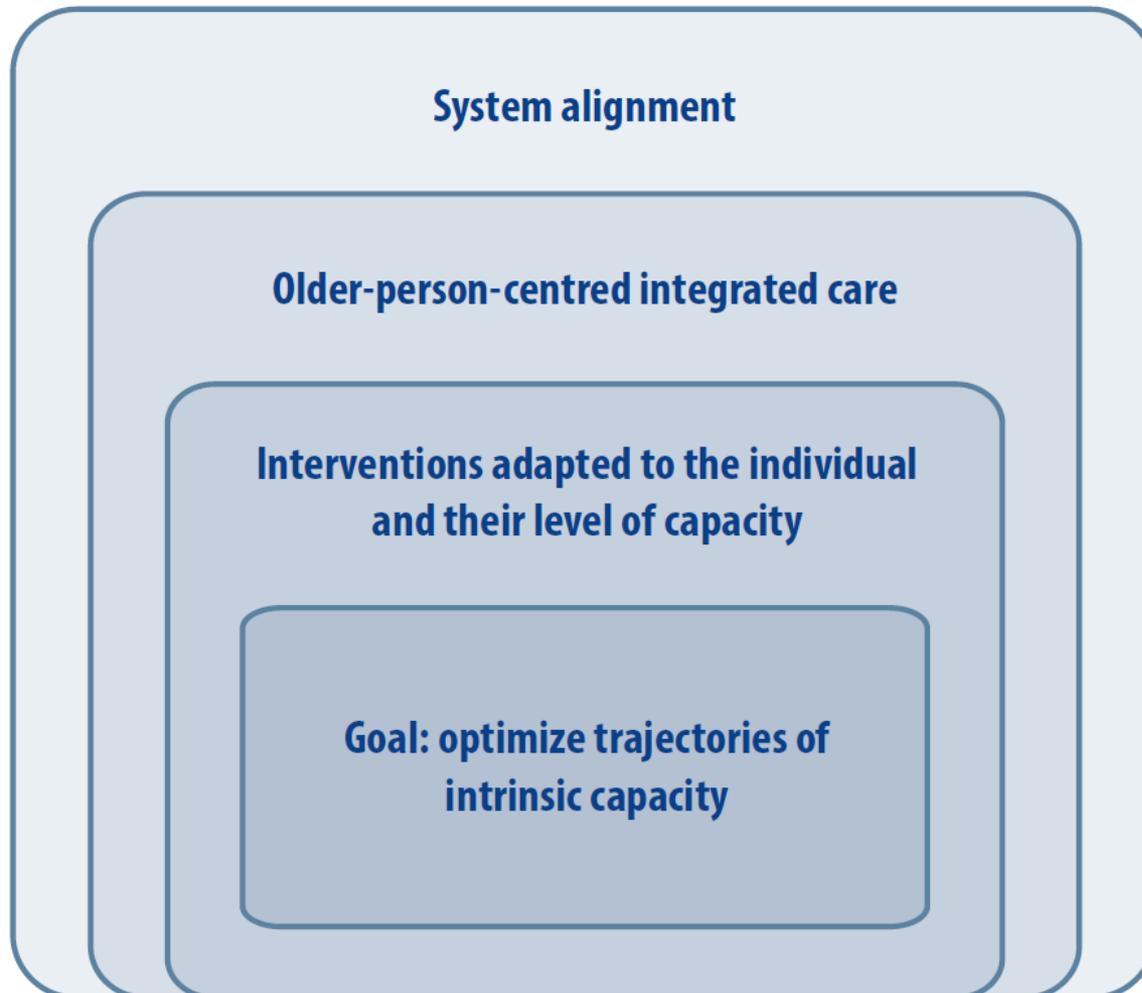




Align health systems

- 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*





Develop long-term care systems

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.

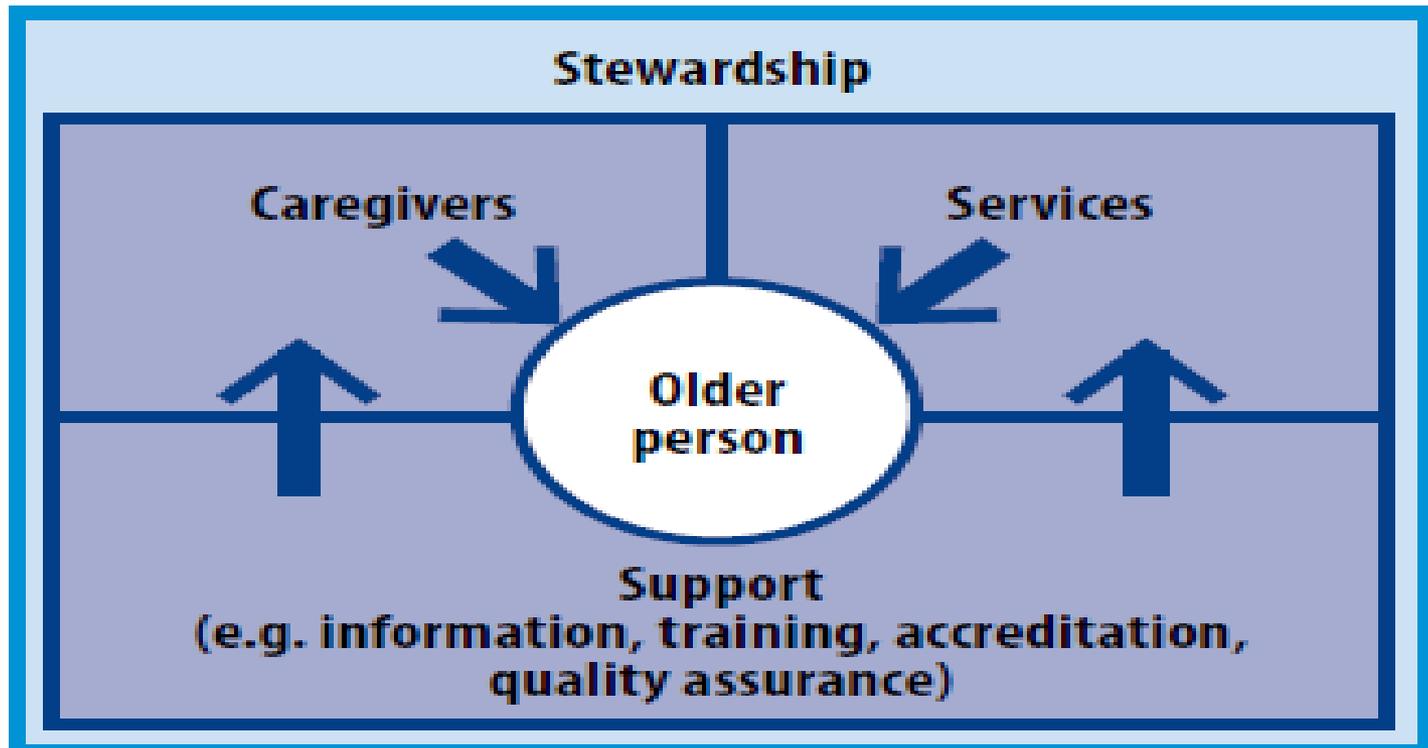


Develop long-term care systems

- 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





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

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



Improve measurement, monitoring, and understanding

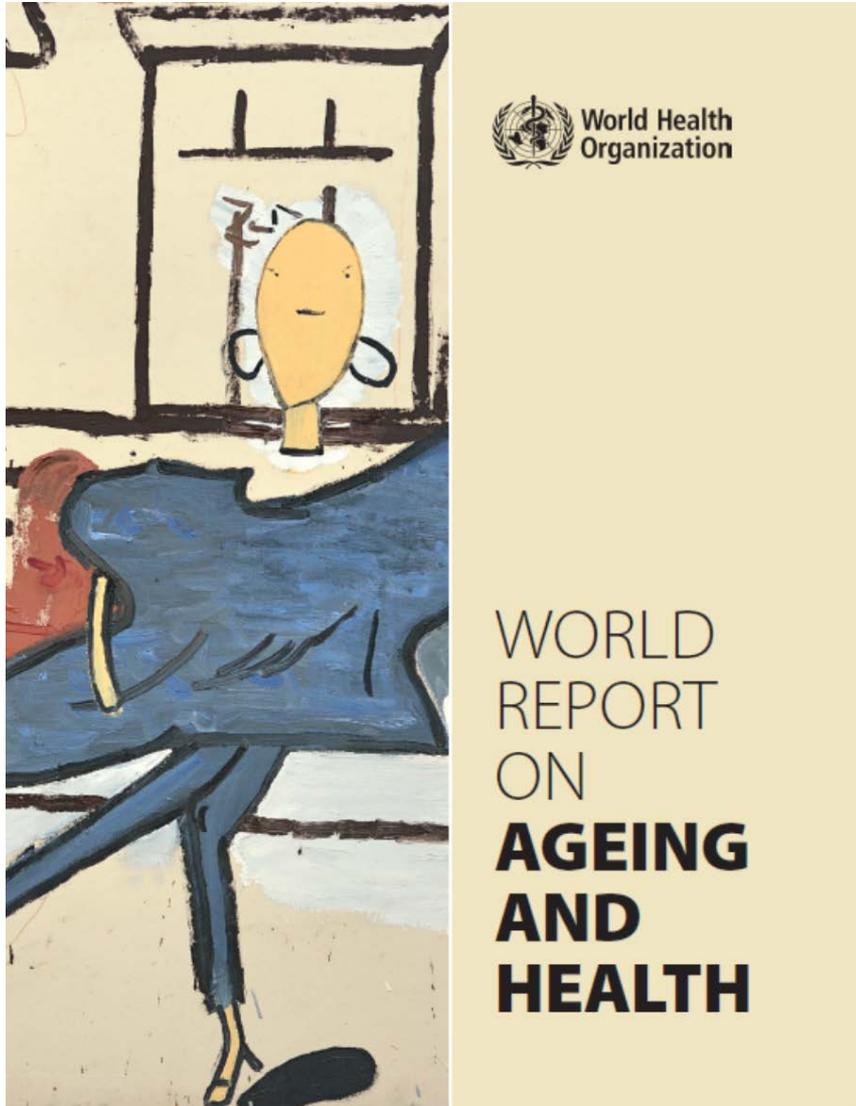
- Agree on metrics, measures and analytical approaches
- Improve understanding of the health status and needs of older populations
- Increase understanding of ageing trajectories and what can be done to improve them

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

Free downloadable



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

Full report: English and Spanish
Executive summary: Arabic, Chinese, English, French, Japanese, Portuguese, Russian and Spanish.

Free downloadable (www.TheLancet.com)

Health Policy

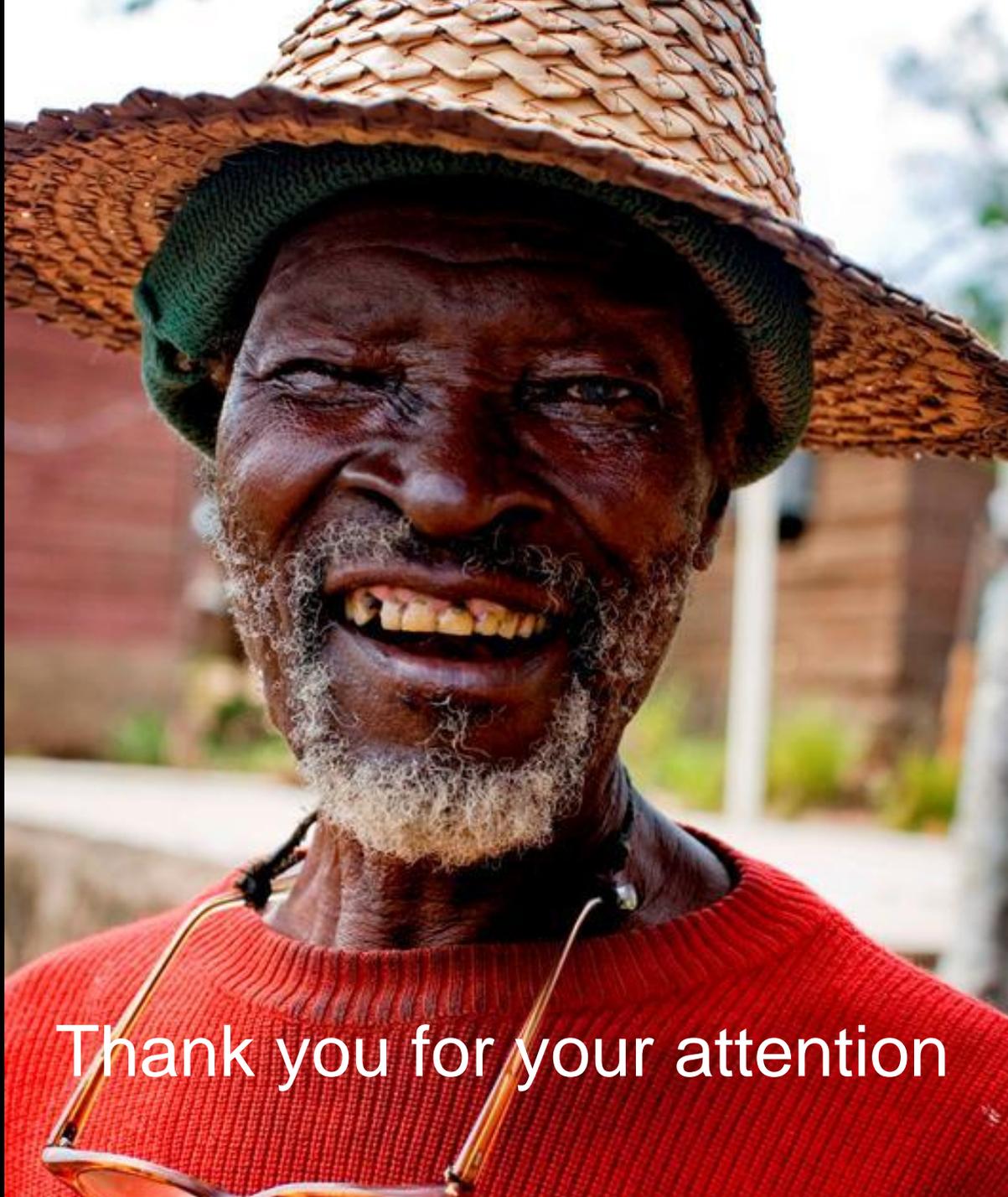
The World report on ageing and health: a policy framework for healthy ageing



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

Published Online
October 29, 2015
[http://dx.doi.org/10.1016/S0140-6736\(15\)00516-4](http://dx.doi.org/10.1016/S0140-6736(15)00516-4)
Ageing and Life Course
J R Beard PhD, A Officer MPH,
I Araujo de Carvalho MD,
R Sadana ScD, A M Pot PhD,



Thank you for your attention