

Healthy ageing – adding life to years in Europe

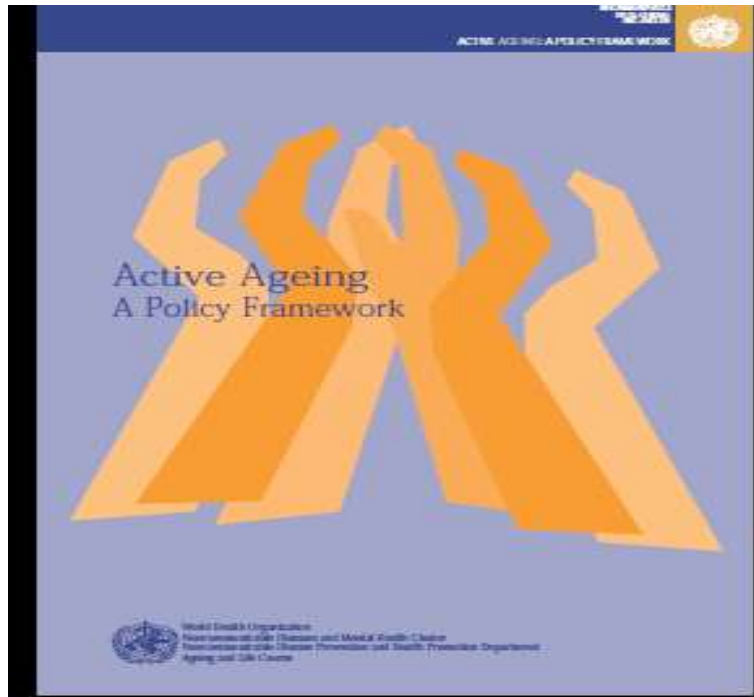
Geoff Green

Emeritus Professor, Sheffield Hallam University and special WHO adviser on Healthy Ageing



5th October 2012
Turkish NatNet Meeting
Yalova, Turkey.

Ageing: “*One of Humanity’s Greatest Triumphs*”



& a resource to society: wisdom, service and care



Age: *Contributing, How Precisely?*



Wisdom. Sternberg & Grigorenko (2005)
Intelligence & Wisdom. Cambridge
Handbook of Age & A'ing

Work: OECD 'Live Longer; Work Longer
(2006) or 'till you drop. Zamaro (2008),
IJPH.

Care: Dede Torun
Cicekanne

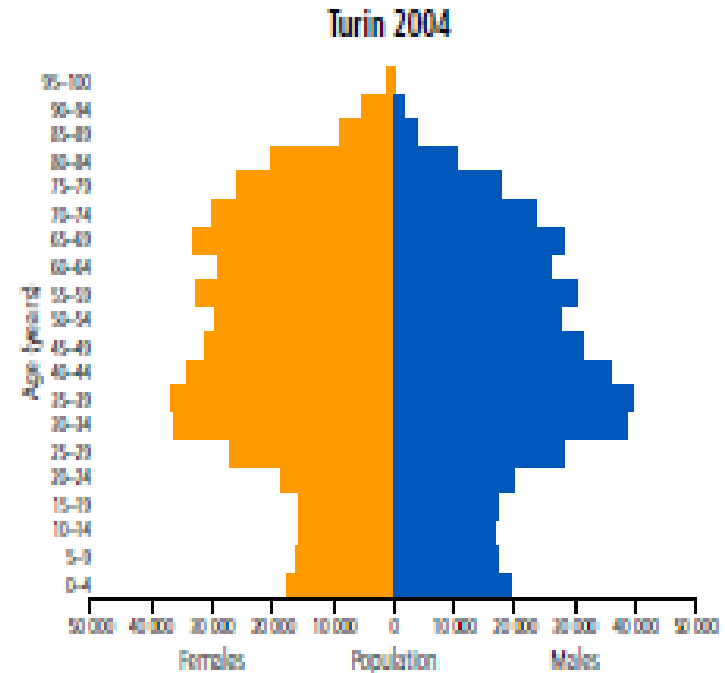
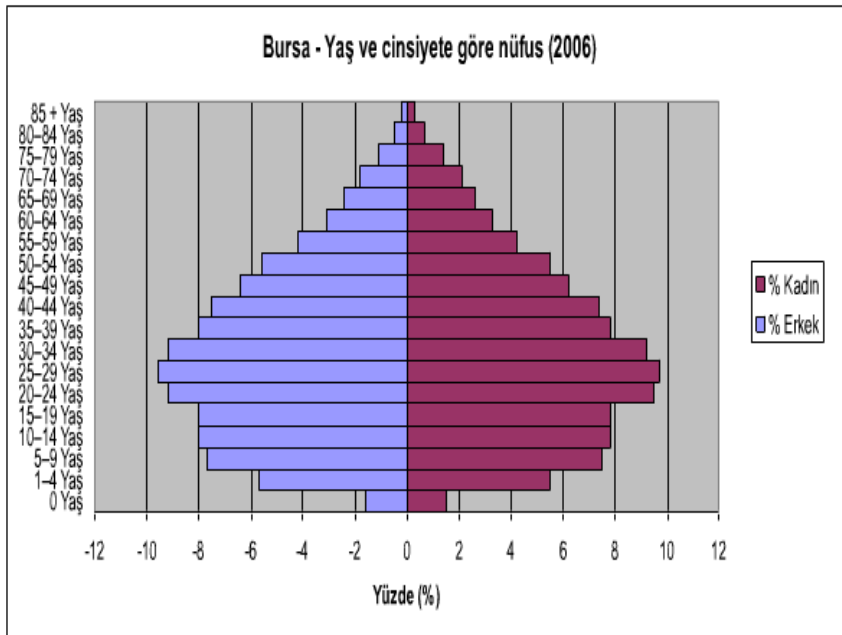
Glue : Social Capital
Neighbourhood



Population Pyramids to 'Mushrooms' Increase Turkish OP Dependency Ratio?

1.3. Nüfus Piramidi

Grafik 1. Yaş ve Cinsiyete Göre Nüfus



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Challenge: *Demystifying the myths of ageing.*



12 Myths of growing older

- Older people expect to move aside
- Creativity is the province of the young*
- Hospital beds and nurses are the main issue
- Spending on older people is a waste of resources*
- Older people are not suited to the modern workplace
- Older people's experience has little relevance in modern society*
- Provisions for older people take away resources from the young
- You must expect to deteriorate physically and mentally*
- Many older people want to be left in peace and quiet
- 'You cannot teach old dogs new tricks'*
- Things will work out for themselves
- Most people have similar needs*



Defusing the Time Bomb

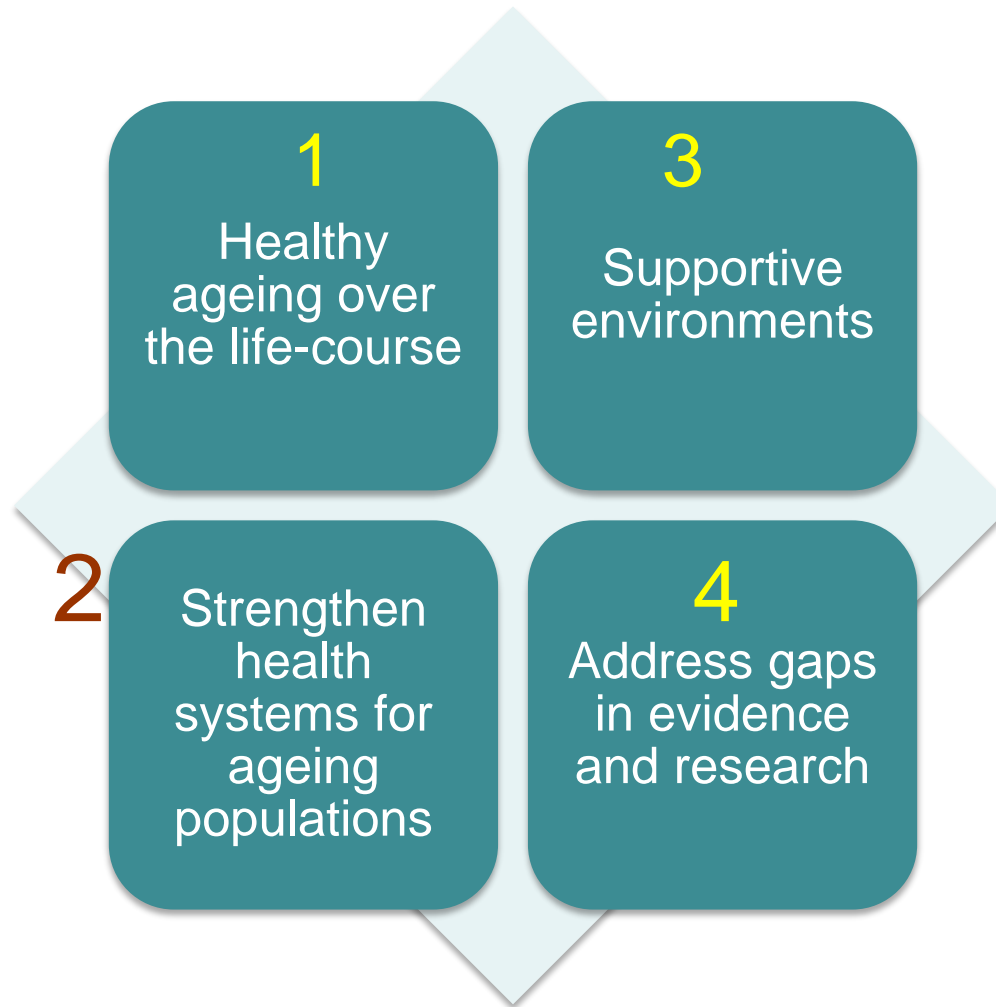


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Four strategic areas for action



Strategy and Action Plan for Healthy ageing in Europe, 2012-2016



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Mapping actions and strategic areas

Healthy ageing

Falls prevention

Physical activity

Supportive communities

Social isolation

Basic home care treatment

Health systems

Vaccination and control of infections

Quality of care strategies

Prevention of elder maltreatment

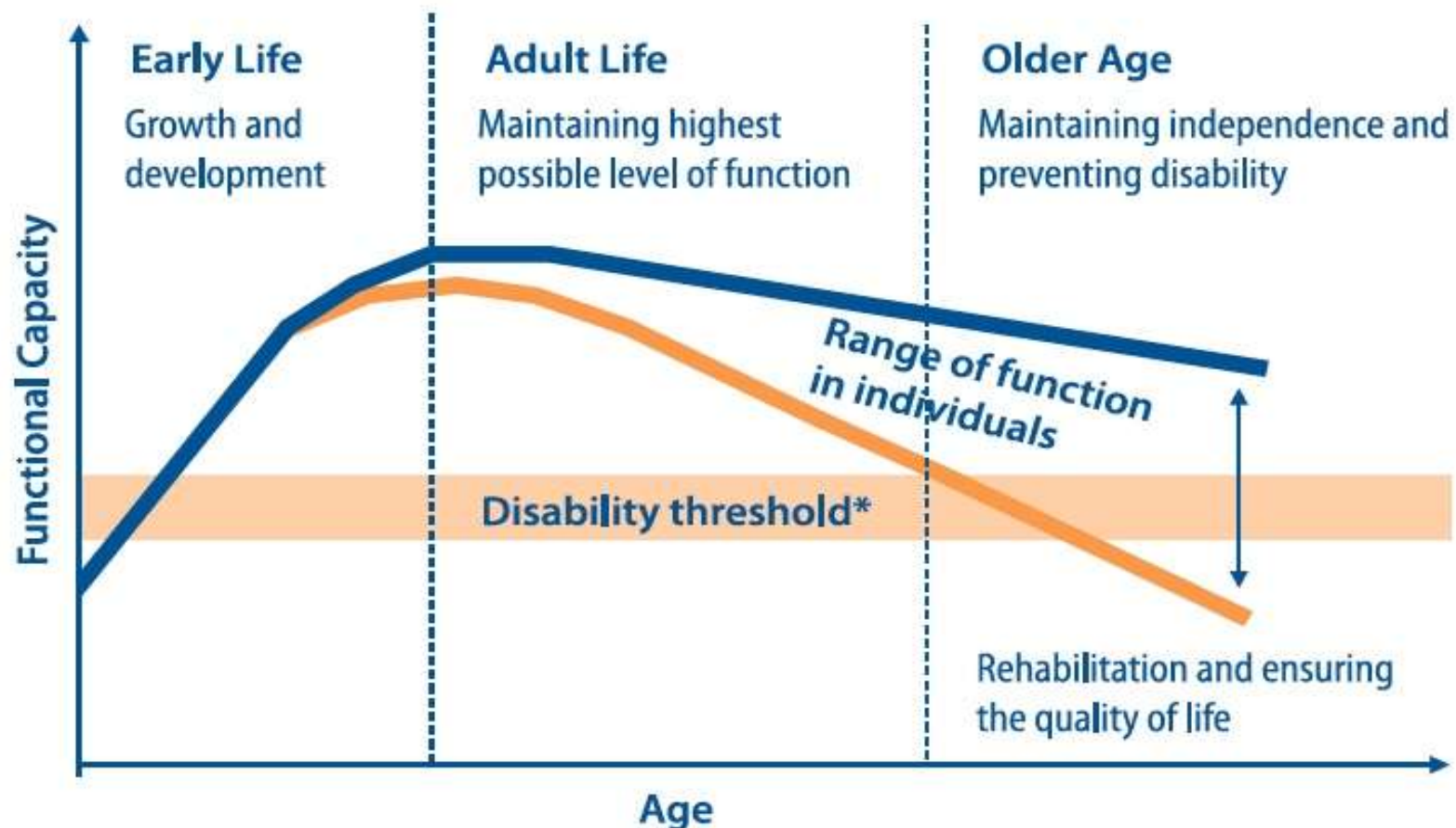
Evidence and research



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1. Active ageing makes the difference: a life-course perspective



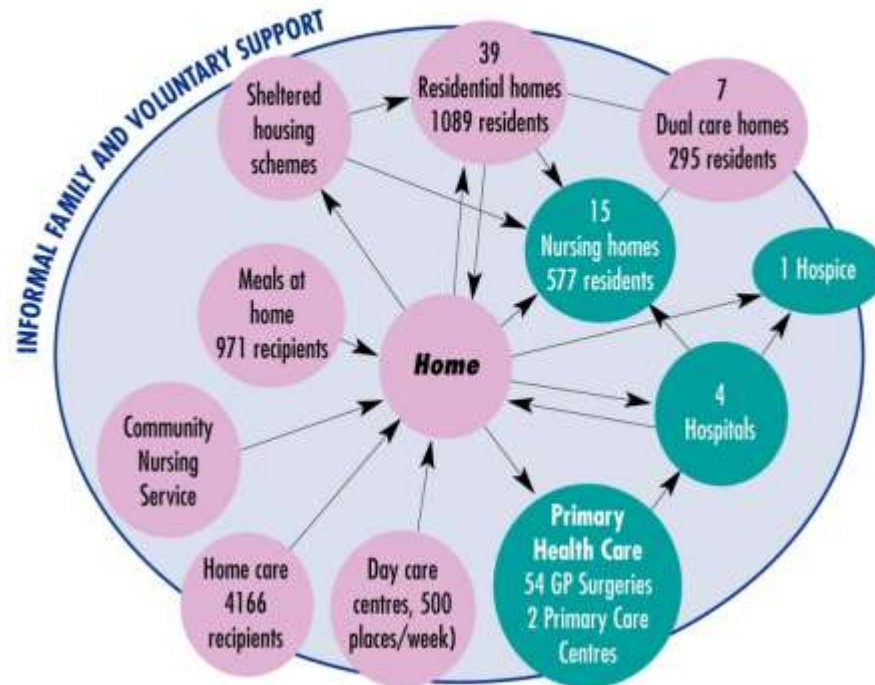
Source: *Active ageing. A policy framework*. Geneva, World Health Organization, 2002.



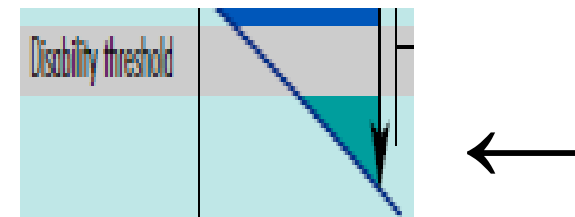
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2. Health Care Systems focus below the disability threshold

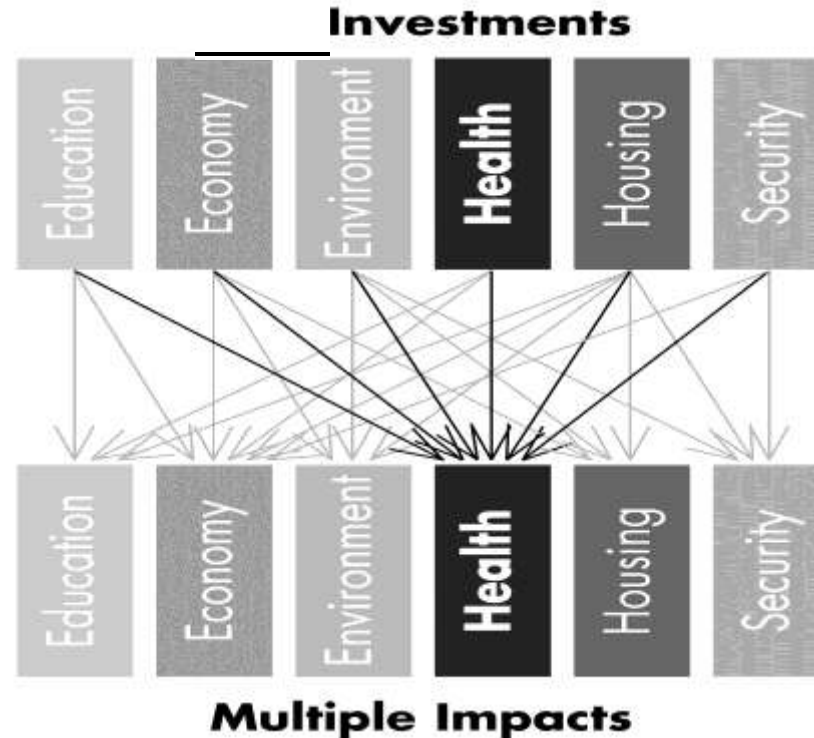
Sunderland delivery and support system for over 65's



Health and social care systems tend to be focused (c97%) on those below the disability threshold at this stage of their life course.



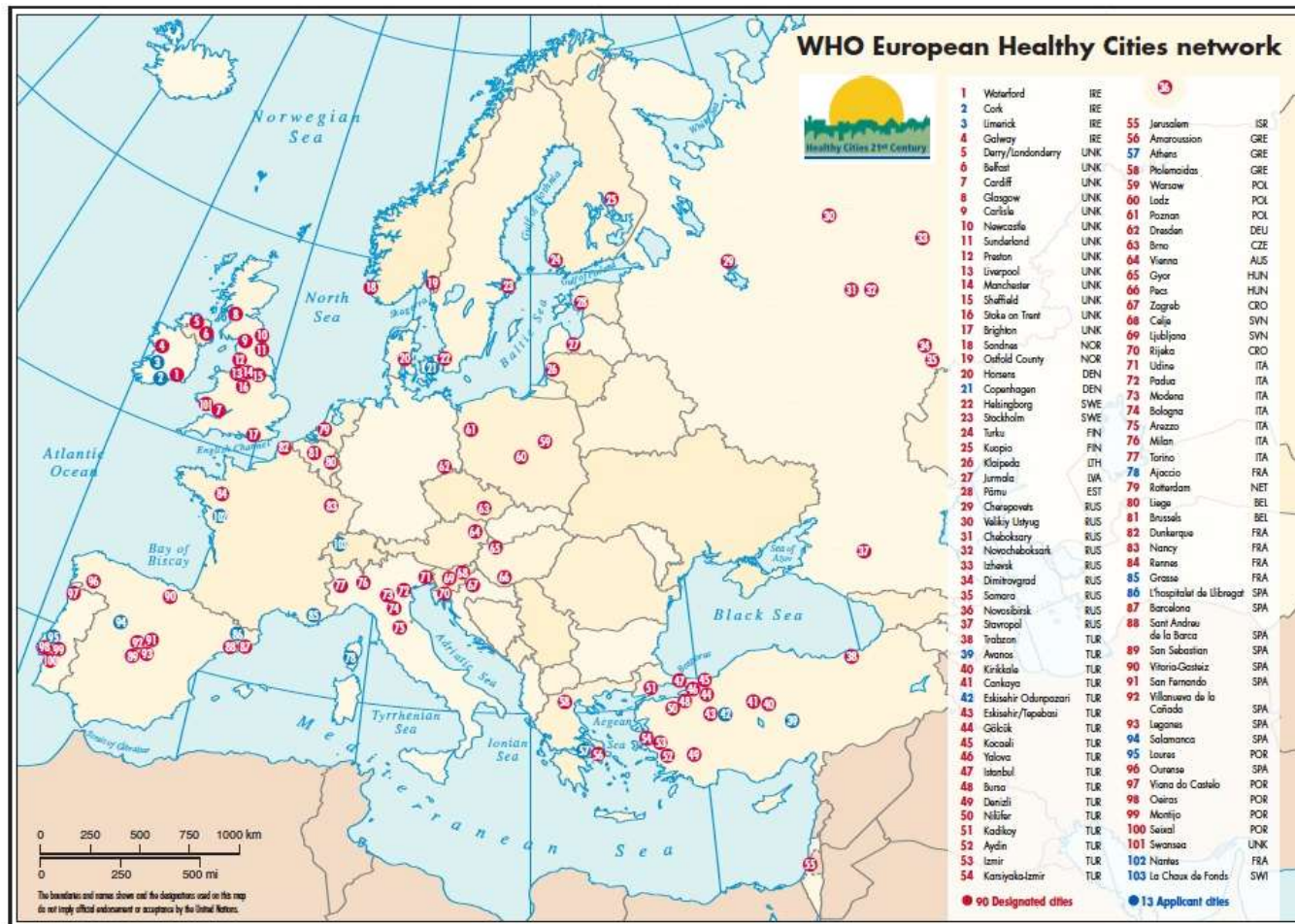
3. Social determinants of healthy Ageing



Geoff Green. Intersectoral planning for city health development.
Journal of Urban Health. 2012



3. City commitment to supportive local level environments



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Age-Friendly Cities: *the WHO global initiative*

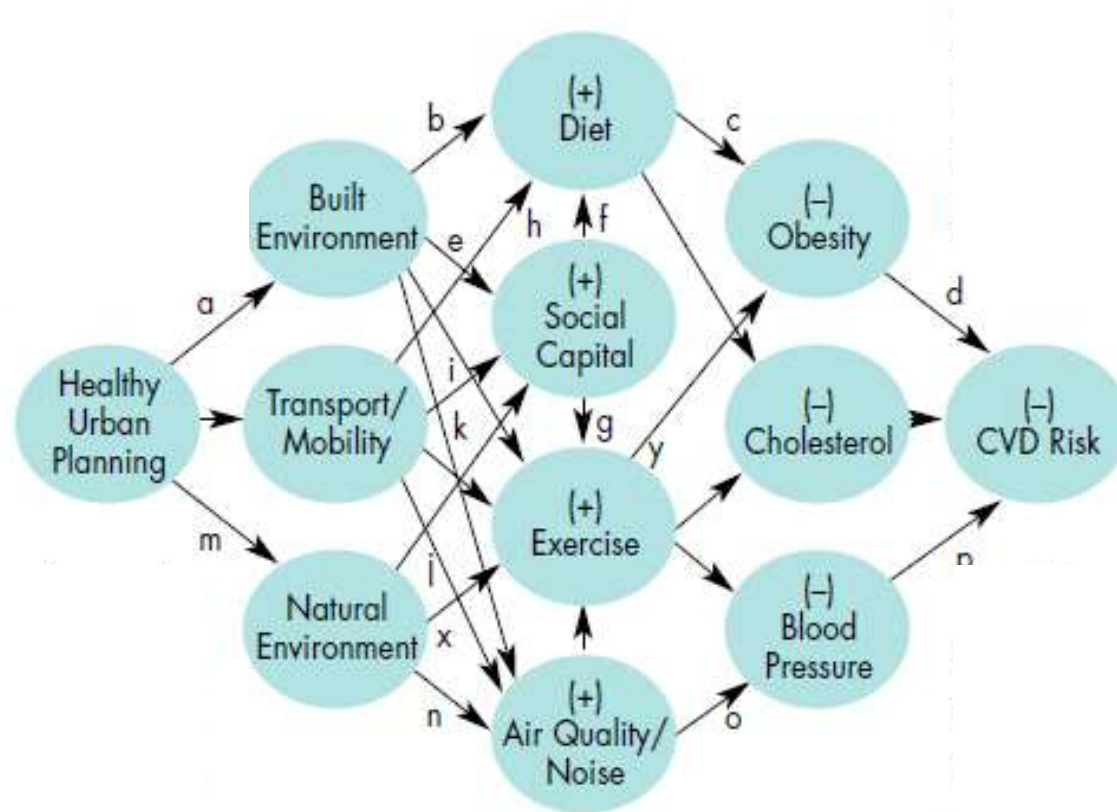


- Inspirational; spreading like wildfire to cities across globe
- Comprehensive: 8 domains
- Optimises 'active ageing' – link to WHO 2002.
- Harmonise with Healthy Ageing Sub-Network of Healthy Cities

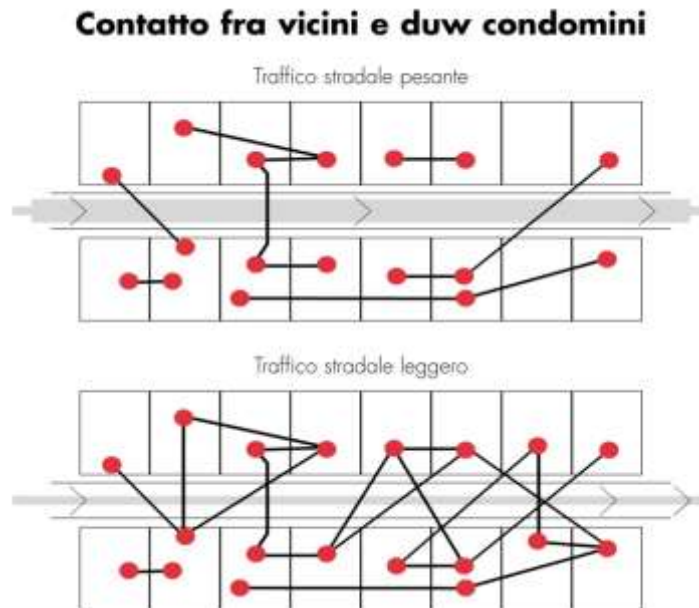
Global age-friendly cities: a guide (WHO, Geneva, 2007)



Pathways from urban planning to reducing the risk of heart disease



Neighbourly contact v street traffic flows



Walkable Streets *increase social contact and improve mental health*



4. Conundrums (gaps in research evidence)

- Turkey: increase in life expectancy
- But free of disability? Is a 'compression of morbidity' possible?
- 'Upstream' investment leads to 'downstream' improvements in health (slide 13).
- But how strong is the evidence and what is the payback period?



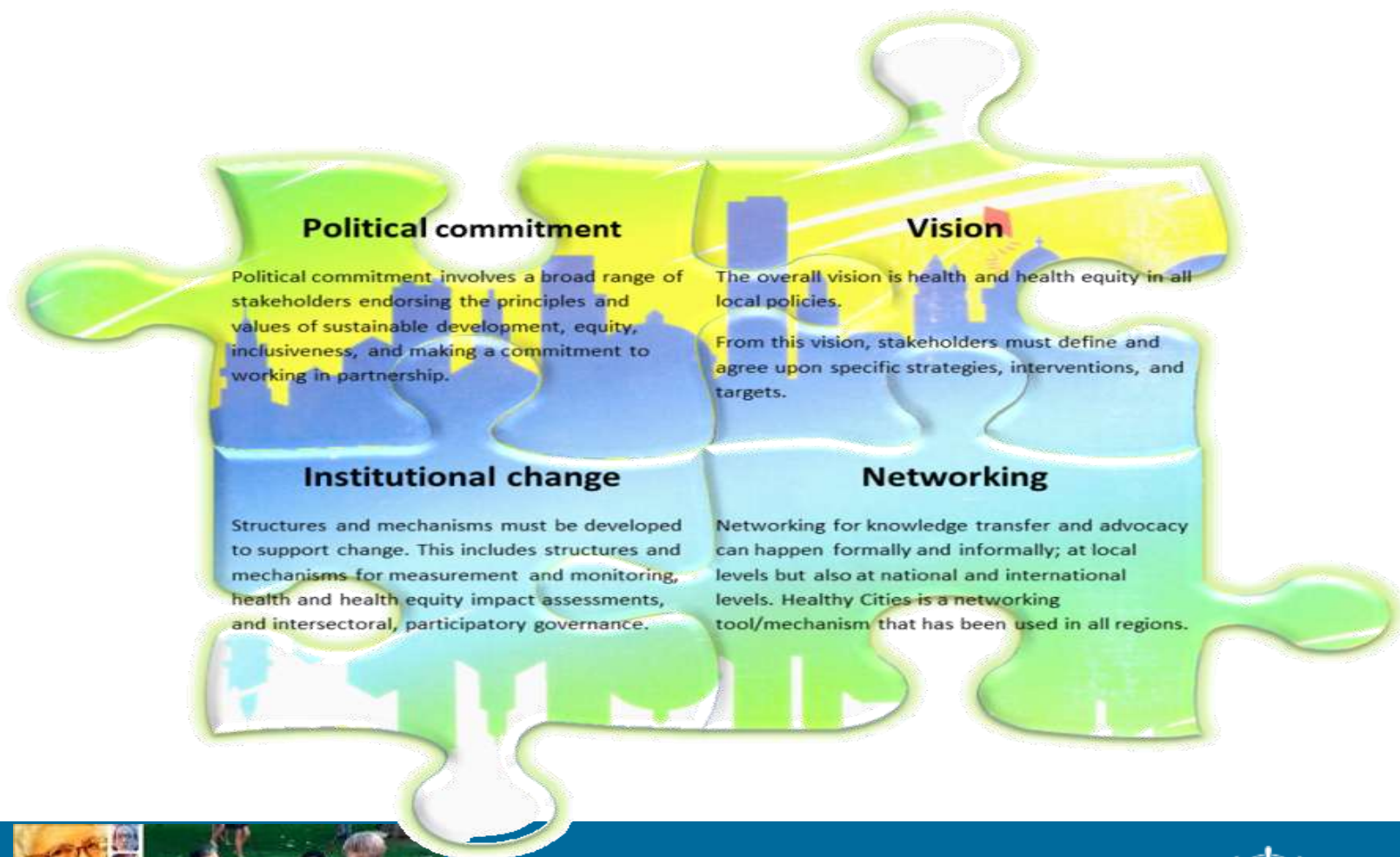
Priority interventions:

WHO Regional Office commitments

- **Achievable** progress within a limited time span
- **Relevant** for countries at different income levels and stages of demographic transition
- Mobilization of existing **WHO tools and expertise**
- Links to international and regional **policy frameworks and mandates**
- **Effectiveness and contribution to sustainability** of health and social care systems
- **Complementary with** actions of partners within Europe (e.g. European Commission, Organisation for Economic Co-operation and Development (OECD))



Get Organised: *The 4 prerequisites of a Healthy city (Agis Tsouros)*



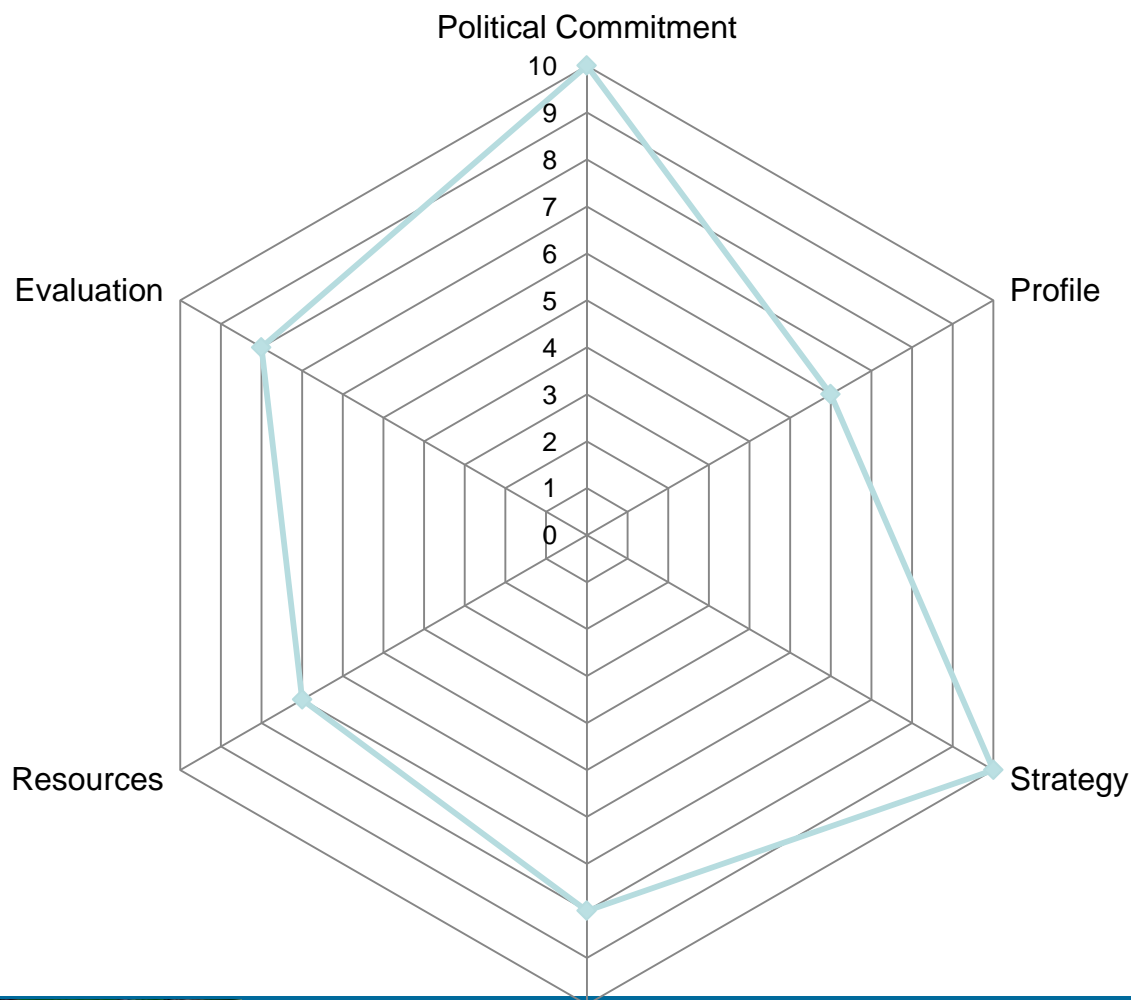
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Work of the Healthy Ageing Sub-Network

City of Kadikoy: Critical Success Factors



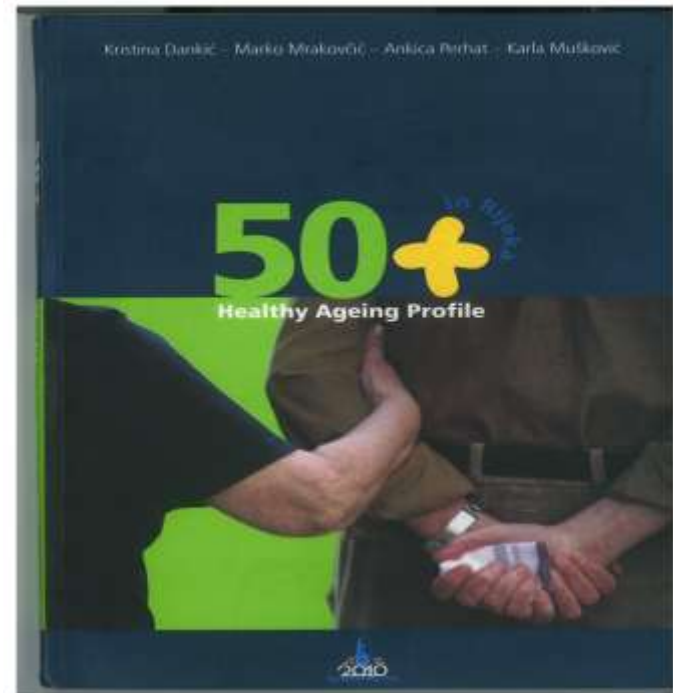
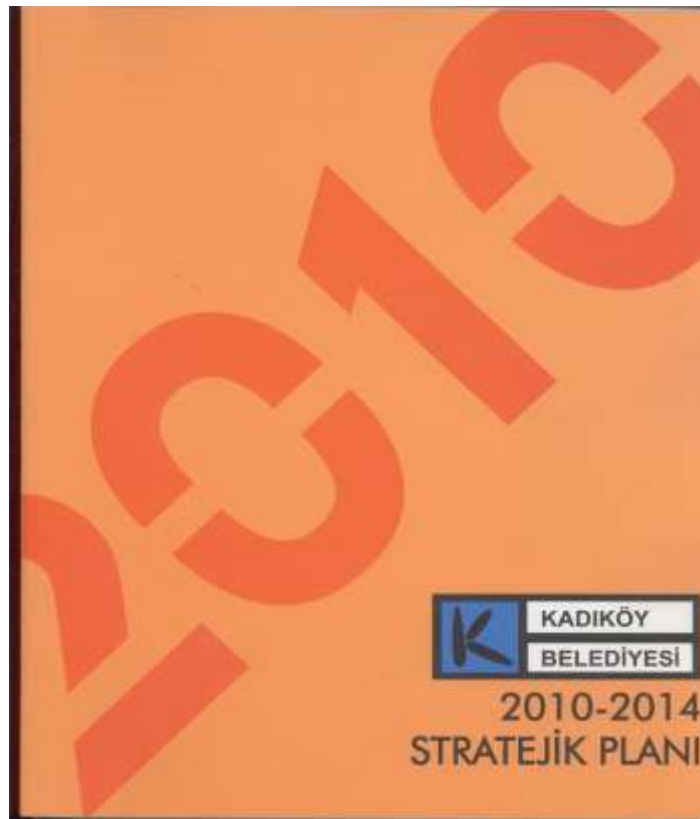
Action Programmes in place



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Work of the Healthy Ageing Sub-Network





"We were never separated. We have always supported each other. We have solved any and every problem in solidarity. The most important of all is that although we are 80 we still are able to find reasons to keep us smiling."

***Mrs Hacer Sari,
Mrs Emriye,
Mrd Hayriye Sari***



Thank you!



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