

WHO Europe

Healthy Ageing Activities within the Healthy Cities Network

Adding life to years in European Cities

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Presidency High-Level Conference
Healthy Ageing across the Lifecycle
Cyprus, Sept 5-6, 2012



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KEY ISSUES

- The population of all European cities is ageing
 - More older people
 - Fewer younger people
- Implications
 - Health care
 - Workforce
 - Economy
- Healthy ageing
 - requires more than good physical and mental health and must also include wellbeing



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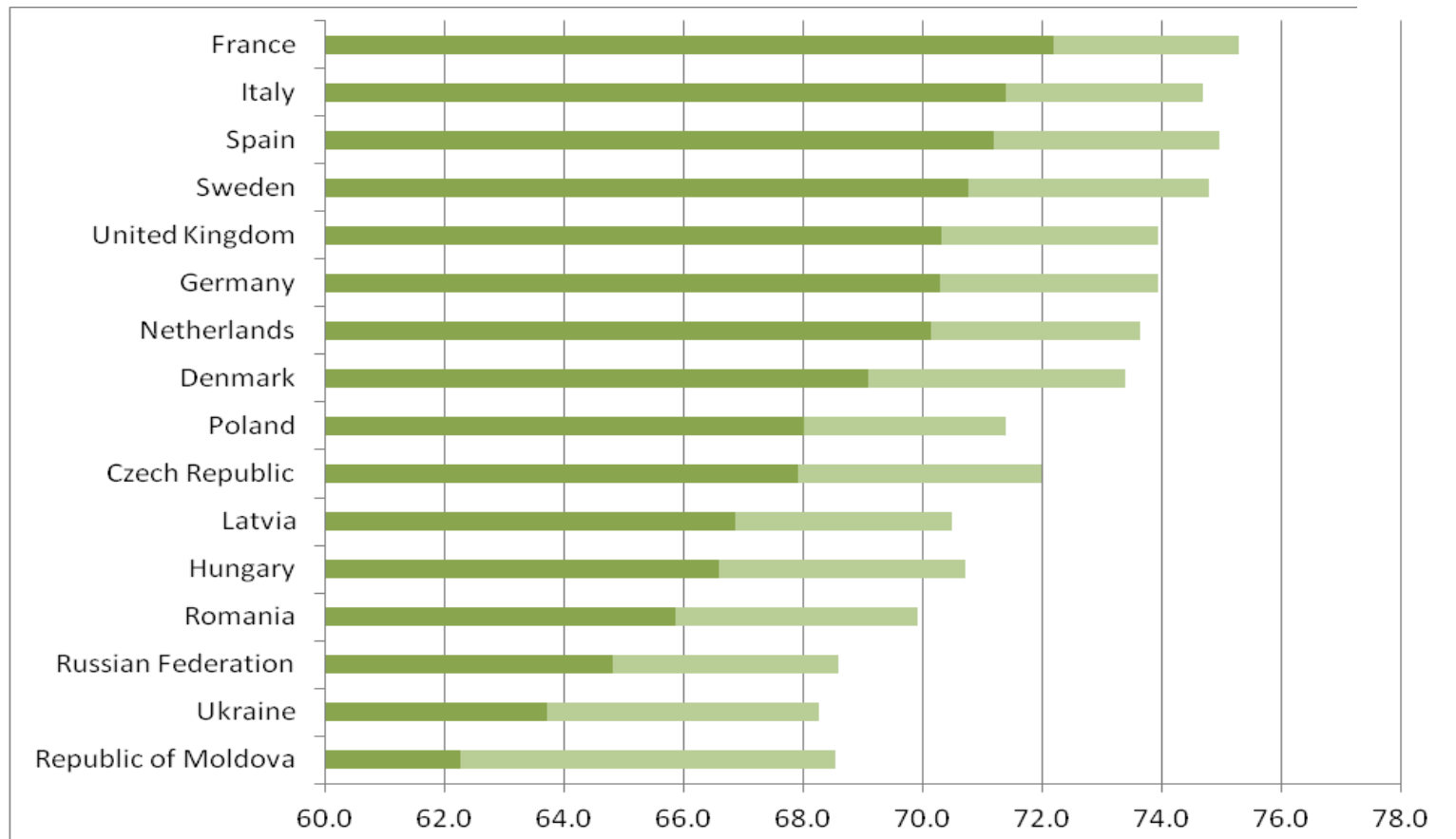


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At what age can people expect to live another 15 years, in 2010 and in 2050



Source: *World population prospects, the 2010 revision*. New York, United Nations, Department of Economics and Social Affairs, 2010.

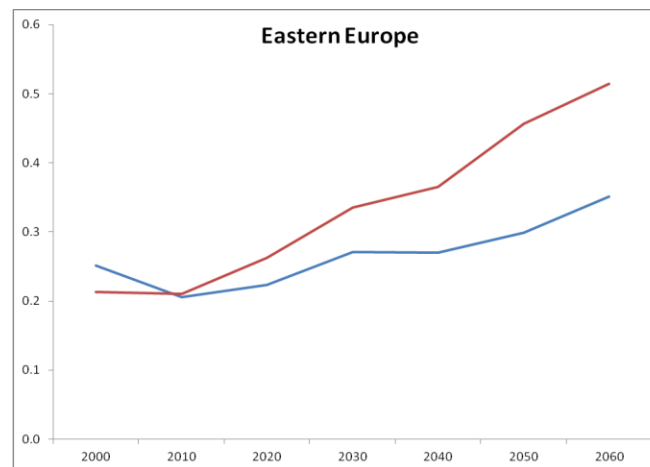
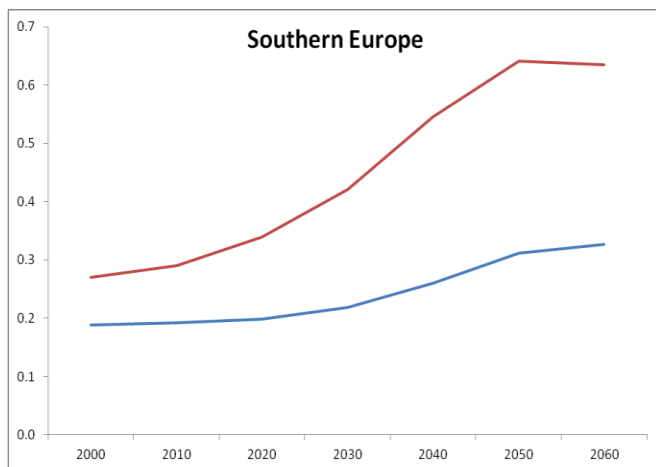
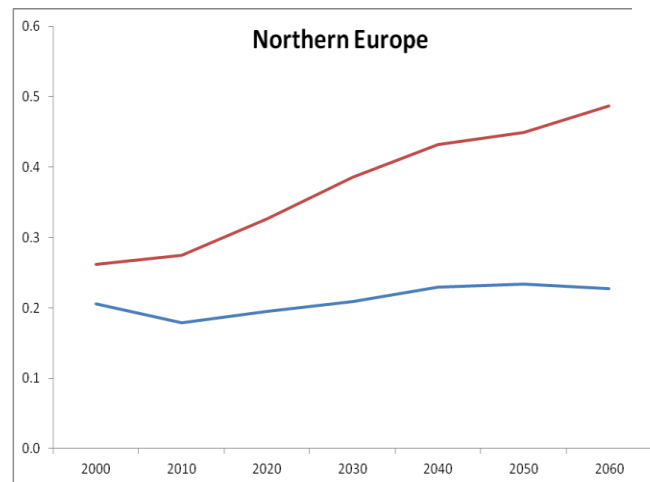
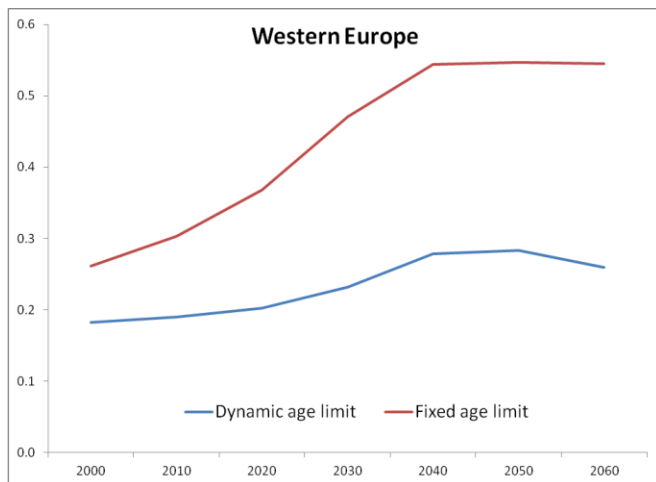


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Population ageing will accelerate over the next two decades



Source: European Centre for Social Welfare Policy and Research, unpublished, 2012.



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HEALTH AND HEALTH CARE



- Health
 - Most older people are well
 - Many have chronic conditions that do not compromise independence if well managed
- Health care
 - Must encompass
 - Prevention
 - Surveillance
 - Effective chronic disease management
 - Early intervention for acute conditions
 - Rehabilitation
 - Long term care



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WORKFORCE

- New technologies cannot compensate for changes in the dependency ratio (non-workers/workers)
- Flexible arrangements for retirement will be needed
- Continuing education and training will be necessary



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ECONOMY

- Most older people are net contributors to the economy
 - As consumers
 - As workers
 - As volunteers and carers



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HEALTHY AGEING



can only be achieved through an active process in which individuals, communities and societies create and maintain the conditions that facilitate well-being and benefit citizens of all ages and backgrounds.

It is a co-production of many actors at every level of society.



Active Ageing

Good health adds life to years



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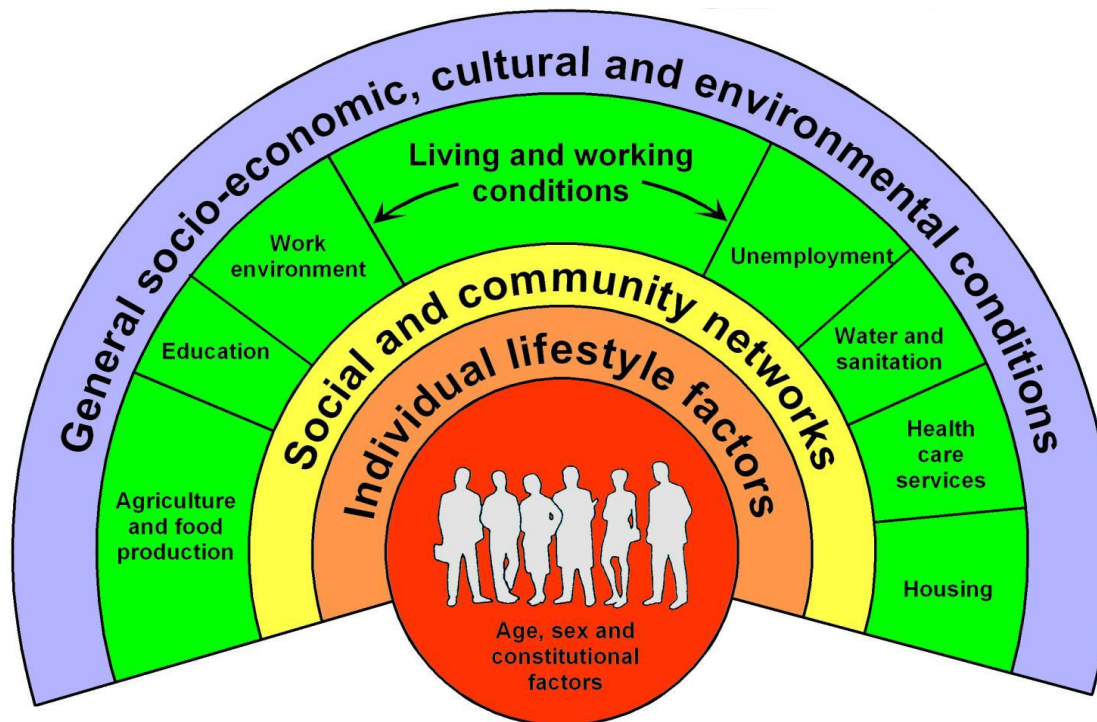


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Socio-economic and environmental factors are important determinants of Healthy Ageing



Source: Dahlgren and Whitehead, 1991



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THE HEALTHY CITIES PROGRAMME



- PHASE IV

(2003-2008)

- Healthy Ageing
- Health Impact Assessment
- Healthy Urban Planning

- PHASE V

(2009-2013)

- Overall goal to embed health and health equity in all local policies
- Core themes
 - *Caring & Supportive Environments (Healthy Ageing)*
 - *Healthy Urban Environment & Design*
 - *Healthy Living*



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HEALTHY AGEING: OBJECTIVE 1

RAISING AWARENESS

- To raise awareness and create a common understanding of the concept of healthy ageing, raising awareness and visibility of age issues within cities and generating debate in relation to policies and plans for improved health.
- **City requirement:** Cities will generate and create awareness of ageing within cities through the production of profiles, which identify the health, living and social conditions of older people including the issue of age-discrimination. These will draw on both qualitative and quantitative data collection and analysis.



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HEALTHY AGEING: OBJECTIVE 2

INVOLVE OLDER PEOPLE

- Actively engage and involve older people in influencing, advising and monitoring city sector policies, initiatives and service provision
- **City requirement:** Cities will put in place mechanisms which will support older people, particularly socially disadvantaged groups, to participate and contribute to decision making processes in a meaningful way within cities.



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HEALTHY AGEING: OBJECTIVE 3

BETTER URBAN PLANNING

To create health enhancing living environments that support healthy ageing by being well-designed, accessible and safe, taking into account the functional capacity of ageing and disadvantaged groups

- **City requirement:** Each city will select one or two pilots to assess in a systematic way the impacts of urban plans on older people. Urban planners will introduce methods and processes of assessing plans to ensure transport, housing and spatial planning to support the physical and social needs of older people and promote independent living and full participation of older people in city life



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HEALTHY AGEING: OBJECTIVE 4

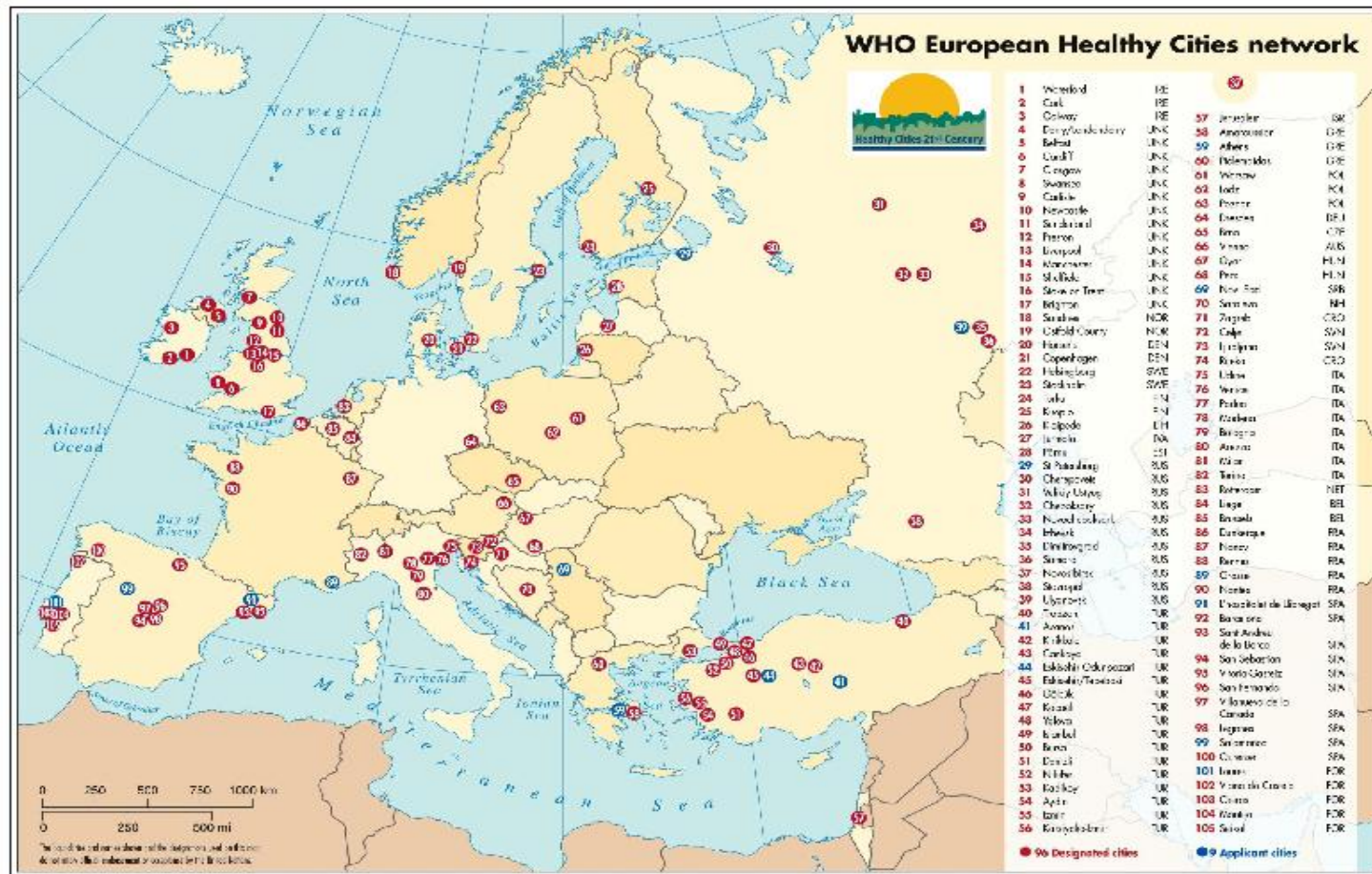
PROVIDE GOOD CARE AND SUPPORT

- To promote accessible health and social care services that support independence while providing, where needed, formal care for older people and support to their families and carers. Attention should also be paid on rebalancing preventative and public health services with health and social care services.
- **City requirement:** Cities will provide equitable access to high quality, affordable and age friendly health and social care services that meets the needs of men and women as they age, in particular reviewing the formal care for older people and the support available to their families and carers.



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The European Healthy Cities Network



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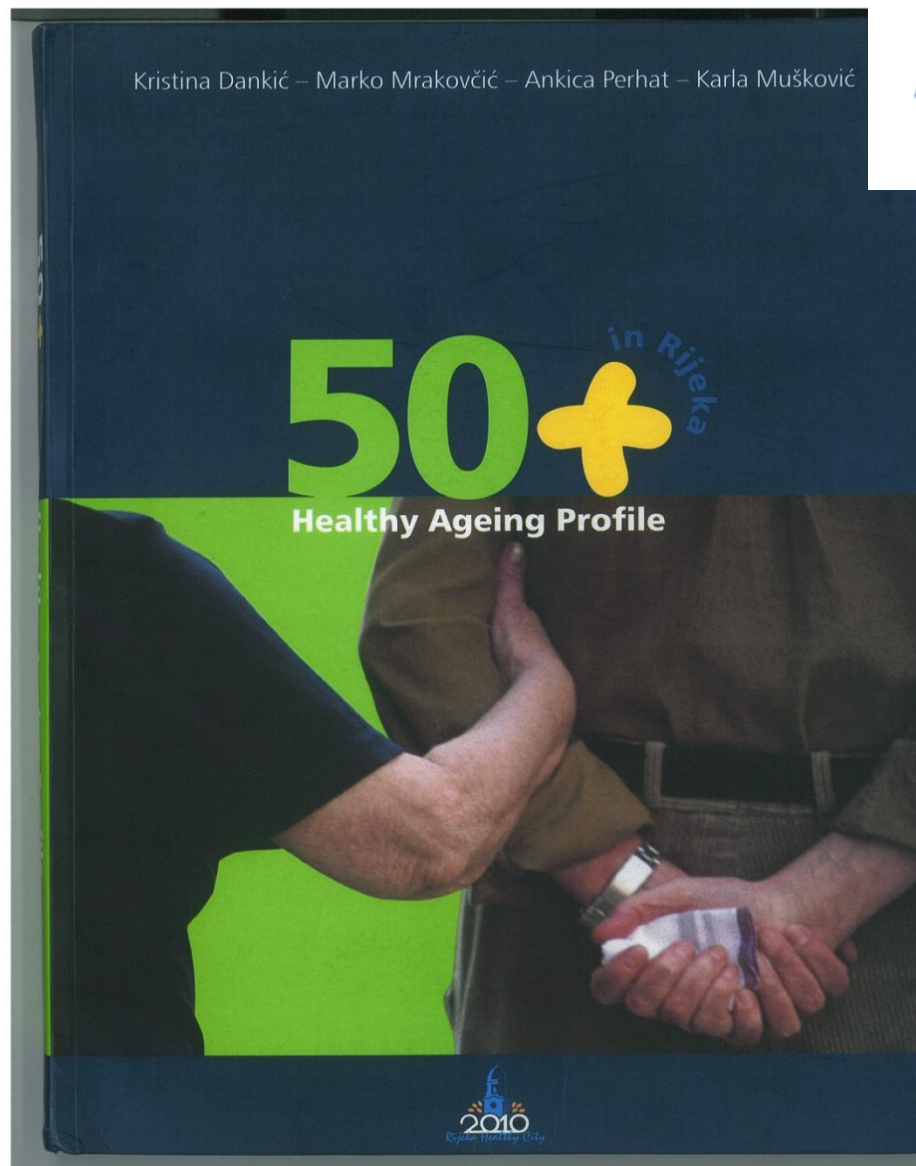


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City Profiles and Plans



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Health Profiles: Belfast



Older People:
Health, social and living conditions
Belfast Area

Older People:
Health, social and living conditions
Belfast



April 2006

- Demography
- Health, mortality & lifestyle
- Health services & access to services
- Housing
- Income & social position
- Employment & occupation
- Transport
- Crime & community Safety
- Leisure & recreation activities
- Education & Life Long Learning
- Access, participation & support

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Gaps identified in profile data

- Key gaps identified:
 - Lack of local level data
 - Lack of systematic qualitative information
 - Lack of data or age specific data
 - Overall not focused on service and policy development



Thank you!

www.euro.who.int/ageing



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