



High Level Presidency Conference
Cyprus

Healthy ageing and social gradient in health:

What can be done in later life to contribute
to healthy ageing?

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AGE Platform Europe

- European network of 167 organizations
- Of and for people aged 50+
- Promotes interests of 30 million senior citizens in the European Union
- In the framework of active and healthy ageing active in matters of health, in EU health and healthy ageing agencies, in long-term care for elderly, in anti-discrimination issues, social protection, social inclusion, age-friendly movement, research



- Healthy ageing – a comprehensive interaction of healthy habits with an active participation in social environment
- Public health issue of prime importance
- Healthy life-style, active role in one's own health
- Responsible attitude to own health
- Support of family, peers, social environment
- Suitable for healthy, ill or disabled individuals



INŠTITUT
ANTONA TRSTENJAKA

- Later-life years accompanied with chronic conditions
- Ageing in illness
- Traditional stereotype of patients' behaviour
- Nature of chronic illnesses better understood
- Healthy habits reduce severity and symptoms
- Illness as a positive or negative incentive



- Effective management of chronic conditions is a challenge for health systems
- Shared responsibility for the outcomes
- Healthy ageing and risk factors



- Uneven distribution of healthy habits among citizens
- Less motivation in socially disadvantaged
- Scale of social positions as social gradient
- Social gradient in health
- Healthier and longer lifespans in more educated people, milder symptoms of chronic illnesses
- Socially disadvantaged patients need support in healthy habits



INŠTITUT
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- Access to information on illnesses
- High knowledge and practical expertise of patients
- Unexploited public-health potential
- Self-management programmes for healthy ageing



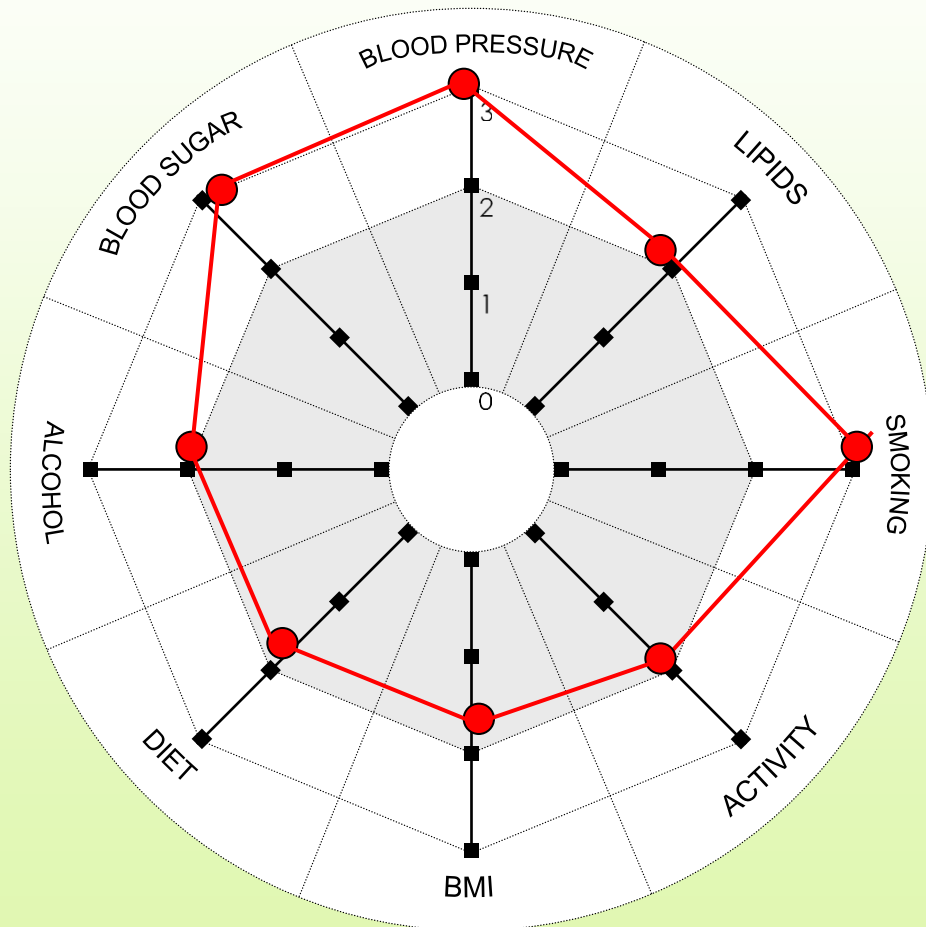
- Active care of patients for good physical and mental health
- The Chronic Disease Self-Management Program (Stanford University)
- The Chronic Care model
- The aim is to influence patients' habits in regard to health



- The SoGraP model of Social Gradient Potential in Reducing Health Inequalities in Elderly
- The Anton Trstenjak Institute of Gerontology and Intergenerational Relations, Ljubljana, Slovenia
- Funded by European Commission – PROGRESS programme
- Social gradient in health as a positive potential
- Sessions and discussions of patients with different educational level and the same chronic condition
- Importance of a lay language
- Influence on health practices of less educated patients



- Medical doctors in rural, urban and metropolitan environment as selectors
- Three groups of retired different educated male and female patients with hypertension
- From academics to physical workers
- Ten weekly sessions with two facilitators
- Experiences with hypertension and other risk factors
- User friendly manual
- An octagon as a motivation and support





- Participants with compulsory health insurance and a personal doctor
- Social orientation of the SoGraP model
- Addresses habits of patients with different education and social level
- Reduces social hierarchy
- Social engagement of less advanced patients



- Outcome in all three environments comparable
- Objective measurable risk factors + and – on both sides of gradient
- More improvements in less educated
- Qualitative outcomes decidedly positive
- Satisfaction
- Feelings of acceptance and belonging
- Useful information
- Adoption of healthy habits
- Easier management of symptoms
- Pleased with facilitators
- Wish for continuation



- Outcomes of other programmes comparable
- No positive results on all indicators
- More effective symptom management
- Better functional status
- Better knowledge and self-efficacy
- Useful practical information
- Improved communication with doctors
- Social satisfaction
- Too short for long-term assessment
- Further study necessary



- ◉ Different position of patients in health systems
- ◉ Legal rights, informality, informed consent
- ◉ Democracy
- ◉ Attitude to quality of health services
- ◉ Self-management as innovative incentive
- ◉ Changing attitudes in health politics
- ◉ Position of health-care providers
- ◉ Political innovations



- Age Platform Europe supports self-management programmes which foster healthy ageing and an age-friendly environments
- Collaborates with WHO on European movement for age-friendly and healthy environments
- Works on setting-up a EU Covenant of Mayors and local authorities to promote age-friendly environments in the EU cities and regions
- Active collaboration of older people central to AGE's work