

# Life-cycle approach: Addressing population ageing and low fertility



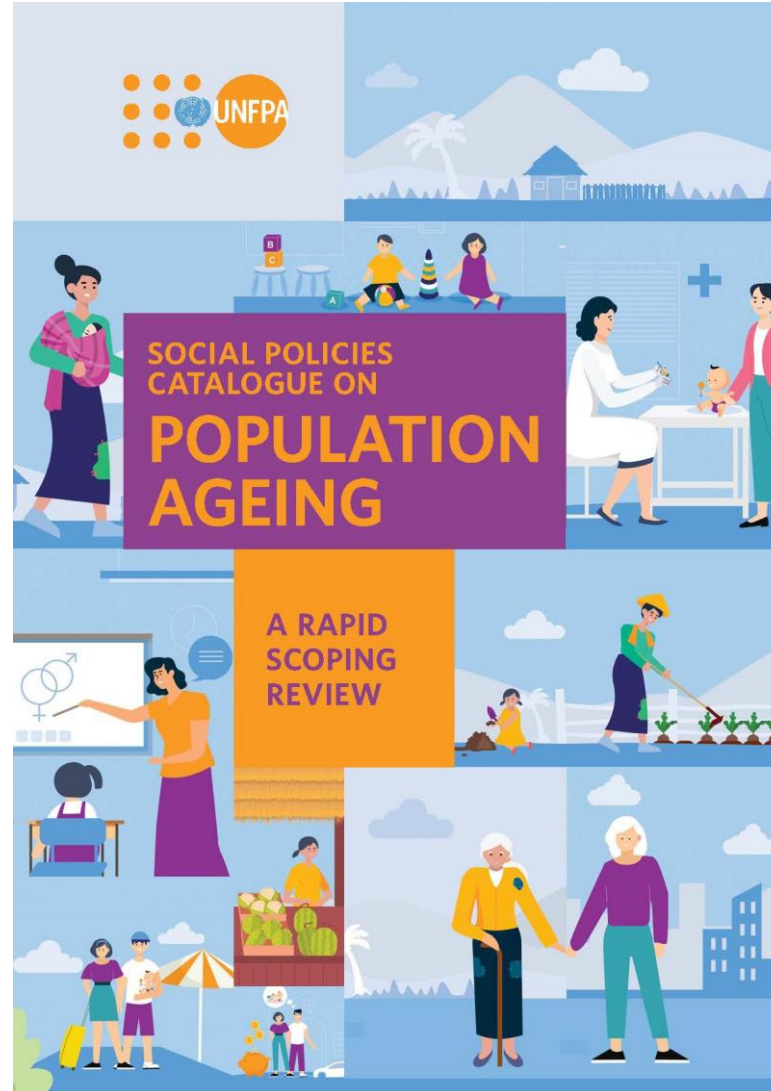
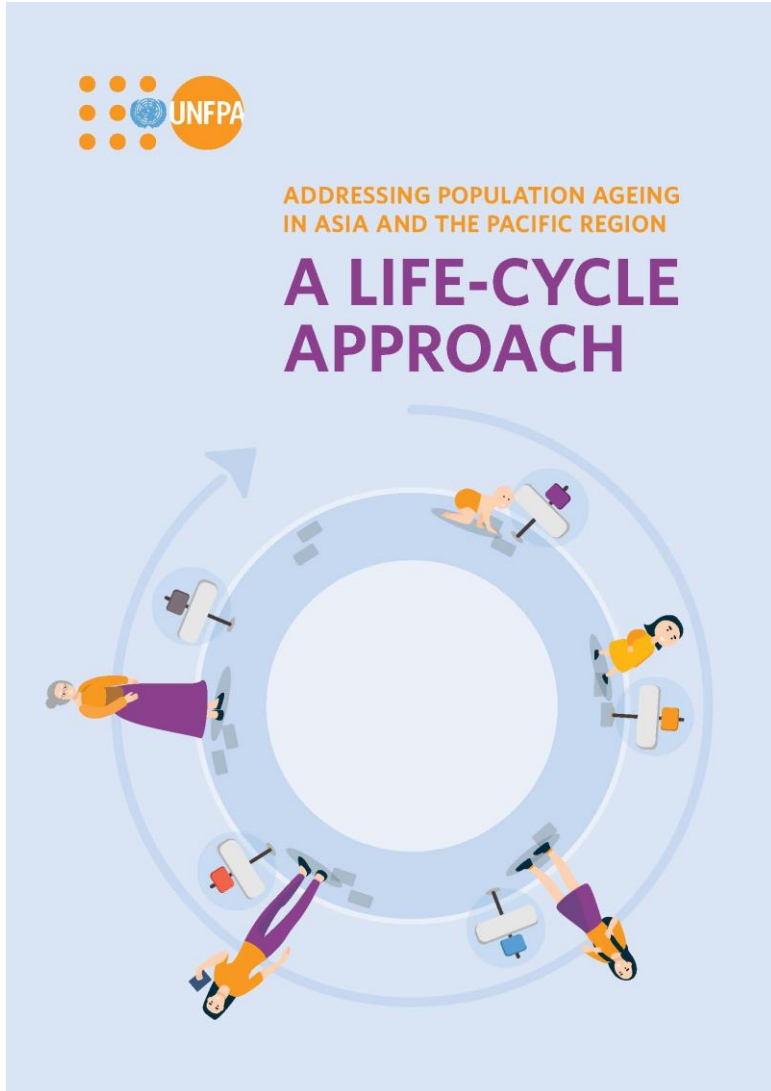
*Rintaro Mori MD PhD MSc FRCPCH*

*Regional Adviser, Population Ageing and Sustainable Development*

*Asia-Pacific Regional Office, UNFPA*

*Visiting Professor, Graduate School of Medicine, Kyoto University*



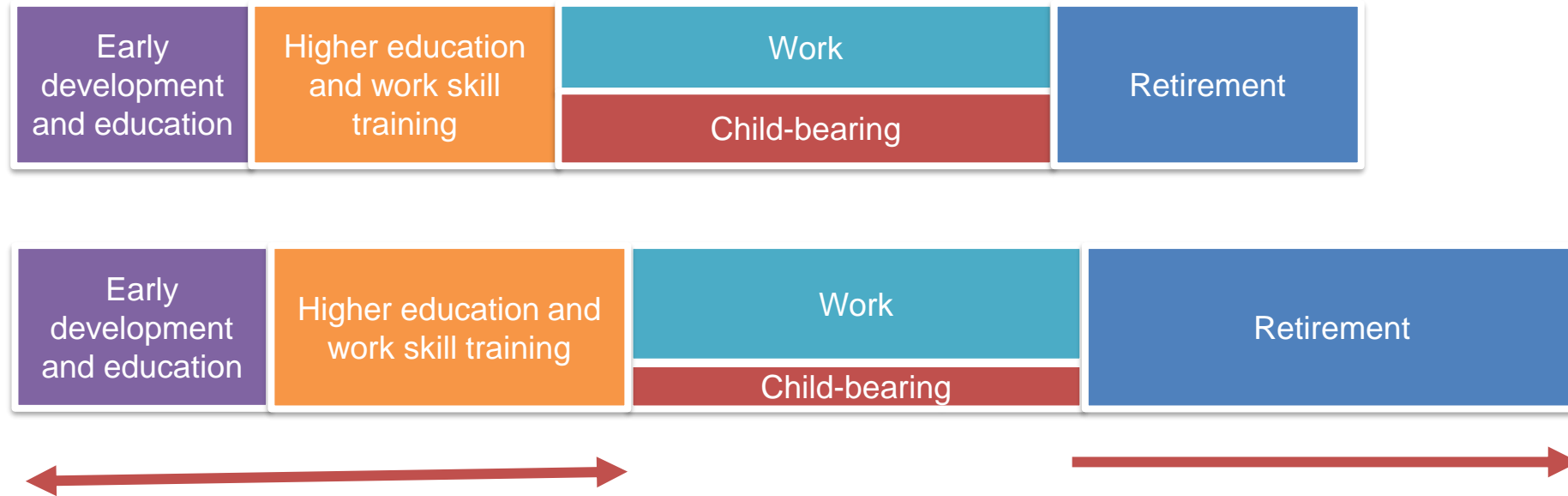


- Policies for the social protection of the overall society, which will be affected by population ageing
- Policies targeting older people and ageing, where the policy measures are specific to older people
- Policies promoting healthy ageing (NCDs)
- Policies addressing gender issues (fertility)
- Policies empowering societies for the changes associated with population ageing

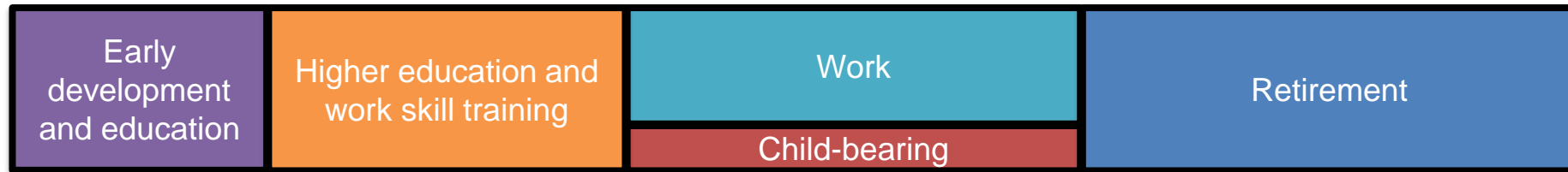
# Population ageing and low fertility: Life-course



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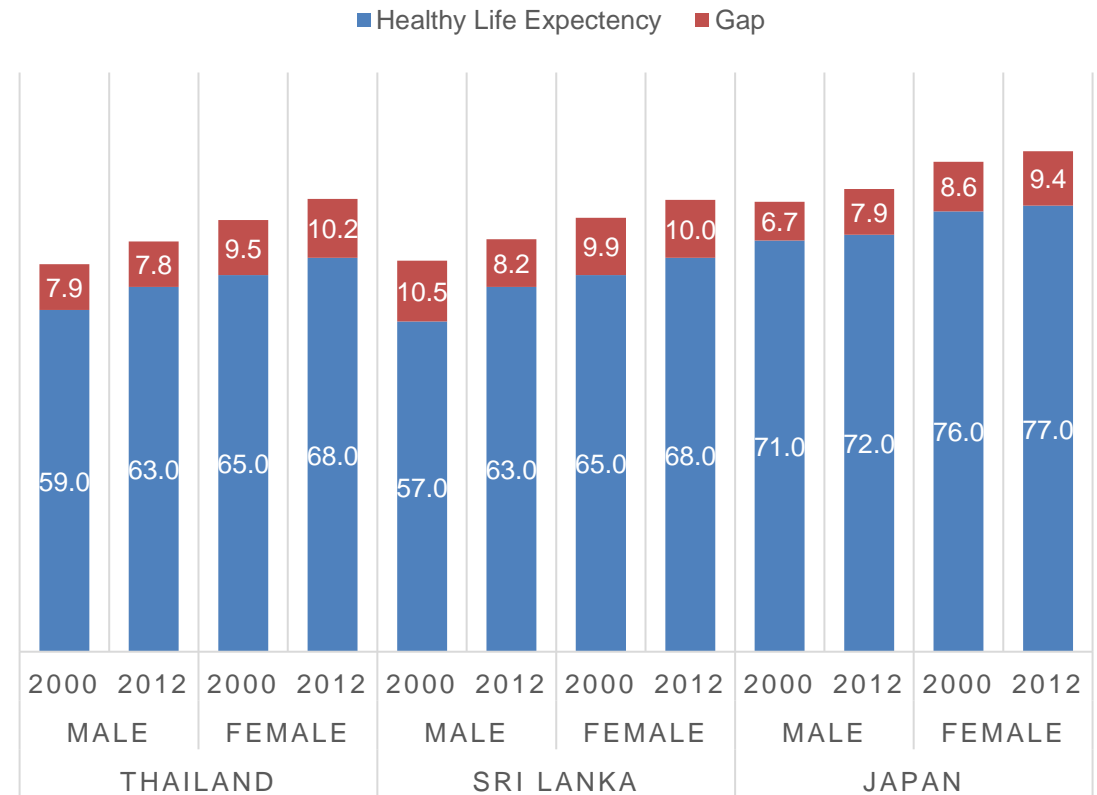
**Life-long flexible choice of education, childbearing, work, and care**

**Overview review of impact of low birth weight on life style diseases in adulthood (Developmental Origin of Health and Diseases = DOHaD)**

| Diseases                  | Methods           | N        | Results                                                                                      | References                                              |
|---------------------------|-------------------|----------|----------------------------------------------------------------------------------------------|---------------------------------------------------------|
| <b>Type II Diabetes</b>   | Meta-analysis     | 14<br>30 | <2500g: OR 1.32 [1.06, 1.64]<br>>4000g: OR 1.27 [1.01, 1.59]<br>OR 0.80 per 1kg [0.72, 0.89] | Am J Epidemiological 2007;165:849<br>JAMA 2008;300:2886 |
| <b>Metabolic Syndrome</b> | Meta-analysis     | 11       | LBW: OR 2.53 [1.57, 4.08]                                                                    | Rev Saude Publica 2008;42:1                             |
| <b>Obesity</b>            | Meta-analysis     | 20       | >4000g: OR 2.07 [1.91, 2.24]<br><2500g: OR 0.61 [0.46, 0.80]*                                | Obesity reviews 2011;12:525                             |
| <b>Childhood obesity</b>  | Structured Review | 20       | Low birth weight and high BMI up to 11 years – highest risk for IHD                          | Cad Saude Reblca 2006;22:2281                           |

(Mori 2013)

**Healthy Life Expectancy – Life Expectancy**



The TED logo is displayed in large, bold, red capital letters in the upper right area of the slide.

*"The clearest message that we get from this 75-year study is this:  
Good relationships keep us happier and healthier. Period."*

**ROBERT WALDINGER**

Harvard psychiatrist, Zen priest, and psychoanalyst



**Population ageing is not a problem.  
The problem is that societal systems often do not match what their populations need.  
Rapid population ageing characterised by extremely low fertility is likely to be  
a symptom of societal system failures**

|                   |                                                                                                                      |
|-------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Mitigation</b> | Improving wellbeing for those in need today                                                                          |
| <b>Adaptation</b> | Improving the current and future condition of people who have already had many aspects of their life-course in train |
| <b>Resilience</b> | Ensuring the youngest in society age well and can maximise their social and economic potential                       |

***UNFPA may particularly be interested in:***

- Life-long flexible choice of education, childbearing, work, care ...***
- Life-long preventive health care services***
- Quality of close relationships***



Figure 5. UNFPA's life-cycle approach to population ageing

