Life-cycle approach: Addressing population ageing and low fertility

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Two policy documents published

- 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

- Higher education and work skill training
- Childbearing
- Work

Young

Old

Young

Old
Population ageing and low fertility: Life-course

- Early development and education
- Higher education and work skill training
- Work
- Child-bearing
- Retirement

- Early development and education
- Higher education and work skill training
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Population ageing and low fertility: Life-course

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)

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Methods</th>
<th>N</th>
<th>Results</th>
<th>References</th>
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<tbody>
<tr>
<td>Type II Diabetes</td>
<td>Meta-analysis</td>
<td>14</td>
<td>&lt;2500g: OR 1.32 [1.06, 1.64] &gt;4000g: OR 1.27 [1.01, 1.59] OR 0.80 per 1kg [0.72, 0.89]</td>
<td>Am J Epidemiological 2007;165:849 JAMA 2008;300:2886</td>
</tr>
<tr>
<td>Obesity</td>
<td>Meta-analysis</td>
<td>20</td>
<td>&gt;4000g: OR 2.07 [1.91, 2.24] &lt;2500g: OR 0.61 [0.46, 0.80]^</td>
<td>Obesity reviews 2011;12:525</td>
</tr>
<tr>
<td>Childhood obesity</td>
<td>Structured Review</td>
<td>20</td>
<td>Low birth weight and high BMI up to 11 years – highest risk for IHD</td>
<td>Cad Saude Reblica 2006;22:2281</td>
</tr>
</tbody>
</table>

(Mori 2013)
"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.

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<tr>
<th>Mitigation</th>
<th>Improving wellbeing for those in need today</th>
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<td>Adaptation</td>
<td>Improving the current and future condition of people who have already had many aspects of their life-course in train</td>
</tr>
<tr>
<td>Resilience</td>
<td>Ensuring the youngest in society age well and can maximise their social and economic potential</td>
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</tbody>
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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
Life-cycle approach
https://www.youtube.com/watch?v=CRwIo27Qa8k

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