Ageing and health in the Western Pacific Region: policy implications and priorities for action
Populations are getting older
Between 2000 and 2050, the number of people aged 60 and over is expected to double.

In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.
Ageing and health: Varying demographic transitions

Proportion (%) of population aged 60 years or over

Year 2010  Year 2030

(sorted from low-income to high-income group according to World Bank Classification 2012)
The speed of population ageing is increasing

235 million people aged 60 years and above account for over 13% of total population in the Western Pacific Region.
People are living longer....

How these extra 20 years can be spent depends on health.
Health in older age is not random

What makes us age differently?

Genetic inheritance

Who we are

and a lifetime of:

Where we live

Our health behaviour

Our access to health care
Labour force participation, 60+ years, 2010

The diagram illustrates the percentage of the population 60 years and older for men and women across various countries in 2010. The countries listed include Australia, Brunei Darussalam, Cambodia, China, Fiji, Hong Kong (China), Japan, Lao People's Democratic Republic, Macao (China), Malaysia, Mongolia, New Zealand, Papua New Guinea, Philippines, Republic of Korea, Singapore, Solomon Islands, and Viet Nam.
Literacy in younger and older population, selected countries
Feminization of ageing: sex ratios

Sex ratio of population aged 60 years and above, selected countries, Western Pacific Region, 2012

- Cambodia
- Viet Nam
- Mongolia
- Republic of Korea
- Japan
- Philippines
- Papua New Guinea
- Lao People's Democratic Republic
- Samoa
- Australia
- Singapore
- Fiji
- China
- Malaysia
- Brunei Darussalam

Number of men per 100 women
Women live longer than men, but spend proportionally fewer years in good health.
Top 10 causes of DALYs, men and women, 70+ years, 2012

MEN
- 2% Genitourinary disease
- 2% Musculoskeletal diseases
- 3% Diabetes Mellitus
- 4% Sense organ diseases
- 4% Unintentional Injuries
- 12% Respiratory diseases
- 21% Malignant Neoplasms
- 38% Cardiovascular diseases

WOMEN
- 3% Respiratory infections
- 12% Respiratory diseases
- 14% Malignant neoplasms
- 45% Cardiovascular diseases
- 2% Digestive diseases
- 4% Unintentional Injuries
- 4% Neurological conditions
- 4% Diabetes mellitus
- 5% Musculoskeletal diseases
- 6% Sense organ diseases
Everyone older person is different.

Some have the level of functioning of a 30-year-old.

Some require full-time assistance for basic everyday tasks.

Health is crucial to how we experience older age.
Public Health Framework

High and stable capacity
Declining capacity
Significant loss of capacity

Functional ability
Intrinsic capacity

Age
Healthy Ageing: is the process of developing and maintaining the functional ability that enables well-being in older age.
WHO is committed to support Member States in addressing ageing and health.

Regional Framework for Action on Ageing and Health in the Western Pacific (2014-2019)
This support is guided by WHO’s action framework for UHC.

Health system attributes and action domains of UHC

- **RESILIENCE**
  - Public health preparedness
  - Community capacity
  - Health system adaptability and sustainability

- **QUALITY**
  - Regulations
  - Effective, responsive services
  - Individual, family, and community engagement

- **EFFICIENCY**
  - System design
  - Incentive for appropriate provision and use of services
  - Managerial efficiency and effectiveness

- **EQUITY**
  - Financial protection
  - Service coverage
  - Non-discrimination

- **ACCOUNTABILITY**
  - Government leadership
  - Partnerships
  - Transparency, monitoring and evaluation
## Health system attributes and action domains for UHC

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Regional framework for action on ageing and health: Action pillars

1. Foster age-friendly environments through action across sectors

2. Promote healthy ageing across the life course and prevent functional decline and disease among older people

3. Reorient health systems to respond to the needs of older people

4. Strengthen the evidence-base on ageing and health
1. Foster age-friendly environments through action across sectors

- Role of determinants in health e.g. transport
- Leadership role of the health sector for collaboration and action across sectors
- Age-friendly cities and communities
- Participation and empowerment of older people
WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL
- Behaviours
- Age-related changes
- Genetics
- Disease

ENVIRONMENT THEY LIVE IN
- Housing
- Assistive technologies
- Transport
- Social facilities
Domains of functional ability

- be mobile
- learn, grow and make decisions
- meet basic needs
- build and maintain relationships
- contribute
An example of mobility

- Accessible housing?
- Footpaths available throughout?
- Pedestrian crossing?
- Pleasing and safe neighbourhood?
- Any benches to rest on, public toilets?
- Accessible buses or taxis?
- Shop keeper helpful and friendly?
Different sectors need to work together
WHO Global Network of Age-friendly Cities and Communities
2. Promote healthy ageing across the life-course and prevent functional decline and disease among older people

- Reduce exposure to risk factors and promote healthy behaviours across the life course
- Empower people to maintain their health as they grow older
- Maximizing functional ability and preventing functional decline and ill-health among older people:
  - Falls
  - Dementia
Example: Good practices in Japan--local prevention programmes

Various prevention programmes are provided in municipalities, managed by elderly themselves.
3. Reorient health systems to respond to the needs of older people

Develop a comprehensive national policy that responds to population ageing:

- Ageing in national health plans
- Health in national ageing plans
3. Reorient health systems to respond to the needs of older people (contd.)

- Integrated service delivery to ensure continuity of care
- Health workers with appropriate skills
- Equitable health financing and financial protection
- Access to essential medicines and health technology
The importance of long-term care systems

- Establish the foundation for a functioning system
- Develop the long-term care workforce
- Ensure the quality of long-term care

Fig.: Elements of an older person-centred system of long-term care

Example: Integrated care in Japan

Healthcare

Long-term care

Integrated community care support center/care manager

Provides consultation and coordinating services

Commuting to medical facilities/care facilities

Own home/elderly housing with long-term care

Home-visit care
• Nursing care

Housing

Living support

Prevention

Old people’s club, residents’ association, long-term care prevention, living support, etc.
4. Strengthen the evidence base on ageing and health.

- Reliable information on ageing and health is critical
- Disaggregation of data
- Standardization of methodology and indicators
  - e.g. Study on global AGEing and adult health.
- Review of policies, laws and actions – and their implementation
- Knowledge translation
WHO Global Strategy and Action Plan on Ageing and Health

- World Health Assembly endorsed Global Strategy and Action Plan, May 2016
- Plans now ongoing for technical collaboration with Member States on implementation
Thank you!

http://www.wpro.who.int/topics/ageing/en