

# Prevention & Healthy Ageing:

The Role of Adult Vaccination  
as Part of Healthy Ageing



# Major Trends Impacting Health Care

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Around the world, powerful trends are at work forcing changes to the way health care is conceived and delivered. It is being challenged by: <sup>1,2</sup>



## GROWING AGEING POPULATIONS

- Population ageing is taking place in every country.<sup>3</sup>
- According to the World Health Organization (WHO), the proportion of people aged 60 years and older worldwide is growing faster than any other age group.<sup>4</sup>
- While this ageing trend started in the developed world, it is now a global phenomenon, and it is accelerating, especially in the developing world.<sup>5</sup>



## STRAINED INFRASTRUCTURES

- In some countries, the sheer number of people entering older ages will challenge national infrastructures, particularly health systems.<sup>6</sup>
- Many countries are experiencing the impact of its aging population at an extremely rapid pace, giving them much less time to put in place the infrastructure to address the needs of this older population.<sup>7</sup>



## RISING COSTS

- In part, ageing populations will cause health care costs to rise and will have a widespread impact on healthcare spending, design of national systems and delivery.<sup>1</sup>
- It is estimated that spending on public long-term care for the ageing population will at least double for countries in the European Union by 2050.<sup>9</sup>

# Population Growth (+60 years)

“The aging population is an inevitable and predictable phenomenon that will change society at different levels, creating opportunities and challenges”

WHO, Global Brief - World's Health Day, 2012

	2013	2050
Brasil	22.3	66.9
México	11.6	40.5
Colombia	4.6	14.9
Argentina	6.3	12.8
Perú	2.8	9.5
Venezuela	2.8	9.3
Chile	2.5	6.5
Ecuador	1.5	5.1
Guatemala	1.0	3.8
Cuba	2.1	3.9
Haití	0.7	2.0

Number of people (millions) over 60 years in the most populated countries in Latin America. (UN, 2013, Profiles of Ageing.)

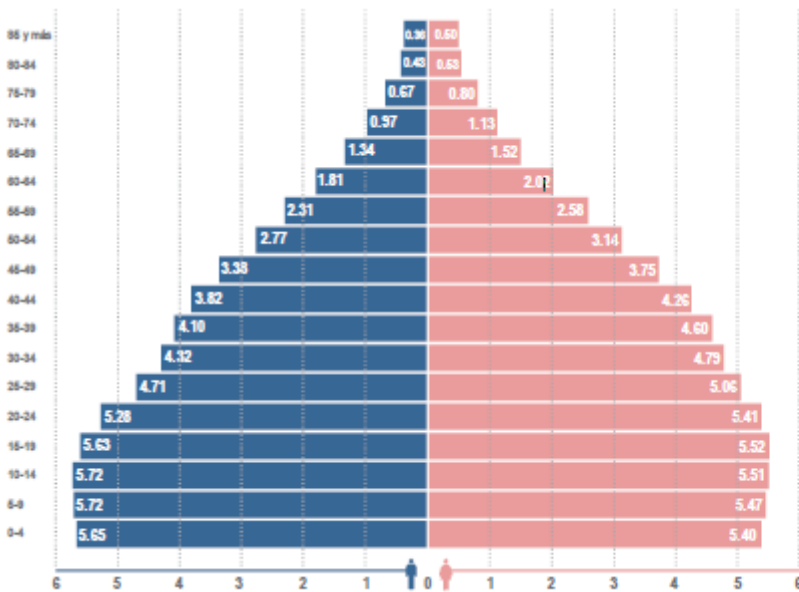


# Mexico's Demographic Perspective

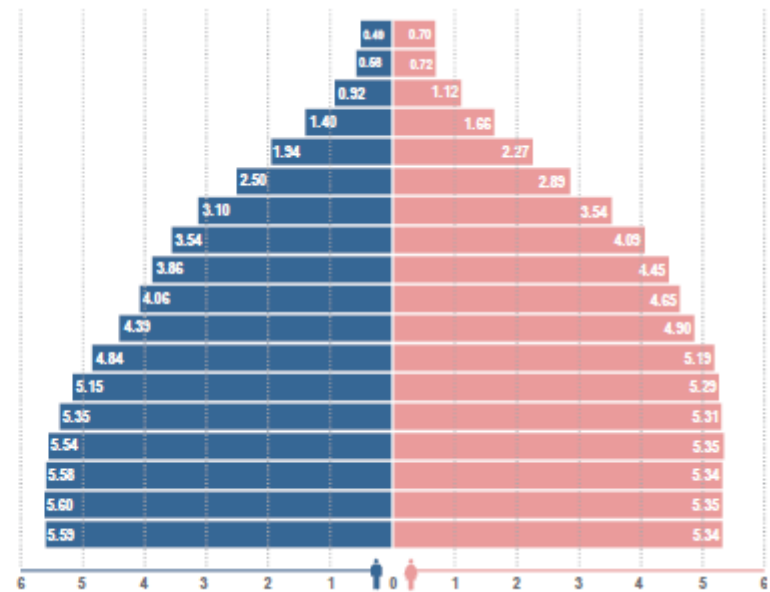
Mexico will have the largest population in history.

Increase investment in health will result in higher productivity and economy's growth

**2015**  
78.5 millions



**2025**  
87.6 millions



National Population Commission 2015. Health and the Pharma Industry



# Staying Ahead of the Curve: Turning Health Challenges into Opportunities



When considering rising public expenditures for medical care, available data increasingly indicate that old age itself is not associated with increased medical spending. Rather, it is disability and poor health that are costly. As people age in better health, medical spending may not increase as rapidly.<sup>10</sup>

- Though ageing populations could strain health care and social security systems, policymakers can address these coming challenges through:
  - Early planning
  - Cooperation across sectors and with many stakeholders
  - Inclusion of evidence-based interventions and best practices, and
  - Seeking innovative approaches to managing the economics of an ageing populations.<sup>8</sup>

# Importance of Prevention and Wellness

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Evidence-based preventative services are effective in reducing disease, death and disability, and can be cost effective or even cost saving.

- Preventative services can include:<sup>11</sup>



DIET



EXERCISE &  
HEALTHY LIVING



IMMUNIZATIONS



MEDICATIONS



SCREENING  
TESTS

- These preventative measures are used to prevent disease, detect health problems early or provide people with the information they need to make good decisions about their health.<sup>11</sup>
- Disease prevention is often less costly than disease treatment.<sup>12</sup>

Preventative medicine, including vaccination against infectious disease, is essential for the promotion of healthy ageing.<sup>13</sup>



# Life-Course Immunisation: A Core Preventative Measure

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Immunizations are one of the most effective public health interventions, reducing or eliminating the burden of many infectious diseases.<sup>14</sup>

- Vaccines play a vital role in helping adults stay healthy, along with eating right, being physically active and getting regular health screenings.<sup>15</sup>
- According to the WHO, the mortality and morbidity prevented by vaccines for children and adults translates into long-term cost savings (e.g. costs associated with hospitalization and treatment) and potential economic growth.
- Globally, the savings from vaccines for children and adults are
- estimated to be of the order of tens of billions of U.S. dollars of direct savings.<sup>17</sup>



# Mexico's Universal Vaccination Program

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A program to protect Mexican population against diseases that are preventable by vaccination.

Granted in all public institutions:  
(Ministry of Health, IMSS, ISSSTE, SEDENA, SEMAR, DIF, PEMEX, etc.)





# Mexico's Vaccination Programs - Some results

## Impact

Achievements as a result of the implementation of the vaccination program:

### Erradicated

- Poliomyelitis - **1990**

### Eliminated

- Measles - **1996**
- Rubella - **2008**
- Congenital rubella syndrome - **2010**
- Neonatal tetanus - **1994**

### Under control:

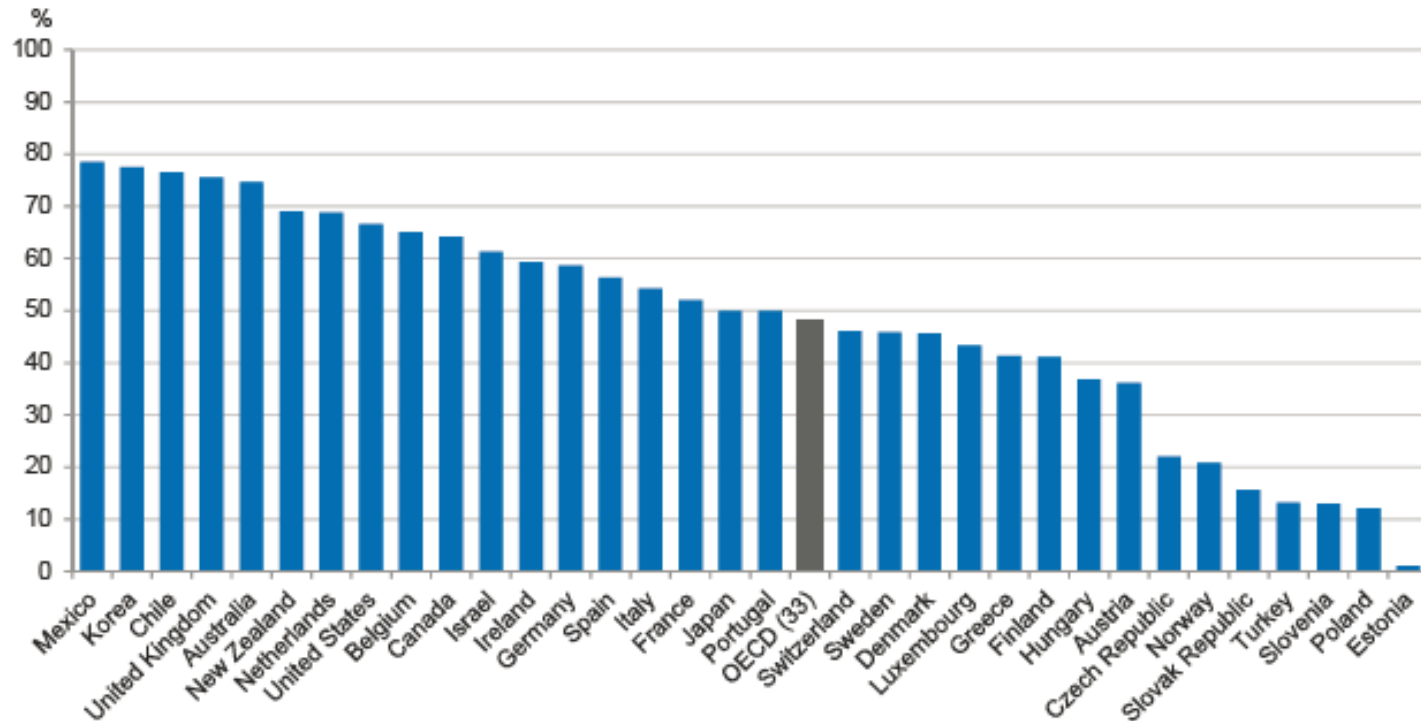
- Tetanus
- Meningeal tuberculosis
- Whooping cough (pertussis)
- Invasive diseases by Haemophilus influenza b (Meningitis, pneumonia and septic arthritis)
- Diarrhoeal diseases by rotavirus and parotitis.
- Diphtheria

### Protections against:

- Influenza
- Human papillomavirus (HPV)
- Hepatitis B



# Mexico's Vaccination Programs Results



Vaccination coverage against influenza in population over 65 years, 2013 (OCDE Health Statistics, 2015)



# Vaccine-Preventable Diseases Can Impact Adult Health

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**Vaccine-preventable diseases are a significant cause of morbidity and premature death among adults.<sup>18</sup>**

- Adults are often unaware of their potential risks for infectious disease, the need for recommended vaccinations and booster shots and the availability of newer vaccines.<sup>19</sup>

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- Common vaccine-preventable diseases among adults include influenza, pneumococcal infections, herpes zoster, human papillomavirus infection, pertussis and hepatitis B.<sup>20</sup>

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- Among older adults, vaccine-preventable diseases can lead to substantial morbidity and mortality. For example, in the United States from 2005 to 2008, there were an estimated 15.2 million annual cases of clinical influenza in adults aged 18 and older with an average of 21,098 annual deaths in adults aged 65 years and older.<sup>16,26</sup>

**Vaccines play a vital role in helping adults stay healthy.<sup>15</sup>**



# Joint Commitment

## A virtuous circle

Healthy years of life as a source of a continued economic growth



World Economic Forum, 2015



# National Health Program 2013-2018

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PROGRAMA SECTORIAL  
DE SALUD  
2 0 1 3 - 2 0 1 8

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## Strategy

Carry out actions to reduce morbidity and mortality caused by communicable diseases of epidemiological importance or emerging and reemerging ones.

## Actions

- Design and execute vaccination campaigns, communicable diseases' diagnosis and treatment throughout the population.



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# THANKS

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