An Introduction: The Decade of Healthy Ageing

The *Decade of Healthy Ageing* is proposed as a global collaboration led by WHO that will bring together governments, international agencies, health professionals, academia, the media, the private sector and civil society to improve the lives of older people, their families and the communities they live in.

Learn through this webinar about:

- What is the Decade of Healthy Ageing?
- How will the Decade be developed?
- How can stakeholders within various fields be involved in the Decade and its objectives?

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Decade of Healthy Ageing
2020-2030

Webinar: 3 May 2019
International Federation of Ageing and the World Health Organization

Mary Manandhar, WHO Technical Officer
Population ageing: challenges and opportunities

Percentage aged 60 years or older:
- 30% or more
- 10 to <30%
- <10%

2015

2050
There is no "typical" older person
Health in older age is not random

What makes us age differently?

Genetic inheritance

Who we are

and a lifetime of:

Our health behaviour

Where we live

Our access to health care
What is Healthy Ageing?

"Healthy Ageing" is the process of developing and maintaining the functional ability that enables wellbeing in older age.
WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care
Key policy milestones related to healthy ageing

- **Decade of Healthy Ageing 2020-2030**
- **Third Review and Appraisal (Feb 2018)**
- **New WHO report on Healthy Ageing Decade baseline**
- **Decade launch on October 1, 2020**
- **2014**
- **2016**
- **2020**
- **Decade baseline**
- **GPW 13**
- **WHA**
- **OEWG**
- **World Report on Ageing and Health**
- **Global strategy and action plan on ageing and health (2016-2020)**
- **2019**
- **2018**
- **2017**
- **2015**
- **2014**
- **World Health Assembly (WHA)**
- **Global Partnerships (GPW)**
MIPAA, GSAP and Agenda 2030: creating synergies and ensuring accelerated progress

GSAP bridging between ...

MIPAA and its 3 priority directions:
1: Older persons and development
2: Advancing health and well-being into old age
3: Ensuring enabling and supportive environments

.. and the SDGs
with a focus on strengthening the health and enabling environments in a new evidence based framework
Global Strategy and Action Plan on Ageing and Health 2016 – 2030

Vision
A world in which everyone can live a long and healthy life.

Goals
1. Evidence-based action to maximize functional ability that reaches every person (2016 – 2020).
2. By 2020, establish evidence and partnerships necessary to support a Decade of Healthy Ageing 2020 – 2030.
Interest grows for the Decade of Healthy Ageing
What are the priorities? 2018 survey with focal points

160 respondents from 81 countries, across all regions

Asked “What issues should the Decade focus on?” respondents prioritized:

1. Improved engagement with older people
2. Better understanding of older people’s needs and unmet needs
3. Developing and strengthening health and long-term care, specifically at community level
4. Improved multisectoral action

Asked “What priority outcomes should the Decade promote?”, respondents ranked highest:

1. Healthy life expectancy
2. Age-friendly cities and communities
3. Reduced number of older people who are care dependent.
What can we learn from other Decades?

**Factors for success**

- Ensure the powerful cause has a human face
- Identify (early on) Member States Champions
- Identify and engage with committed partners, particularly civil society
- Transform the “ecosystem” (coordination, financing, accountability), not just the issue
- Focus on country level support
- Having a strategic policy framework, global plan
- Cross sectoral collaboration
- Linkages and practical package solutions within the SDG framework

**Barriers to success**

- losing sight of country-level implementation
- lack of cross-sectoral outreach
- resource limitations
- Decade “fatigue”
Guided by the GSAP, the Decade aims to stimulate local action to make a real difference in the lives of older adults, their families and communities.

Action Areas proposed are:

1. Create societies for all ages by combatting ageism
2. Develop communities in ways that foster the abilities of older people
3. Ensure person-centred integrated care for older people
4. Provide older people who need it access to community-based social care and support.
Catalysing change through partnering on efforts to:

- Hear and respond to diverse voices and enable potential
- Nurture leadership, governance and capacities at all levels
- Connect stakeholders at all levels
- Foster research, knowledge exchange and innovation.
Roadmap to launch the Decade of Healthy Ageing 2020-2030: milestones, products and processes

**AIM**
A participatory Decade of Healthy Ageing centred around the voices, rights, abilities and needs of older people

**MILESTONES**

- **2019**
  - JAN: EB144
  - MAY: WHA72
  - JUNE: CONSULT MS1 (Draft 0)
  - SEPT: CONSULT MS2 (Draft 1)
  - OCT
  - DEC

- **2020**
  - JAN: EB146
  - MARCH
  - MAY: WHA73

**PRODUCTS**

- Open-Ended Working Group on Ageing
- Phase 1. UNGA calls for a UN Decade of Healthy Ageing led by WHO
- Phase 2. UNGA adopts Resolution in 2020 on UN Decade of Healthy Ageing

**PROCESSES**

- Build political engagement with Member States through global/regional political opportunities, including WHO Governing Bodies, Regional Committees, UNGA, G20, APEC, EU
- Engage with partners in WHO, the UN system, civil society and other non-state actors to shape the Decade proposal and support Member States
- Support drafting of the Resolutions through WHA Governing Bodies and UNGA
- Commission a participatory project to ensure the voices of diverse older people are at the centre of the launch, and throughout the Decade
- Mobilise resources for hosting and supporting events, the participatory voice project, documentation, communications, translation, travel, personnel etc

**LAUNCH**
Launch Decade of Healthy Ageing on 1 October 2020 International Day of Older Persons
Questions to consider

1. How can civil society stakeholders be involved in:
   - the consultation process?
   - the *Decade*?

2. How to ensure that older people are at the centre?

3. How can local actions be stimulated in countries?

4. What would success look like in 2030?

5. How can that success be measured?

6. Does the *Decade* need “branding”? 

Decade of Healthy Ageing
2020-2030

Ageing team members at WHO HQ

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https://www.youtube.com/watch?v=g5v_Qn3jOk4
WHO/IFA Webinar Series

Thank You for Registering!

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For any further questions about this Webinar please contact Helen Valkanas at hvalkanas@ifa-fiv.org.
INTERNATIONAL FEDERATION ON AGEING
15TH GLOBAL CONFERENCE
NIAGARA FALLS, CANADA | 1-3 NOVEMBER 2020

Join the conversation to improve our understanding of age-friendly environments, to debate the solutions to address inequalities, to confront the reality of ageism, and to delve into what it means to enable the functional ability of an older person at the 15th Global Conference on Ageing, because...

Rights Matter
ifa2020.org
Age-Friendly Environments Summit
Pre-Conference Event | 31 October 2020

This summit will highlight the need for cities and communities to come together to face the growing reality of urbanization and ageing populations by adapting environments to the needs of the population.

Conference Delegates $70 | Public Admission $200

Rights Matter
ifa2020.org