

9-10 April 2019

American University of Cairo

**Addressing Population Ageing
in the Middle East and
Sub Saharan Africa**

SDGs and Population Ageing



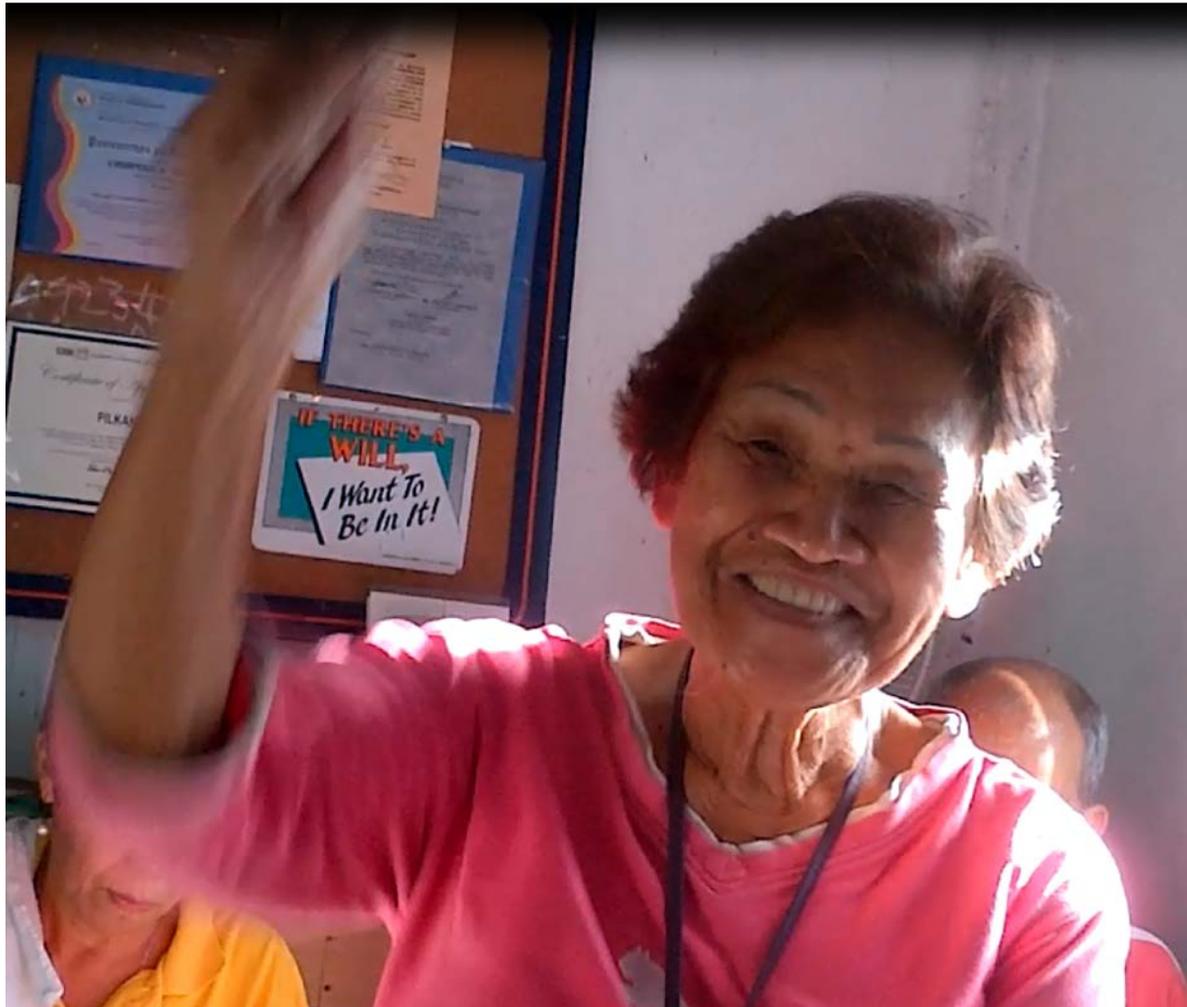
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Ensure voice of older adults' drives vision and strategic intent



**Gloria Caande, 73, Vice
President of Pilkan
Community
Senior Citizens' Association,
Commonwealth, Manila**

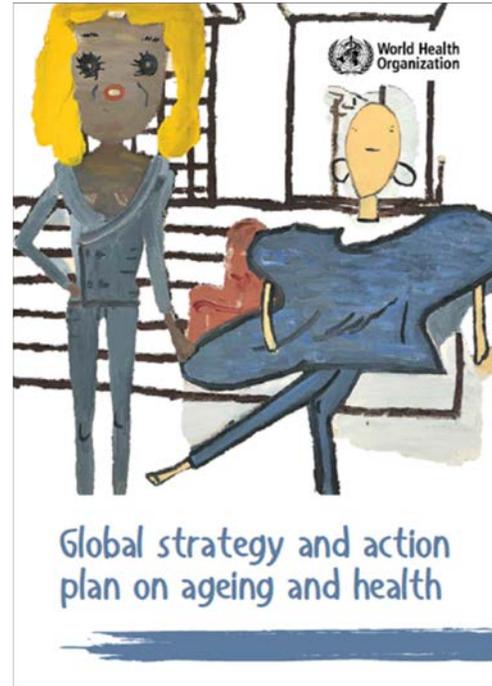
***Supported by
HelpAge International &
the Coalition of Services of the
Elderly (COSE)
in The Philippines***

Shape international instruments and collaborations to engage and be inclusive of older adults



Madrid International Plan of Action on Ageing (MIPAA) 2002

Goal 2 promotes participation, non-discrimination and social inclusion of older adults



Equity a key principle

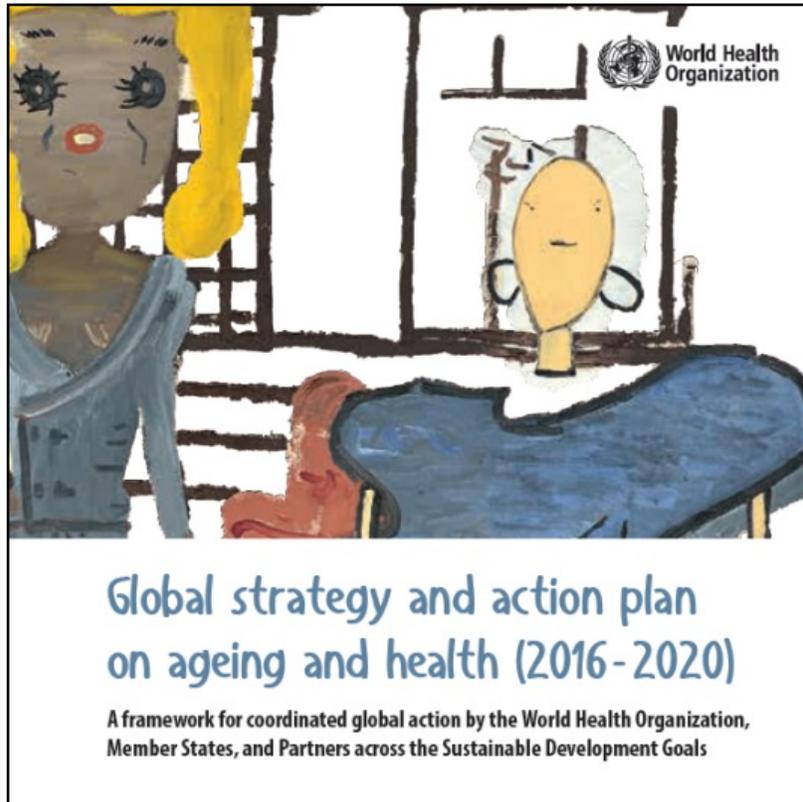
Set up a Decade for Healthy Ageing aligned to the SDGs



Within Agenda 2030, SDG3 aims to ensure healthy lives and promote wellbeing for all, at all ages.

Leave no one behind requires countries to pay attention to health inequalities and act on health inequities

WHO Global strategy and action plan on Ageing and Health 2016-2020



1. National Commitment
2. Age friendly communities and environments
3. Health Systems aligned to older adults needs
4. Long term care systems
5. **Monitoring, research and evidence**



WHO Series on metrics, research, and knowledge
translation for Healthy Ageing

Towards measuring Healthy Ageing

Operationalizing Intrinsic
capacity and Functional
ability

PAPER 1



WHO Series on metrics, research, and knowledge
translation for Healthy Ageing

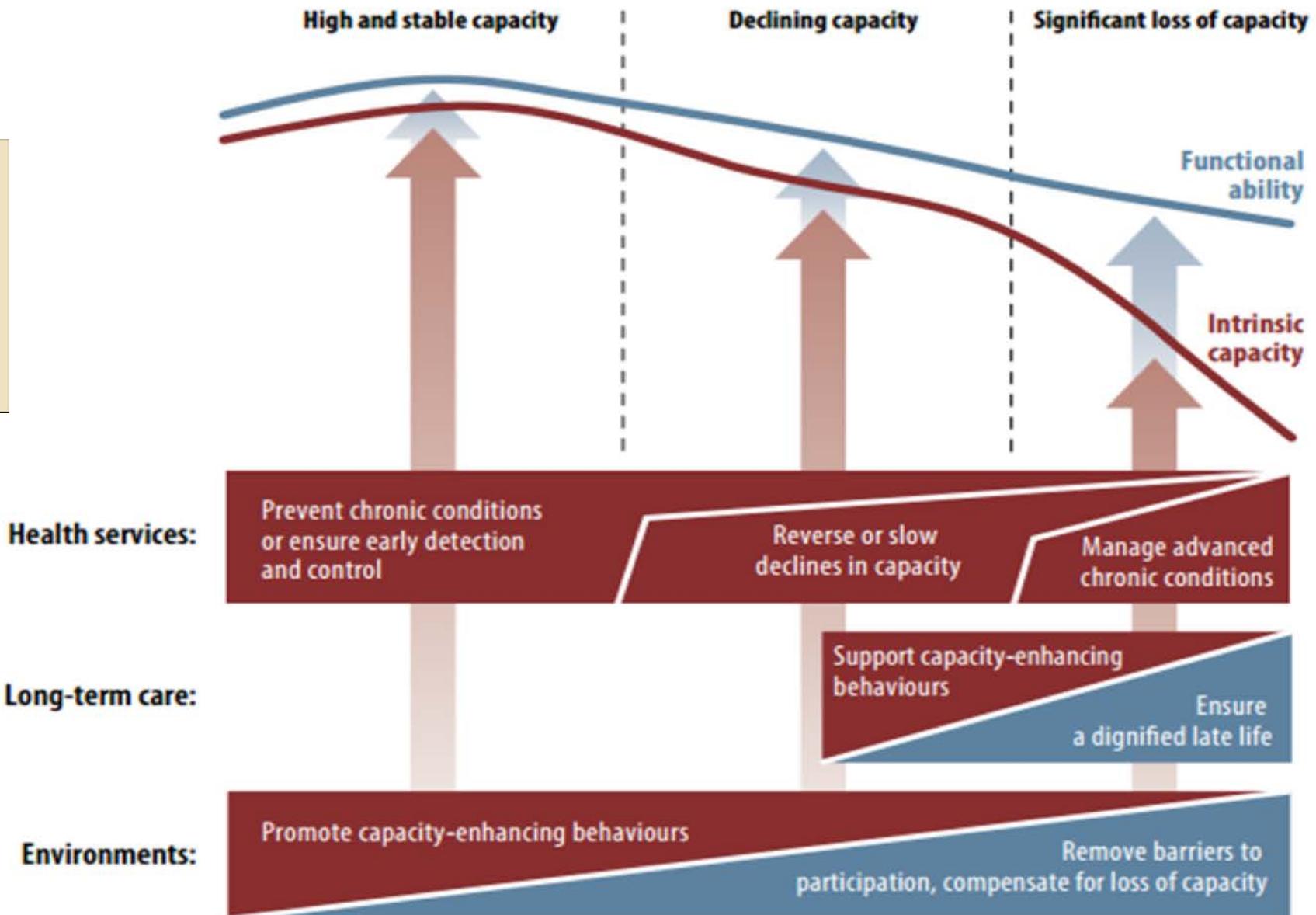
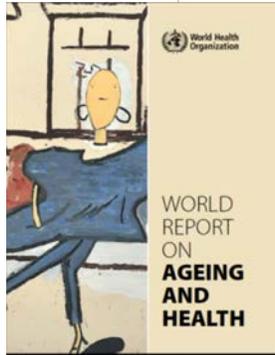
Building global research for Healthy Ageing

evidence gaps, public
consultation & strategic
alignments

PAPER 2



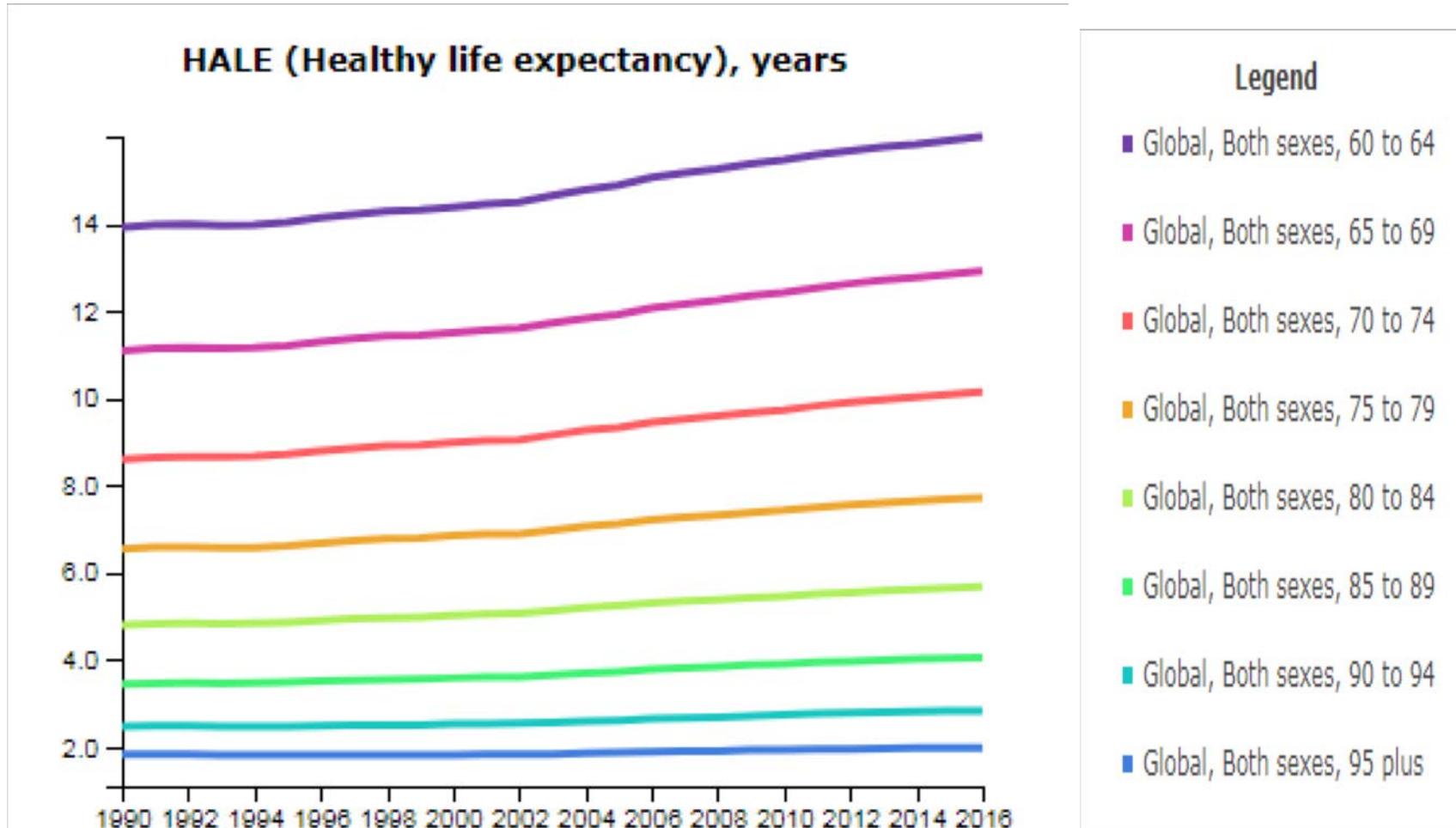
Ensure evidence drives comprehensive actions



- 1. Morbidity, Mortality – count older adults – leave no one behind**
- 2. Healthy Ageing – make SDGs inclusive of older adults – so they can be & do what they value**
- 3. What can be done -- at scale – we need your expertise**

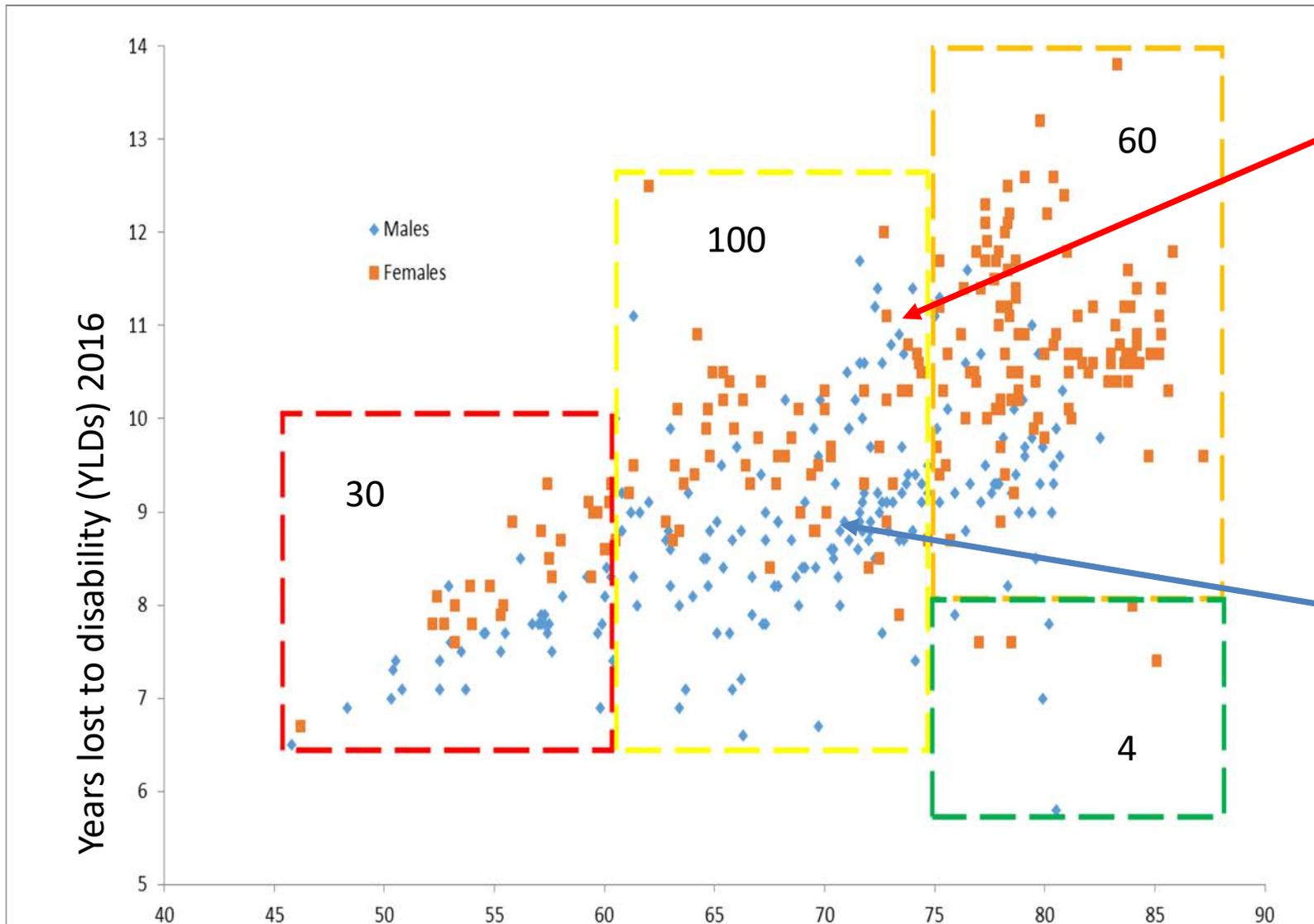
At every age: global healthy life expectancy

Life expectancy minus Years lived with "disability" (YLDs)



IHME data, 2018

But not all people are living longer



Women, Egypt

**nor
in good
health**

Men, Egypt

Cardiovascular disease mortality rate, global, 10 sub-causes, 23 age groups, both sexes, 2017

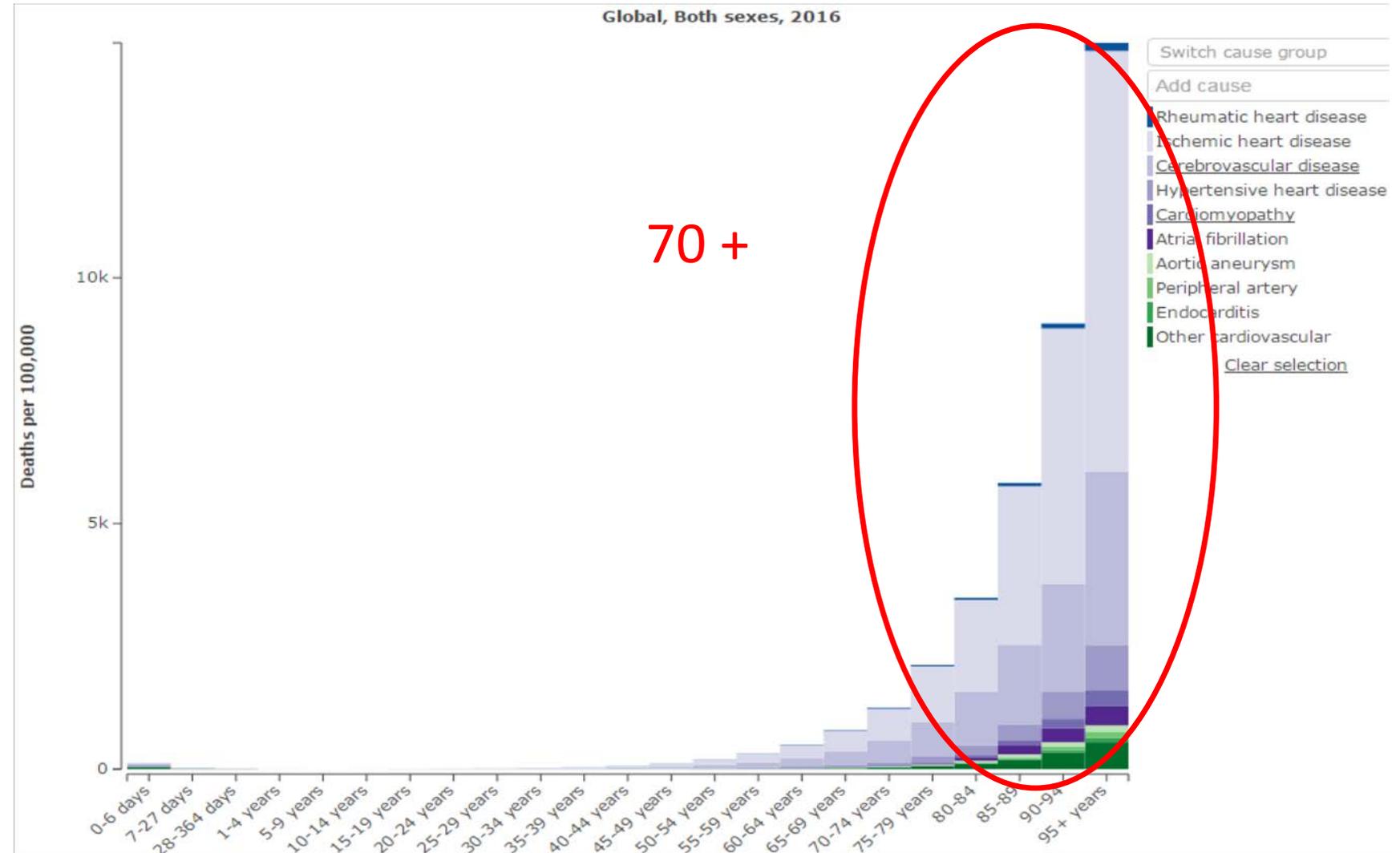
Goal 3 - Health

3.4 By 2030, reduce by one third “premature mortality” from noncommunicable diseases through prevention and treatment and promote mental health and well-being

➤ cardiovascular disease, cancer, diabetes or chronic respiratory disease

[SDG 3.4.1]

includes deaths between 30 and 70 years of age

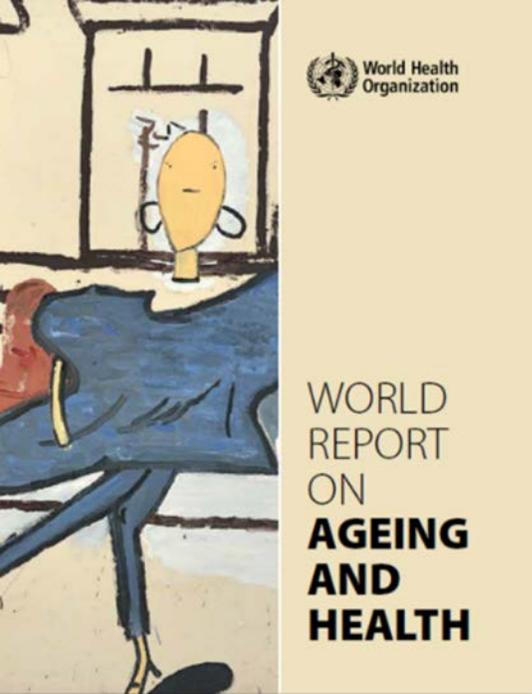


Titchfield City Group on Ageing and Age- Disaggregated Data

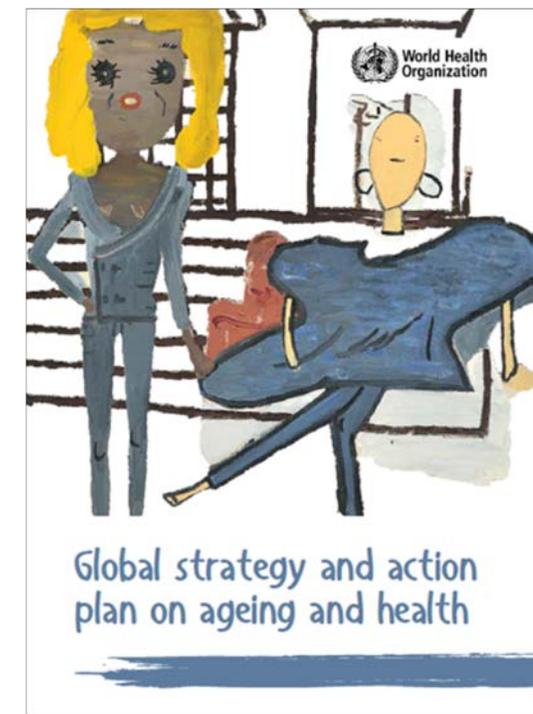


<https://gss.civilservice.gov.uk/events/first-official-meeting-of-the-titchfield-city-group-on-ageing-and-age-disaggregated-data/>

**WE NEED TO
BETTER
DOCUMENT &
REPORT
MORBIDITY AND
MORTALITY AT ALL
AGES**



2015



2016

2. Healthy ageing

The environment they are living in

Goal 1. **End poverty** in all its forms everywhere – for **all men and women**;

Goal 2. **End hunger**, achieve food security and improved nutrition and promote sustainable agriculture *including for older persons*;

Goal 3. Ensure healthy lives and promote well-being for all **at all ages** through universal health coverage including financial risk protection;

Goal 4. Ensure inclusive and equitable quality education and promote **lifelong learning opportunities for all**;

Goal 5. Achieve gender equality and empower **all women** and girls;



Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and **decent work for all;**

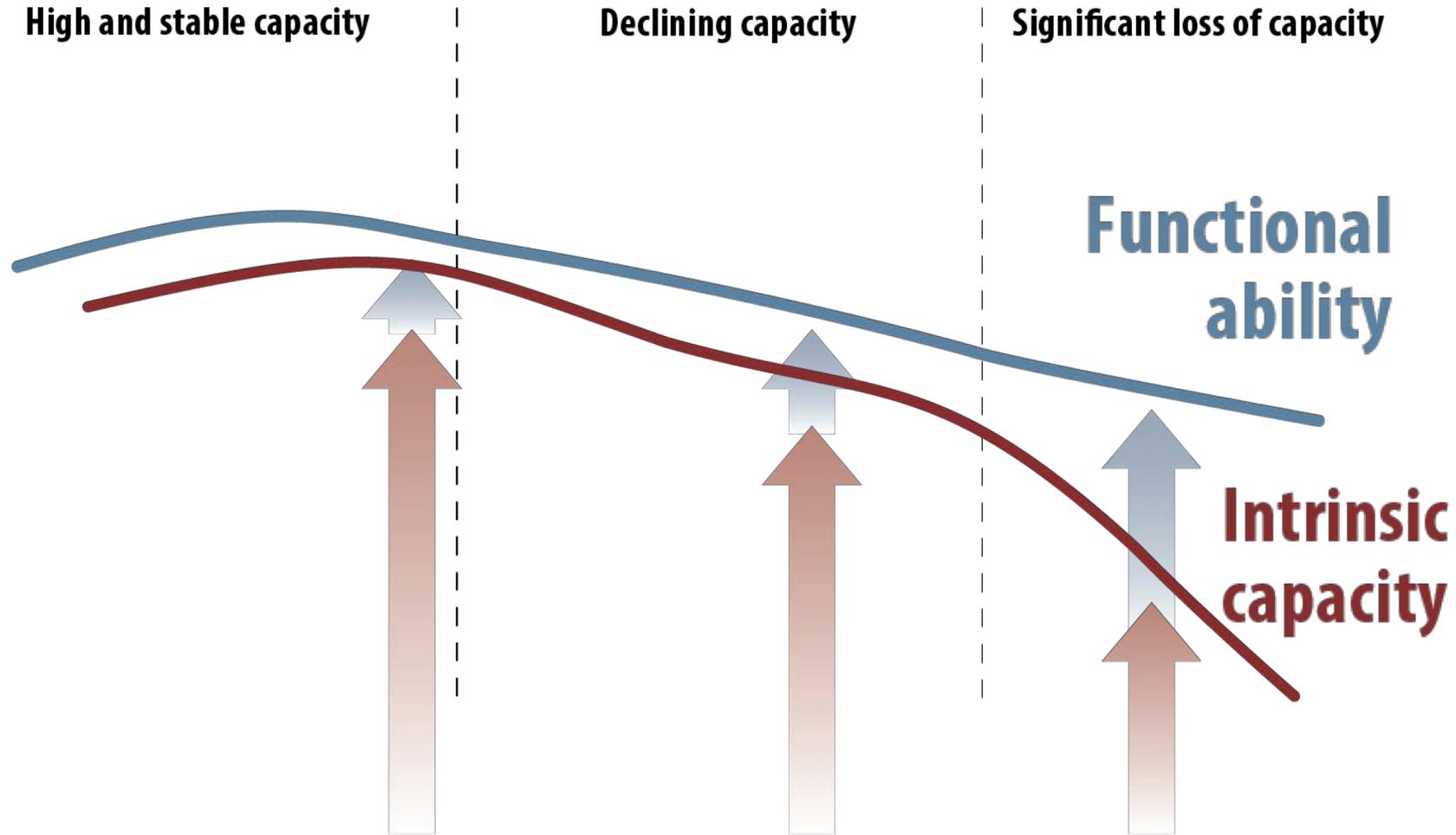
Goal 10. **Reduce inequality within and among countries, by promoting the social, political and economic inclusion of all, **irrespective of age**;**

Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable by providing universal access to safe, inclusive and **accessible green and public spaces, *in particular for older persons*;**

Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to **justice for all and build effective, accountable and inclusive institutions at all levels.**



Healthy Ageing trajectories over the life course



Healthy ageing – unpack it

Intrinsic Capacity

- Cognitive
- Psychological
- Sensory
- Neuromusculoskeletal
- Voice and speech
- Cardiovascular
- Haematological
- Respiratory
- Immunological
- Digestive
- Metabolic
- Endocrine
- Genitourinary
- Reproductive
- Skin, hair and nails

15 potential sub domains

Functional Ability

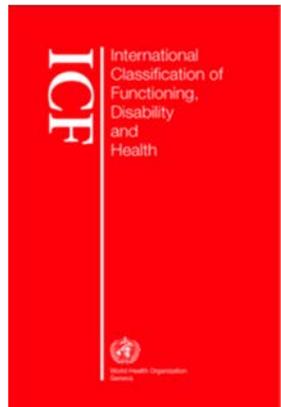
- Learning and applying knowledge
- Communication
- Mobility
- Self-care
- Domestic life
- Interpersonal interactions and relationships
- Major life areas
- Community, social and civic life

8 Potential sub domains

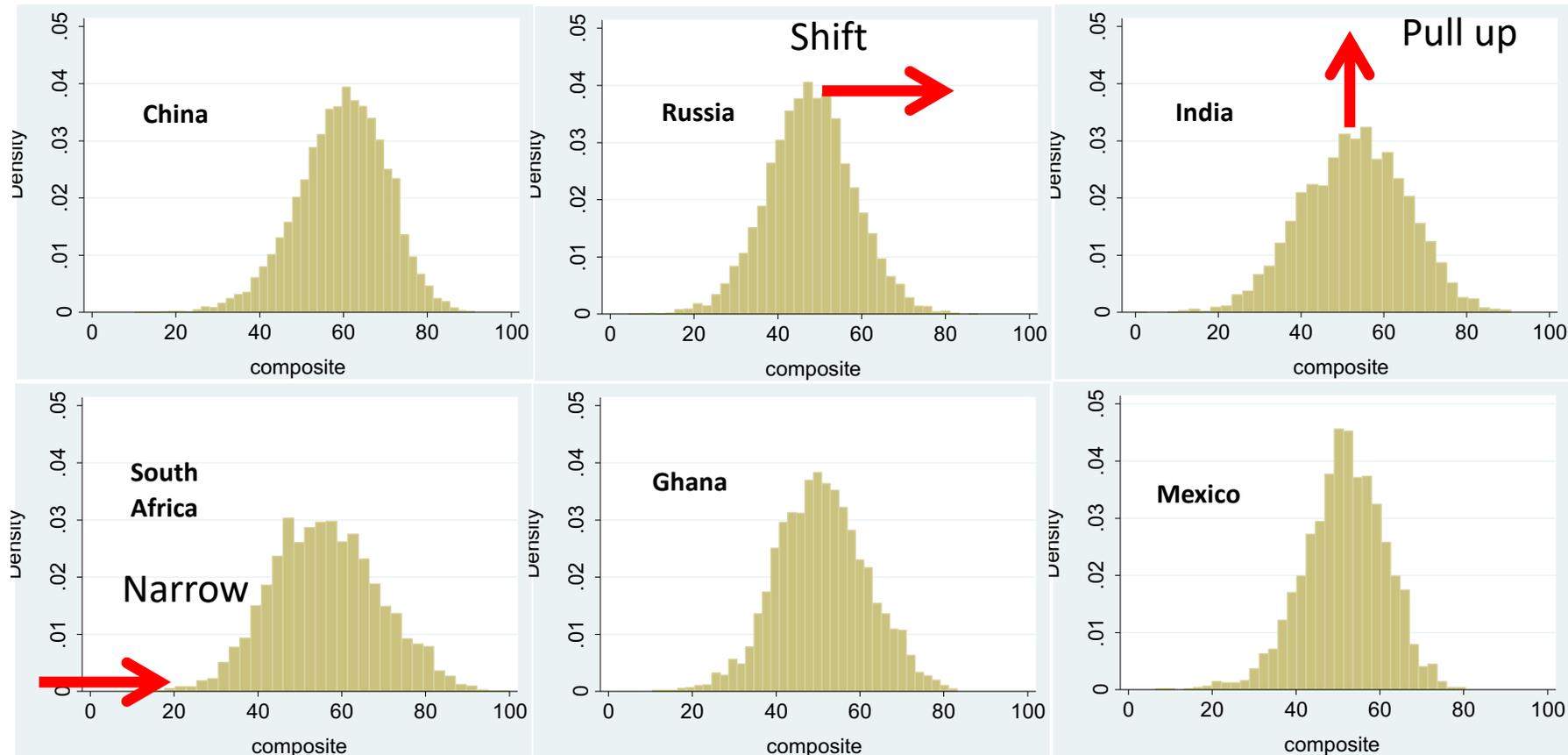
Environment

- Products and technology
- Natural and built environment
- Support and relationships
- Attitudes
- Services, systems and policies

5 potential sub domains



Distribution of intrinsic capacity score (WHO world population standard, 50+, both sexes)



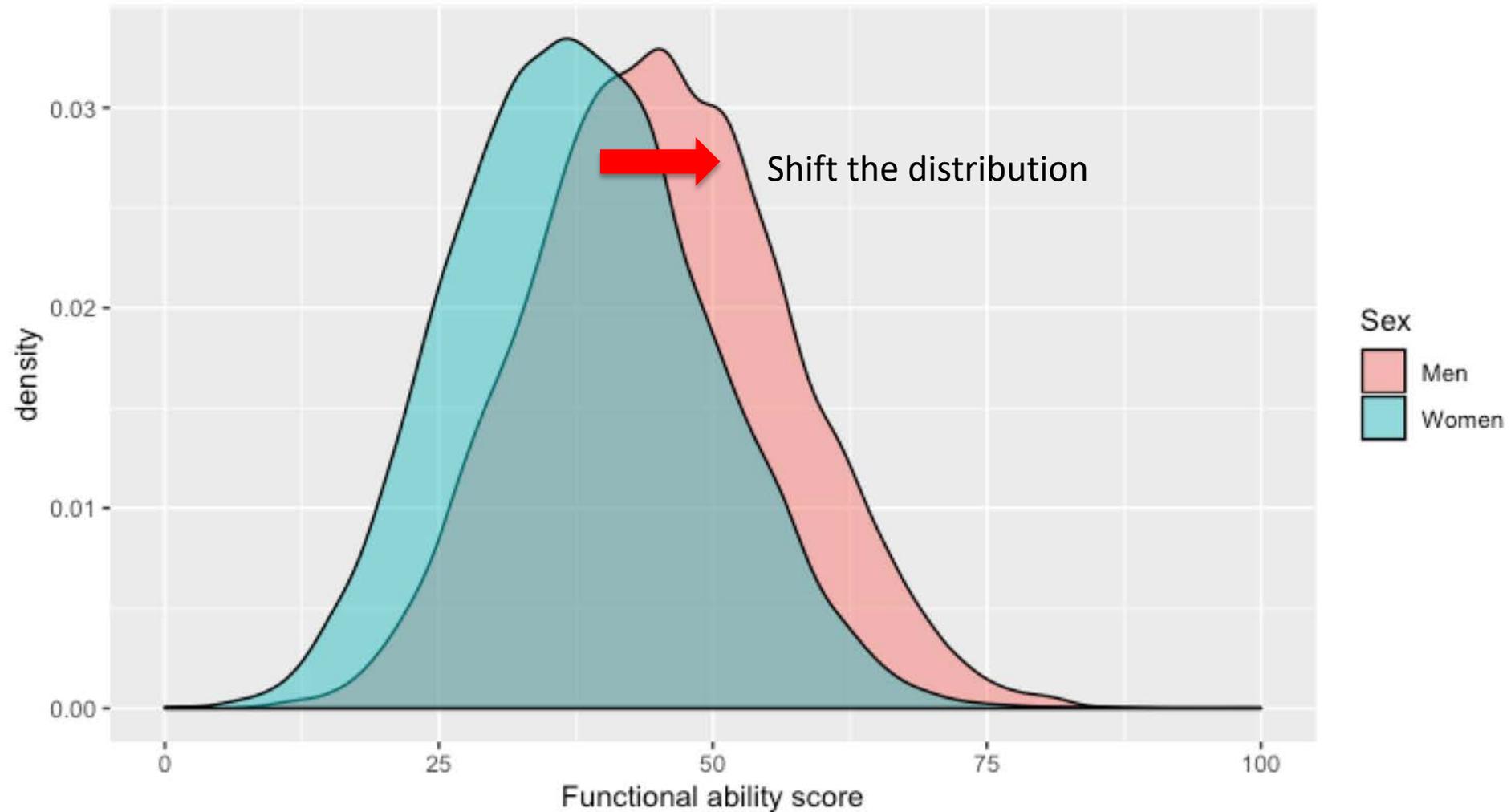
Source database: SAGE, WHO, wave 1, cross sectional data

Mobility, a sub-domain of Functional Ability



Distribution of functional ability (LASI 2018)

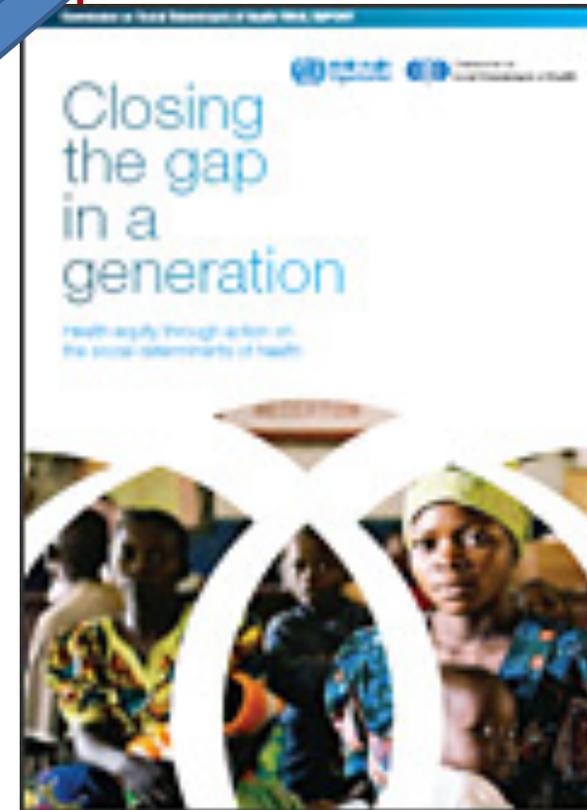
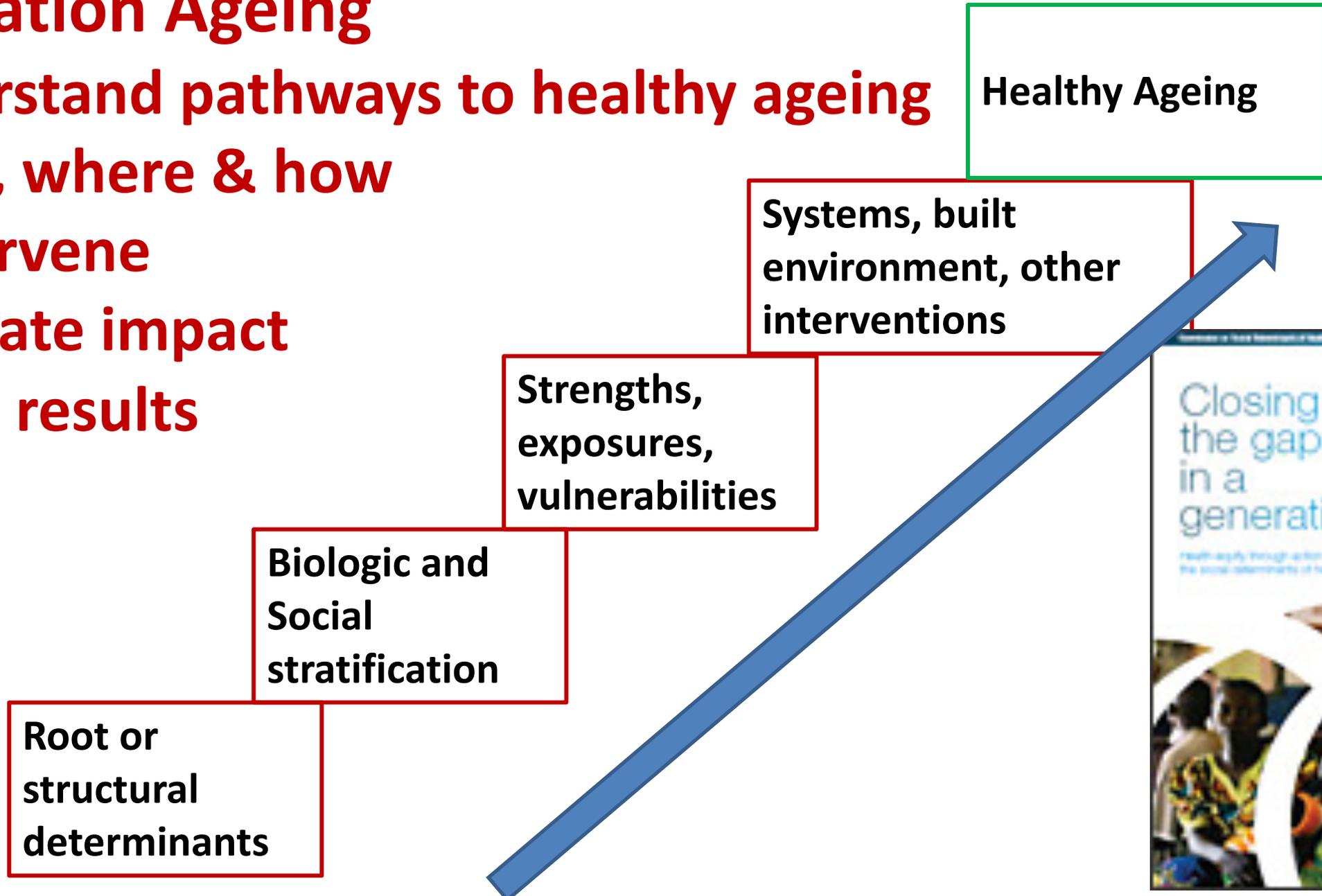
(Shift women's distribution to be equal to men's)



3. What can be done - at scale

Population Ageing

- understand pathways to healthy ageing
- what, where & how to intervene
- evaluate impact
- share results



Some determinants of Healthy Ageing: systematic review of 65 longitudinal studies focusing on individuals (Krajl et al. 2018)

I. Stratification

Age -

Education, Income +

II. Biological

High BMI -

Better Grip Strength +

III. Behavioral

Smoking -

Physical Activity +
Healthy Diet +

IV. Psychological

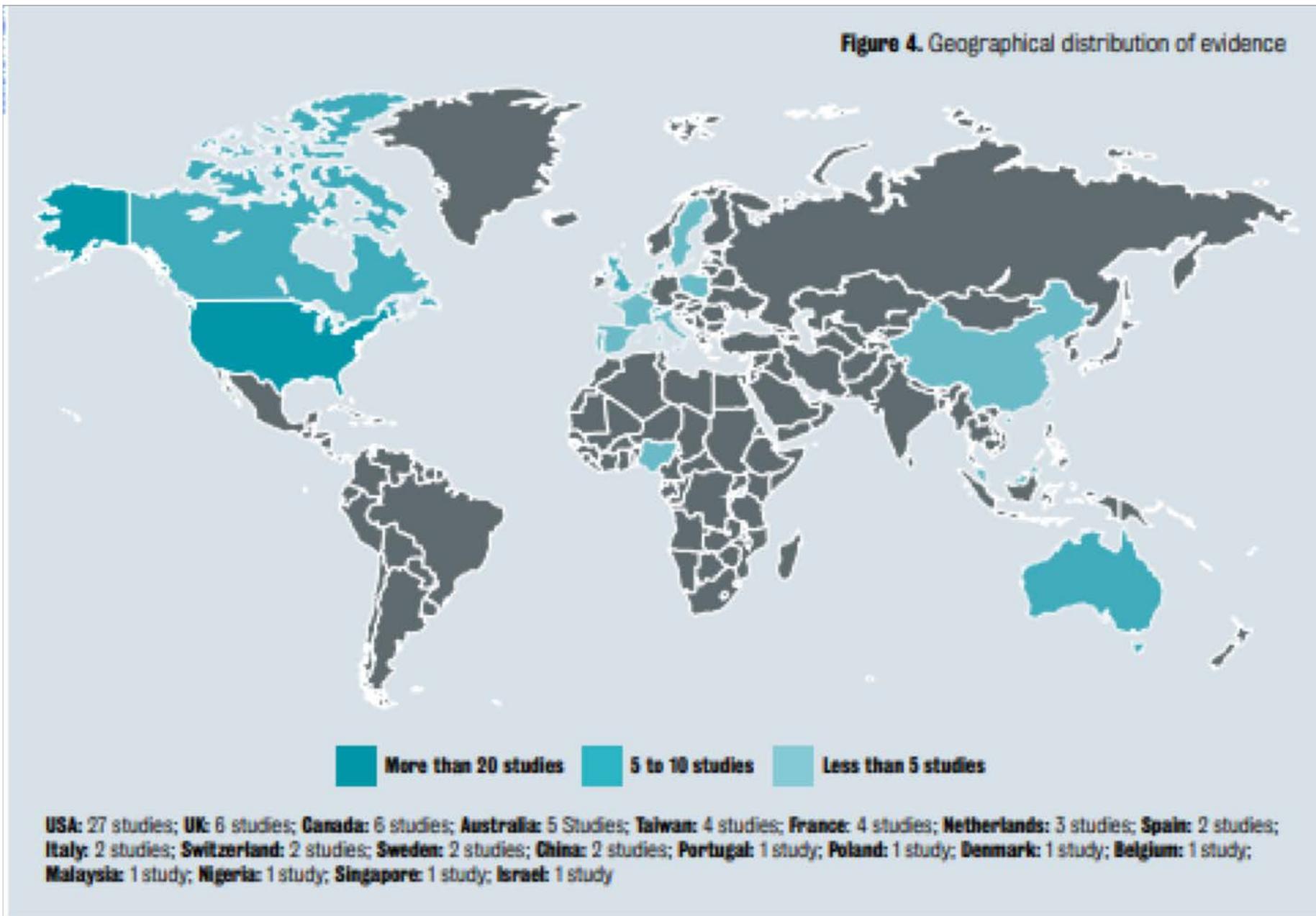
Negative life events -

V. Abilities

Social support/contact, participation +



Figure 4. Geographical distribution of evidence



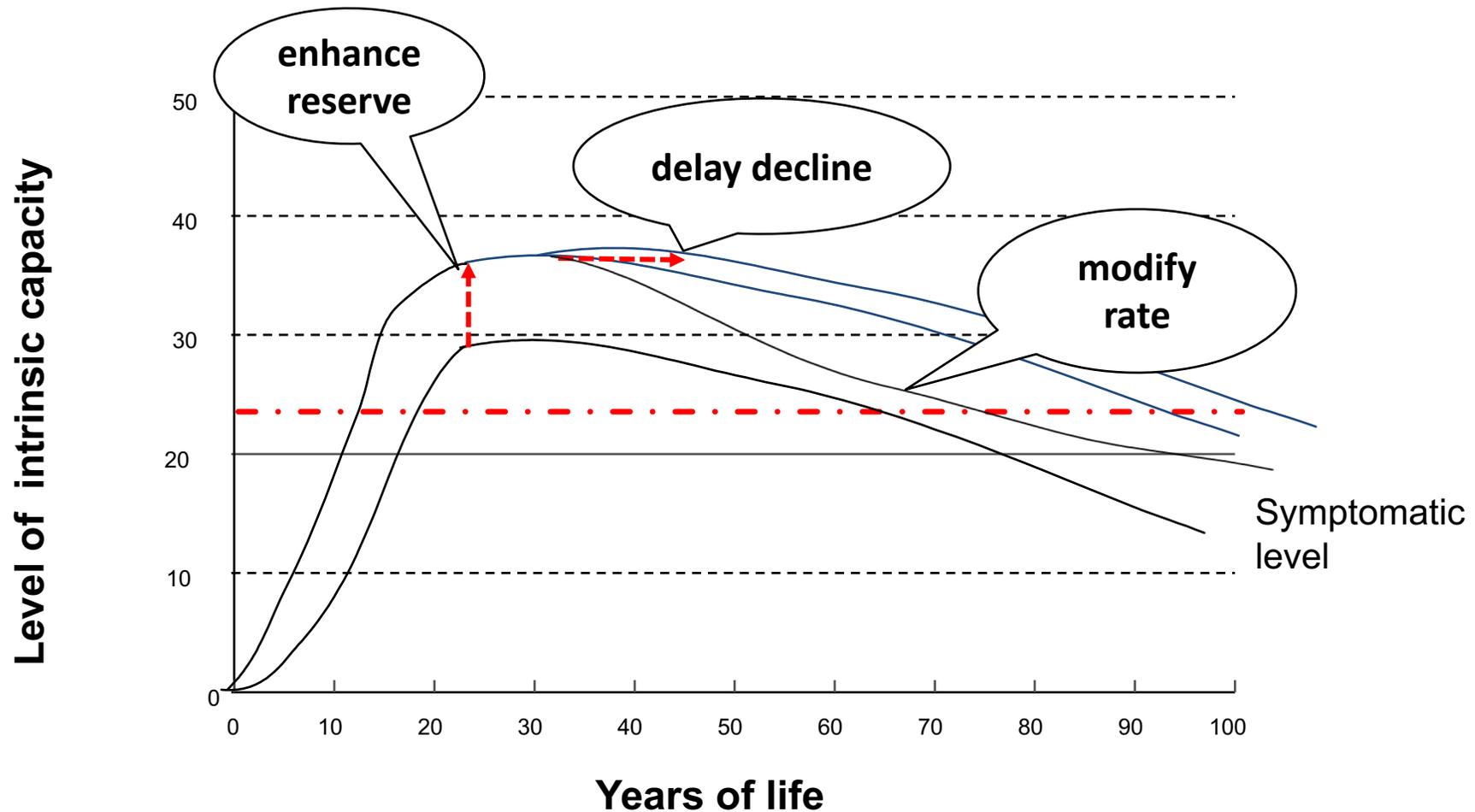
Only 4 countries that are not high income with published studies included (Kraji et al. 2018)

**TO ACHIEVE SDGS
WE NEED TO
ANALYSE,
SYNTHESIZE, TEST
& SCALE UP WHAT
CAN BE DONE**



<http://globalageing.cochrane.org/>

What to do? Potential life course interventions to enhance intrinsic capacities



From Yoav Ben-Shlomo, WHO Life Course meeting, June 2017

Where to act: layers of influence and entry points for action to optimize functional ability

| Areas of Actions | Example responses |
|---|---|
| I. Community and household level | informing & meeting expectations of vulnerable or excluded communities |
| II. Health and social services delivery level | Improve design of programs to increase access & effective services – preventive and treatment; pool funding mechanisms |
| III. Health sector policy and strategic management level | Reshape national program guidelines and their implementation, approaches to report on causes, inequities and consequences |
| IV. Public policies cutting across sectors, including health in all policies | Support MoH and other ministries to better contribute to sector-wide strategies from pro-health equity perspectives |
| V. Global level | Better international alignment |

How to act: to enable national and local actions

Good news: Increase in public policy research, and demonstrated government interest in promoting equity in health policies across the life course

But:

- **review of 2700+ studies: most focus on advocacy and problem description, rather than implementation and evaluation of actions**
- **some acknowledge that WHO policy recommendations on "what to do" are not sufficient to prompt government action - need more on the "how to do" it**

GLOBAL STATUS 2018 in 194 COUNTRIES

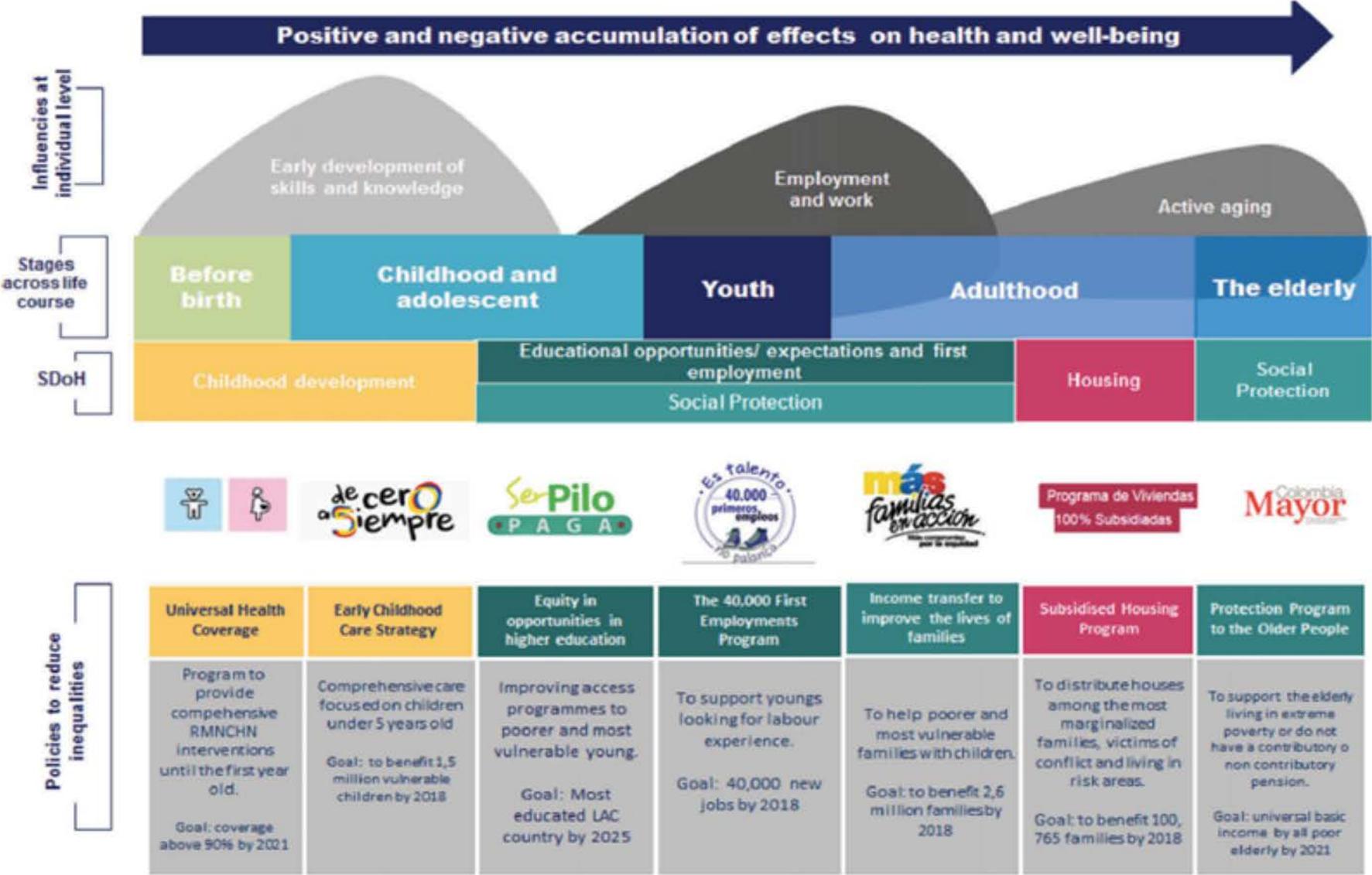
1. Number of countries with a focal point on ageing and health in the health ministry

112

2. Number of countries with national plans or strategies on ageing and health (*to be determined if aligned to healthy ageing*)

88

Comprehensive



Colombia Adulto Mayor- Life course Programme - Intersectoral
(Source: Hessel et al. 2018)

Comprehensive

Global Strategy and Action Plan

5 Strategic objectives

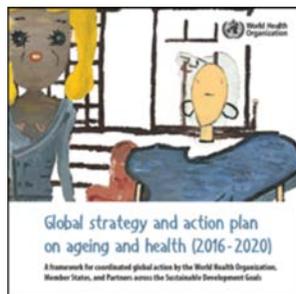
1 National commitment & action

2 Age friendly environments

3 Aligned health services

4 Long term care systems

5 Measurement, monitoring & research



State of Qatar, 11 Healthy Ageing initiatives

National Health Strategy 2018-2022

HA1 population based surveys – needs assessment

HA2 increase health literacy

HA3 services that promote healthy active ageing

HA4 programs to improve mobility

HA5 comprehensive geriatric assessment

HA6 easy accessibility of services

HA7 community rehabilitation and geriatric services

HA8 continuity of care

HA9 integrated home care service

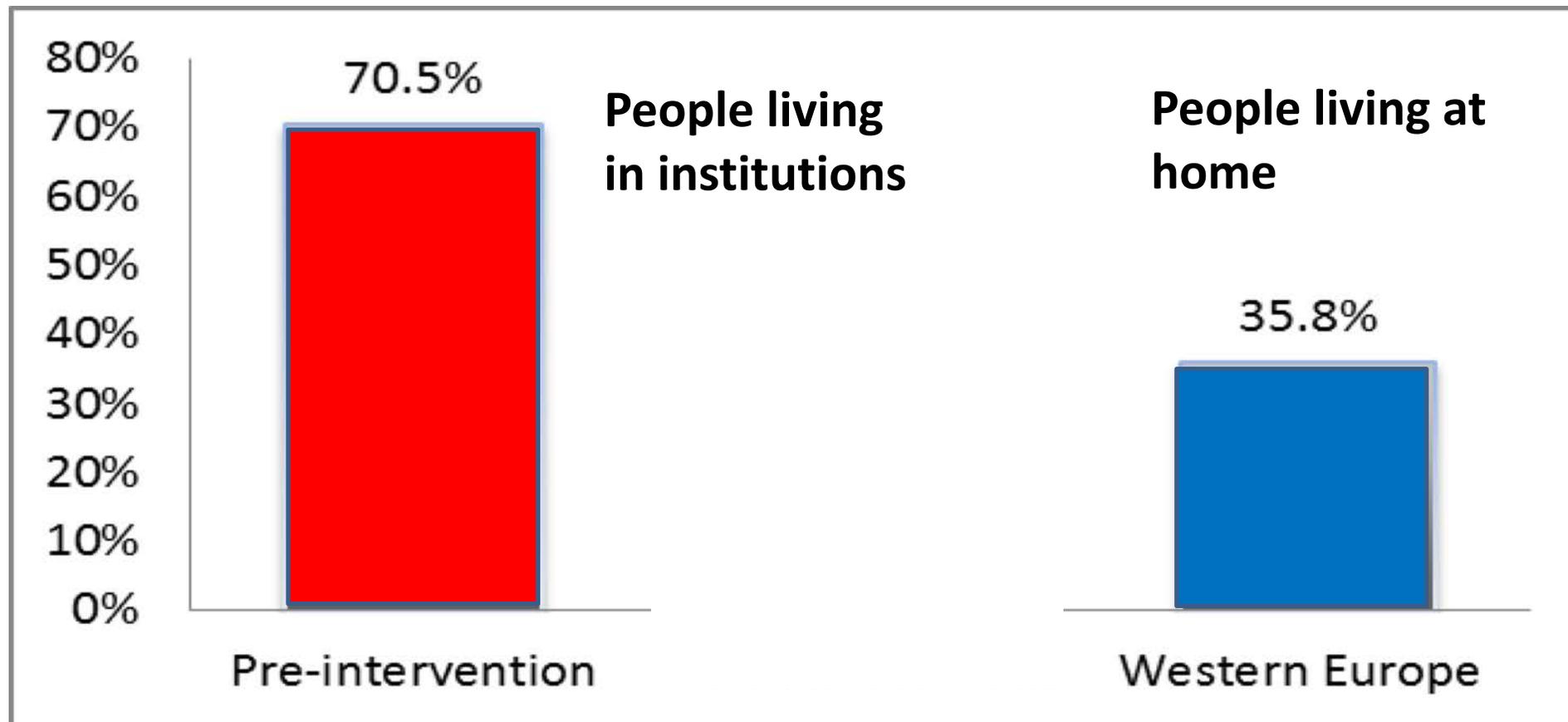
HA10 monitor and address cognitively impaired population

HA11 compassionate end of life care

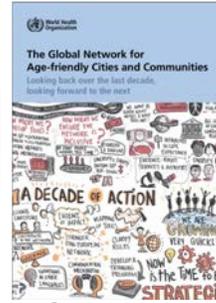
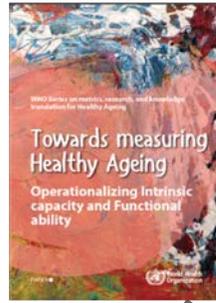
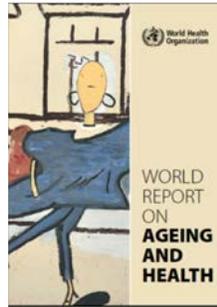


Ministry of Public Health

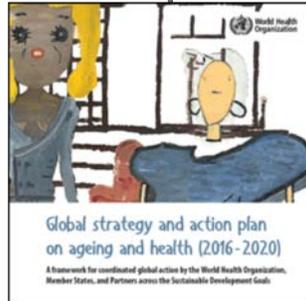
A place to start: address inequities



Netherlands. Prevalence of untreated tooth decay in permanent teeth among adults residing in long term care homes before and after the Gerodent programme (N = 381), compared to the Western European average (Source: Janssens *et al.* 2018)



New WHO Baseline report on *Healthy Ageing*



Mid-term progress



Decade of *Healthy Ageing* 2020-2030



Contribute to WHO's next Report on Healthy Ageing, covering:

Where we are – 2020

Global baseline – levels and distribution - Intrinsic capacity, functional ability, enabling environments and other important indicators linked to WHO's new GPW13 such as care dependence, healthy life expectancy, in 194 countries

- new analysis of existing nationally representative data
- data from new nationally representative surveys
- informed by case studies on information generation & use
- best estimates for countries without data, and plan for strengthening national health information

Where we want to be – by 2030

Goal alignment, targets and Indicators – alternative projections towards potential targets
Scenarios to support planning & investments to optimize impact on peoples' lives

How are we going to get there - working together

What can be done (reflecting systematic reviews, norms in key areas, country experiences evaluated as good practice) : existing or new interventions and what it takes to scale these up to reach all older adults - including better knowledge translation for impact in countries

Research and innovation agenda where new knowledge on what and how is needed

Contributions sought on what can be done – background papers for journal publications and evidence base for policy dialogues

- **Who should be involved – institutions and people**
- **Milestones & Timeline**
 - **Draft for peer meeting – 9-10 October 2019**
 - **Highlight for report – December 2019**
 - **Updated draft for submission – March 2020**
 - **Publication – October 2020**

THANK YOU



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