

**9-10 April 2019**  
**American University of Cairo**

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

# **SDGs and Population Ageing**



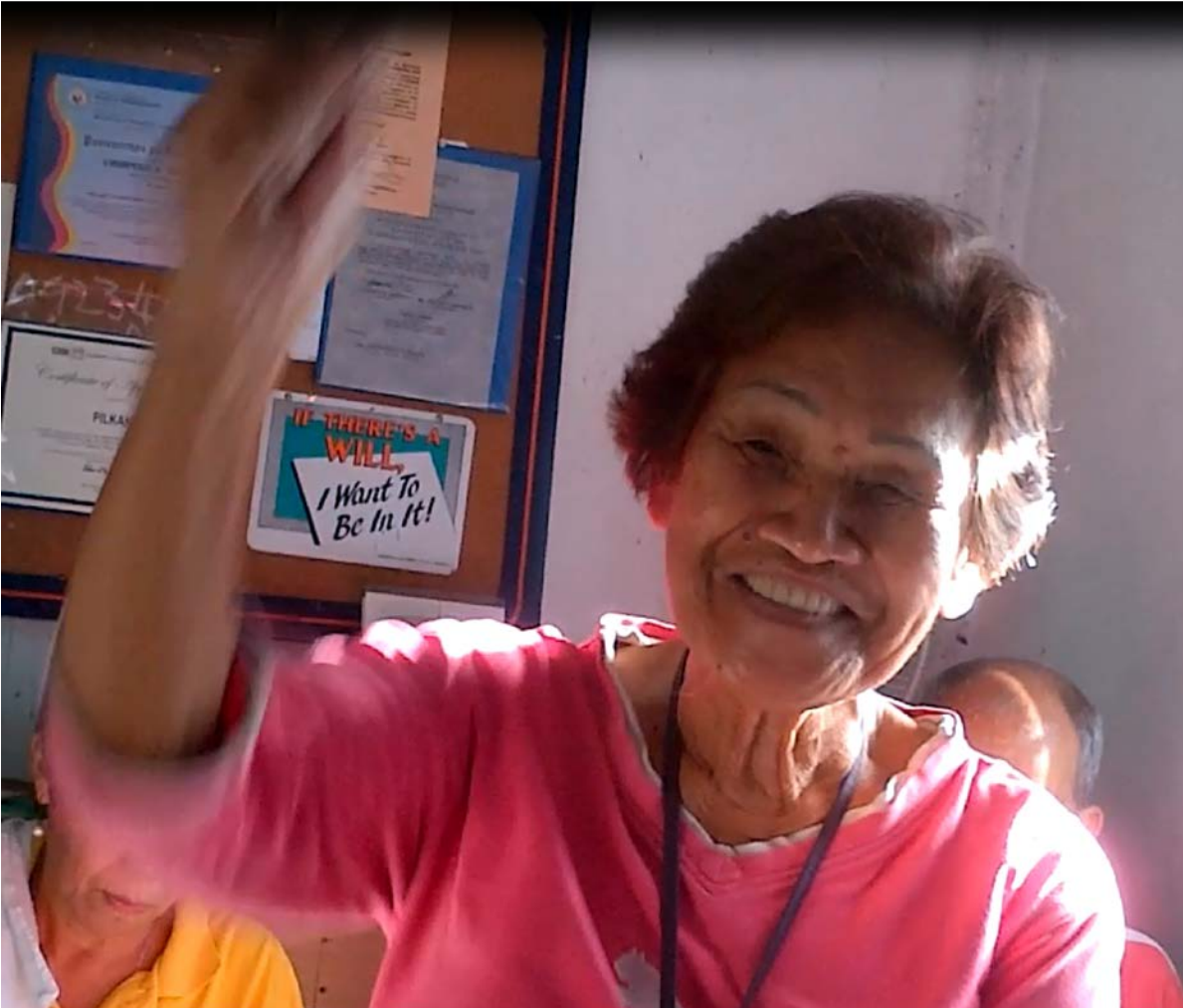
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**Follow on Twitter: [@RituSadana](https://twitter.com/RituSadana)**

# 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

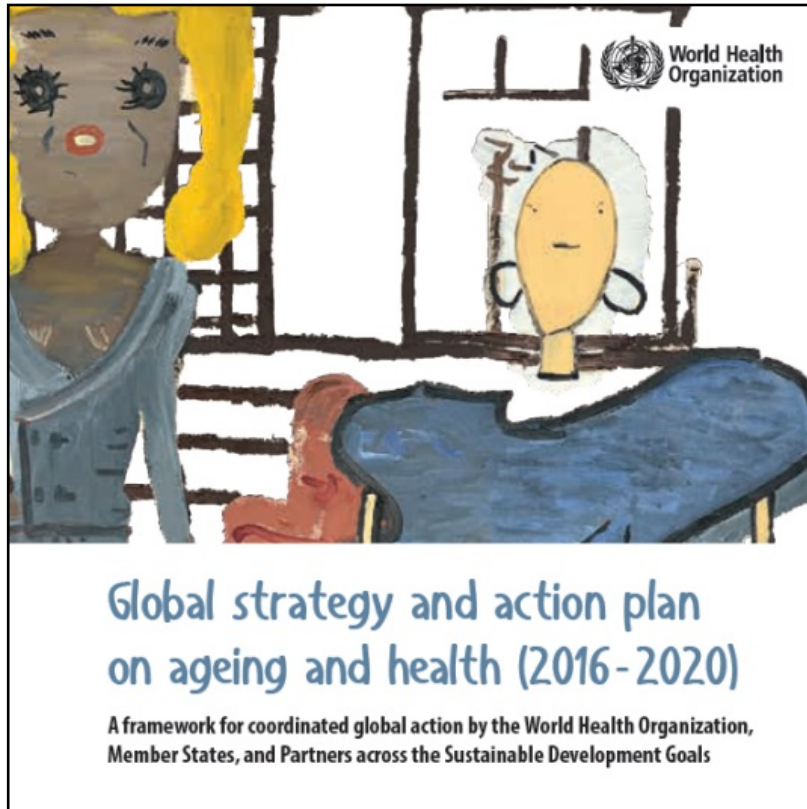
Set up a Decade for Healthy Ageing aligned to the SDGs



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

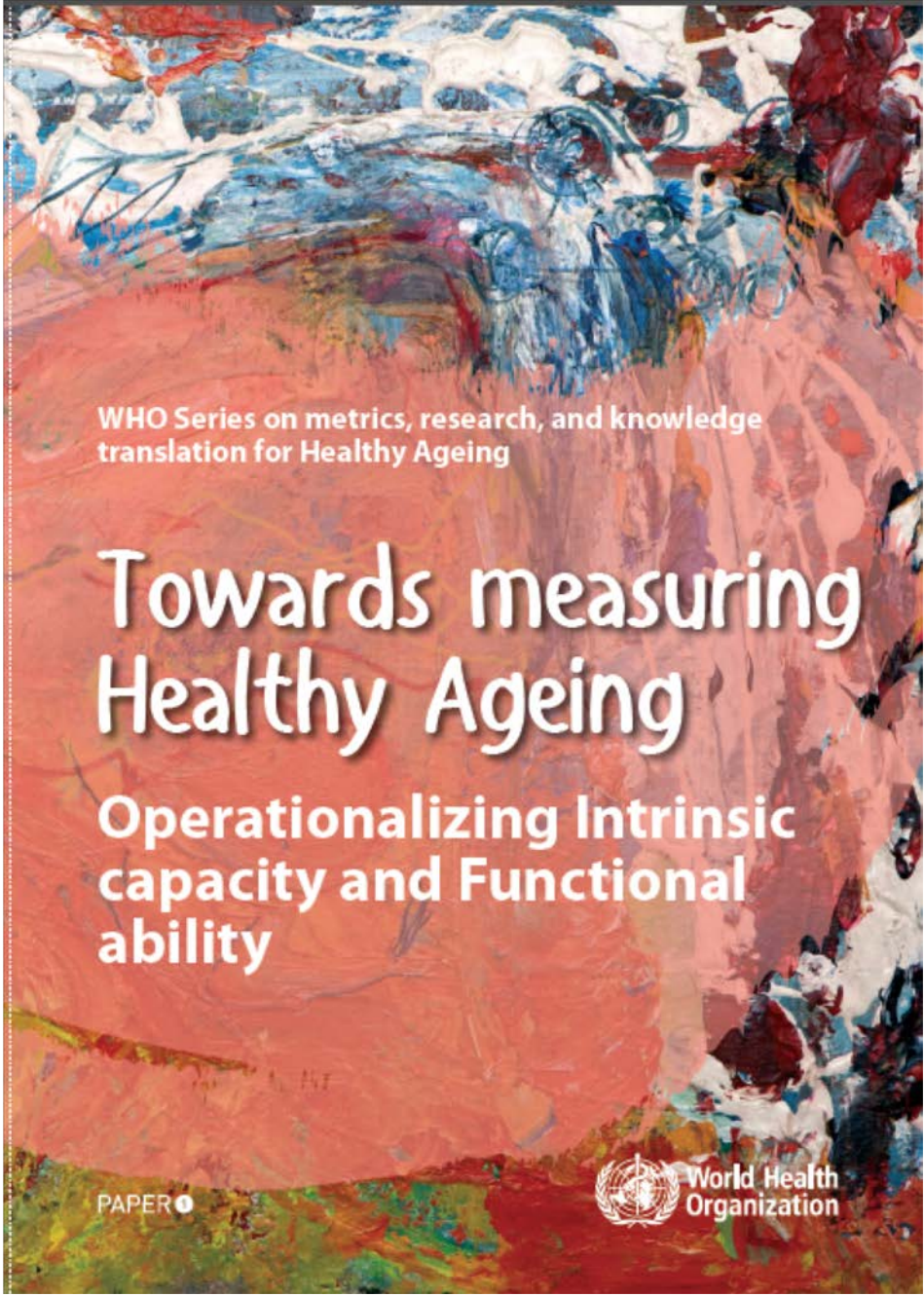
Leave no one behind requires countries to pay attention to health inequalities and act on health inequities

# 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



World Health  
Organization

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

# Building global research for Healthy Ageing

evidence gaps, public  
consultation & strategic  
alignments

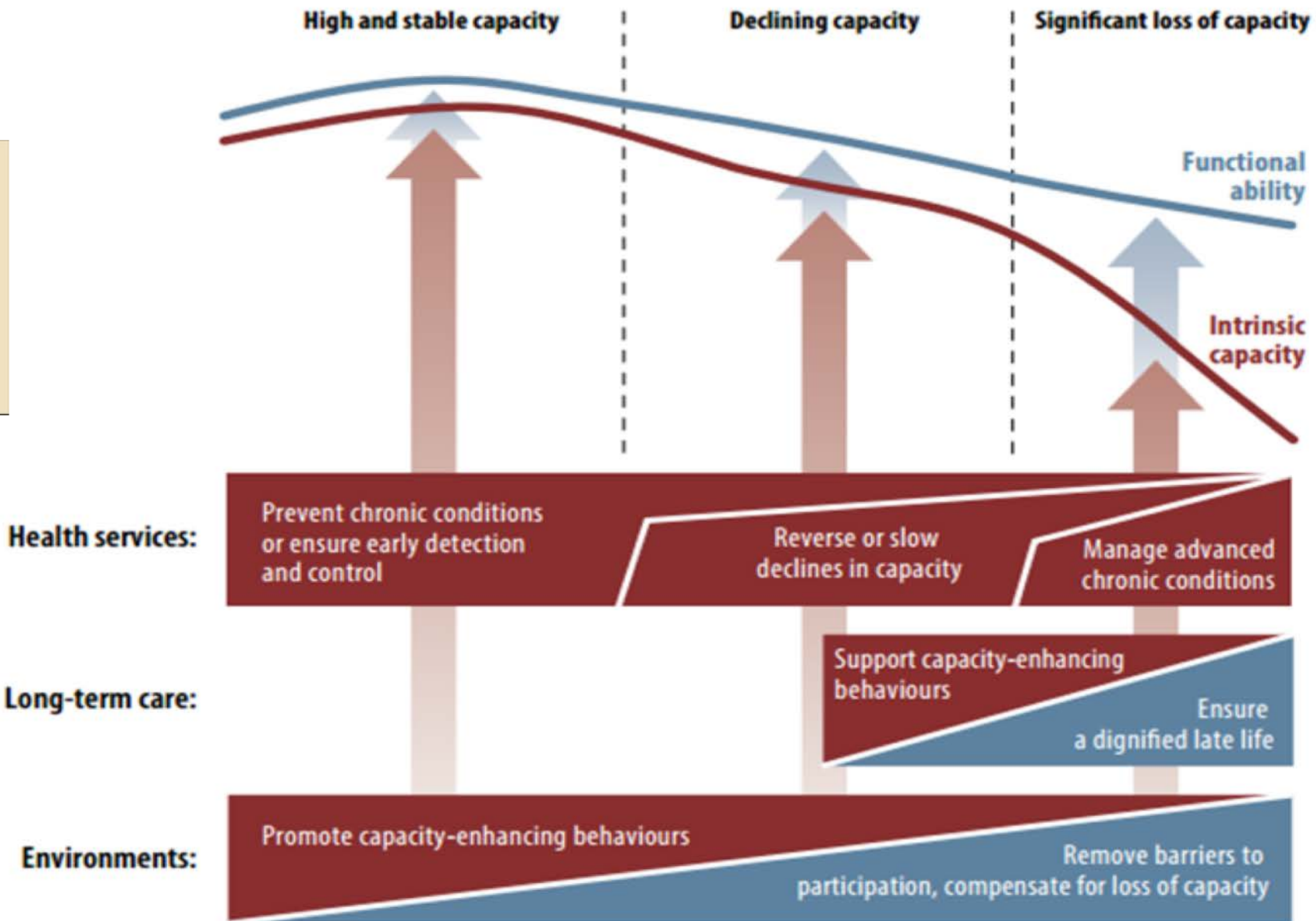
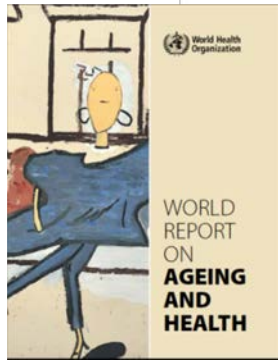
PAPER 2



World Health  
Organization



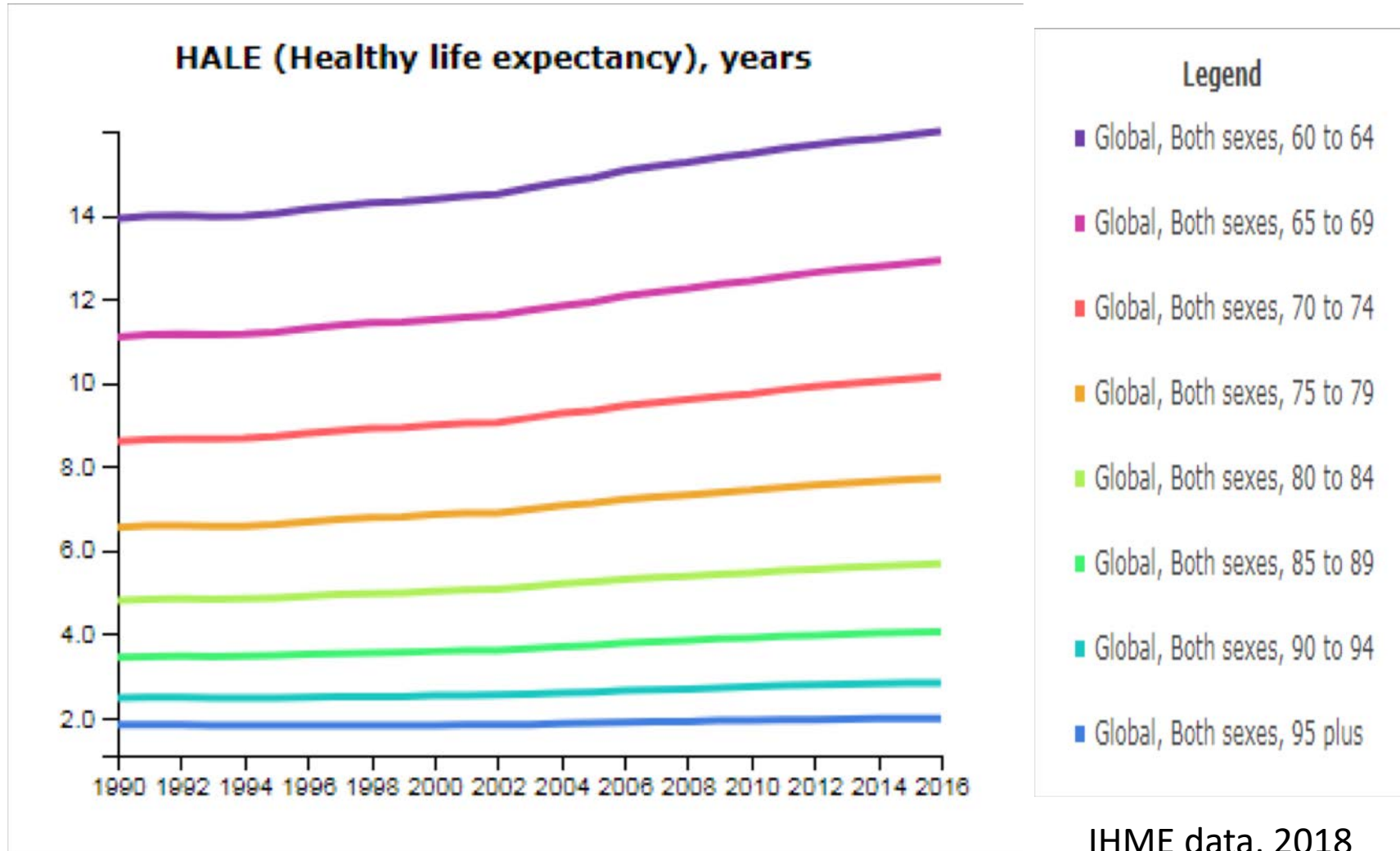
# Ensure evidence drives comprehensive actions



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**

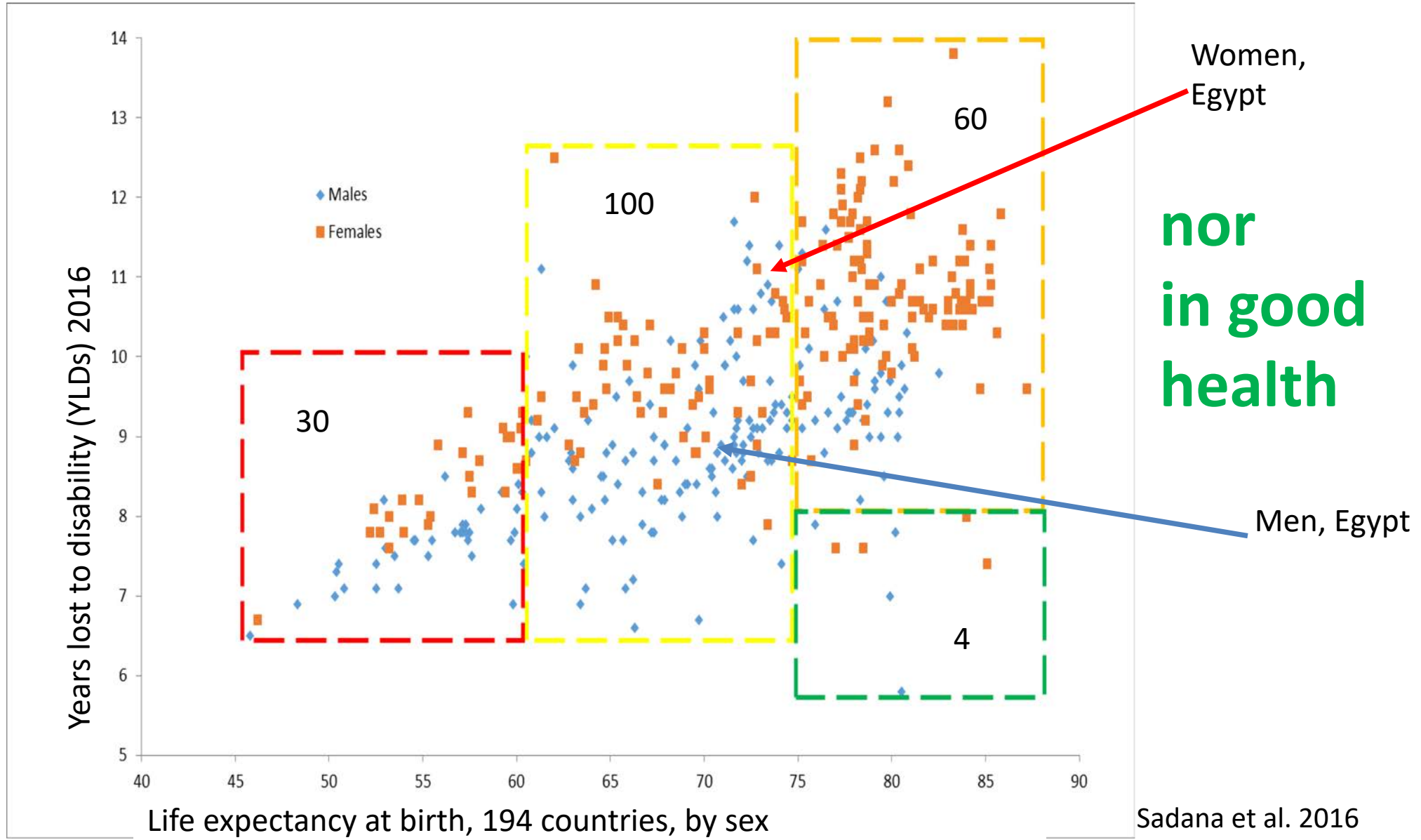
# At every age: global healthy life expectancy

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





# But not all people are living longer



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

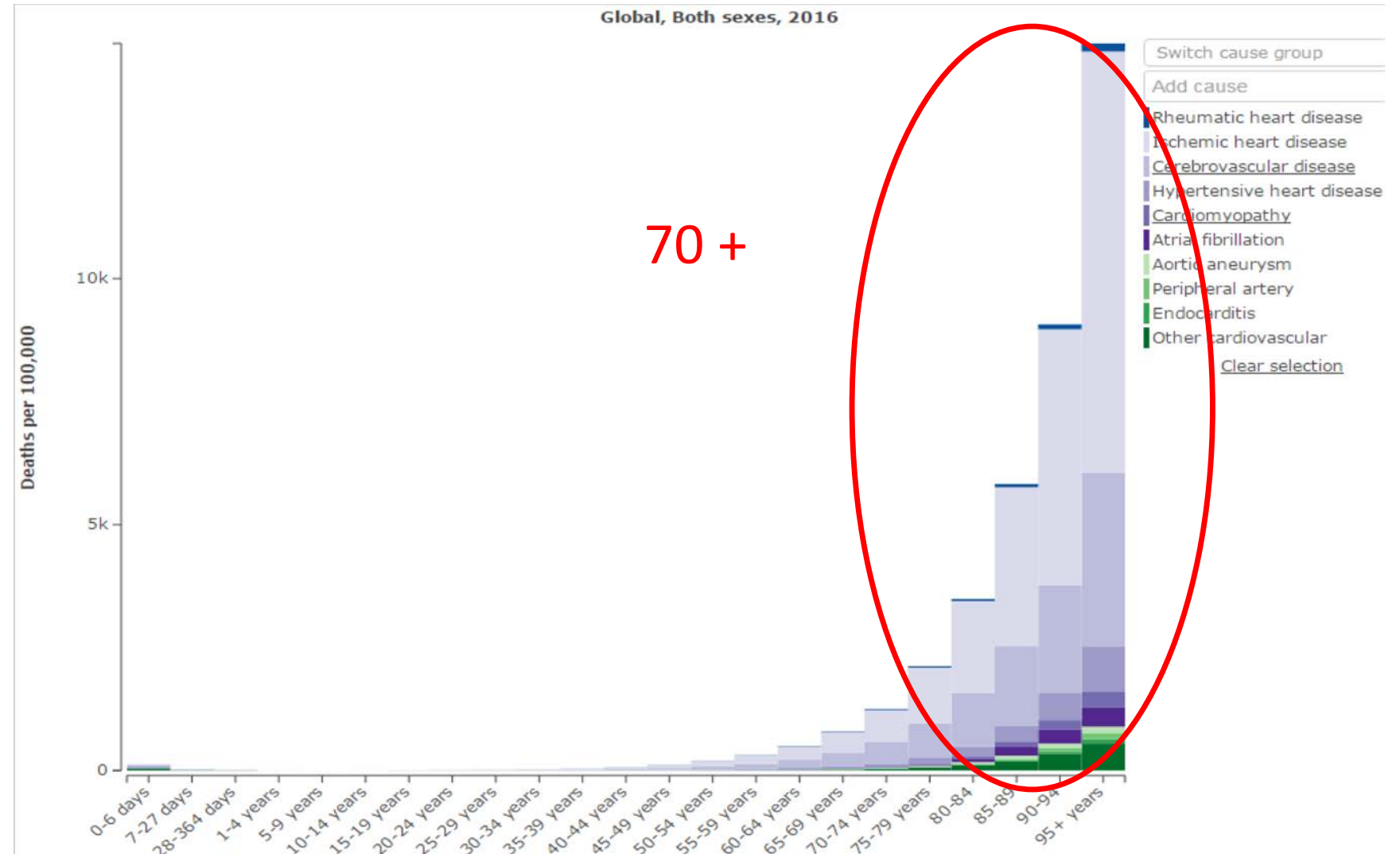
## Goal 3 - Health

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



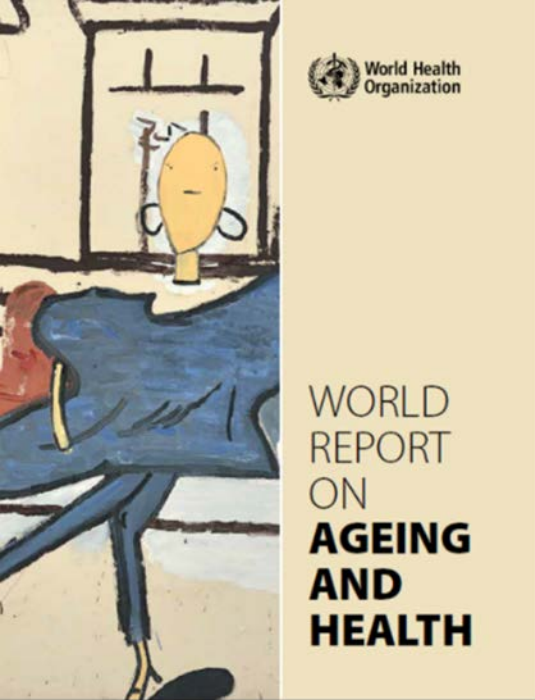
## Titchfield City Group on Ageing and Age- Disaggregated Data



<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

## 2. Healthy ageing

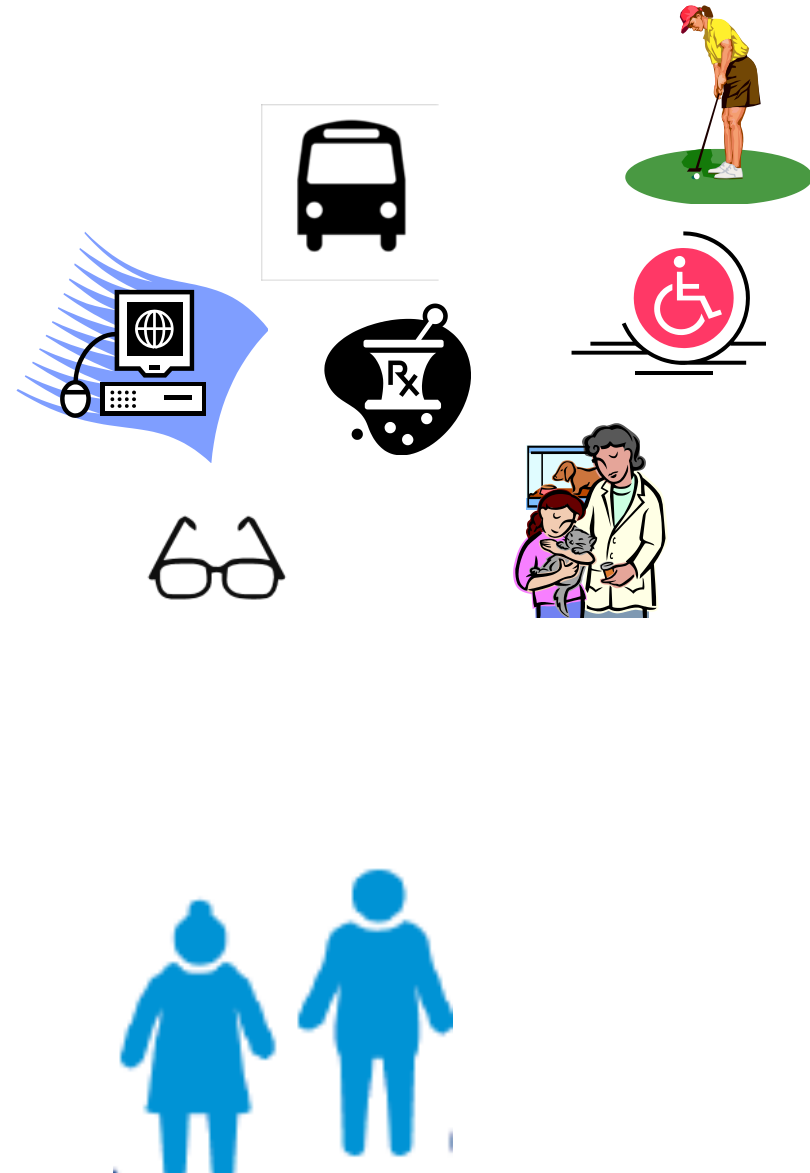


2016

# Healthy Ageing - what is it?

## Two Components (Sen's capabilities approach)

- Functional ability reflects the interaction between individuals' intrinsic capacity and **the environment they are living in.**
- Intrinsic capacity is determined by many factors, including underlying physiological and psychological changes, health-related behaviors and the presence or absence of disease – “within the skin”



# 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**;

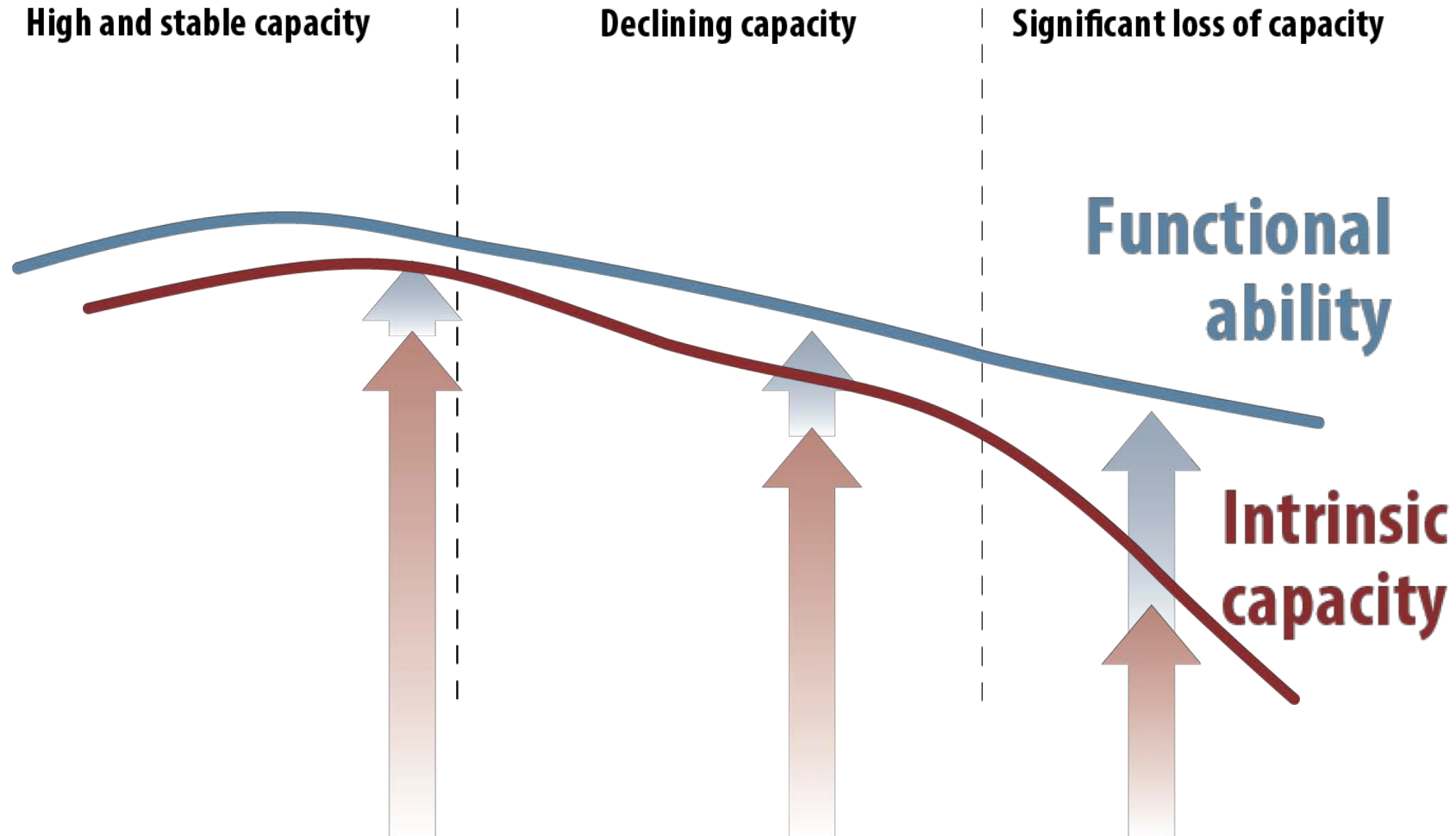
Goal 10. **Reduce inequality** within and among countries, by promoting the social, political and economic inclusion of all, **irrespective of age**;

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

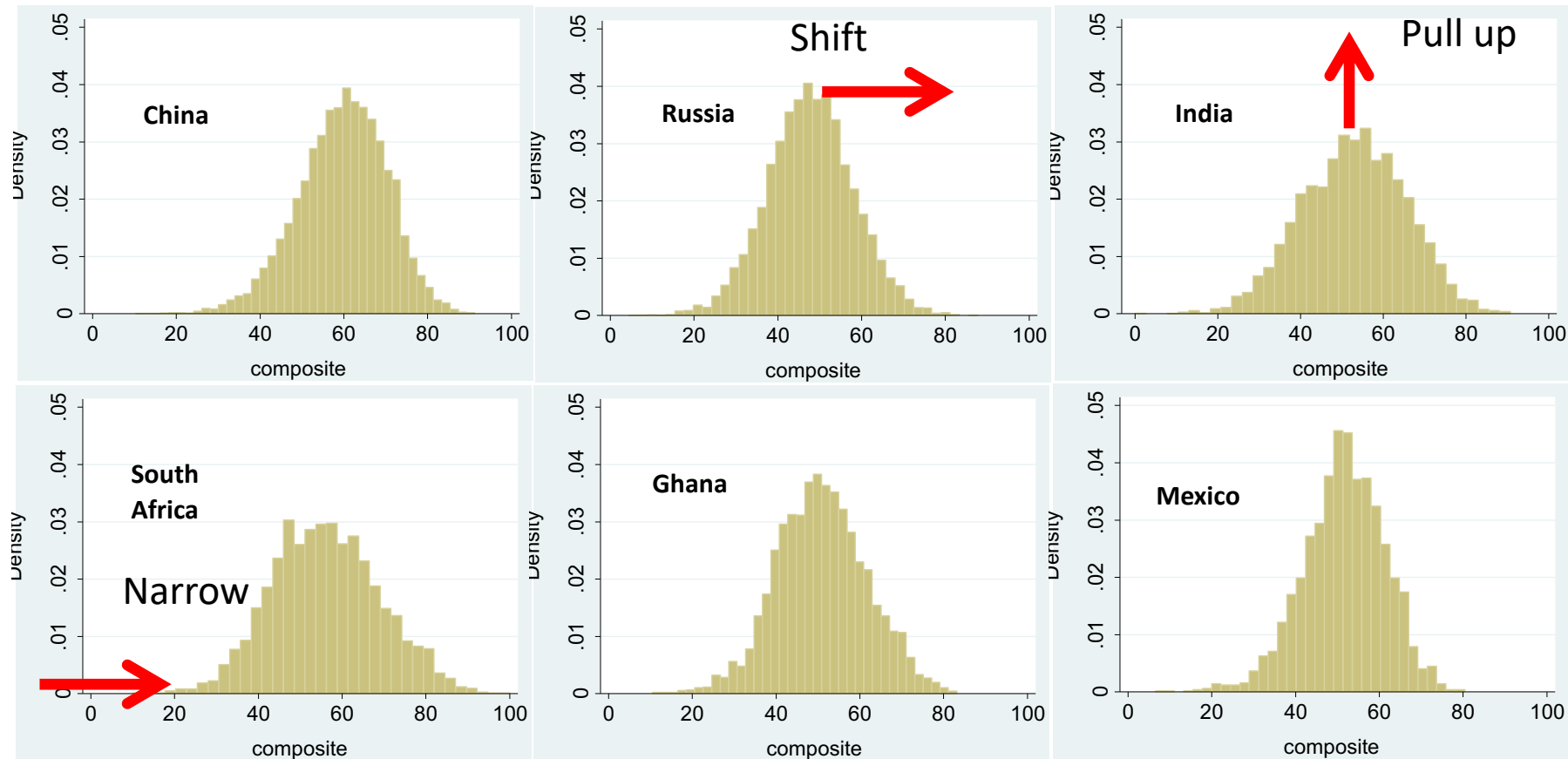
5 potential sub domains





# Distribution of intrinsic capacity score

(WHO world population standard, 50+, both sexes)



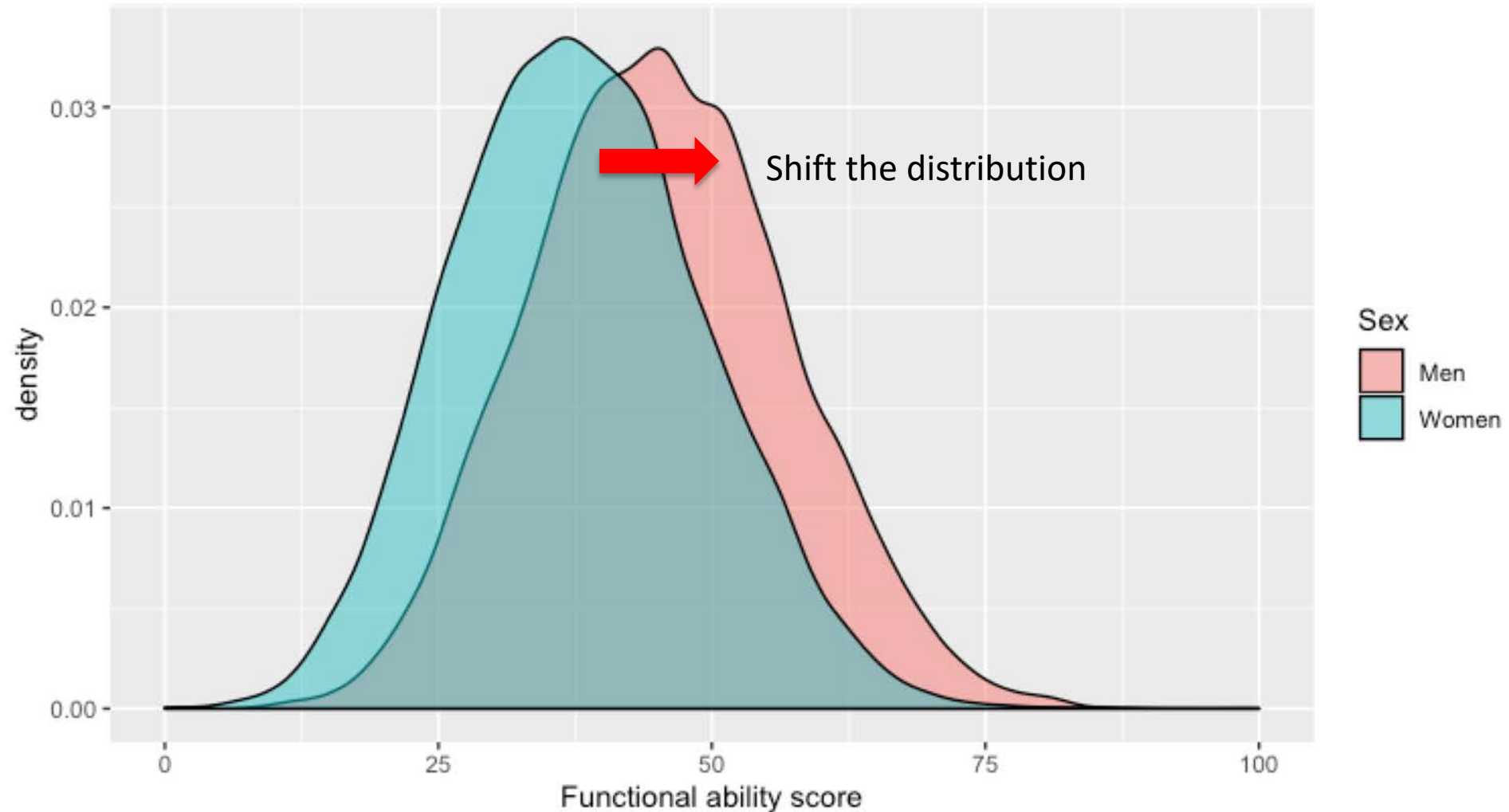
*Source database: SAGE, WHO, wave 1, cross sectional data*

# Mobility, a sub-domain of Functional Ability



# Distribution of functional ability (LASI 2018)

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

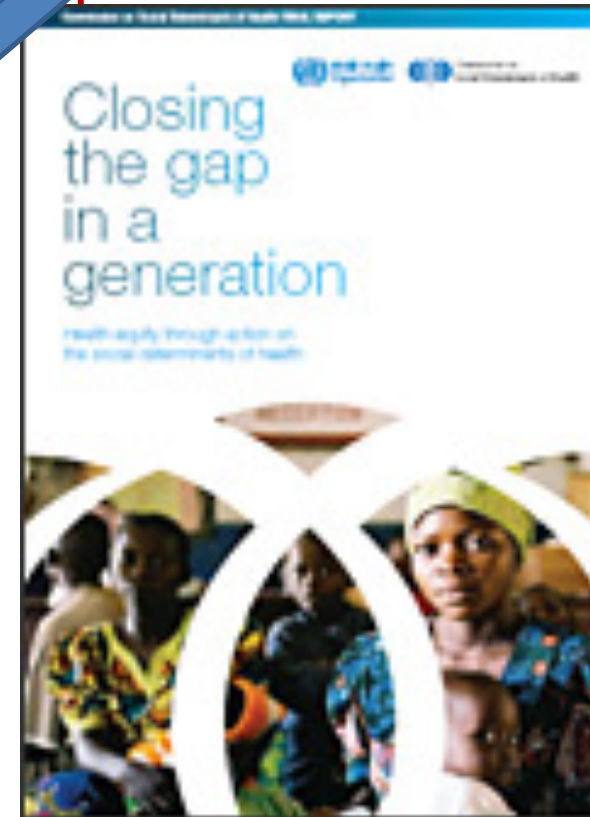
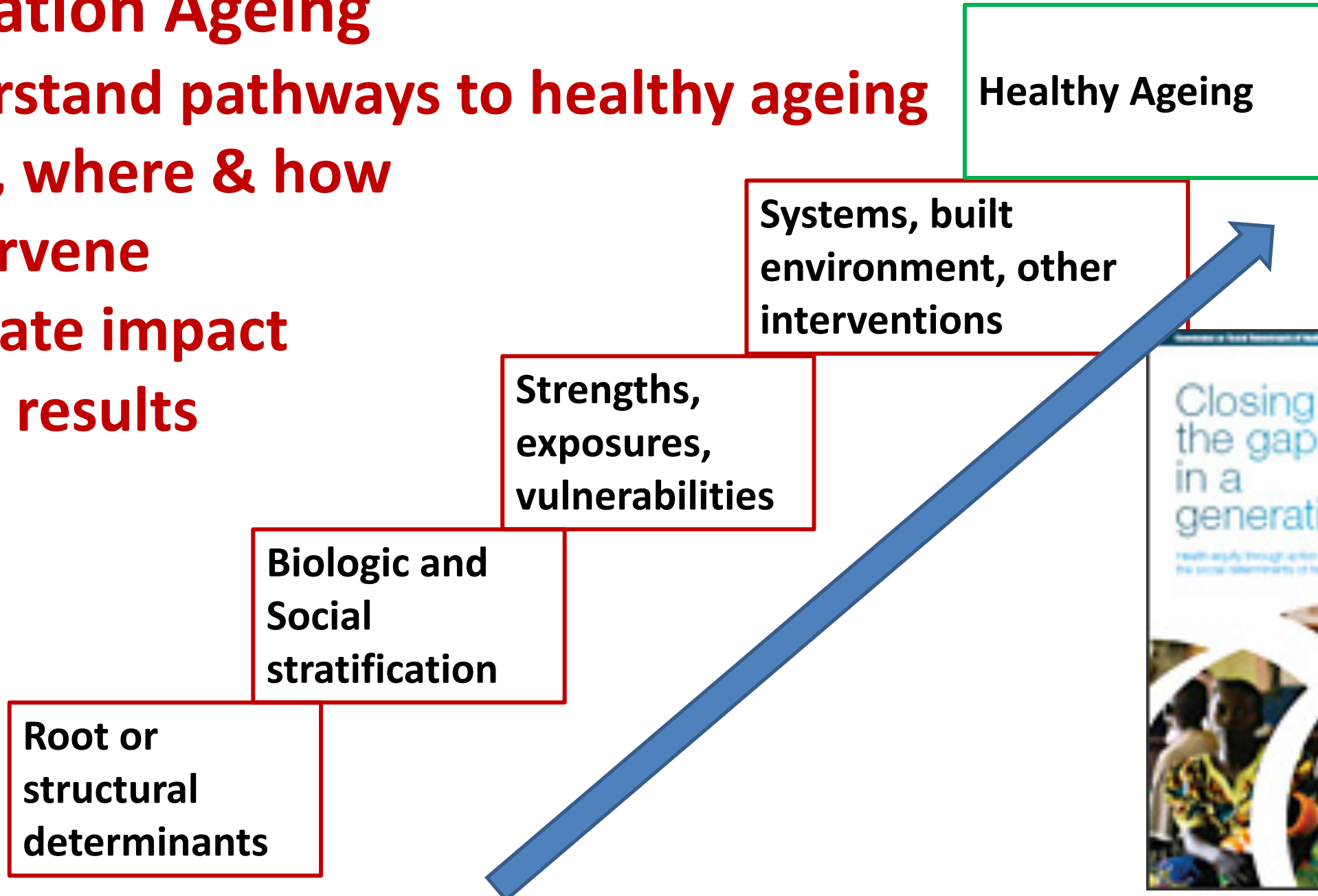


### **3. What can be done - at scale**



# Population Ageing

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

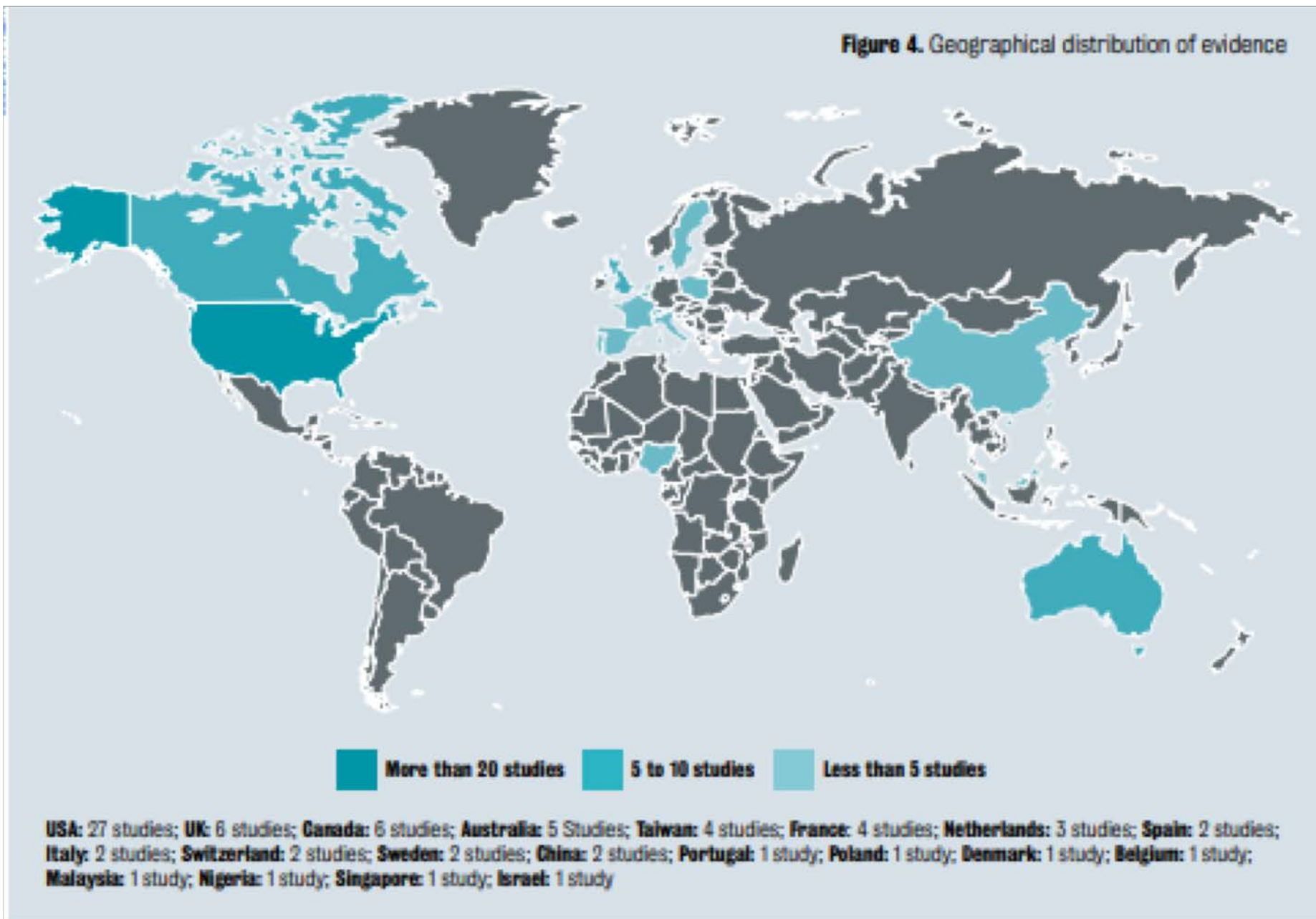


# Some determinants of Healthy Ageing: systematic review of 65 longitudinal studies focusing on individuals (Krajl et al. 2018)

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



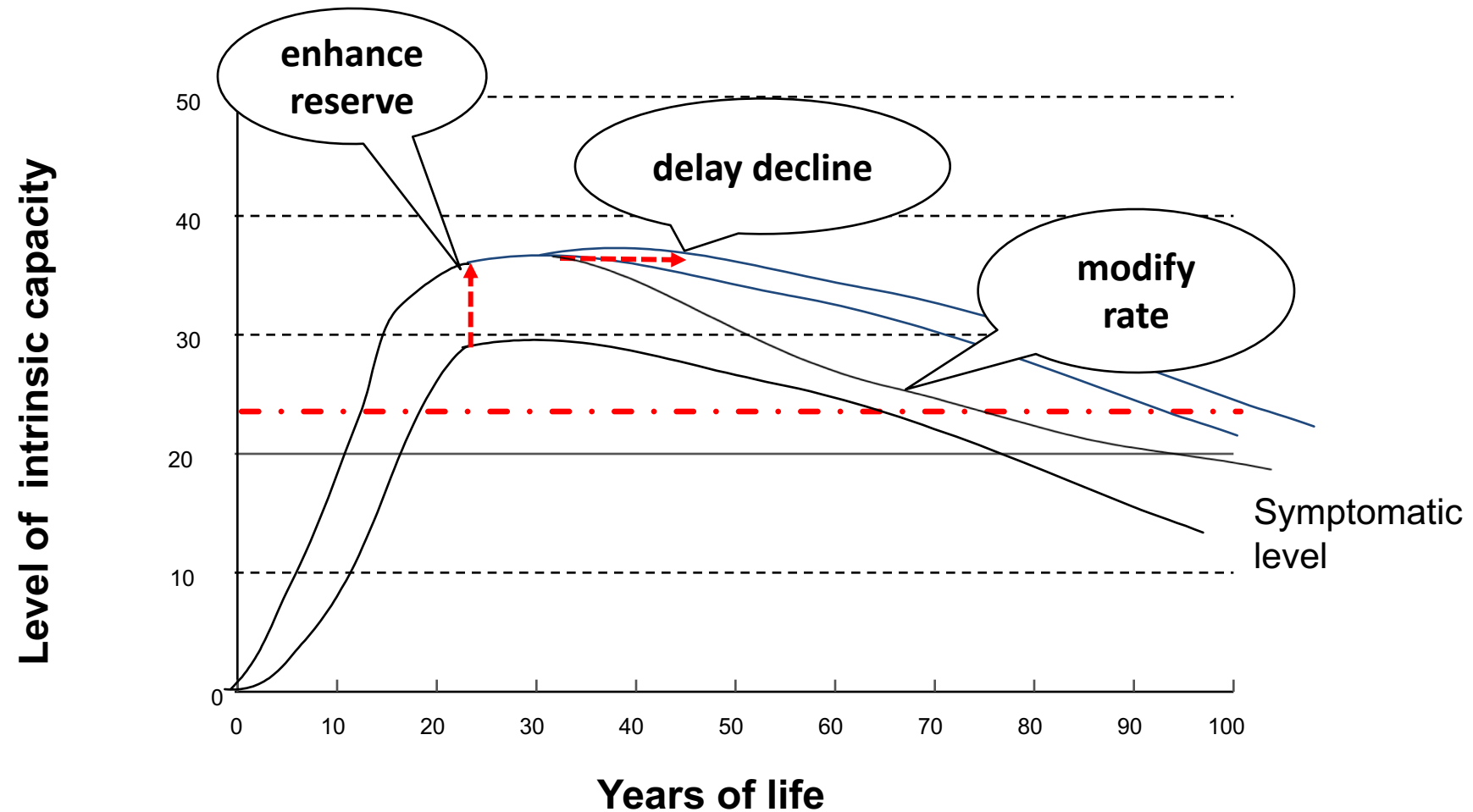
Only 4 countries that are not high income with published studies included (Kraji et al. 2018)

**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**

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

# 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

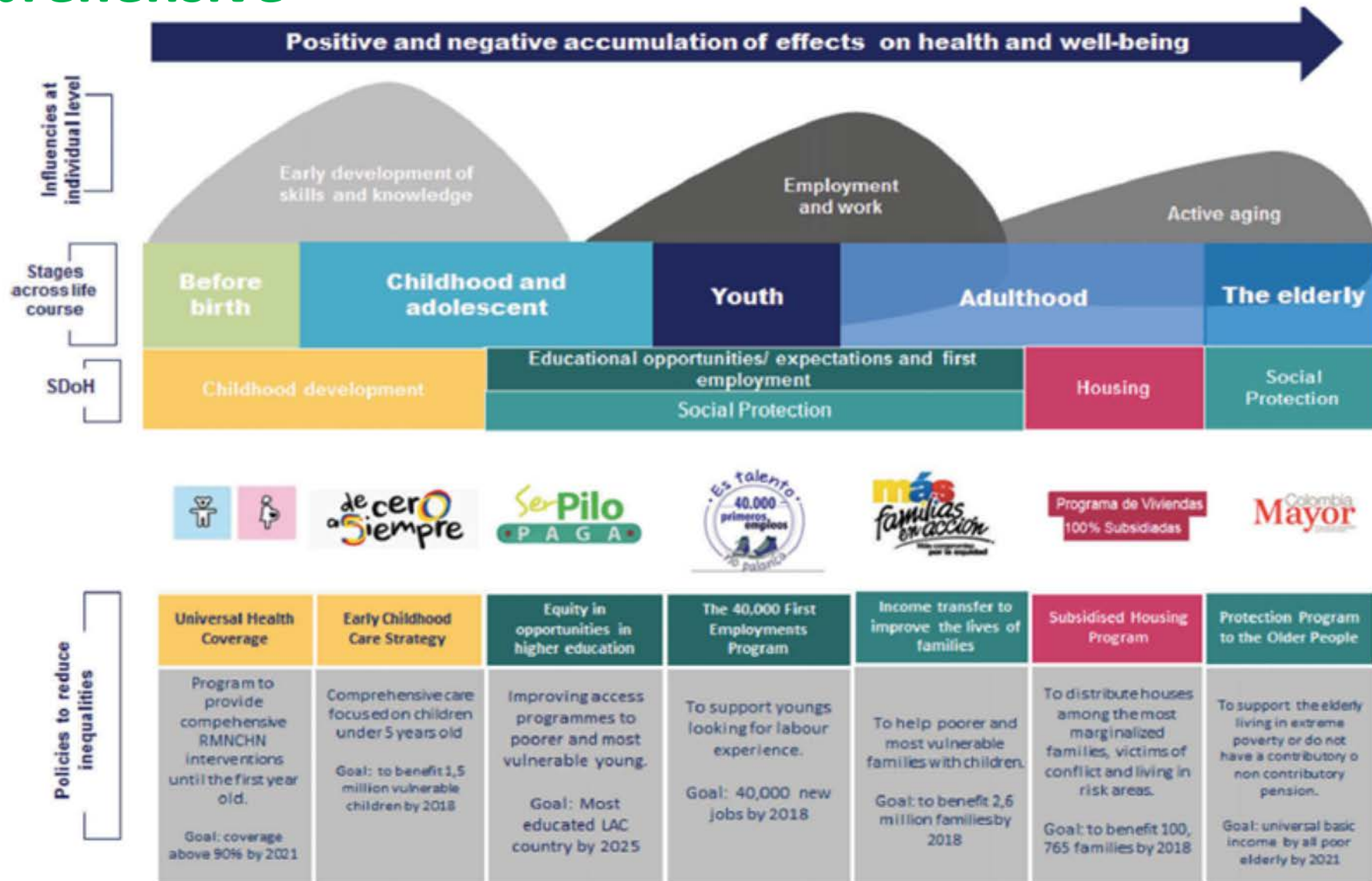
**1. Number of countries with a focal point on ageing and health in the health ministry**

**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

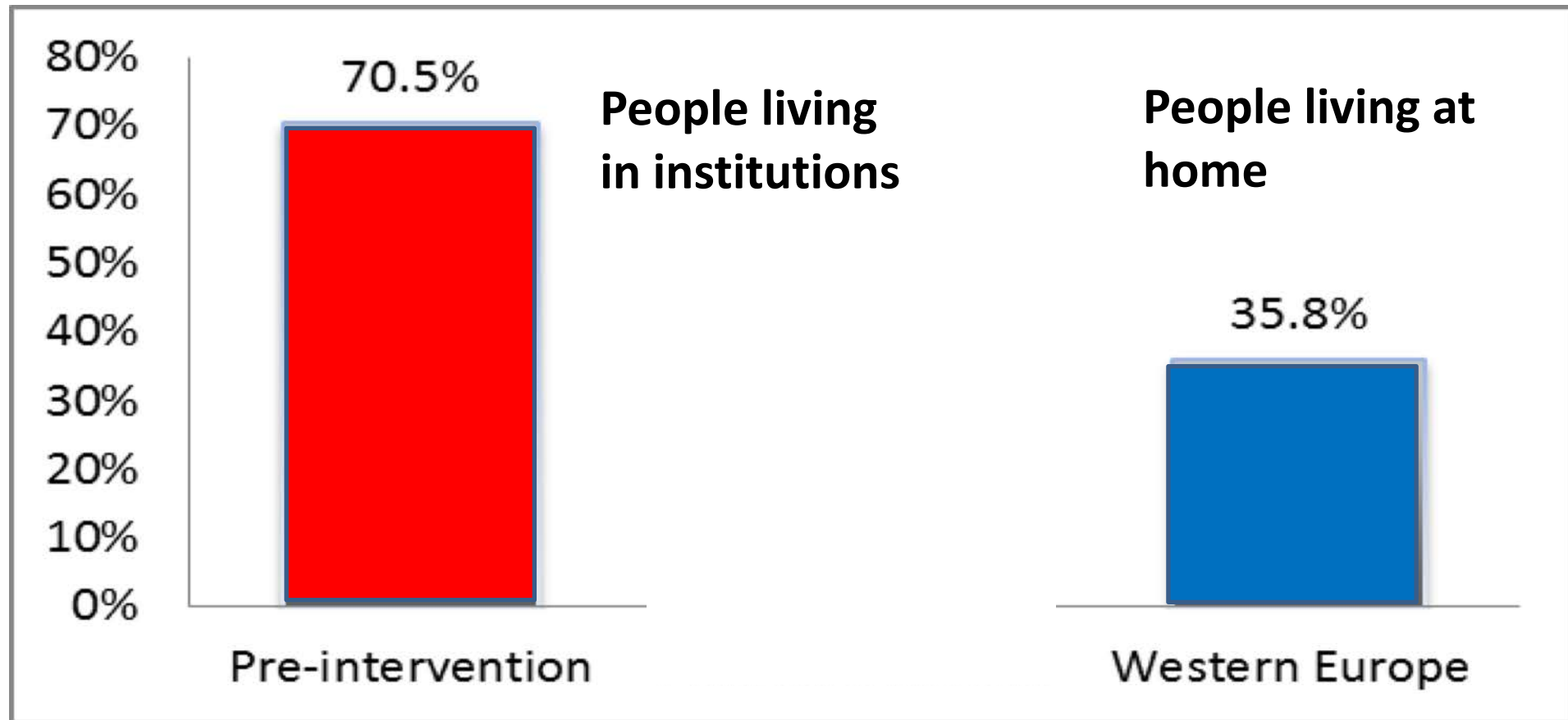
- HA1 population based surveys – needs assessment
- HA2 increase health literacy
- HA3 services that promote healthy active ageing
- HA4 programs to improve mobility
- HA5 comprehensive geriatric assessment
- HA6 easy accessibility of services
- HA7 community rehabilitation and geriatric services
- HA8 continuity of care
- HA9 integrated home care service
- HA10 monitor and address cognitively impaired population
- HA11 compassionate end of life care



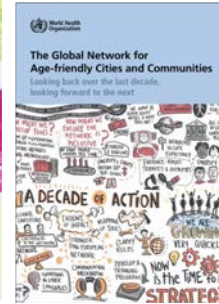
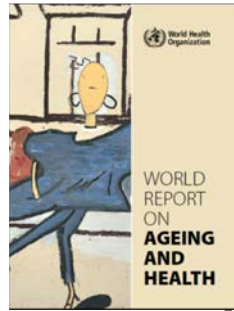
Ministry of Public Health



## 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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