Developing global research policy for healthy ageing & collaboration opportunities

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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
1. Transformation Requires Strategy and Accountability
2. Disease Burden and Care Needs & Age Friendly Environments
3. Systems' Perspective for Research
4. Monitoring Impact
5. Opportunities to Work Together
Longer lives

Requires a transformation

60 years

+20 years

60 years

+20 years
WHO Global strategy and action plan on Ageing and Health 2016-2020

- National Commitment
- Age friendly communities and environments
- Health Systems aligned to older adults needs
- Long term care systems
- Monitoring, research and evidence
Ensure evidence drives comprehensive actions

- **Health services:**
  - Prevent chronic conditions or ensure early detection and control
  - Reverse or slow declines in capacity
  - Manage advanced chronic conditions

- **Long-term care:**
  - Support capacity-enhancing behaviours
  - Ensure a dignified late life

- **Environments:**
  - Promote capacity-enhancing behaviours
  - Remove barriers to participation, compensate for loss of capacity
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
Intrinsic capacity: sub-domains and relationships
forthcoming (USA, Health & Retirement Study 2016)

Normative/Concept driven – 10 domains

Empirical/Data-driven – 11 domains

- Cardiovascular
- Cognitive
- Genitourinary
- Hematological
- Immune
- Metabolism
- Neuromusculoskeletal
- Psychological
- Respiratory
- Sensory
Distribution of intrinsic capacity score
(WHO world population standard, 50+, both sexes)

Source database: SAGE, WHO, wave 1, cross sectional data
2. Disease Burden and Care Needs

- **Increased importance of Non Communicable Diseases (NCDs) for older adults globally**

- **The response must manage and provide integrated chronic care** – not only primary and secondary prevention – and social care for those who are care dependent
Integrated care for older people
Guidelines on community-level interventions to manage declines in intrinsic capacity

- Improve musculoskeletal function, mobility and vitality
- Maintain sensory capacity
- Prevent severe cognitive impairment and promote psychological well-being
- Manage age-associated conditions such as urinary incontinence
- Prevent falls
- Support caregivers
Screening for declines in Intrinsic Capacity (IC)

1. Those with declines are referred for comprehensive assessment
2. Design a care plan
3. ICOPE Approach

- Oral supplemental nutrition
- Cognitive stimulation
- Strength and resistance exercise
- Home adaption to prevent falls

Photo credit:
1. National Cancer Institute/ Rhoda Baer
2. U.S. Air Force photo/Senior Airman Omari Bernard
3. Own work/ Ewien van Bergeijk - kwant
Age Friendly Environments

• Increased recognition that individual capacity at all levels, can be boosted with age friendly environments (social, natural and built)

• The response must increase commitment to services and built environment – a mix of universal (for all ages) and targeted (for different levels of capacity)
WHO AGE Friendly Cities and Communities Network

- Leverages 14 Affiliate organizations
- 821 Cities and Communities
- 40 Countries

agefriendlyworld.org/en/who-network/
Distribution of functional ability
(LASI, preliminary data, 2018)
(Minimal goal - shift women’s distribution to be equal to men’s)
3. Systems' Perspective for Research

• Building up global research policy for Healthy Ageing that impacts peoples' lives – optimizing their functioning, addressing wide range of determinants

• Identify what can be done, where and how to do it, and innovations needed to scale up for measurable impact on people’s lives

• Priorities, Standards, Capacities, Translation
The WHO Strategy on research for health, 2012
Priorities - WHO Global Consultation on Research Priorities for Healthy Ageing

How should research questions be assessed out of 100 points?

- Improves Equity: 15
- Answerable: 15
- Feasible: 15
- Applicable: 20
- Improves Healthy Ageing: 35

Respondents from 77 countries in all 6 WHO regions, 2017
Data sources in public domain – Progress monitoring of the Global Strategy and Action Plan on Ageing and Health 2018 - 194 countries

Cross-sectional
Only 54 countries

Longitudinal
Only 35 countries

10 indicators full results: www.who.int/ageing/commit-action/measuring-progress/en/
Translation – outputs

Publications addressing Healthy Ageing, 2002-2016

Number of publications per year

Year of publication

Source: PubMed
Translation – outputs synthesized

http://globalageing.cochrane.org/
Translation – outputs with impact

www.iSupportforDementia.org
Financing – catalyse innovation and sustainability – other models exist

accelerating research & development for TB

leverage market for innovation
4. Monitoring Impact

- Adding life to years, ensuring no one left behind so that functioning is optimized and health inequities are reduced across the life course
Documenting relationship between Healthy Ageing domains and subdomains from 50+ national surveys
Monitoring Impact

• Better measures, monitoring in more countries & data useful for decision making and accountability are needed
  - that are disaggregated across life course;
  - use estimates where data does not exist;
  - and strengthen country data systems.
Development assistance for health & health burden in 2013

Skirbekk et al. 2017 based on IHME
5. Opportunities to Work Together

• Unprecedented opportunity to align national, regional & global priorities starting now, to reach SDGs inclusive of older persons
• Create major research call, linked up effort across network
• Increase ageing topics in curricula
• Further develop implementation science research
• Increasing health education activities
• Encourage public-private partnerships & strengthen evidence base for age friendly communities
• Increase local communities’ role with health promotion & long term care
• Change development model from focusing on medical treatment, to population health, and promoting older adults (such as over 60 or 65+) coverage within comprehensive/integrated care

• National Observatory on Ageing – documenting disease burden across different age groups, at local levels, and informing ad hoc and planned, national & state action plans

• Increase research funding and availability of public data sets, including longitudinal surveys and survey data linked across different sectors, in countries and regions

• Increase scoping reviews and evidence synthesis on high priority topics, such as long term care that are relevant to
5. Opportunities to Work Together

- Contribute to WHO report on Healthy Ageing, with peer review meeting, 9-10 October 2019

- Conduct evaluations and intervention research AND evidence synthesis on what can be done + Knowledge translation to implement

- Participate with major funders, medical research councils & research institutions from around the world* who have agreed to pursue a "Linked up" call for healthy ageing research & capacity strengthening, to launch the Decade of Healthy Ageing

* including DG Research EC, US National Institute on Aging, Wellcome Trust, French INSERM, Canadian Institutes of Health Research, Japan Agency for Medical Research & Development + WHO Collaborating Centers in Italy, Spain, Switzerland + many more