



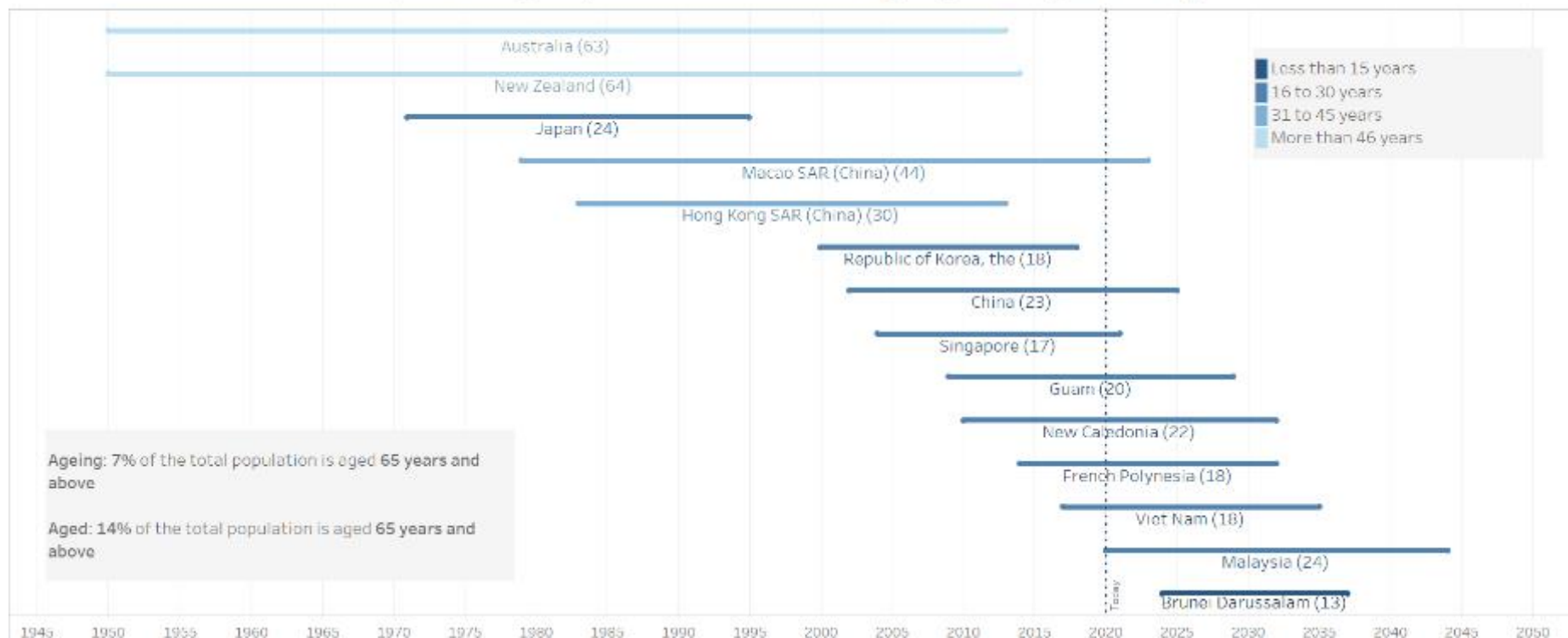
# Promoting Healthy Ageing in the Western Pacific Region

All countries need  
to take early  
action to prepare  
for population  
ageing



# Speed of ageing in the Western Pacific

Speed of Ageing: time taken from an ageing to an aged society



# Turning challenges...



Increased burden of NCDs and chronic conditions

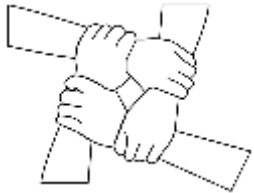


Growing demand on health and social systems to accommodate diverse needs

## ...into opportunities



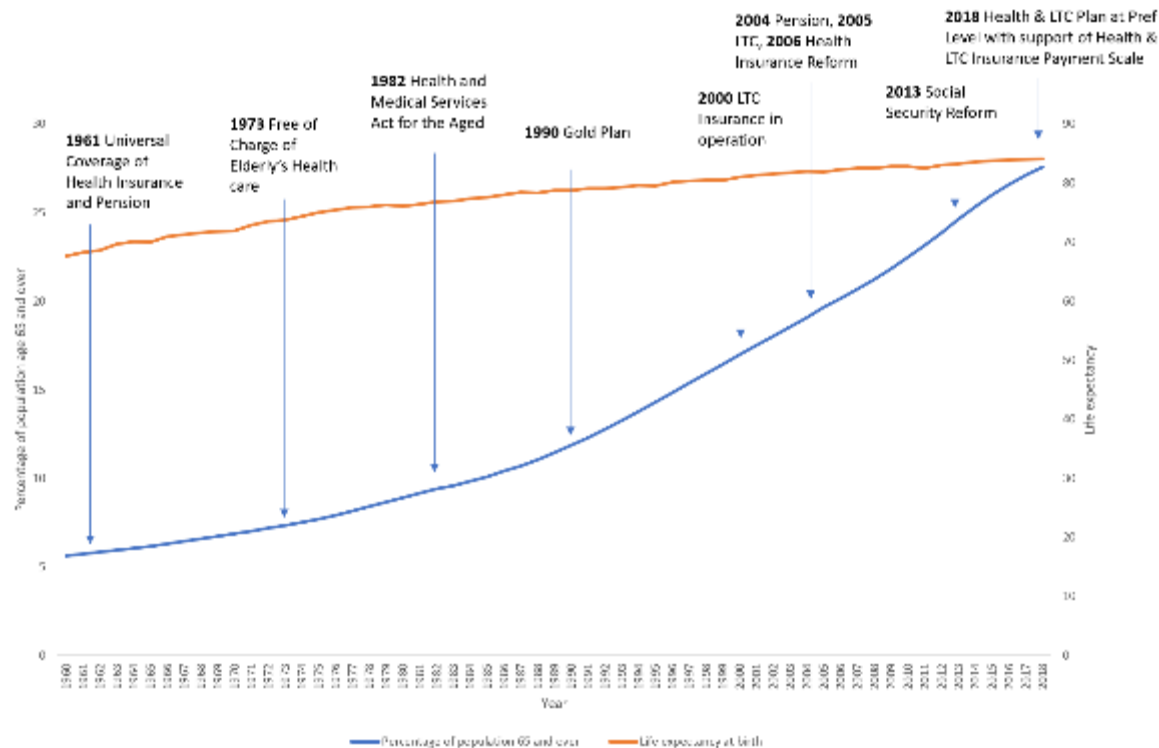
Active and healthier older adults engaging in many more meaningful activities and interests across a longer lifetime



More experienced and knowledgeable older adults are contributing in many ways to families, communities and society

Taking  
early action  
can yield  
significant  
returns for  
individuals  
and for  
society

Japan's early investments into the health and long-term care has contributed to improvements in life expectancy



Source: Nakatani, 2019

# COVID-19 can be a momentum for Healthy Ageing

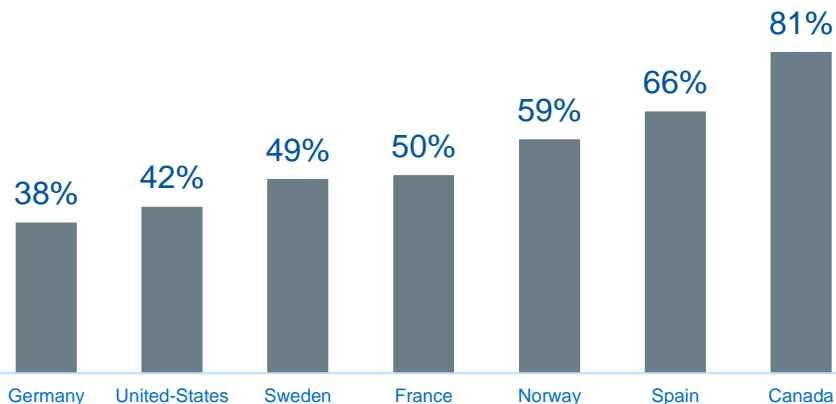
## Challenges

Older people are disproportionately affected both in terms of disease threat and socioeconomic consequences

## Opportunities

Unprecedented awareness around gaps in care for older people and urgency to take action for healthy ageing

% of COVID-19 deaths in LTC facilities



ECDC Public Health Emergency Team, 2020; Canadian Institute for Health Information, 2020; New York Times, 2020



# *Regional Action Plan on Healthy Ageing in the Western Pacific*





# Developing the Regional Action Plan



Photo by courtesy of HelpAge International in Vietnam

Oct 2019

- Members States requested WHO to develop a regional action plan on healthy ageing at RCM70

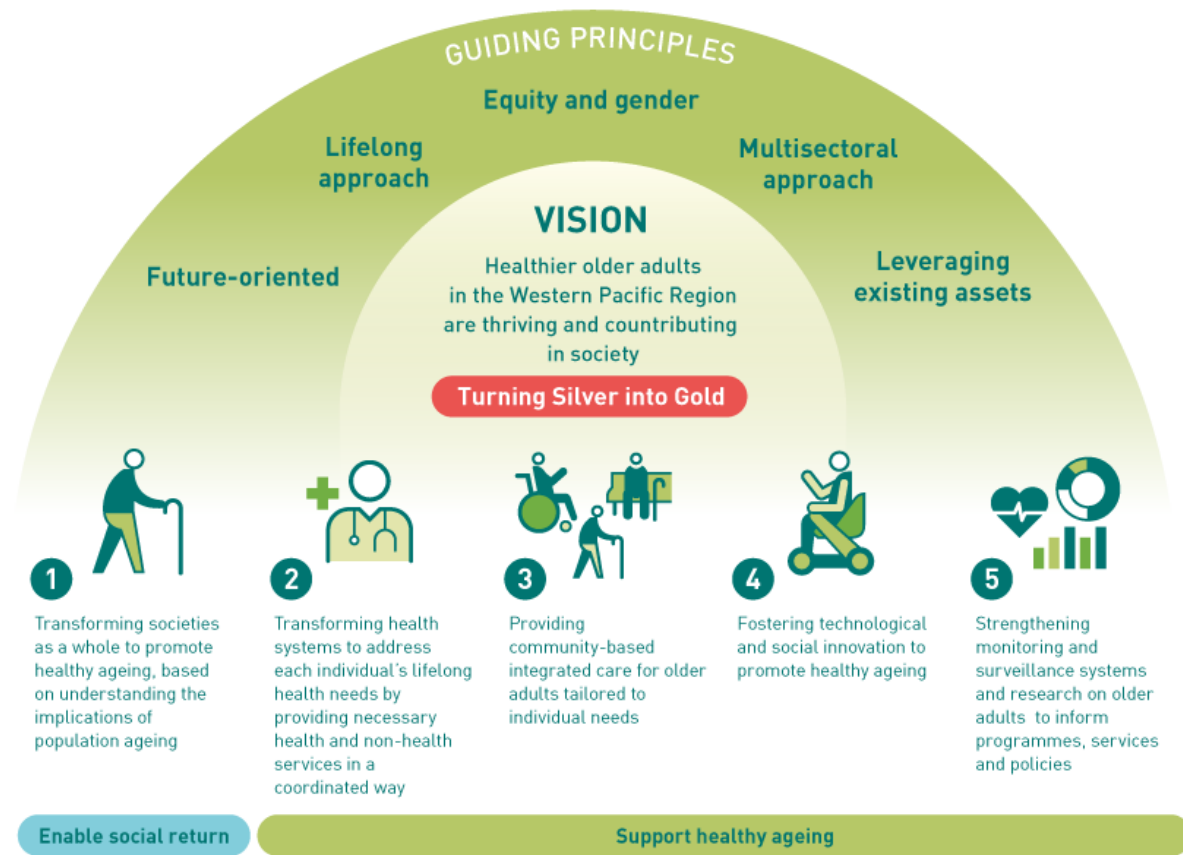
Jan –  
Sept 2020

- Develop draft of the Regional Action Plan in consultation with experts/partners in the Region and with Member States

Oct 2020

- *Regional Action Plan on Healthy Ageing in the Western Pacific* was endorsed at RCM71

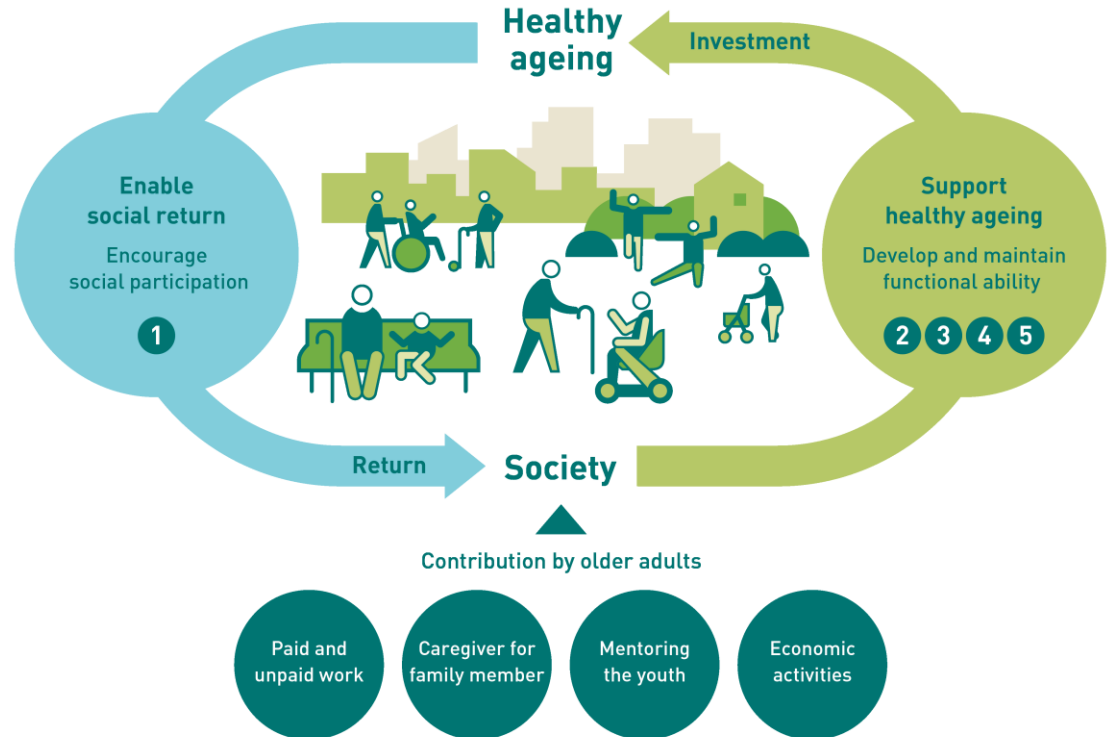
# Framework for Regional Action Plan



# Objective 1: *Transforming societies as a whole*

## Changing the narrative on ageing

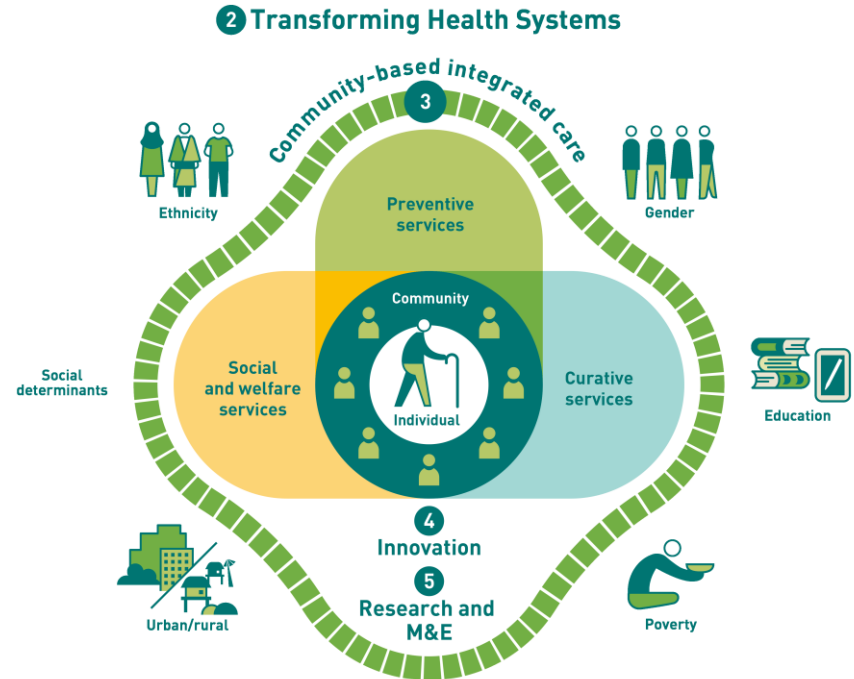
- Understanding the broader implications of population ageing
- Policy transformation across sectors to foster age-friendly societies
- Advocacy to create positive culture around ageing



## Objective 2-5: Transforming health systems

### Adapting to changing disease burden

- Providing integrated and coordinated delivery of curative, preventive and social/welfare services
- Emphasize health promotion (promote healthy behaviours, foster enabling environments and address the social determinants of health)



# Implementation: Key Success Factors



Political commitment, capacity building and leadership



Multisectoral and multi-stakeholder coordinating mechanism and plan at national level



Well-designed system and policies to promote healthy ageing



Positive public perception and support for healthy ageing



Sufficient funding and human resources for implementation

# Implementation: Milestones



	Actions Today	2025	2030	2040 (Goal)
<i>Milestones</i>	<p><b>Countries start advocacy, planning and implementation</b></p> <p><b>Advocacy</b> (raising awareness and building case for social transformation)</p> <p><b>Technical guidance</b> and materials</p> <p><b>Planning</b> (e.g. national plan)</p> <p><b>Implementation</b> with existing services and resources</p> <p><b>Research</b> for social and technological innovation</p>	<p><b>Countries have necessary policies and systems for healthy ageing</b></p> <p>Implement national policies for healthy ageing (e.g. life-long employment and education and/or anti-ageism)</p> <p>Establish the multi-sectoral coordinating mechanism at national and community-levels</p> <p>Identify resources for different sectors to foster health system transformation and age-friendly environments</p> <p>Adopt social and technological innovation</p> <p>Start collecting data for older people's health and life</p>	<p><b>Countries started transformation in different sectors based on national legislations</b></p> <p>Refine policy, programmes and services that are informed by research</p> <p>Offer comprehensive set of health, long-term care and social services in communities in a coordinated way</p> <p>Continue implementing new innovation for healthy ageing that are accessible/affordable/available to older people</p> <p>Reflect survey data and evidence into the healthy ageing policy</p>	<p><b>Healthier older adults are thriving and participating in the society</b></p> <p>Society support older people to participate and contribute in diverse ways</p> <p>Health systems support individuals with integrated services throughout people's lives</p> <p>Innovation supports older people's health and social participation</p> <p>Policies are regularly assessed and updated with evidence and data</p>

# Regional Action Plan : Next Steps

WHO will work with Member States to operationalize the Regional Action Plan by

- Organizing the in-country policy dialogue and supporting development of national policies (with our WHO Country Offices)
- Facilitating the exchange of knowledge, experiences, lessons, innovations in collaboration with experts (e.g. WHO Collaborating Centers) and partners
- Producing technical guidance for specific topics (e.g. clinical and policy guidelines)



# Summary

- The Western Pacific Region is ageing rapidly and the pace of ageing is accelerating
- Population ageing has significant societal implications, but also offers many opportunities
- WHO Western Pacific Region has adopted Regional Action Plan on Healthy Ageing, that emphasizes the transformation society beyond health systems to “turn silver into gold”



# Thank you!



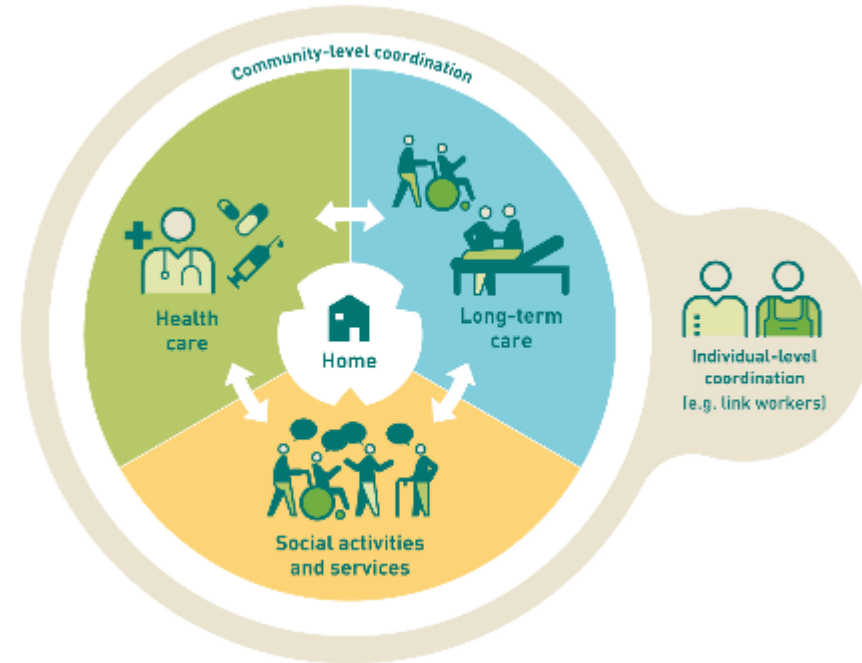
*Photo by courtesy of HelpAge International in Vietnam*

# Appendix

## Objective 3: *Providing community-based integrated care*

### Responding to diverse social and health needs of older people

- Providing coordinated health, long-term care and social services in communities tailored to individual needs
- Preventing and responding to violence against older adults
- Supporting caregivers (particularly women) through training and adequate compensation/financial incentives



## Objective 4: *Fostering technological and social innovation*

### Identifying new ways of thinking and doing



*Nabari Otagaisan project*



#### Areas of technological innovation

- Skill development and maintaining the workforce
- Digital health
- Smart technologies

#### Areas of social innovation

- Age-friendly environments
- Social determinants of health
- Social entrepreneurship opportunities for older people

# Objective 5: Strengthening monitoring and surveillance systems

## Collecting data/evidence and fostering research for healthy ageing

### Script for Data Collectors

My name is \_\_\_\_\_ and this is \_\_\_\_\_.  
We are employees of the <Ministry of Health> and we are working in a team to conduct a survey on health issues. We are hoping that the people in this house will participate in this survey. We would like to find out the number of people usually residing in this house between the ages of 18-69. Can you please give me the first name of those who usually live in this house between the ages 18-69 (starting, for example, with the oldest male)?

- Collect national age and gender disaggregated data for individuals over 65 (with 5-year age brackets)
- Research on the health status and needs of older adults
- Monitoring and evaluation of programs and policies

# WPRO Regional Committee (October 2019)

- High-level panel discussion on ageing
- Member States requested WHO/WPRO to develop a new regional action plan

# Virtual country consultation

- 12 May – 4 June 2020
- 13 countries and areas participated in a series of 6 meetings
- 4 countries provided written feedback

## *Key takeaways:*

- Agreed with lifelong, multisectoral approach
- Recommend including more information about supporting older people with more complex health care needs
- Request further guidance on fostering multisectoral collaboration

