



Innovation for Resilient Communities for Active Ageing

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Resilient and Caring Societies

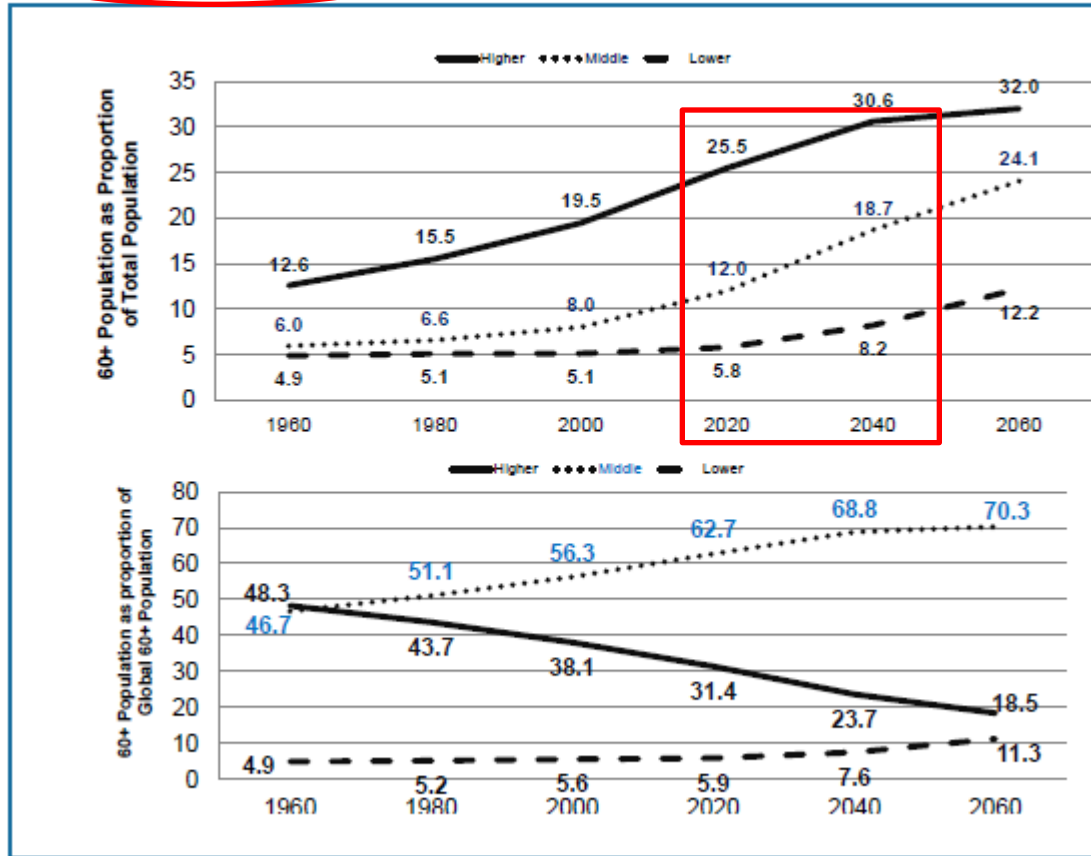
**Age Friendly
Cities and
Communities**

**Innovation:
Technology and
Social**

**Universal Health
Coverage**

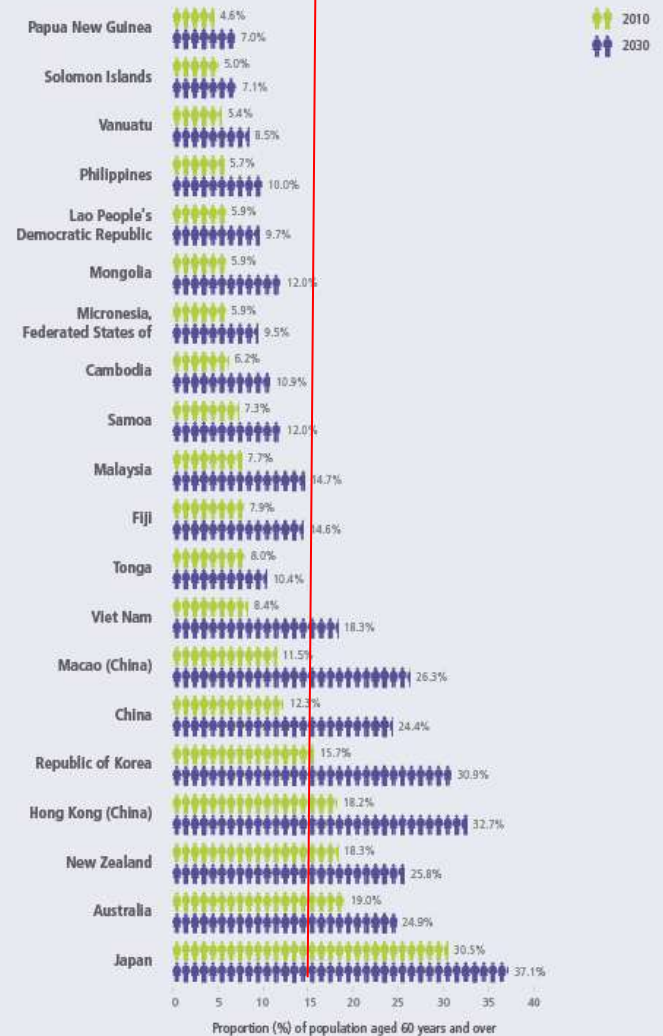
Rapid ageing

Nearly every country in the world is ageing, and soon the largest population of older adults in history will live in the developing world.

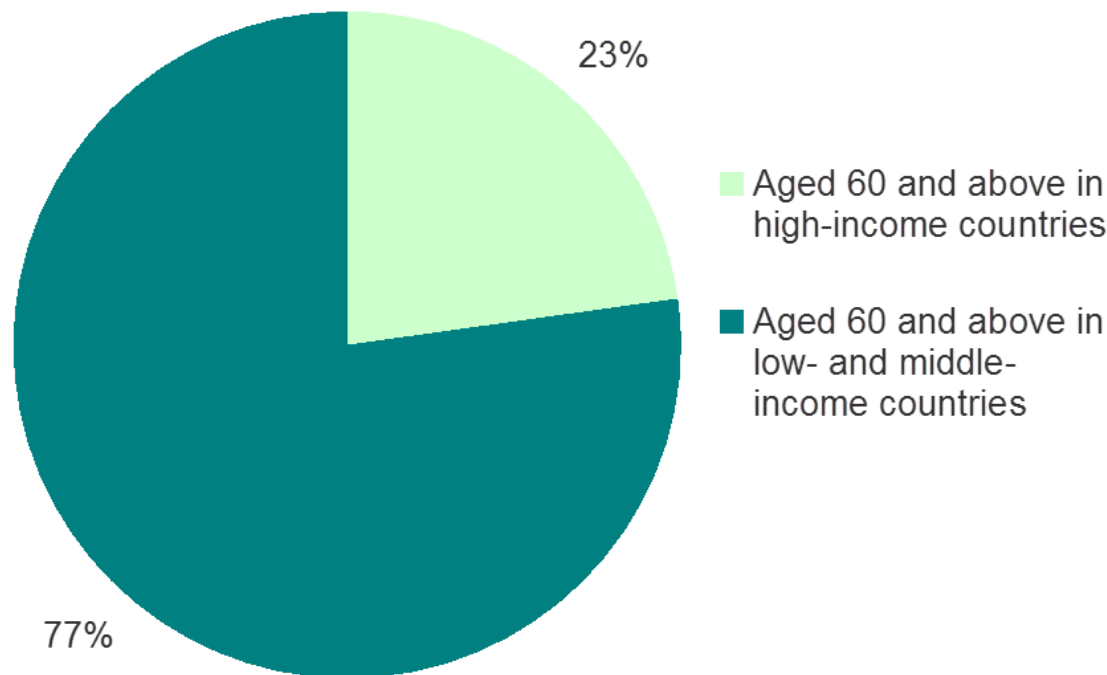


Data via UN Population Division 2013. Presentation by Paul Kowal, University of Newcastle, Australia

Figure 2. Proportion of people aged 60 years and above, selected countries and areas, Western Pacific Region, 2010 and 2030 (projected)



235 million people aged 60 and above account for over **13%** of total population in the **Western Pacific Region.**

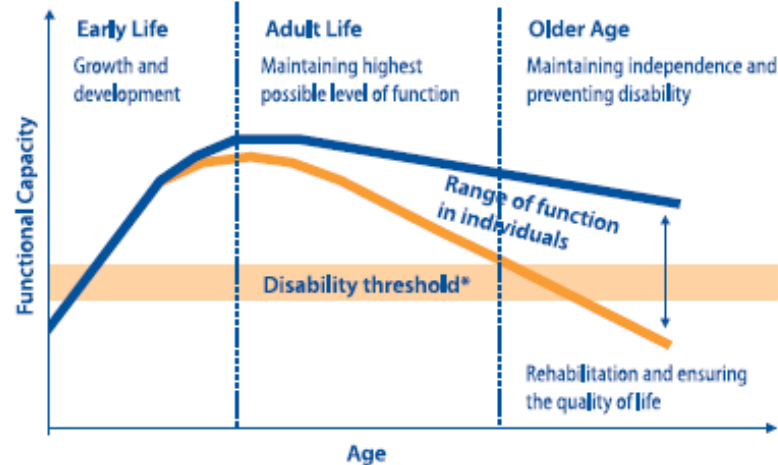


Source: World Health Organization, Regional Office for the Western Pacific, Fact sheet on Ageing in the Western Pacific, 2012.

Active Ageing

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

Figure 4. Maintaining functional capacity over the life course



Source: Kalache and Kickbusch, 1997

*Changes in the environment can lower the disability threshold, thus decreasing the number of disabled people in a given community



Figure 8. The determinants of Active Ageing



A resilient and caring society: the case

- **Rapid increase in ageing population: many stages of ageing**
 - Lower fertility in some countries
 - More persons living alone or with one other person
- **Equity and social inclusion**
- **Double burden of noncommunicable diseases and infectious diseases**
- **Increasing functional and cognitive decline --reorienting health services**
 - Health promotion and prevention across the life course
 - Chronic disease and disability management, rehabilitation, palliative care
- **Widening gap between life expectancy and healthy life expectancy**
- **From facility-based to home-based care: “Ageing in Place”**
 - Age-friendly environments for both the elderly and caregivers
 - Technological and social innovations
 - Integrated health and social delivery systems
- **Urban planning and public Health: Solutions for ageing**
 - Multi-sectoral actions: transport, housing, public safety, employment, education, etc
 - Healthy Cities, Smart Cities, Sustainable Cities....



Innovations

Systems change and strengthening

WHO WPRO Key Documents

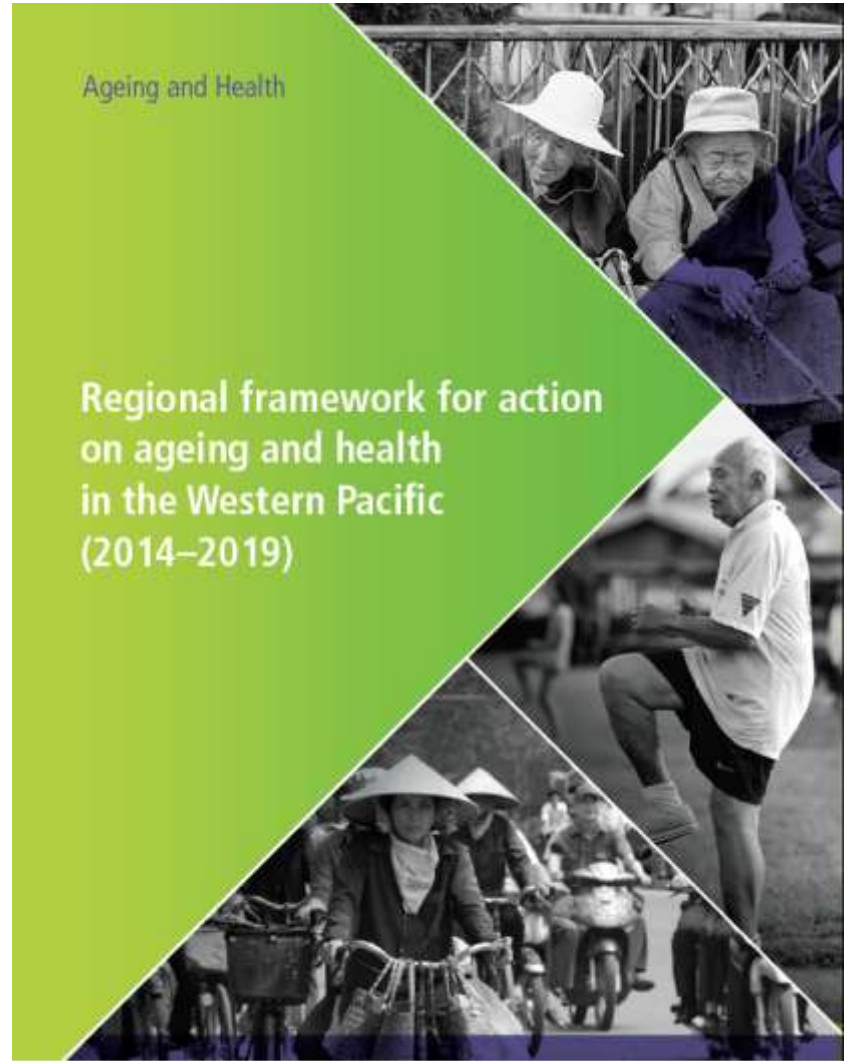
Ageing and Health

The health of older people in selected countries of the Western Pacific Region



Ageing and Health

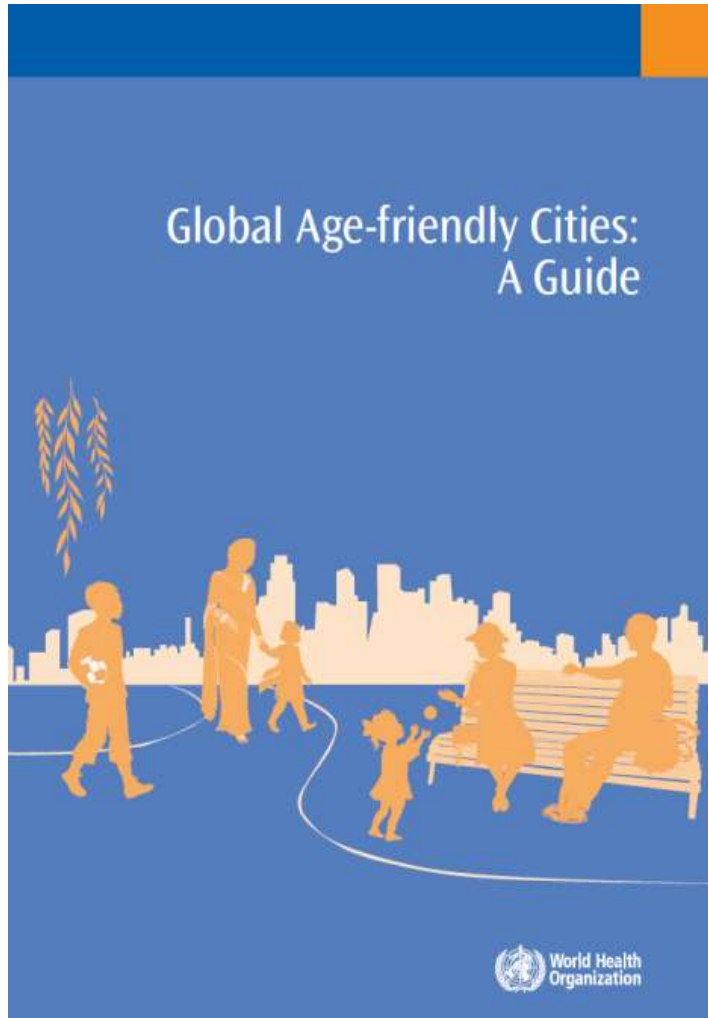
Regional framework for action on ageing and health in the Western Pacific (2014–2019)



1. Age Friendly Cities and Communities

高齢者の健康と社会参加を促す都市環境の整備

Building resilient and age friendly environments through inter-sectoral action



Civic participation and employment
市民参加・雇用

Respect and Social Inclusion
尊敬・社会的包摂

Social participation
社会参加

Outdoor spaces and buildings
公共スペース・建物

Housing
住宅

Communication and information
コミュニケーション・情報

Transportation
交通機関

Community and health services
医療・保健・福祉サービス



Working towards becoming more age-friendly: 209 member cities and communities across 26 countries worldwide:

Andorra (1) Andorra la Vella	Finland (1) Tampere	Monaghan South Dublin County	Republic of Korea (1) Seoul	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga	Turkey (1) Muratpasa (Antalya)	Saint Louis County, MO San Antonio, TX San Francisco, CA Sausalito, CA Suffolk county, NY Town of Elmira, NY Town of Los Altos Hills, CA Washington, DC West Chester County, NY Wichita, KS Yarmouth, MA
Argentina (1) La Plata	France (25) Le Cres Angers Bar-le-Duc Besançon Bey Carquefou Coulounieix-Chamiers Dijon Halliun Le Havre Limonest Lyon Metz Nice Nogent sur Marne Quatzenheim Quimper Rennes Royan Sceaux St. Denis (Réunion) Strasbourg Toulon Toulouse Villeneuve-sur-Lot	Islamic Republic of Iran (1) Tehran	Russian Federation (22) Agidel Baymak Belebey Beloretsk Birsk Blagoveschensk Chichmy Davlekanovo Dyurtyuli Ishimbay Kumertau Meleuz Neftekamsk Oktyabrskiy Salavat Sibay Sterlitamak Tuymazy Uchaly Ufa Volgograd Yanaul	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga	United Kingdom (7) Belfast, Northern Ireland Brighton & Hove Leeds City Council Liverpool Manchester Newcastle upon Tyne Stoke-on-Trent	
Australia (8) Boroondara Canberra Clarence City Lane Cove Melville Rockingham Unley Warrnambool		Israel (1) Haifa	Japan (1) Akita	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga	United States of America (38) Atlanta, GA Auburn Hills, MI Augusta, GA Austin, TX Borough of Westchester, PA Boston, MA Bowdoinham, ME Bowling Green, KY Brookhaven, NY Brookline, MA Brownsville, TX Chemung County, NY Chicago, IL City of Elmira, NY City of Los Altos, CA City of Newport Des Moines, IA Fayetteville, AR Great Neck Plaza, NY Highland Park, MI Honolulu, HI Macon-Bibb County, GA New York City, NY Philadelphia, PA Portland, OR Princeton, New Jersey Roseville, CA	
Belgium (1) Brussels		Mexico (1) San Agustín Tlaxiaca	Norway (1) Oslo	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga		
Canada (16) Edmonton, AB Hearst, ON Kingston, ON London, ON Noëlville, ON Ottawa, ON Port Colborne, ON Portage La Prairie, MB Saanich, BC Sault Ste. Marie, ON Summerside Thunder Bay, ON Verner, ON Waterloo, ON Welland, ON Windsor, ON		Portugal (22) Alfandega da Fé Alpiarça Alter do Chão Campo Maior Castro Marim Esposende Fátima Funchal Gondomar (S.Cosme) Grândola Horta (Açores) Maia Mesão Frio Odivelas Oliveira de Azemeis Ponte de Sôr Porto Póvoa de Lanhoso Setubal Torres Vedras Vila do Conde Vila Nova de FozCôa	Slovenia (10) Celje Ivančna Gorica Kobarid Kostel Ljubljana Maribor Občina Šentrupert Ravenna Koroškem Ruše Velenje	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga		
Chile (1) Victoria	India (2) Kolkata South Delhi Municipal Corporation		Spain (35) Almendralejo Arriate, Málaga	Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga		
China (1) Qiqihaer	Ireland (8) Cavan Fingal Kildare Kilkenny Louth Meath			Badajoz Barcelona Berga Bilbao Castrelo de Miño Cuadrilla de Añana Donostia-San Sebastián Durango Gava Granollers Hondarribia Igualada Las Rozas de Madrid Llíria Los Santos de Maimona Madrid Manresa Mata de Alcántara Mérida Oliva de la Frontera Ordizia Orio Ourense Pinos Puente Santander Terrassa Tres Cantos Utrera, Sevilla Vic Villanueva de la Serena Vitoria-Gasteiz Zaragoza Zumarraga		

Equity Measures

Inequality between
two reference groups

Population attributable risk

Age-Friendly Environment Outcomes

Physical environment

Neighbourhood
walkability

Accessibility of public
spaces and buildings

Accessibility of public
transportation vehicles

Accessibility of public
transportation stops

Affordability of housing

Social environment

Positive social attitude
toward older people

Engagement in volunteer
activity

Engagement in paid
employment

Engagement in sociocultural
activity

Participation in local
decision-making

Availability of information

Availability of health and
social services

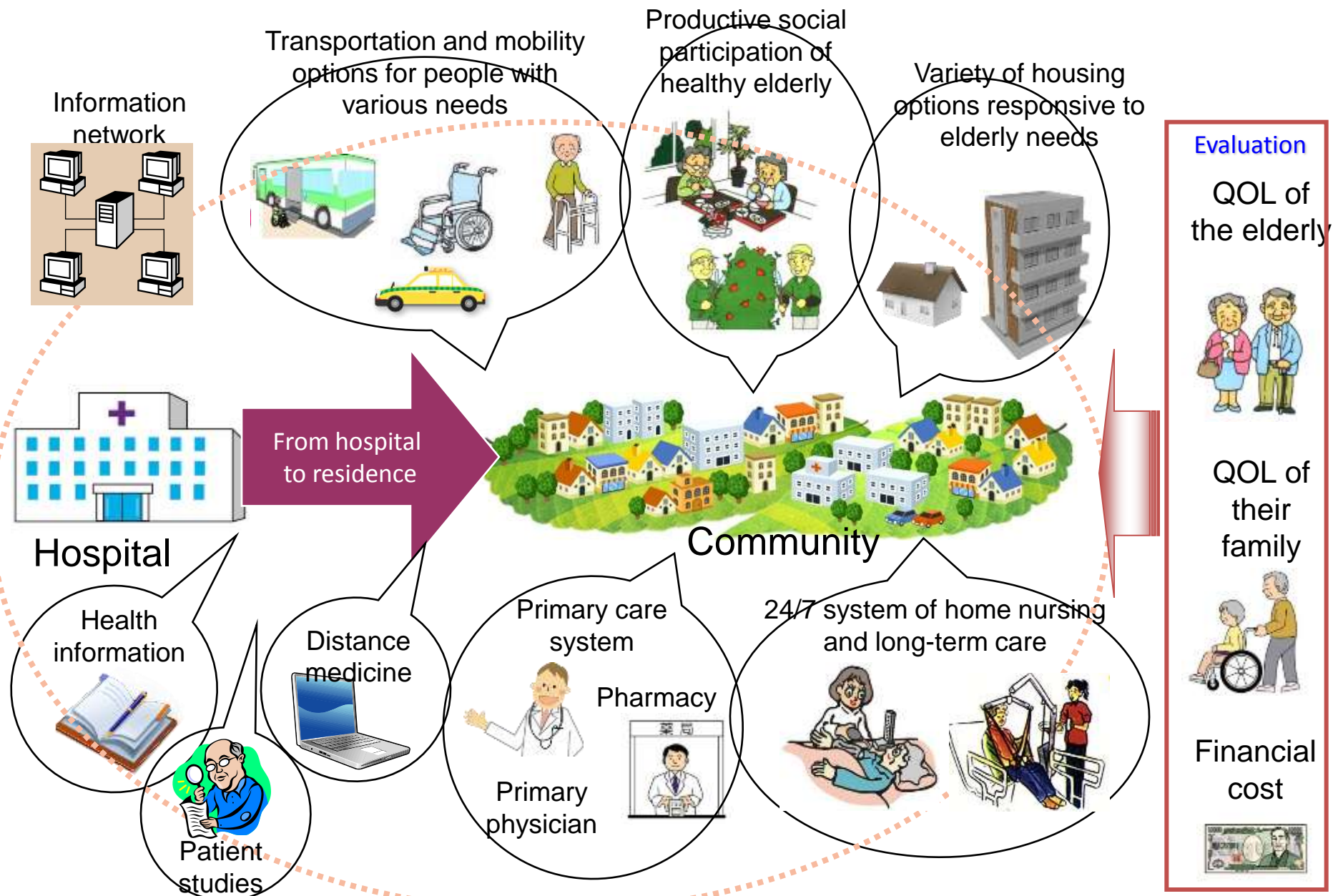
Economic security

Impact
on Wellbeing

Quality of life

**New Framework
and Core Indicators
to Monitor Age
Friendliness of Cities
-- WHO Kobe Center**

Example of research: for Aging in Place: A community-based social experiment (University of Tokyo Institute of Gerontology)



Example: New Zealand

Visualization of a new integrated health and social services strategy in Canterbury, New Zealand.



Presentation by Carolyn Gullery, Canterbury District Health Board, New Zealand.

2. Innovation for Ageing Populations:

Medical and assistive devices are indispensable for supporting older persons to remain independent, healthy and productive



Strategic Objective of WHO: “to ensure the improved access, quality and use of medical products and technologies”

SURVEY OF NEEDS FOR ASSISTIVE AND MEDICAL DEVICES FOR OLDER PEOPLE IN SIX COUNTRIES OF THE WHO WESTERN PACIFIC REGION

China, Japan, Malaysia, Philippines,
Republic of Korea and Viet Nam

Report

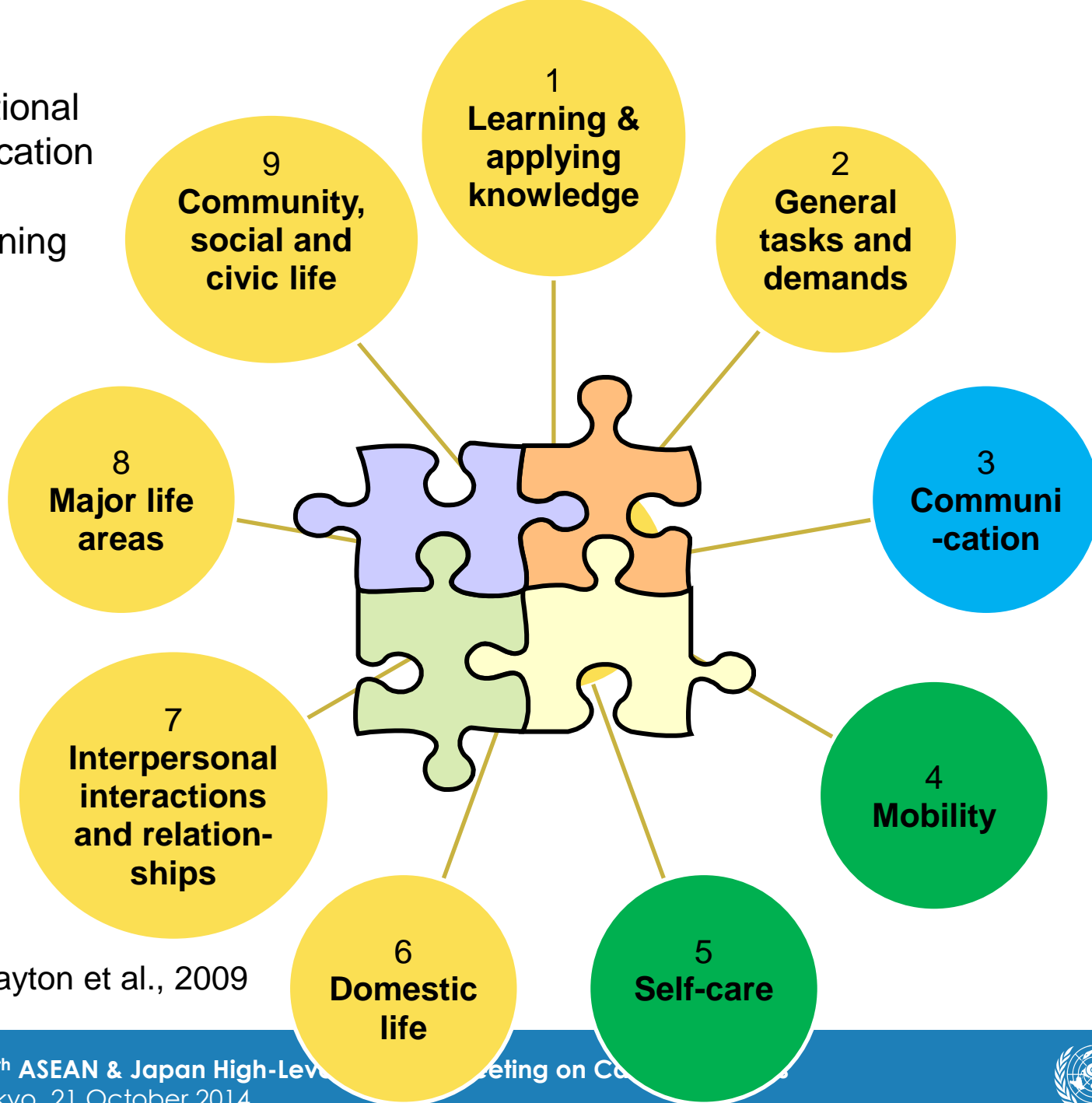
<http://www.who.int/en>

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http://www.who.int/kobe_centre/en/



WHO
International
Classification
of
Functioning



Source: Layton et al., 2009

Strategies to improve access to assistive and medical devices

Assistive health technologies

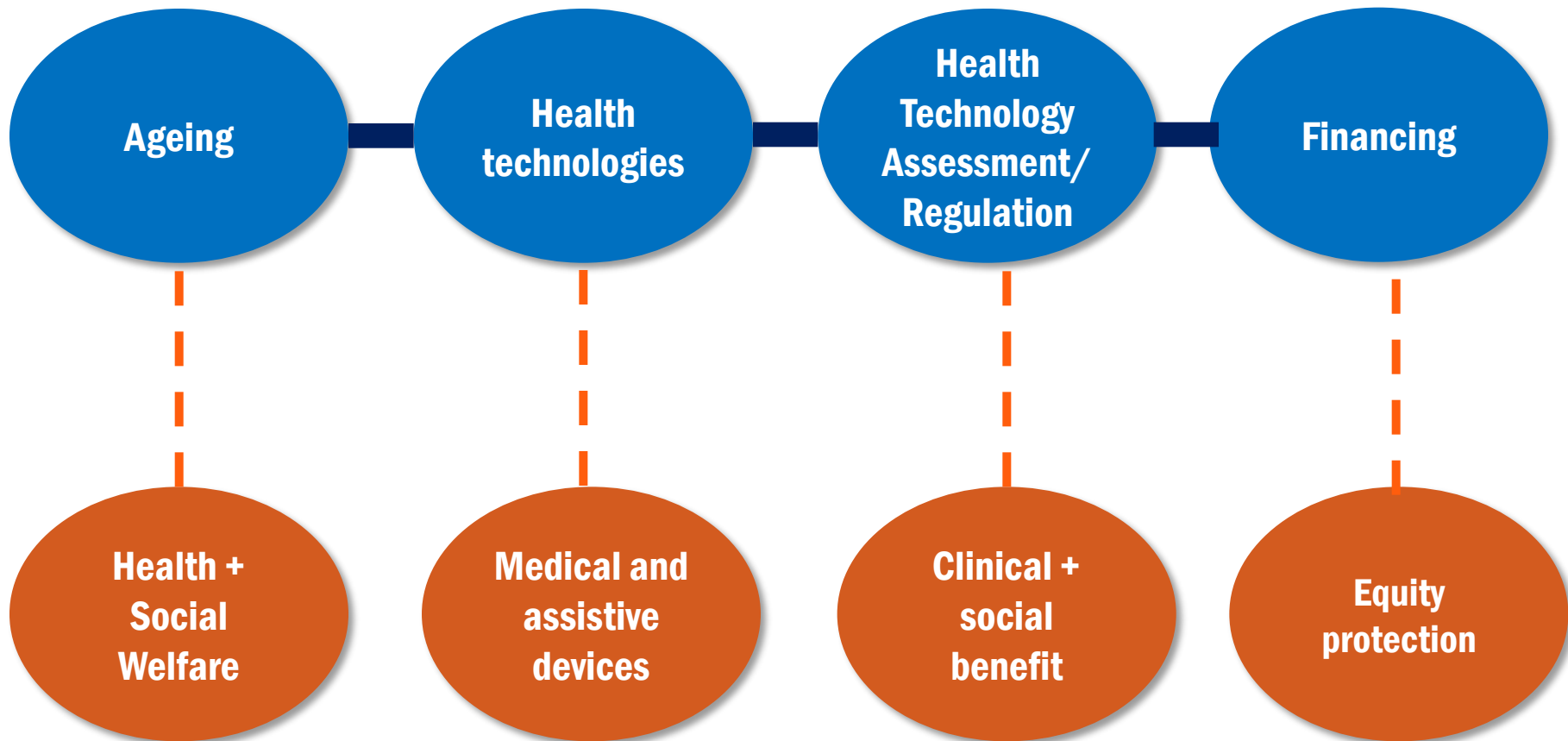
1. Government/agency **procurement**
2. Greater community **awareness** & education about benefits
3. (HIC) Better **quality checks** for AD on sale
4. (MIC) **Suitable devices** created for local need
5. Locally **available services** to assist with assessment, fitting, and adjustment
6. Health **professional training** on benefits of assistive health tech.
7. **Training of community** on maintenance

Medical devices

- 1 Decrease **cost** of available devices / services
- 2 Improve **governance and policy**
- 3 Improve levels of **training** for health care personnel by manufacturers
- 4 **Improve quality** of available devices
- 5 Improve **infrastructure** and **health service provision**.
- 6 Increase funds for **maintenance** of medical equipment to avoid down time that makes them unavailable.
- 7 Improve **distribution** of products or services
- 8 Have a regulatory process for medical devices(if not available)
- 9 Increase regulatory efficiency (if available but long response time)
- 1 Increase local production of devices in your country, to increase availability
- 0
- 1 Increase availability of donated devices
- 1

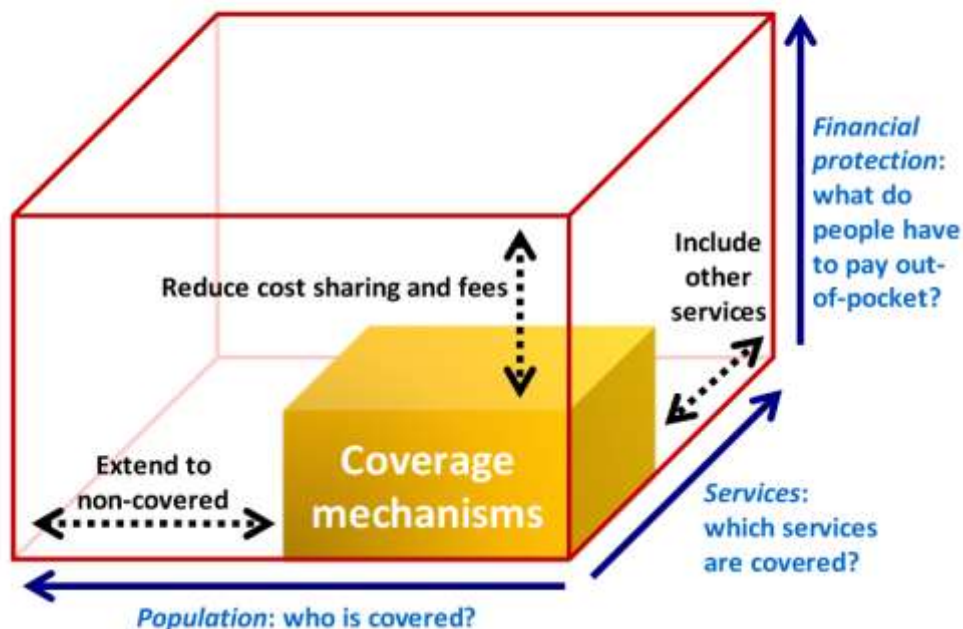
Must have...

HOLISTIC POLICIES



3. Innovation for Ageing Populations: *Universal Health Coverage, reorienting health and social services*

Towards universal coverage



Universal Health Coverage (UHC)

ensures that all people obtain the health services they need without suffering financial hardship. **Equity** is at the heart of UHC.

Relevant to ageing populations:

- **Services = promotion, prevention, treatment, rehabilitative, palliation**
- Integrated, person-centered health
- Health and social services
- Home-based
- Long term care system
- Health technologies
- Human resources

Key Recommendations

Embrace the
community

Focus on equity

Rethink ageing

Innovation

Promote healthy ageing
across the life-course and
prevent diseases among
older people.

Comprehensive, holistic
policies

Inter-sectoral action: urban
planning, age friendly
environments

Reorient the health
system to respond to
the needs of older
people (UHC)

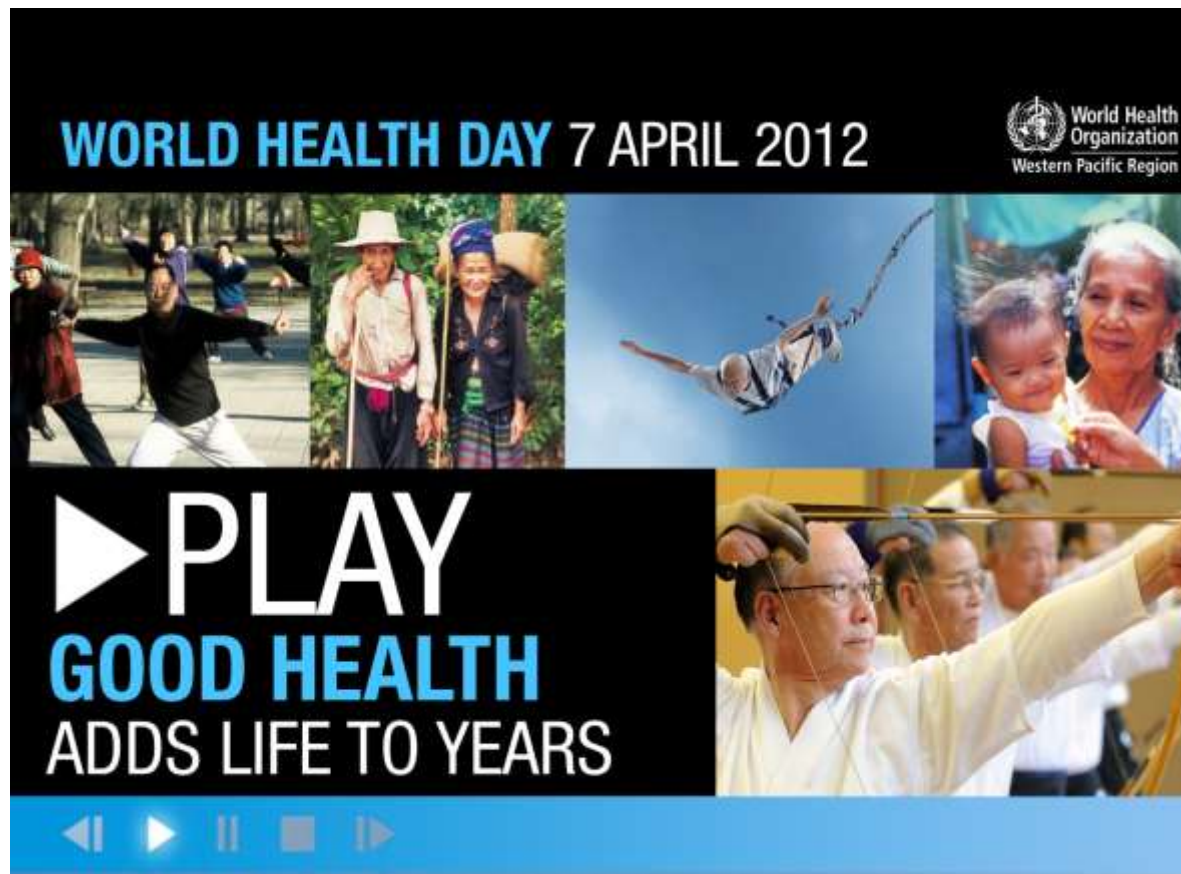
- Integrated service delivery to ensure continuity of care
- Health workers with appropriate skills
- Essential medicines and health technology
- Equitable health financing

- ❑ Strengthen the evidence base on ageing and health
- ❑ **Political commitment, Advocacy, Strengthened partnerships**

Conclusion

- **Rapid ageing is fundamentally affecting cities and society**
- **Improving the health of older persons is important to ensure that they remain productive, independent and socially engaged for as long as possible.**
 - Delay or manage functional and cognitive decline
- **Understand, measure, and respond to inequities and poverty**
- **Design and plan for age-friendly environments**
 - WHO guidance for age friendly cities
- **Ensure availability of data for monitoring demographic, economic, social and inequity trends, as well as for assessing the impact of policies**
 - Evidence base for decision making. Special attention to measure resilience.
 - Physical and social environment
- **Encourager and scale up frugal innovations**
 - Health technologies such as assistive and medical devices
 - Social and health care innovations to support older persons.
 - Integration of urban planning and health
 - Common characteristics of innovations should be that they are affordable, available, acceptable to the user, accessible, and safe/effective.

We need to change the way we think about older people.



Ageing
and
health:
good
health
adds life
to years

WHO Resources

Ageing and Health

- WHO Centre for Health Development (WHO Kobe Centre) www.who.int/kobe_centre
- WHO Ageing and Life Course www.who.int/ageing/en/
- Age-friendly World <http://agefriendlyworld.org/en/>
- WHO Western Pacific Regional Office www.wpro.who.int/topics/ageing/en/

WHO Centre for Health Development (WHO Kobe Centre)



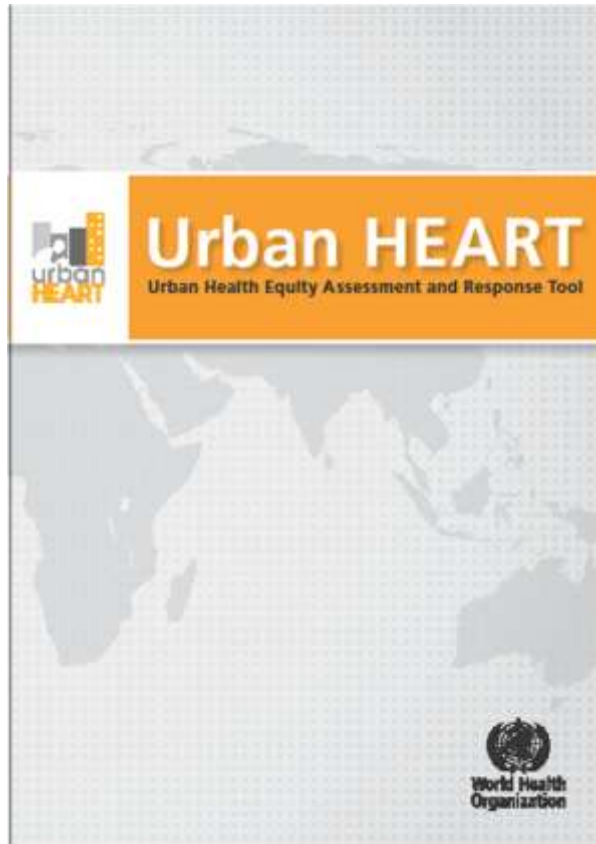
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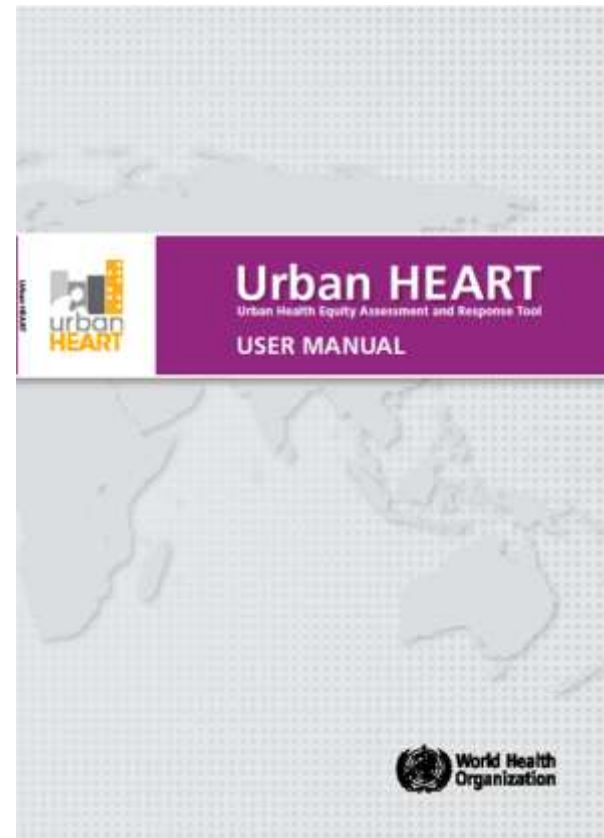
E-mail

wkc@who.int

Thank you!

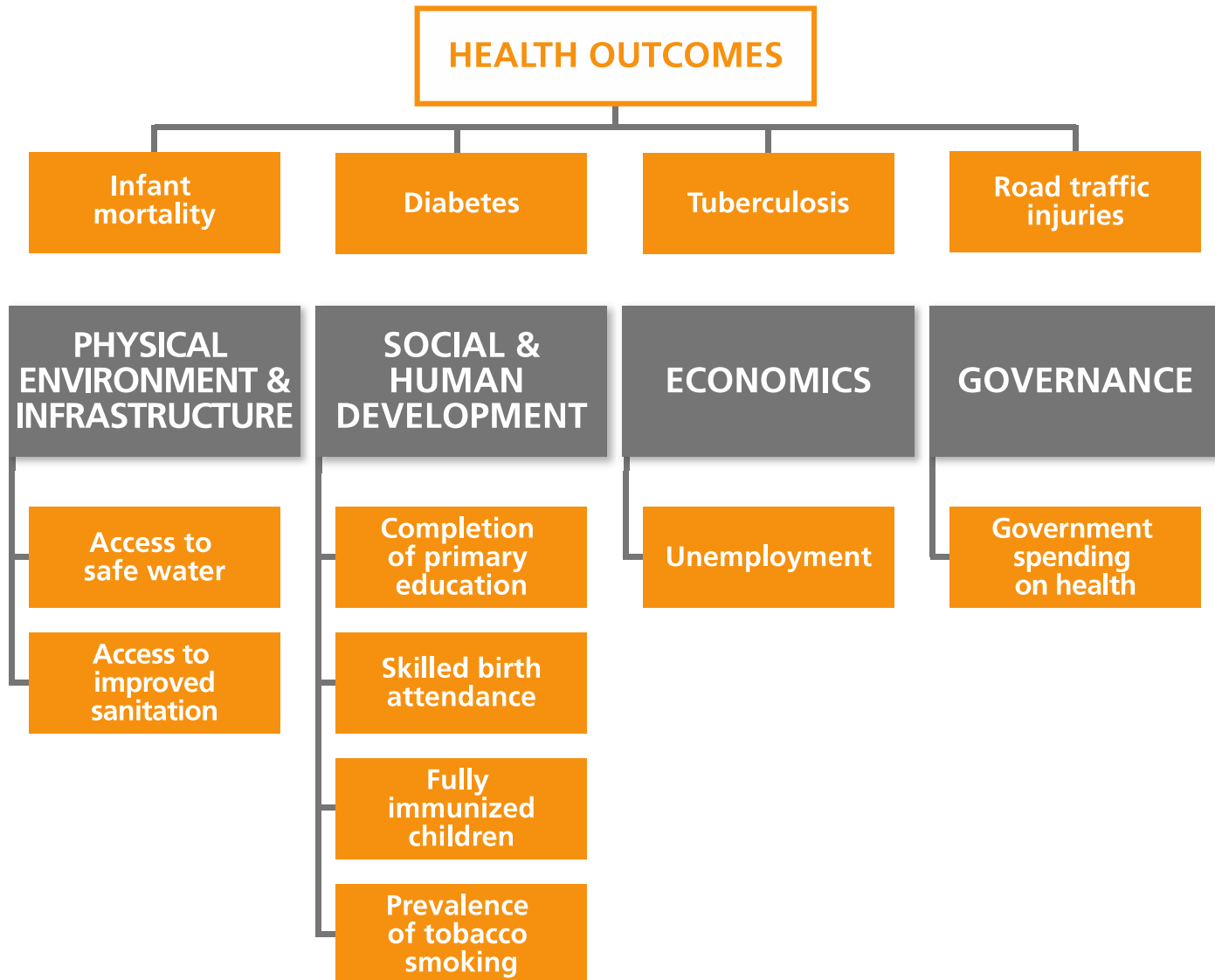


Urban HEART
(concepts and
framework)



Urban HEART User
Manual

CORE INDICATORS



PRIORITIZE HEALTH EQUITY GAPS AND GRADIENTS

INDICATOR	DIST. A	DIST. A	DIST. C	DIST. D	BASELINE	BENCHMARK
TUBERCULOSIS	234	123	45	74	100	50
DIABETES	75	36	100	83	75	50
SAFE WATER	67	75	95	77	70	90
GREEN SPACES	12	8	20	6	10	25
IMMUNIZATION	88	55	85	72	75	90
OBESITY	5	12	27	23	10	8
UNEMPLOYMENT	28	16	10	20	15	5
POVERTY	18	22	5	18	20	10
PARTICIPATION	74	86	62	90	60	80
GOVT. EXPENDITURE	2343	4525	25346	6777	3346	5000