Health promotion toward active aging in Thailand
Current situation in Thailand

Life Expectancy at Age 60 (2015)
- Healthy life-years = 16.5
- Non-healthy life-years = 4.5

Estimated number of older persons with dementia
- Year 2016 = 617,000
- Year 2037 = 1,350,000

National Agenda “Aged Society” 2019-2021

**Sustainable**

**Active Ageing** (Healthy, Security, Participation)

- **S1**: Welfare & Social Protection
- **S2**: Employment Sustainable Income
- **S3**: Health System
- **S4**: Housing & Public Spaces
- **S5**: Time Bank System
- **S6**: Educate Young Generation for Preparation

**Collaboration & Network**

**Revise Laws & Regulations**

**Reform Data System**

**Invent Innovation**
Life Course Approach in Health System

- Mother (Early Childhood)
  - Quality Pregnancy
- School age (Teenage)
  - Appropriate Child Developmental
- Working age
  - Desirable health behaviors
    - Good NCD Control
    - Good Geriatric Syndrome Care
- Old age

<table>
<thead>
<tr>
<th>year</th>
<th>Low birth wt</th>
<th>Appropriate Growth &amp; Development</th>
<th>Good DM control</th>
<th>Good HT control</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>5.9%</td>
<td>96.0%</td>
<td>23.0%</td>
<td>36.3%</td>
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<tr>
<td>2018</td>
<td>6.2%</td>
<td>96.6%</td>
<td>26.9%</td>
<td>41.7%</td>
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<tr>
<td>2019</td>
<td>6.3%</td>
<td>97.6%</td>
<td>28.3%</td>
<td>44.2%</td>
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</tbody>
</table>
Old age

Active
+/- comorbid disease
- Health Promotion
- Diseased Prevention & control

Acute illness
with capacity to reverse
- Acute Care
- Intermediate Care (intensive Rehabilitation)

Chronic deterioration
(preventive)
Long Term Care

End of life

End of life Care

Health Literacy

Primary Health Care Teams
For all age groups
10,668
Community Health Promotion Centers

1,170 Multidisciplinary Care Teams

~1,040,000 Health Volunteers

LTC Teams
For dependent old age groups
12,843 Care Managers

77,853 Semi-paid care giver
Example: Dementia

Health Promotion
Risk reduction
Health Literacy

Initial screening

Comprehensive assessment

Normal

Mild cognitive impairment

Suspected dementia

Cognitive stimulation Program
• Program TEAM-V

Diagnosis by
• Group of trained GP
• Specialist

Family

Community care

Local Government

Community

LTC team

Institutional care
Integration to social welfare

Elderly Home Caregiving Volunteers

7 Care of the elderly in 7 aspects

- Health
- Mental
- Emotional
- Financial
- Communication
- Home
- Smartphone
Elderly School

**Concept**
Is a place to organize learning and teaching by elderly persons taking part therein as students and as teachers.

Community-based Elderly Development Centers

**Concept**
- To do activities and provide services for the elderly and all aged groups.
- To promote careers and sale goods made by the elderly.
- To be KM centers for transferring knowledge and wisdom of the elderly to local communities.
- To be elderly information centers.
• Serve as a **knowledge centre** on active ageing and innovation

• Support **evidence-informed policies, strategies and guideline** on active ageing

• Implement **capacity development programme** in support of active ageing

• Conduct **research and development and innovation** which support active ageing

• Support the **monitoring of progress** of active ageing in ASEAN.
Aging is a power. If you get older, it is advantageous because you have more experience. Older people who maintain good morals are comparable to young people. The nation with older people, it is advantageous. That nation will progress.

Royal speech on the birthday of the King Bhumibol Adulyadej, 2006