

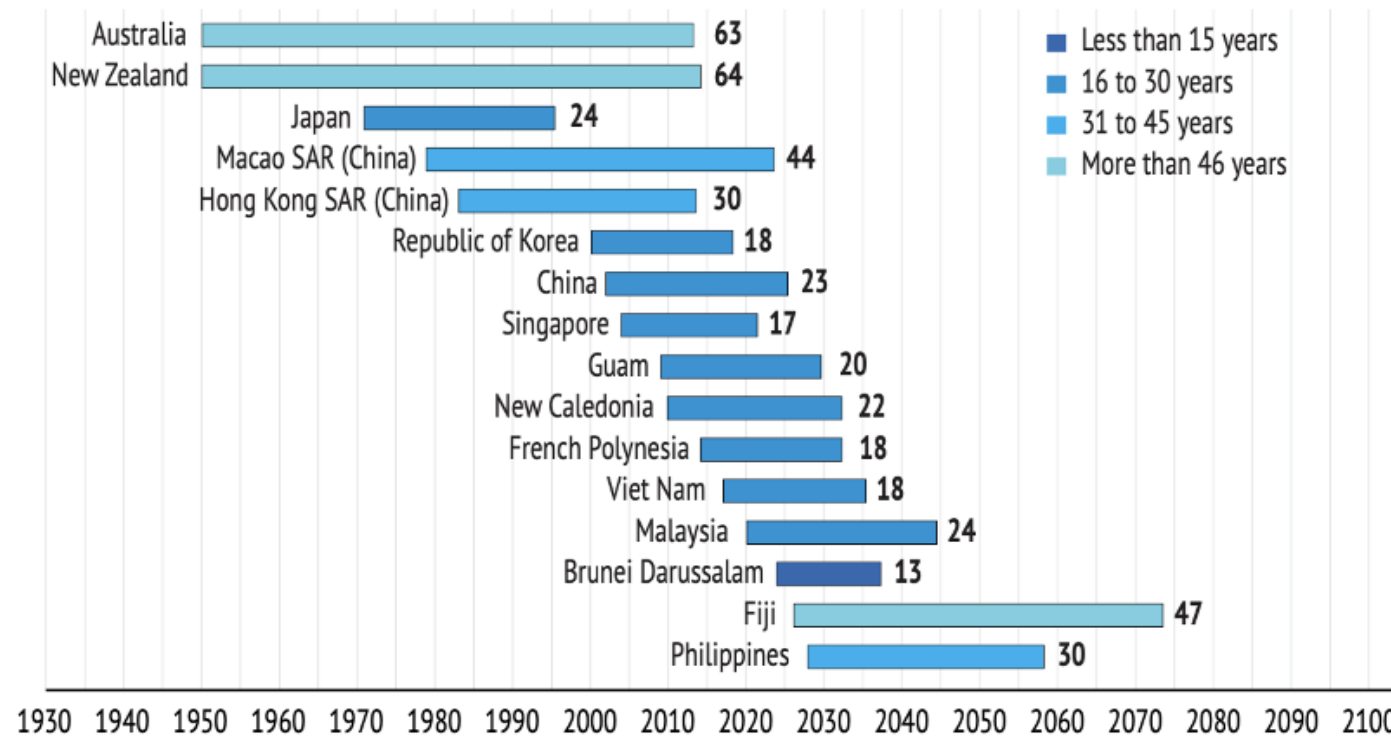


Addressing physical and social environmental factors to support healthy ageing

Hiromasa Okayasu, World Health Organization Regional Office for the Western Pacific

The pace of population ageing in the Western Pacific Region is accelerating

Projected time to transition from an ageing to aged society

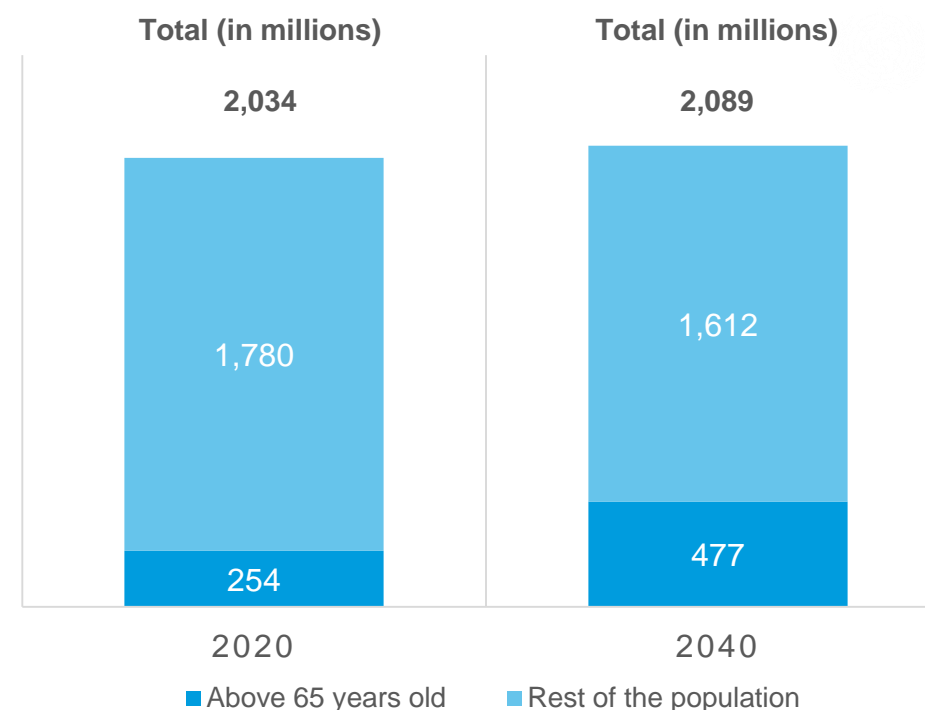


Source: UN DESA Population Division, World Population Prospects, 2019 Revision.

The Western Pacific Region has one of the largest and fastest growing older population in the world

In 2020 there are more than 240 million people over 65 years old living in the Region (9% of the total population).

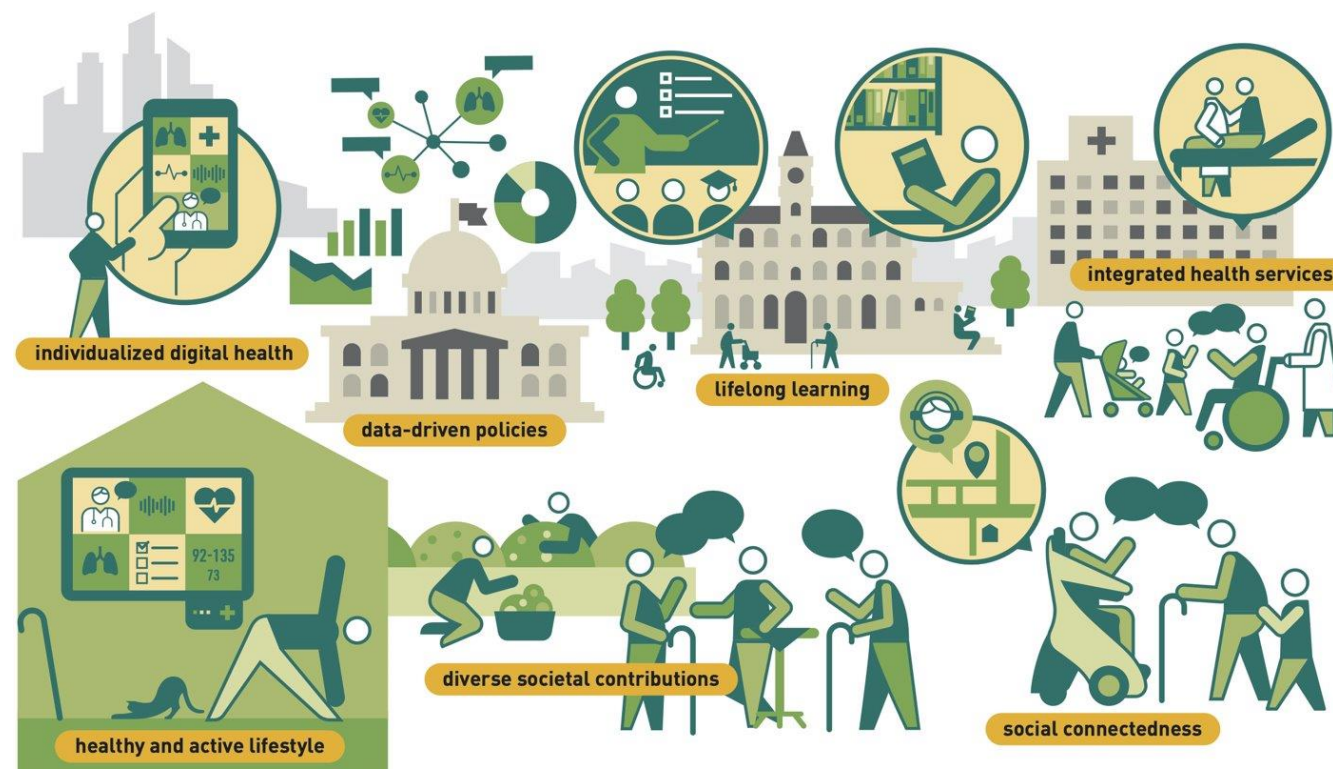
By 2040 this number is predicted to almost double (17% of the total population).



The health and well-being of older people are significantly influenced by the physical and social environments in which we live.

2040 Societal Transformation

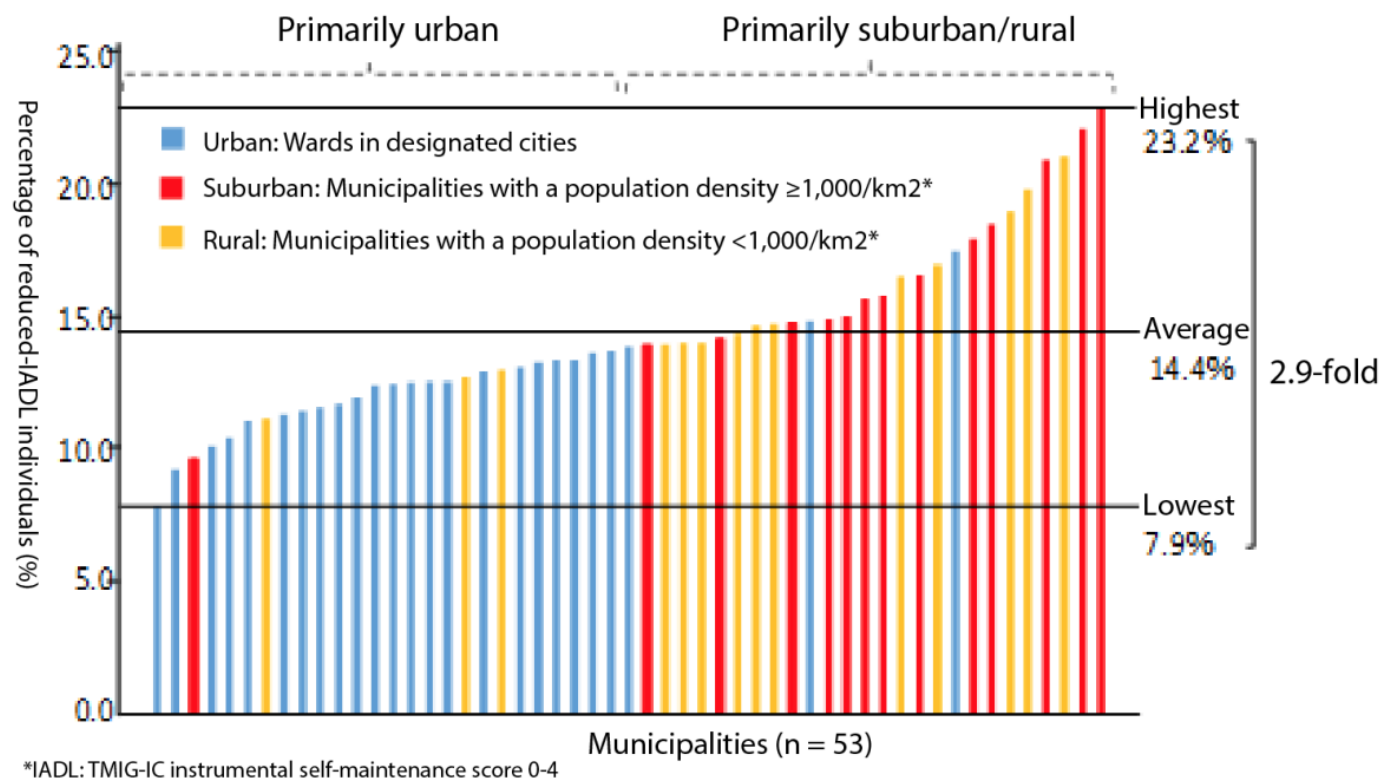
Healthier older adults are active participants in and contributors to society



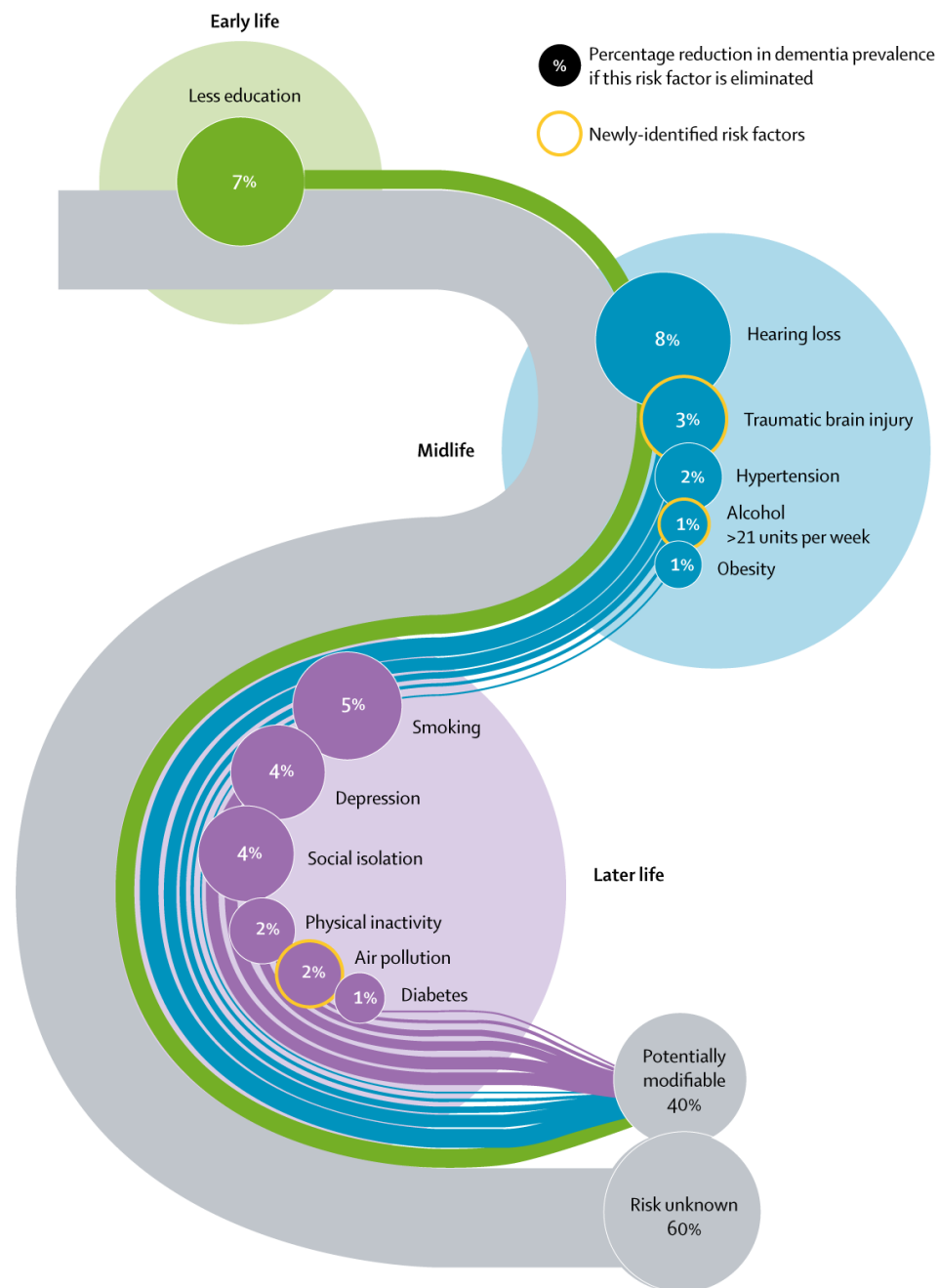
Older people's lived environments can affect health

Percentages of older people with reduced IADL by municipality in Japan

JAGES 2010–11 (Kato K. et al, 2015)



Research shows the difference among municipalities in the risk of dementia in Japan despite universal access to healthcare and long-term care.



Older people's lived environments can affect health

The model shows that 12 potentially modifiable risk factors account for around 40% of worldwide dementias.

Source: Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., ... & Mukadam, N. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*, 396(10248), 413-446.

The UN Decade of Healthy Ageing (2021-2030)

A new UN-wide initiative

The Decade aims to foster healthy ageing and improve the lives of older people and their families and communities by addressing four areas for action. The Decade will address four areas for action.

Age-friendly environments is one of the priority areas for action.



Age-friendly Environments



Combatting Ageism



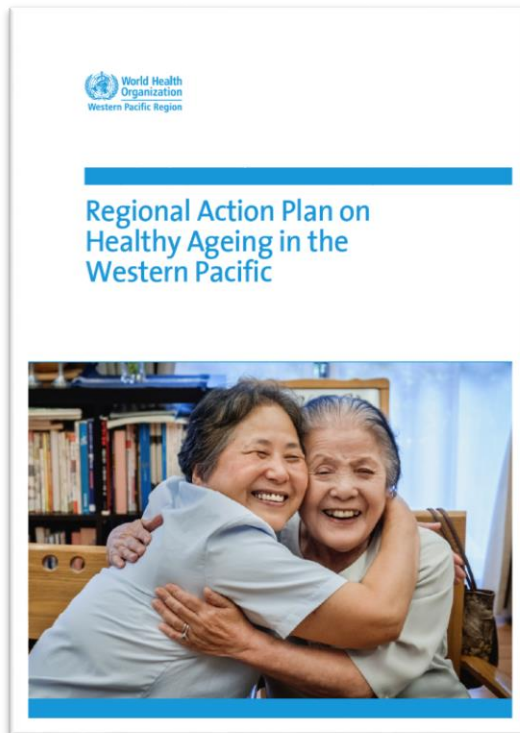
Integrated Care



Long-term Care

Regional Action Plan on Healthy Ageing in the Western Pacific

Vision of healthy ageing



Endorsed at RCM71 in October 2020

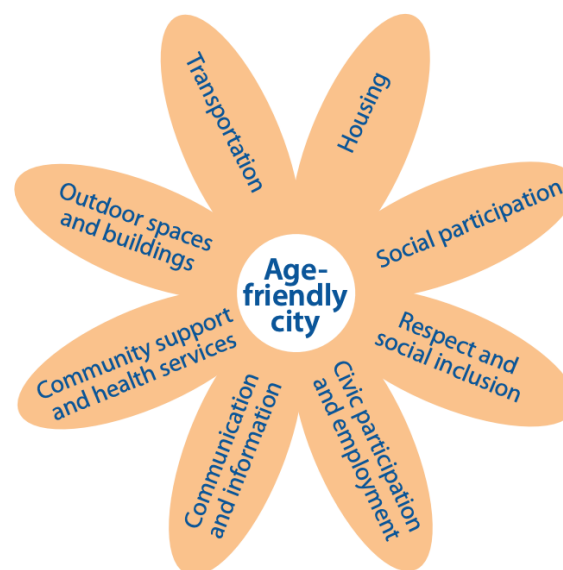
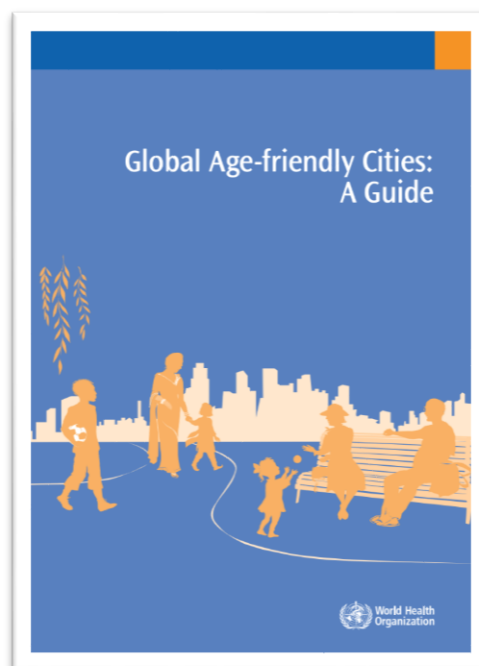
The Regional Action Plan sets a vision of healthy ageing: Healthier older adults in the Western Pacific Region are thriving and contributing in society (“Turning silver into gold”).

The Regional Action Plan recommends Member States to promote and develop national and/or subnational programs on age-friendly cities and communities that are informed by and responsive to communities and leverage existing resources.

Age-friendly environments

One of the Decade action areas

Age-friendly environments are better places in which to grow, live, work, play and age.

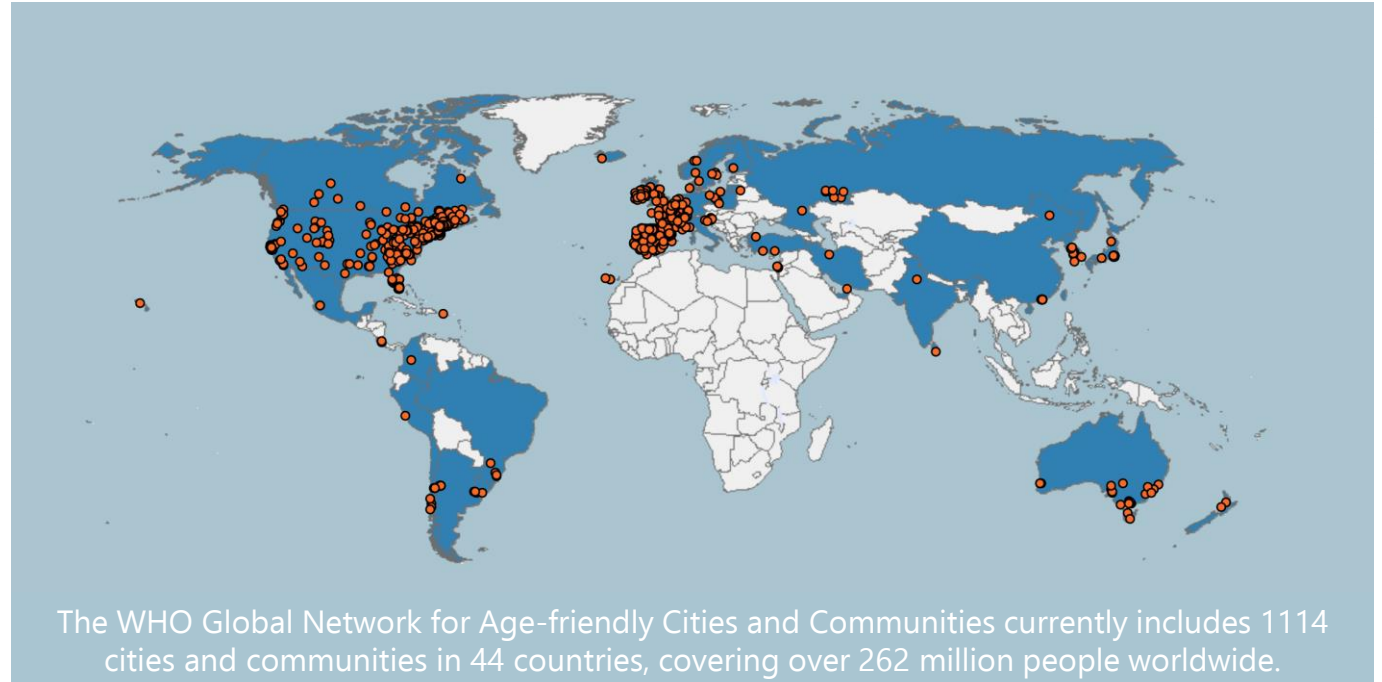


- The 2007 guide developed a framework of eight domains for age-friendly action in cooperation with 33 cities globally.
- The eight domains overlap and interact with each other. Policy actions with a focus on one domain often reap joint benefits for other domains.

Source: Global age friendly cities: a guide (2007).

WHO support in developing networks of age-friendly cities and communities

- Support cities and communities to join the *Global Network for Age-friendly Cities and Communities*.
- In the Western Pacific Region, the network includes **112** cities and communities in **6** countries, covering over **56** million people.
- Brunei Darussalam, Malaysia and Vietnam are also working in this area.



WHO showcasing innovative solutions to age-friendly environments

Virtual tour to Wakabadai Housing Complex, Kanagawa, Japan

Virtual tour to Wakabadai Housing Complex

- Showcasing community-based care model;
- Pre-recorded videos and live Q&A;
- Co-sponsored by Kanagawa Prefecture, Japan;
- 20 participants from 10 countries (MOH, CO staff).

Participants expressed interest in:

- Knowledge sharing opportunities;
- Multi-sectoral discussion/meeting opportunities;
- Technical support on long-term care system and community-based care.

AGE team in Manila

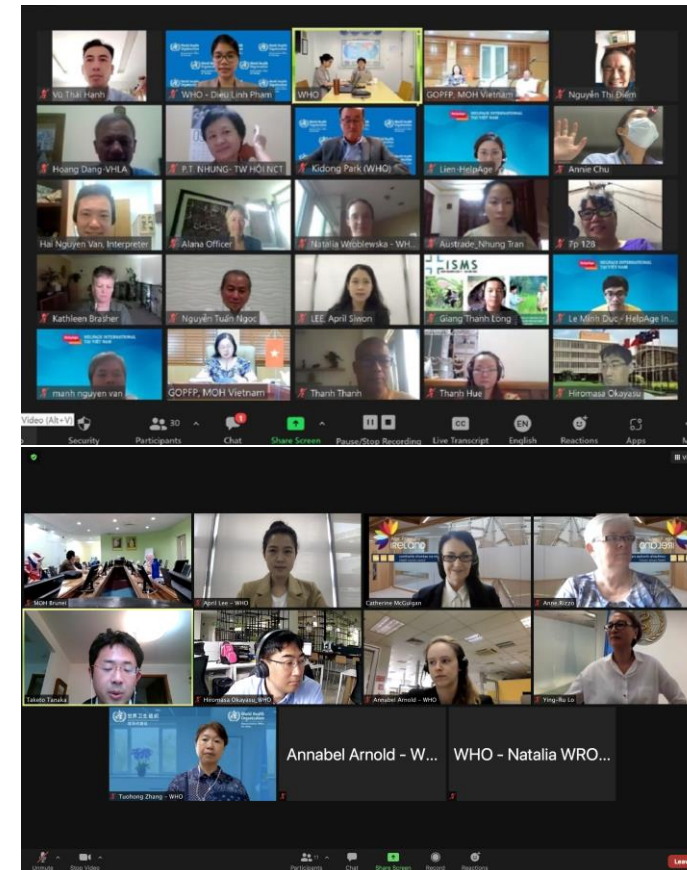


Kanagawa participants



WHO facilitating the exchange of information, knowledge and experience

Webinars on age-friendly cities and communities



◀ AFCC webinar in Viet Nam

◀ AFCC webinar in Brunei Darussalam

∧ Infographic created during the AFCC webinar in Philippines

WHO fostering social innovations to create age-friendly environments



Social prescribing program in Shangrao, China

Social prescribing can contribute to improving the social and physical environments of older people and enhance the health and social services provided by municipalities.

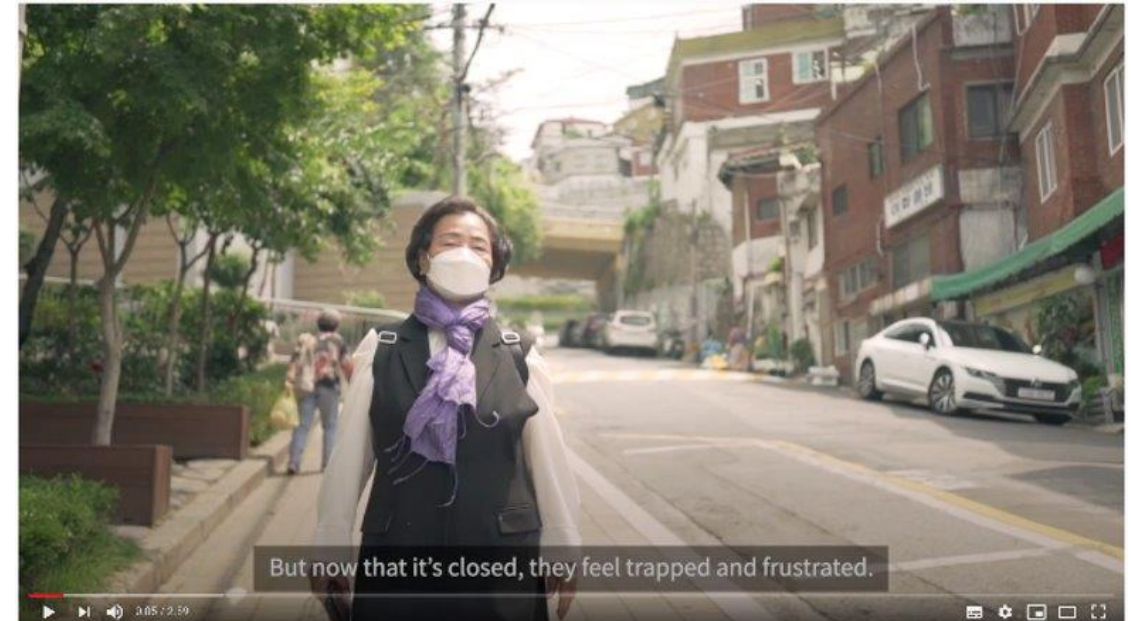
WHO promoting technological innovations to support age-friendly environments



Agatha (Virtual Healthy Ageing Coach)
<https://ageing.caict.ac.cn/>

Age-friendly environments can be supported on digital tools and services delivering better health and care. Technological innovations may improve independent living, equity and an active participation in society.

WHO working to improve social environment for older people during the pandemic



During the pandemic, increased ageism has been observed in the media, especially on social media platforms. It is the time to reduce ageism and promote a more authentic and positive image of older people and highlight their vital contributions to the response.

Considering age-friendly environment during the pandemic

Guidance on COVID-19 for the care of older people and people living in long-term care facilities, other non-acute care facilities and home care



Updated 23 July 2020

1. Introduction

1.1. Background

With coronavirus disease 2019 (COVID-19) being prevalent globally, the World Health Organization (WHO) Regional Office for the Western Pacific has prepared guidance on how best to provide care for older people during the COVID-19 pandemic and to prepare for the "new normal".

Previous outbreaks such as 2009 H1N1 influenza, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) suggest that older people are more vulnerable to new and emerging infectious diseases. With COVID-19, people over 80 years of age potentially have a much higher fatality rate. The fatality rate for those over 80 years of age is over 20% in Australia, Japan and the Republic of Korea.^{1,2,3}

In Europe, 30–60% of COVID-19-related deaths were residents of long-term care (LTC) facilities, including older age groups.⁴ Enhanced precautions among older people and early preparation in LTC facilities are important to protect older people and vulnerable populations. In Asia, approximately 2.2%, 4.3% and 5.9% of older people above 65 in China, the Republic of Korea and Japan live in LTC facilities, respectively. The proportions are comparatively smaller in Malaysia (0.4%) and Viet Nam (0.6%).⁵ In Fiji, as in many other Pacific islands, it is assumed that most older people are cared for by their family members, communities and religious groups.⁶ The number of older people staying in LTC facilities is expected to grow with increasing life expectancy, smaller family size and cultural changes in many countries.⁷ Special attention should be paid to older adults with noncommunicable diseases (NCDs) as their prognosis is more likely to

be worse if infected with COVID-19.⁸ The risk of becoming severely ill increases for those above 60 years old. People with pre-existing conditions are also more likely to become severely ill with COVID-19 infection, including those with cardiovascular disease (e.g. hypertension, people who have had or are at risk of a heart attack or stroke), chronic respiratory disease (e.g. chronic obstructive pulmonary disease, or COPD), diabetes and cancer.⁹

While physical distancing is useful in terms of infection prevention and control, social isolation as a result of limited interactions may negatively affect the cognitive, mental and physical functions of older adults.¹⁰ Non-pharmaceutical interventions (NPIs) such as physical confinements and lockdowns may decrease physical activity levels of affected individuals.⁷ Closures of sports facilities, together with limited access to outdoor space and free movement, will inevitably reduce opportunities to exercise. Regular exercise is essential for preventing muscle loss, falls and fall-related injuries.¹⁰

Long-lasting NPIs may also have an impact on mental health. Reduced social networks, isolation and loneliness may worsen generalized anxiety and major depressive disorders among older people.¹¹

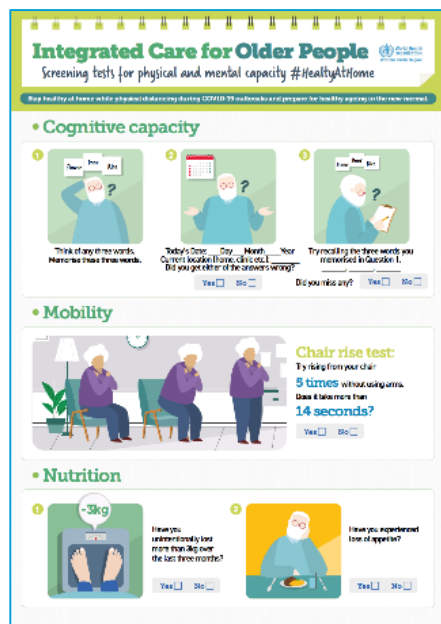
The COVID-19 pandemic has given rise to interest in health at the individual and community level and a growing awareness of the need to better support vulnerable populations, including older people. Different sectors need to work together to improve health and livelihoods so that people can protect themselves and each other. Since it will take time to develop an effective vaccine, everyone is encouraged in the meantime to adopt behaviours and practices to shift to a "new normal" with COVID-19.

WHO Guidance published to provide technical support on infection prevention and control and long-term care.

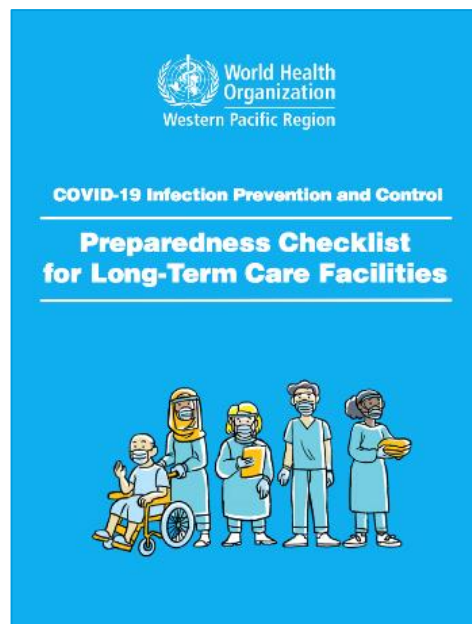
Several domains of age-friendly environments are undergoing a dramatic digital transformation as a result of the challenges created by COVID-19.

The challenges present an opportunity to understand the future ways digital and communication technologies that can be integrated into **age-friendly environments** and address the needs of older people.

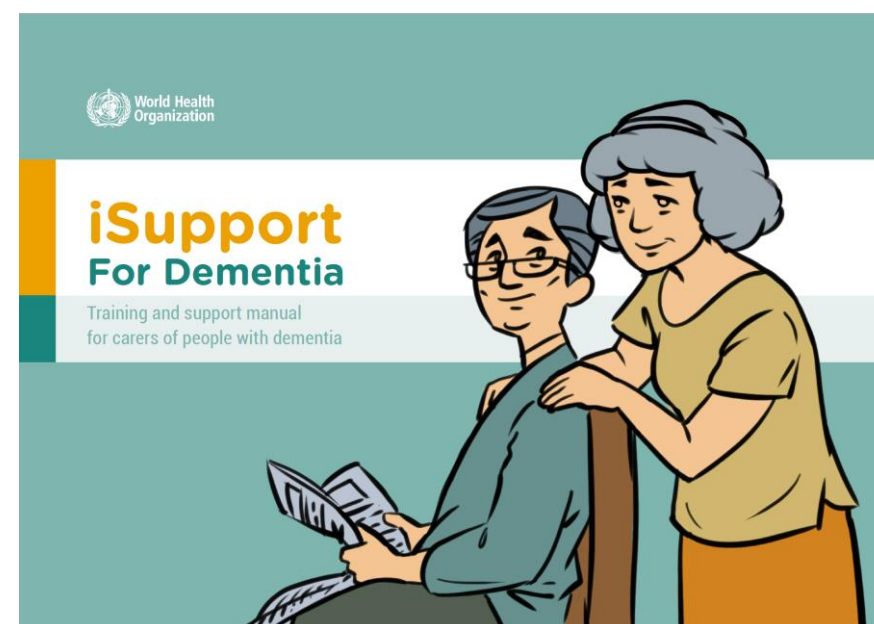
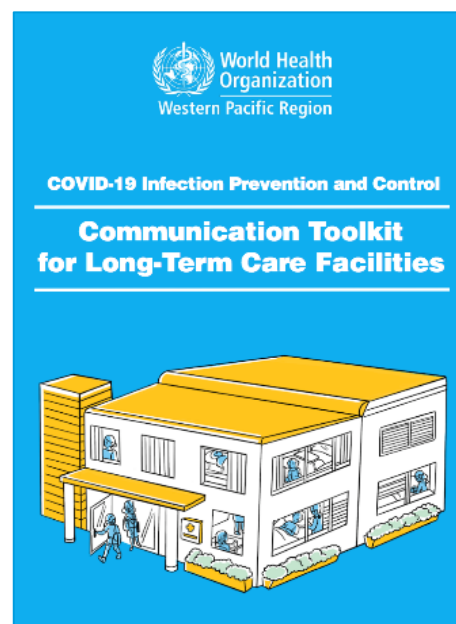
WHO guidance on adapted environments and services for older people



Self-Care Guide



Infographics for long-term care facilities



Guide for Caregivers

Summary

Environments in cities and communities are important determinants of people's health and wellbeing over life course.

Well-designed age-friendly environments can foster people's health, well-being and participation as they age.

WHO works with partners to support Member States to improve the physical, social and digital environments for healthy ageing and achieve benefits for older people.





Thank You