

International perspectives on healthy independent ageing

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Outline

1. Ageing as a global phenomenon
2. International trends in independent healthy ageing
3. International health policy – realising ‘health potential’

1. Ageing a global phenomenon



Ageing is a global phenomenon

UN World Population Ageing 2007

- 10.7% of world population is aged 60+
- 705 million people aged 60+

- 1.4% world population aged 80+
- 94 million people aged 80+

Current Global situation

- Significant difference in *proportions* of population aged 60+ (80+) across the globe
 - More developed regions 20.7% (3.9%)
 - Less developed regions 8.4% (0.9%)
 - Least developed regions 5.1% (0.4%)
- Absolute numbers aged 60+ (80+)
 - More developed 252 million (48 million)
 - Less developed 453 million (46 million)
 - Least developed 41 million (3 million)

Current Global situation

- Oldest five countries ranked by % 60+
 - Japan 27.9%
 - Italy 26.4%
 - Germany 25.3%
 - Sweden 24.1%
 - Greece 23.4%
- Youngest five countries ranked by % 60+
 - UAE 1.7%
 - Qatar 2.7%
 - Niger 3.2%
 - Kuwait 3.4%
 - Liberia 3.6%

Current Global situation

- Oldest five countries ranked by median age
 - Japan 42.9
 - Italy 42.3
 - Germany 42.1
 - Finland 40.9
 - Switzerland 40.8
- Youngest five countries ranked by median age
 - Uganda 14.8
 - Niger 15.5
 - Mali 15.8
 - Guinea-Bissau 16.2
 - Burkina-Faso 16.2

Future Global situation

- 2050 nearly 2 billion aged 60+
- For first time in human history number of children = number of older people
- Proportions of population aged 60+
 - MDCs (c 35%)
 - LDCs (20%)
- Older population increasingly concentrated in LDCs
- Speed of 'age transition' much faster in LDCS than in MDCs

Speed MEDCs

	Date at which % of country aged >65 was reached		Time taken to achieve transition
	7%	14%	Years
Japan	1970	1996	26
France	1865	1980	115
W Germany	1930	1975	45
Sweden	1890	1975	85
UK	1930	1975	45
USA	1945	2020	75

Speed LEDCs

Country	Time for transition from 7% to 14%
Brazil	<25 years
Indonesia	<25 years
Rep of Korea	<25 years
Tunisia	<25 years
China	25
India	28

Future Policy challenge:

Can poor countries
provide health care
for older people
without sacrificing
economic growth?



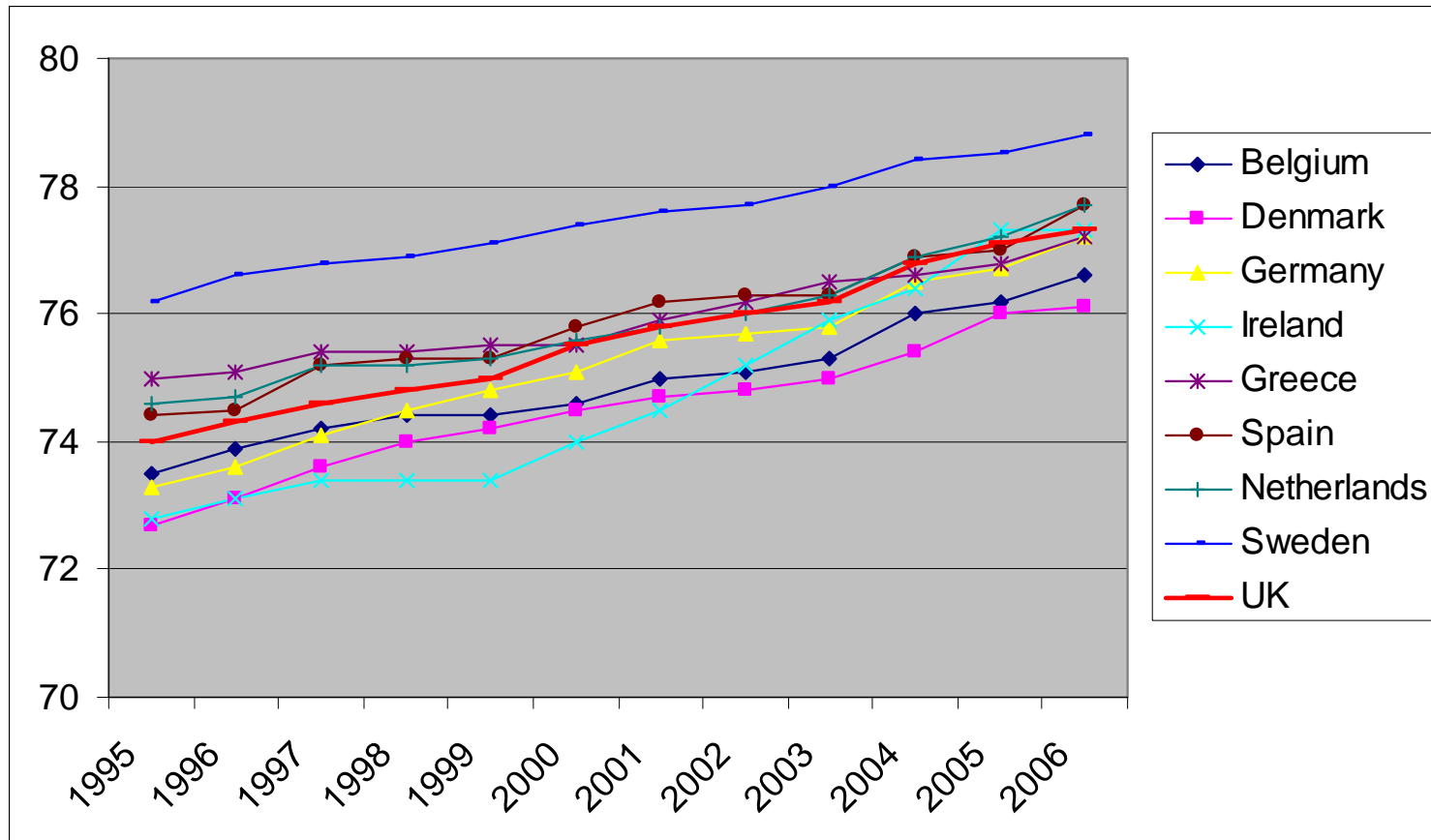
2. International trends independence healthy ageing



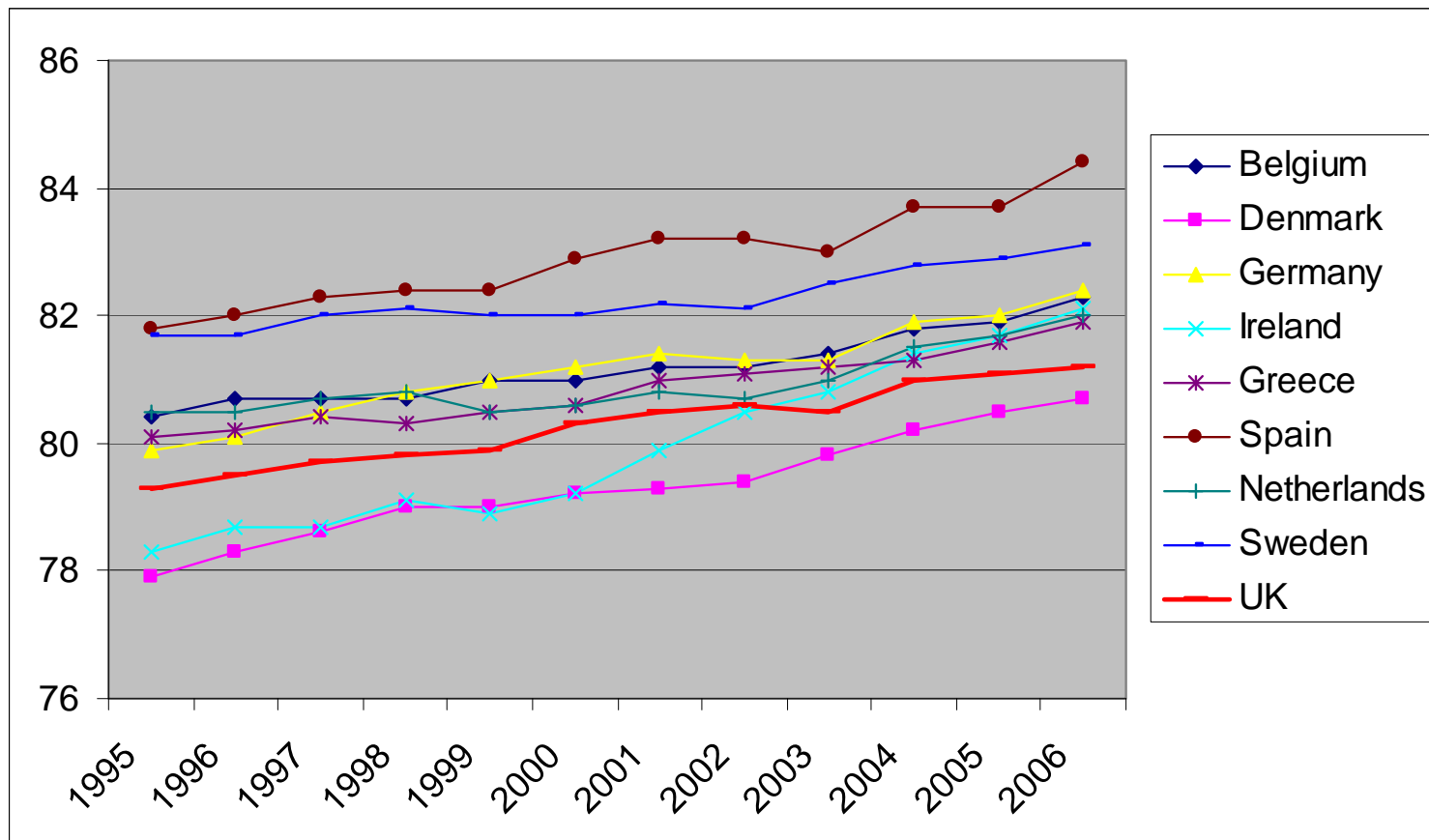
Monitoring progress in healthy ageing

- Life expectancy
 - Provides a measure of the number of remaining years to be lived at a particular age (assuming current conditions prevail throughout life)
- Healthy life years
 - Takes into account health as well as mortality
 - Disability free life expectancy (DFLE) based on ‘activities of daily living’
 - Healthy life expectancy (HLE) based on self-reported health
- Share of life in good health
 - HLE/LE
 - Helps countries *monitor* and *evaluate* their population’s health to see whether longer life is being spent in good health (compression of morbidity) or ill-health (expansion of morbidity)

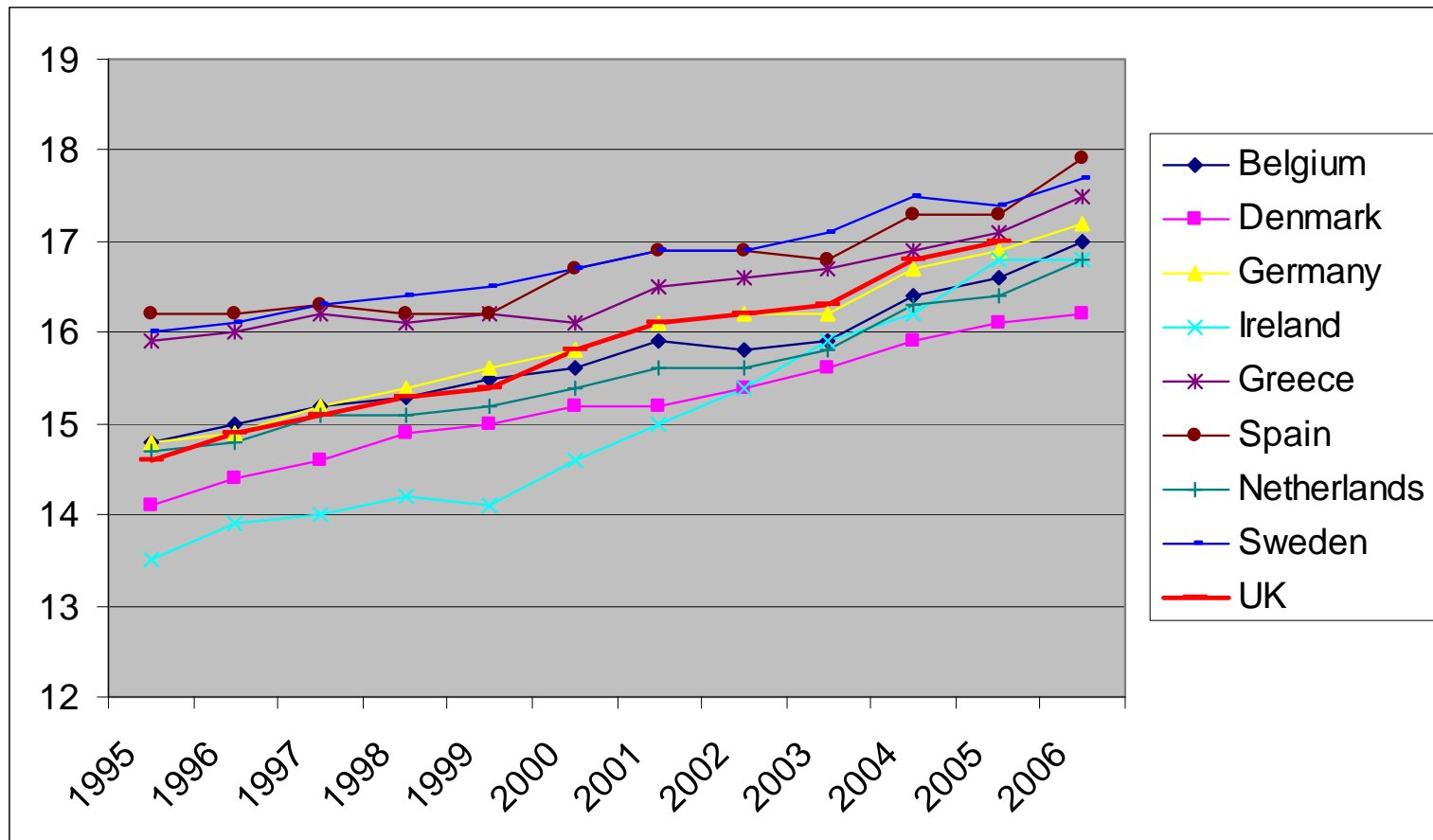
Trends in male life expectancy at birth, selected EU countries, 1997-2006



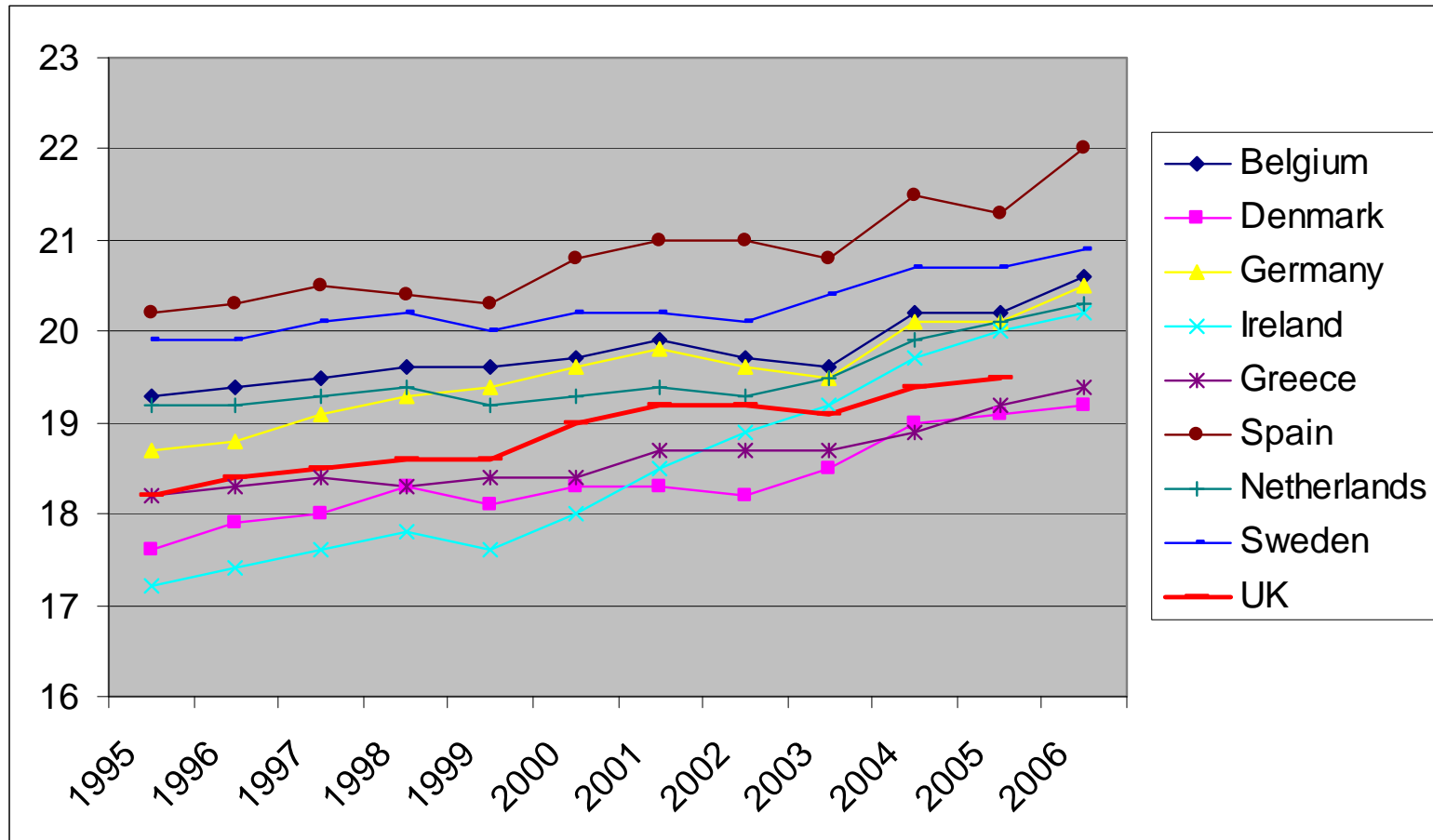
Trends in female life expectancy at birth, selected EU countries, 1997-2006



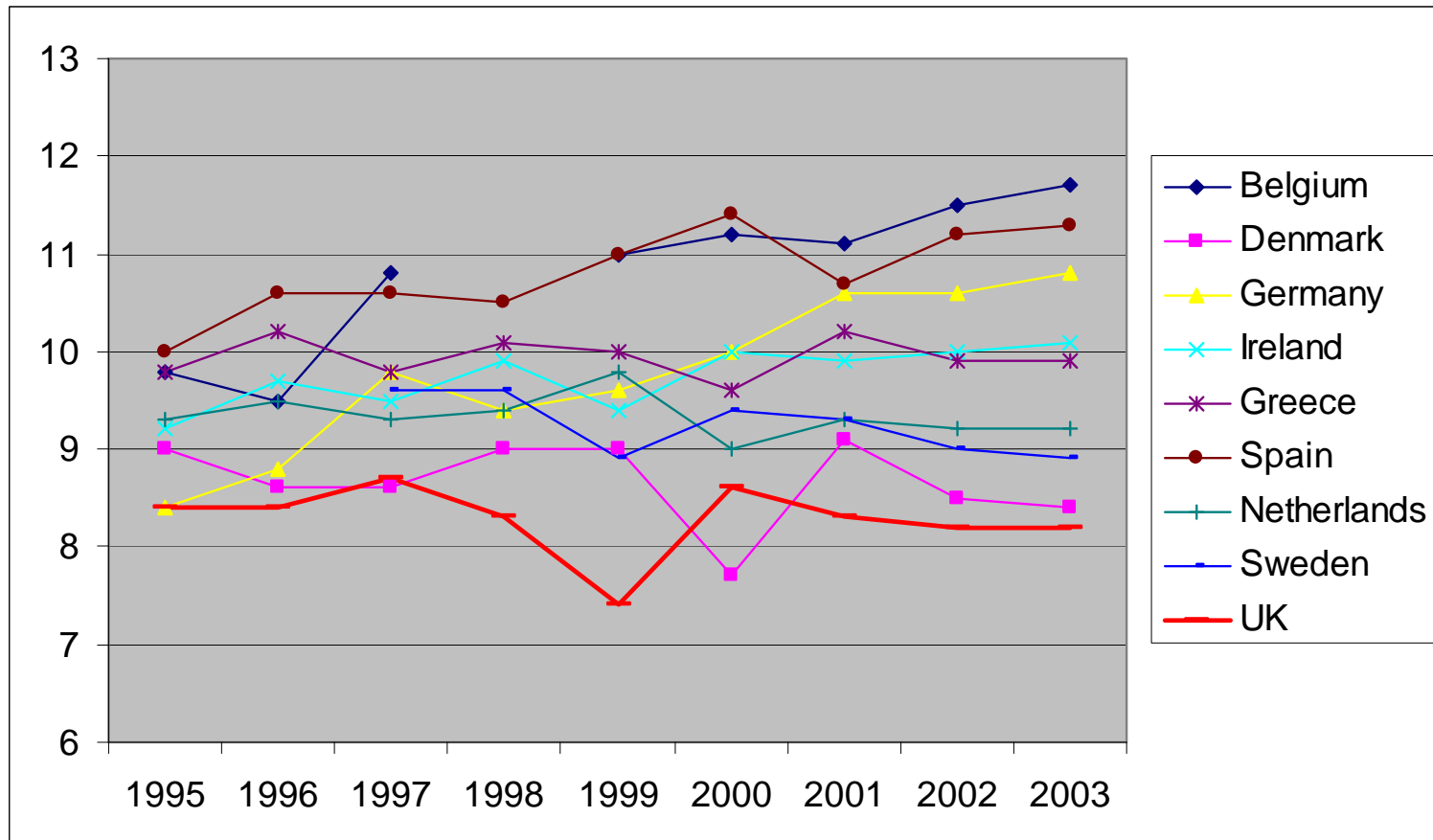
Trends in male life expectancy at 65, selected EU countries, 1997-2006



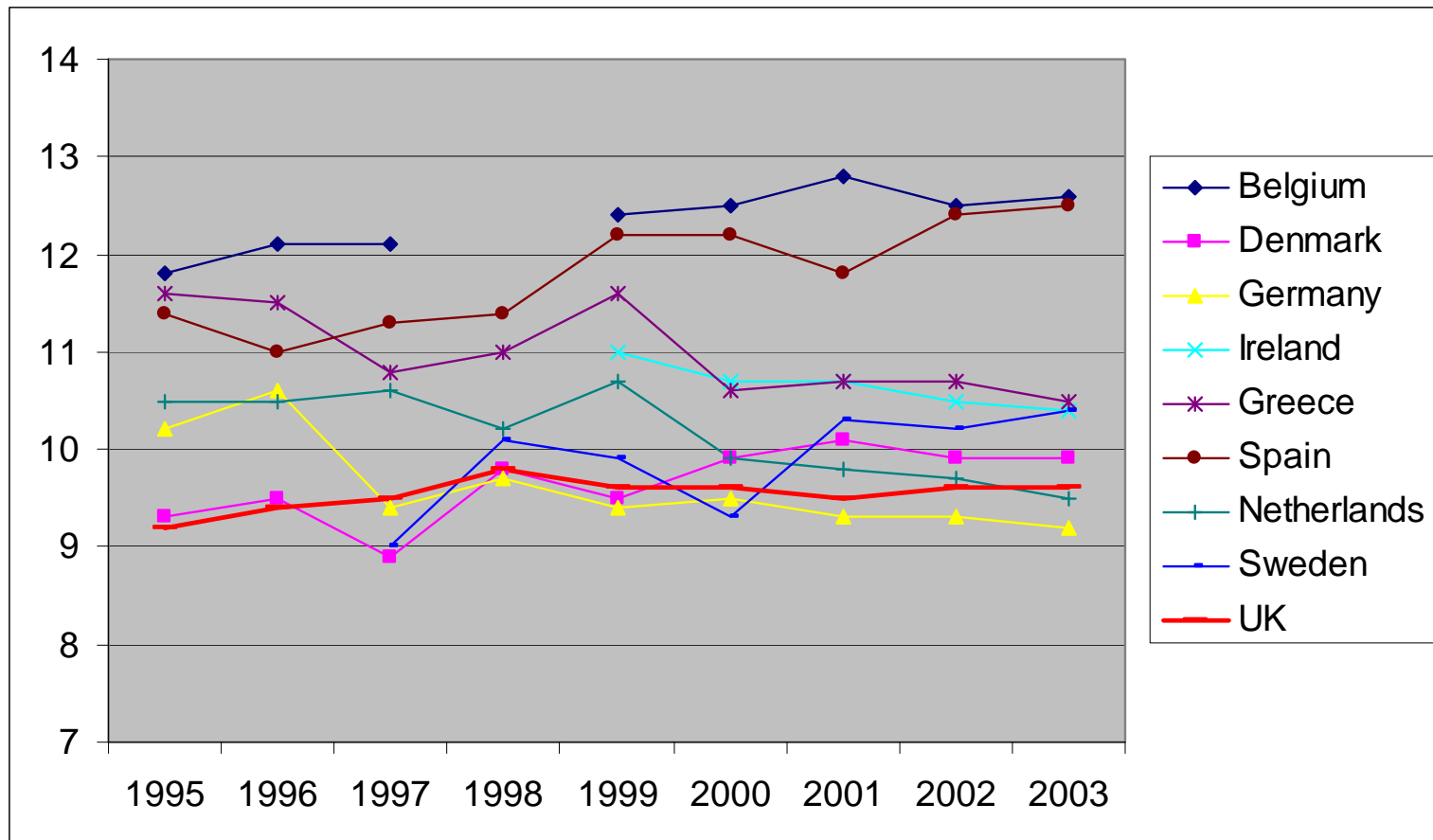
Trends in female life expectancy at 65, selected EU countries, 1997-2006



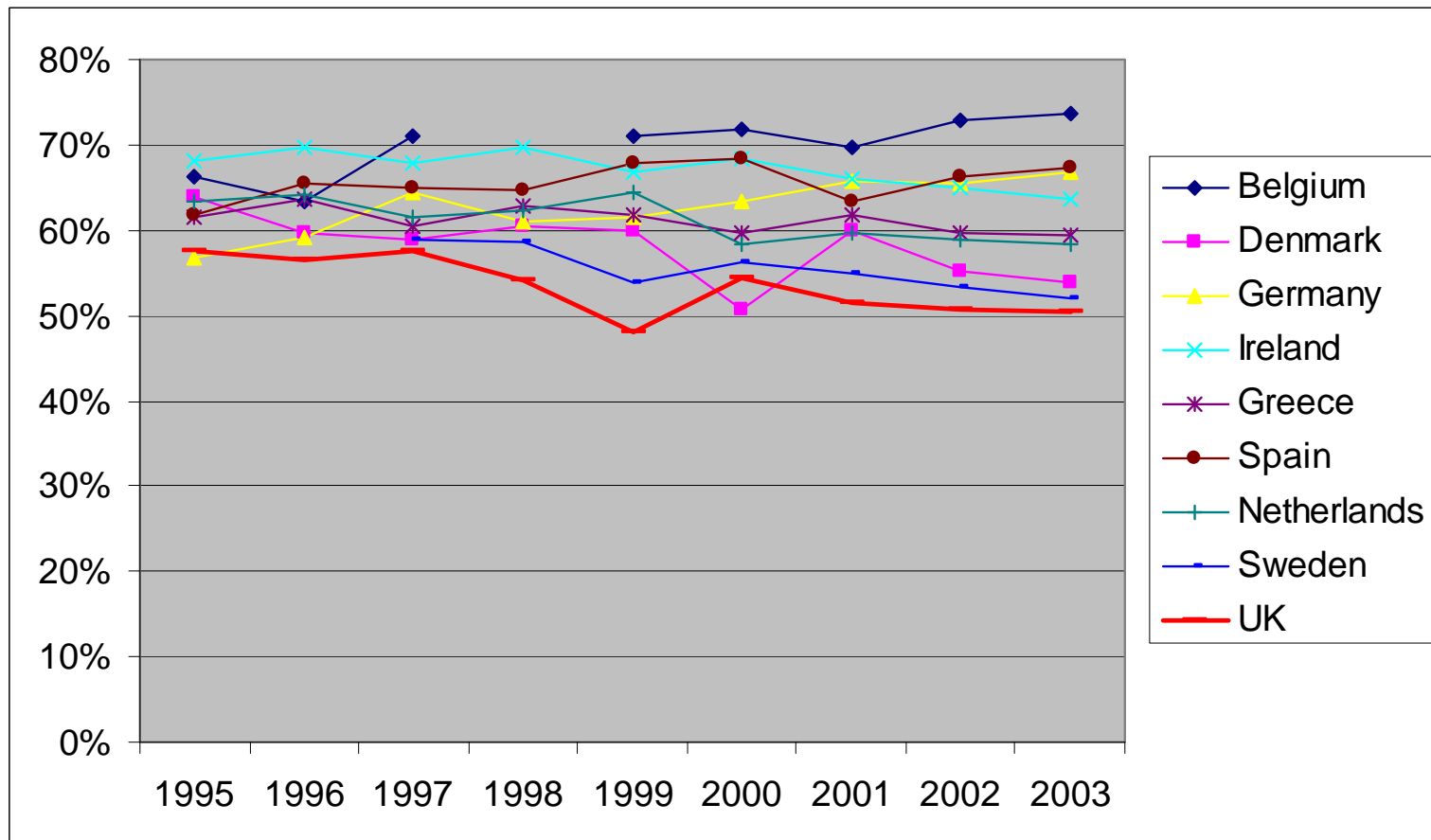
Trends in male disability free life expectancy at 65, selected EU countries, 1997-2003



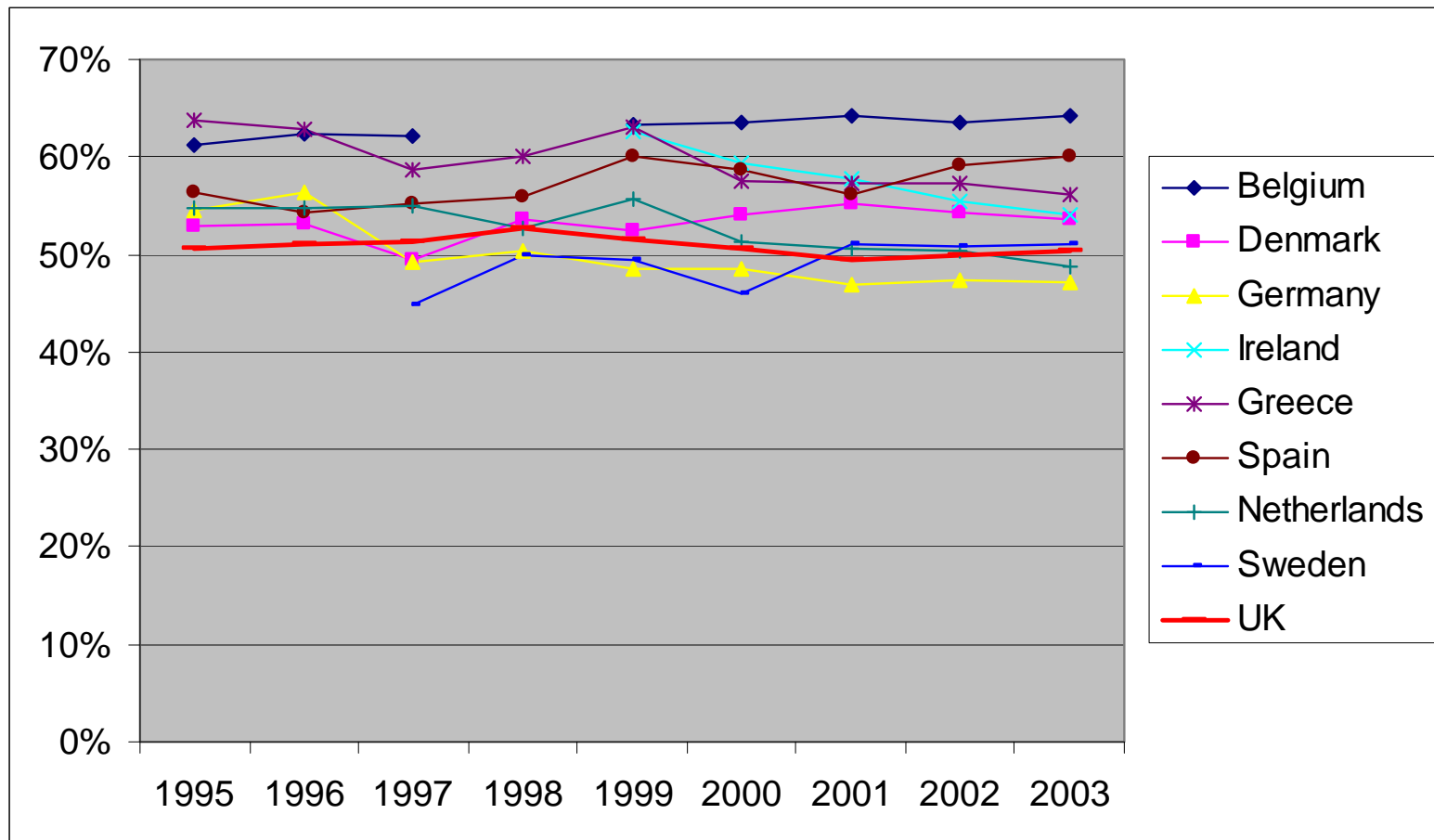
Trends in female disability free life expectancy at 65, selected EU countries, 1997-2003



Proportion of remaining life years disability free at age 65, men, selected EU countries, 1997-03



Proportion of remaining life years disability free at age 65, women, selected EU countries, 1997-03



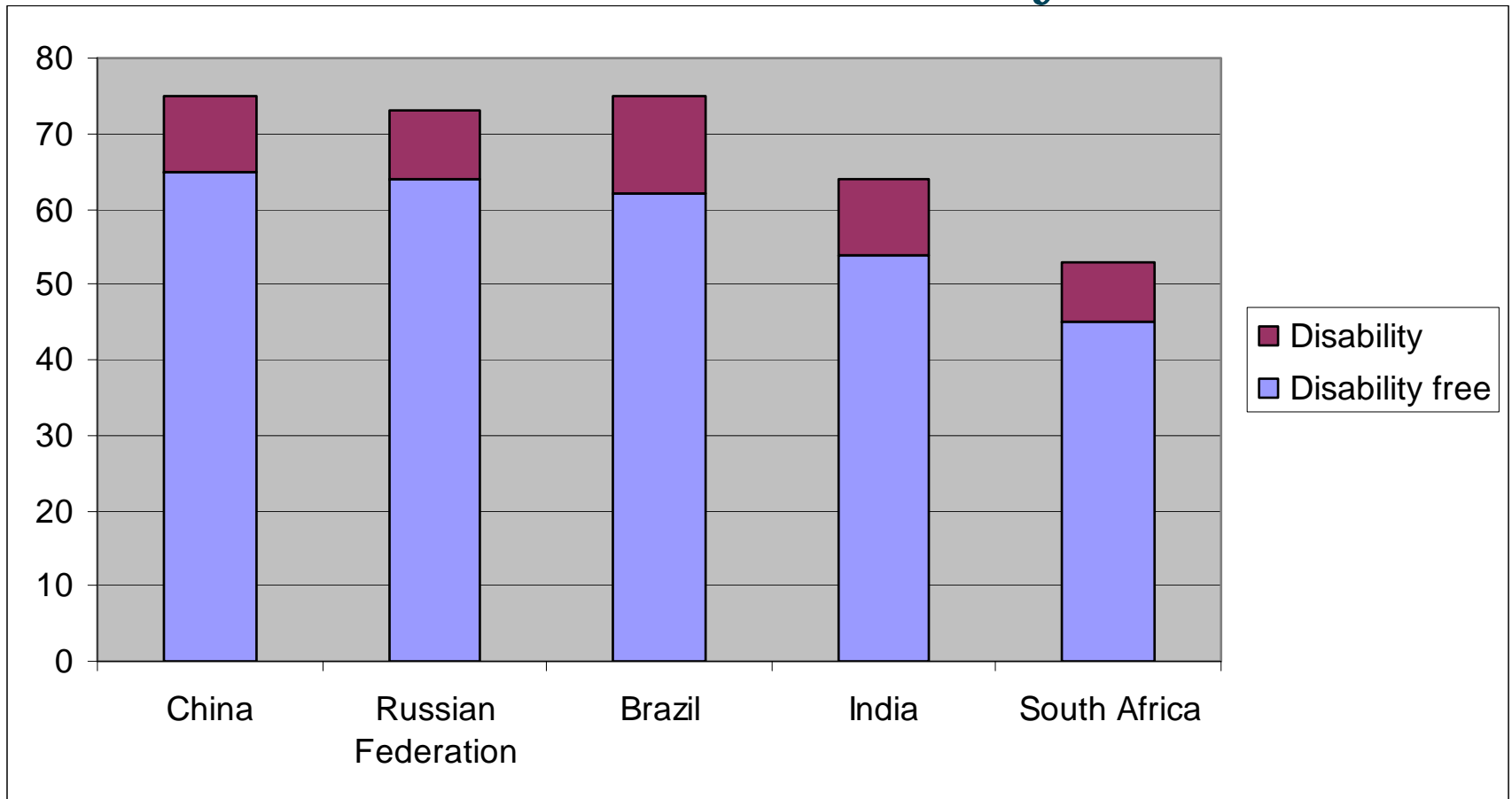
Summary

- Life expectancy at birth rising by 0.2-0.4 yrs per annum for men and 0.1-0.3 yrs per annum for women
- Life expectancy at 65 rising by 0.1-0.2 years for both men and women (slightly faster for men in most countries)

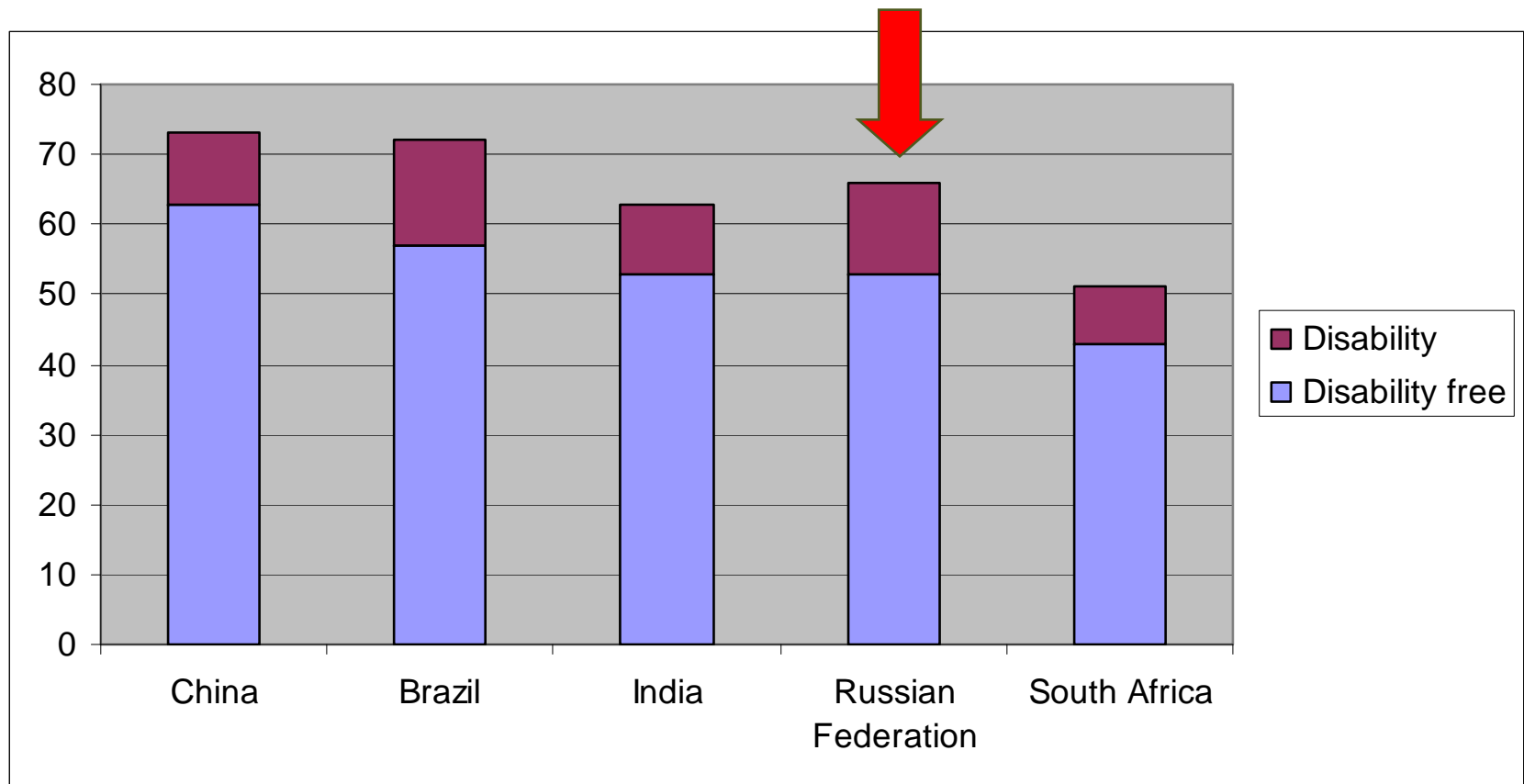
BUT

- Trends in DFLE mixed
- Share of remaining years disability free static or falling
- No compelling evidence for compression of morbidity
- Some evidence for expansion of morbidity

Female Life expectancy and DFLE in the 'BRICS' countries, latest available year



Male Life expectancy and DFLE in the 'BRICS' countries, latest available year



3. International health policy – realising ‘health potential’

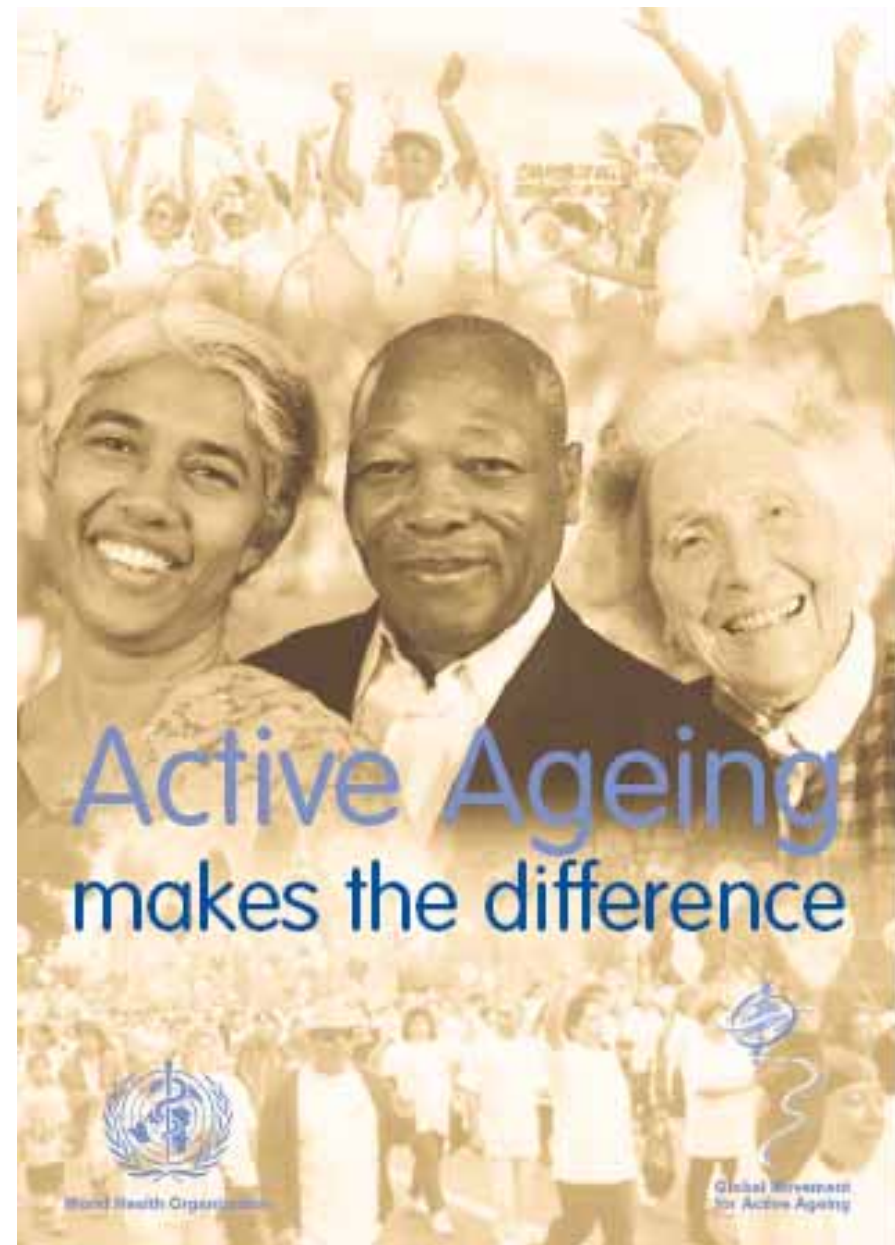




Active Ageing A Policy Framework



World Health Organization
Noncommunicable Diseases and Mental Health Cluster
Noncommunicable Disease Prevention and Health Promotion Department
Ageing and Life Course



Healthy ageing: keystone for a sustainable Europe

European Commission's Programme for Community Action in the Field of Health aims to 'promote initiatives to increase healthy life years and promote healthy ageing'



Promoting health ageing

- Mental health
 - Estimated 5.5 million cases of Alzheimer's disease in Europe
- Tobacco
 - Third EC pop smoke; 650,000 smoking-related deaths per annum
- Nutrition
- Health in *all* policies
 - Healthy years indicator included as one of Lisbon agenda indicators in 2005
 - EU Sustainable Development Strategy updated in 2006 to include promotion of healthy active ageing
- Integrated health care
 - Sweden 'Preventive Home Visits' (Nordmaling project)
- European Network for Health Technology Assessment