Top priorities in policy and practice for healthy longevity in China

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Top priorities in policy and practice for healthy longevity in China:

1. Exploring Chinese model for developing new approaches to problem-oriented research, policy, and practice to enhance healthy longevity

2. Formulating medium and long term healthy longevity (H longevity) plans to identify Chinese vision goals and staged priorities

3. Strengthening cooperation mechanisms of cross-sectoral partnerships among various stakeholders from research to practice, and improve policies and strategies for healthy longevity (H longevity)
1.1 Prolonging the healthy life span of the average life expectancy to promote the goal of health longevity

HLE with the great potential for improvement, $F > M$ Severe functional impairments trend in older adults

Expanding of elderly disabled population Hyper-aged trend in Chinese older adults with dementia

1.2 Improving health services in less developed areas and narrowing the gap in health inequality

Urban-rural differences in life expectancy in China, 2000 vs 2030

The trend of per capita health expenditure in China (yuan), 1990-2012

Urban-rural differences in life expectancy

Urban-rural differences in health expenditure

Life expectancy by provinces in China, 2010

Average annual number of doctors, nurse and midwife and beds per 10,000 people, 2005-2010

Regional differences in life expectancy

Inadequate allocation of health resources

Data resource: The fifth census in China; China Health Statistics Yearbook, 2013
1.3 Building the long-term care system to make up the absence of existing elderly care systems

The demand scale of long-term care for older adults with functional impairments in China, 2014, 2023, 2050

The scale of demand in long-term care increasing

Formulating medium and long term healthy longevity (H longevity) plans to identify Chinese vision goals and staged priorities

2.1 Carrying out health promotion activities for older adults to improve their quality of life

Promotion actions

- Awareness of core health information
- Scientific research and key monitoring
- NCD prevention and treatment
- Combination medical and elderly care
- Using networks of community-level health service
- Rehabilitation service capacity
- Mental health prevention and control action
- Advantage in traditional Chinese medicine
- Elderly health service accessibility
- Awareness and education of disease prevention
- NCD prevention and treatment
- Rehabilitation service capacity
- Mental health prevention and control action
- Advantage in traditional Chinese medicine
- Elderly health service accessibility
- Awareness and education of disease prevention

Staged objectives

- 2022
  - Second level and above comprehensive hospitals with geriatrics departments account for ≥50%
  - Third level traditional Chinese medicine hospitals with rehabilitation departments account for 75%

- 2030
  - Second level and above comprehensive hospitals with geriatrics departments account for ≥90%
  - Third level traditional Chinese medicine hospitals with rehabilitation departments account for 90%; all nursing institutions can provide elderly medical services

Incidence of functional impairment in older adults aged 65 to 74 ↓
Prevalence of dementia in older adults aged 65 years old or above ↓

2.2 Perfecting the policy environment of elderly health to provide policy support and guidance for health promotion

- **Health promotion policies**
  - Promoting health for older adults
  - Perfecting health environment for older adults
  - Optimizing allocation of elderly health services

- **Disability prevention and rehabilitation policies**
  - Disability prevention
  - Disability rehabilitation
  - Development of disabled persons

- **Subsidy policies on old age service industry**
  - Subsidies and inputs for old age services
  - Non-governmental capital investments to establish institutions for old age caring

- **Policies on combination of medical and elderly care**
  - Medical health and elderly care
  - Traditional Chinese medicine

- **Pension insurance policies**
  - Multi-level pension insurance system
  - Long-term care insurance and related commercial health insurance

- **Old age care policies**
  - Long-term care service and insurance policy support system
  - Policies on improvement for community and home old age care
  - Family supporting system policies
  - Smart aging incentive policy
2.3 Promoting the universal health coverage and improving the equalization of health resources

**Universal health coverage**

01 Service
- Broadening types of services and improving the service network
- Adhering to quality priority and improving service efficiency
- Building up the discipline team and improving the service quality

02 Expense
- Raising the expense proportion from government and society and reducing the proportion of out of pocket

03 Population
- Ensuring universal health coverage of medical insurance and basic public health services in both urban and rural areas

04 Information
- Establishing health service information system to break the information island and improving intelligence level of health services

**Health resources equalization**

- **Population**: Health service policies focusing on special elderly people groups
- **Expense**: Health care investment focus on low- and middle-income groups and areas
- **Service**: Coordinating health service and narrowing the gap of health services provision
- **Information**: Establishing and improving information integrated health service system
2.4 Building an aging-friendly society, and entering the stage of "prepared and old" by 2025

- **Preventing Poverty**: Self-reliance
  - Strengthen pension and old-age services assistance system

- **Integrating Participation**: Participation
  - Building cultural and material environment for elderly social participation

- **Having caring**: Caring
  - Improving the social old age caring service system and developing long-term care services

- **Age-free Culture**: Enriching
  - Accepting age-free culture and avoiding spiritual poverty

- **Owning respecting**: Respecting
  - Carrying forward the culture of filial piety and dignity
3.1 Implementing all-round elderly health promotion actions from the perspective of life cycle and interdisciplinary integration
3.2 Establishing the trinity of “Research-practice-policy” and building “Healthy Aging China Programs”

- Integrating interdisciplinary technologies
- Developing compound talents
- Enhancing research capacity

Research

- Actively implement the goal of healthy aging
- Building an aging-friendly society

Practice

- Optimizing top-level design
- Building Chinese solution

Policy

Healthy Aging

Successful Aging
Thank You

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