Priorities of Research, Policy and Practice: Reflections

Health Longevity: Social, Behavioral and Environmental enablers

Somnath Chatterji
Healthy Ageing

- Healthy Ageing is the process of developing and maintaining the functional ability that enables well-being in older age
- Functional ability comprises the health-related attributes that enable people to be and to do what they have reason to value: outcome of the interaction between the intrinsic capacity of the individual and relevant environmental characteristics
- Intrinsic capacity is the composite of all the physical and mental capacities of an individual
Public Health Framework for Health Ageing

- **High and stable capacity**
  - Prevent chronic conditions or ensure early detection and control
  - Reverse or slow declines in capacity
  - Manage advanced chronic conditions

- **Declining capacity**
  - Support capacity-enhancing behaviours
  - Ensure a dignified late life

- **Significant loss of capacity**
  - Promote capacity-enhancing behaviours
  - Remove barriers to participation, compensate for loss of capacity

**Functional ability**

**Intrinsic capacity**
Choice of Metrics for Healthy Ageing

- Capacity
- Functional Ability
- Well-Being
Trajectories of health across studies

Health trajectories in ELSA

Survival rates in ELSA

Health trajectories in HRS

Survival rates in HRS

World Health Organization
Cohort Effects of Healthy Ageing

- Are more recent cohorts ageing better?
- ELSA and HRS
- Suggestions that more recent cohorts may be ageing better
- But, only among the wealthiest quintiles
- Increasing inequalities
Effects of health conditions on Capacity

Regression coefficients

- depression only
- arthritis only
- angina only
- asthma only
- stroke only
- diabetes only
- lungdisease only
- arthritis+depr
- angina+depr
- asthma+depr
- stroke+depr
- diabetes+depr
- lungdisease+depr
- 2+depr

World Health Organization
Prevalence of Loneliness

Age-standardised Prevalence of Loneliness by Country and Sex

(based on weighted numbers)
Standardized to World (Segi’s) population
Determinants of health

Adjusted odds ratio with 95% CI (compared to each factor’s baseline)

- Age (ref: 50-54)
- Sex (ref: male)
- Duration weighted net affect
- Household wealth (ref: poorest quintile)
- Smokers (ref: never & not daily)
- Drinkers (ref: never & non-heavy)
- Social Networks (ref: none)
- Chronic conditions (ref: none)
- Satisfaction with health services (ref: dissatisfied)
- Satisfaction with health (ref: dissatisfied)
- Personal relationships (ref: dissatisfied)
- Quality of life (ref: dissatisfied)
- Happiness (ref: unhappy)
Life satisfaction

Life Satisfaction by Age

<table>
<thead>
<tr>
<th>Country</th>
<th>20-24</th>
<th>30-34</th>
<th>40-44</th>
<th>50-54</th>
<th>60-64</th>
<th>70-74</th>
<th>80-84</th>
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<td>0.6</td>
<td>0.4</td>
<td>0.6</td>
<td>0.8</td>
<td>1.0</td>
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<tr>
<td>India</td>
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<td>0.8</td>
<td>0.6</td>
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<td>0.8</td>
<td>1.0</td>
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Source: SAGE 2007-2010
Determinants of Net Affect

Determinants of Duration Weighted Net Affect
SAGE Pooled data

Adjusted odds ratio with 95% CI (compared to each factor’s baseline)
Universal Health Coverage

- Effective coverage: people in need of health interventions receive them with the desired health gain
  - without undue financial hardship
- At the population level effective coverage is the fraction of potential health gain that can be delivered through interventions by the health system that is actually delivered.
Measurement Challenges

• Very poor within person correlation for coverage between multiple chronic conditions
• Need for long term care – defining dependence
• Balancing country specific needs with global monitoring needs
Health in the Sustainable Development Agenda
Leaving no one behind

Ensure healthy lives and promote well-being for all at all ages
Global Strategy (2016 – 2030) and Action Plan 2016 – 2020 on Ageing and Health

Vision
A world in which everyone can live a long and healthy life.

Goals
1. Evidence-based action to maximize functional ability that reaches every person (2016 – 2020).
2. By 2020, establish evidence and partnerships necessary to support a Decade of Healthy Ageing 2020 – 2030.
Decade Proposal: make a real difference in the lives of older people, their families and communities

Guided by the GSAP, the Decade aims to stimulate local action that ensures:

- Change how we think, feel and act towards age and ageing
- Communities develop in ways that foster the abilities of older people
- Older people have access to integrated care and primary health care
- Older people who need it have access to long-term care.
Ageism and the Decade of Healthy Ageing

Global Strategy & Action Plan
Recognizing the issue

Stakeholder mapping
Understanding who is working on ageism and what they’re doing

Global Report on Ageism
Call for action in an evidence-based framework

Platform for action
Tools and messages available for use

Global coalition
Partners and supporters of the campaign set out to act

New legislation & policy?
Training curriculums?
National campaigns?
Intergenerational activities?

Building an evidence base
Research on ageism

Call for action in an evidence-based framework

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Altering the trajectory of ageing

[Graph showing the relationship between age and health, with a 7-year difference highlighted.]