### Values of healthy longevity

<table>
<thead>
<tr>
<th>Level</th>
<th>Prevention Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary prevention</td>
<td>• Community based&lt;br&gt;• PHC</td>
</tr>
<tr>
<td>Secondary prevention</td>
<td>• PHC&lt;br&gt;• Acute hospital care</td>
</tr>
<tr>
<td>Tertiary prevention</td>
<td>• Rehabilitation&lt;br&gt;• Long term care</td>
</tr>
</tbody>
</table>

**Intersectoral action - living, earning, learning environments**

**Sustainable development goals**

**Universal health coverage**
Transformational values

• ageing as a burden → ageing as an asset
• dependency → rights and autonomy
• disease focus → functioning focus
• morbidity → wellness and wellbeing
Challenges

• Ideas
• Institutions
• Interests

power
Way out of these, where to start?

• Complex adaptive systems
• Thinking politically
Vakhegula Vakhegula, South Africa’s soccer grannies

• https://www.youtube.com/watch?v=uzZT9qyhqj0