

U.S. NATIONAL
ACADEMY OF MEDICINE



Healthy Longevity

GLOBAL GRAND CHALLENGE

Health Care and Public Health Systems for Healthy Longevity

February 3-4, 2020

Welcome to Day 2!

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Recap of Day 1

Workshop on Health Care and Public Health for Healthy Longevity

Thank you for great discussions....

You were a true working group!

Now, a review of some of the major themes

Workshop on Health Care and Public Health for Healthy Longevity

For questions or suggestions please
email: **Healthylongevity@nas.edu**

Keynote by Finbarr Martin: Themes

1. Think beyond disease to underlying age-related changes
2. Think about the person within their context and environment
3. Integration of care across all sectors
4. Workforce changes—education in geriatrics across all specialties

Session I: A Future Back Vision of Health Care and Public Health Systems to Achieve Healthy Longevity (Linda Fried, moderator)

1. Prevention works and matters
2. Apply direct prevention to red zone—to improve healthspan
3. Institutional change needed in response to demographic changes
 - a. Evidence not being used/applied
 - b. Institutional change is difficult—many systems resistant to change
 - c. To create change need economic incentives coupled with disrupting social norms
4. Inequity a major issue, with huge disparities in well-being by income groups
5. Need broader measures of “health”—measuring capabilities, capturing “meaningful life”
 - a. All measures imperfect; none will be ideal
 - b. Change needed now: Choose imperfect measure, set targets, measure over time

Session II: Maintaining Robust Health of Aging People (Allison Squires, moderator)

1. Make the invisible visible (address disparities; reach the marginalized and isolated)
2. Integrate the 3 domains of life: education, work, private
 - a. Change the funding system across the 3 domains in parallel
 - b. Reinvent work
 - c. Make investments across the lifecourse, e.g., life-long learning
 - d. Make investments where people live and work, e.g., modern urbanization (age-friendly cities)
3. Integrate health care and social care, e.g., conducive environments to aging in place
4. Develop policies that recognize the vulnerabilities and capabilities of people
5. Major change in attitudes—disrupt ageism
6. Leveraging data and metrics; creating sustainable approaches

Session III: Supporting the Individual Needs of People with Declining Capacity (EK Yeoh, moderator)

1. Prevention of frailty and functional decline
 - a. Functioning a key outcome measure
2. “Age-Proud” movement
 - a. Counteract ageism; celebrate aging
 - b. Need to change social norms; largescale media campaign
 - c. Avoid ageism/bias in all aspects of development of new technologies
3. Person-centered care: Putting the patient (and family) at the center of care
 - a. Personalization of care according to goals of the individual
 - b. Individual to co-design of systems, technologies, supports, etc.
4. Disruptive technology solutions—to enable healthy longevity
 - a. Many examples already exist (fall prevention, MCI, caregiver)
 - b. Voice control, EMR interventions
 - c. Scalability—merge/share information
 - d. Interoperability
 - e. Sustainability
 - f. Public-private partnerships for development and implementation
5. Responsibility for care: Shared across government, private sector, communities neighborhood, families, individual



Unifying and transformative themes

1. Importance of prevention: This is how we will get to improved healthspan (get out of the red zone)
2. Inequity is a huge issue
3. Need broader definition of “health”—to include vulnerabilities and capabilities; focus on functioning as a key measure
4. Counteract ageism: celebrate aging (Age Proud movement)
5. Put the person (and family) at the center of all care
6. Reinvent work—invest in work and lifelong learning across the lifecourse
7. Metrics: All measures imperfect, but change needed now. Choose one measure and set targets to track globally
8. Shared responsibility for care: public-private partnerships; communities-families



What's next?

Goal is to get closer to real-world operationalization

- Expanding Personalized Care for People with Significant Capacity Loss
- Translating Knowledge into Policy and Practice
- Recap and Synthesis Session
- Envisioning a System of Health and Well-Being for All

Let's put our thinking caps on....

