



**Social, Behavioral, & Environmental Enablers for Healthy Longevity:
*A Workshop for the Global Roadmap for Healthy Longevity Initiative***

AGENDA

Nov 6-8, 2019

AARP

601 E St, NW
Washington, DC

Objectives:

This 2-day public workshop will examine the social, behavioral, and environmental enablers for healthy longevity. Workshop participants will discuss the challenges and opportunities, as well as potential solutions and disruptive approaches to enhance social structures and living environments that would enable healthier and socially fulfilled lives and ultimately create thriving societies around the world.

Specifically, this workshop will feature invited presentations and discussions on topics including:

- Theoretical foundations and key concepts and definitions for equitable healthy longevity;
- Existing evidence on the social, behavioral, and environmental enablers of healthy longevity including determinants, pathways, and policy entry points;
- Critical challenges and gaps in current approaches for creating social and environmental structures that promote healthy behaviors across the life course and enable aging populations to lead meaningful and productive lives;
- Key successes of policies and programs in targeting the social, behavioral, and environmental determinants of health related to healthy longevity;
- Opportunities, approaches, and potential priorities—including the consideration of data, indicators, and measures that should be collected—for designing and applying social, behavioral, and environmental enablers to guide effective multi-sectoral solutions and actions that foster integrative care without medicalizing these solutions; and
- Effective mechanisms for stimulating meaningful collaboration among various relevant stakeholders across sectors and disciplines.

Workshop speakers and discussants will contribute perspectives from government, academia, private, civil society, and nonprofit sectors from the local to global levels. A proceedings of the presentations and discussions at the workshop will be published in 2020.

DAY 1 – Wednesday, November 6

1:00pm ET **Welcome remarks**
JO ANN JENKINS
Chief Executive Officer
AARP, USA

An overview of the Global Roadmap for Healthy Longevity Initiative
VICTOR DZAU
President
National Academy of Medicine, USA

Workshop overview and goals
JENNIE POPAY, *Co-Chair of the Workshop*
Distinguished Professor of Sociology and Public Health
Lancaster University, UK

Keynote Address

A conceptual framework for understanding the social, behavioral, and environmental enablers for healthy longevity from a health equity lens
SIR MICHAEL MARMOT
Director of the Institute of Health Equity
Professor of Epidemiology and Public Health at University College London, UK

Q&A Discussion

**SESSION I:
Foundations for Healthy Longevity –
Understanding the Contributions and Linkages of
Social, Behavioral, and Environmental Enablers**

2:20pm Session I Objectives:

- Discuss the meaning of “healthy longevity”
- Highlight how to measure healthy longevity and the underlying reasons for global- and country-level trends and disparities in healthy longevity
- Understand the contributions and interactions of social, behavioral, and environmental enablers upon healthy longevity

Moderator: Emily Grundy, University of Essex, UK

Plenary Presentations

What is “healthy longevity”? Understanding the multifaceted challenges and opportunities from a life course perspective
LISA BERKMAN
Director of the Harvard Center for Population and Development Studies
Professor of Public Policy and Epidemiology at Harvard T.H. Chan School of Public Health, USA

Panel Presentations

The factors underlying current and future trends of healthy longevity

ALI MOKDAD

Chief Strategy Officer of Population Health, and Director of Middle Eastern Initiatives
Institute for Health Metrics and Evaluation, USA

Understanding the linkages of social, behavioral, and environmental determinants across diverse populations, lifestyles, and contexts

ASGHAR ZAIDI

Professor of Gerontology
Seoul National University, Korea

3:00pm **Q&A Discussion**

3:30pm **Break**

3:45pm **Examining the economics of healthy longevity**

BRENDA GANNON

Professor in the School of Economics, and Affiliate Professor at the Centre for the Business and Economics of Health
The University of Queensland, Australia

How inequality shapes later life: Lessons from the everyday experiences of aging people

COREY ABRAMSON (by video)

Associate Professor of Sociology
University of Arizona, USA

4:15pm **Q&A Discussion and Moderator Synthesis of Session 1**

Moderator: Bridget Kelly, Burke Kelly Consulting, USA

4:50pm **Table Group Discussion**

This discussion will be an interactive session that will allow participants to share their knowledge, expertise, and personal experiences about healthy longevity in small groups.

5:20pm **Report Back and Audience-Wide Discussion**

Audience members will report back on their small group discussions and engage in a general discussion.

5:50pm **Observations from Day 1**

MOSA MOSHABELA

Dean and Head of the School of Nursing and Public Health
University of KwaZulu-Natal, South Africa

6:00pm **Adjourn**

6:15pm **Official Launch of the Global Roadmap for Healthy Longevity Initiative**

6:45pm **Reception**

DAY 2 – Thursday, November 7, 2019

8:30am **Welcome and Recap Day 1**
JENNIE POPAY, *Co-Chair of the Workshop*
Distinguished Professor of Sociology and Public Health
Lancaster University, UK

**SESSION II:
Age-Friendly Environments –
Overcoming Challenges and Harnessing Best Practices**

8:40am Session II Objectives:

- Understand lessons learned and best practices for different programs that have aimed to create age-friendly environments in various contexts
- Examine cross-cutting challenges that need to be overcome across different programs
- Discuss how to bolster evidence and evaluate age-friendly environments that could inform other contexts

Opening Presentation

Designing safe, smart, and sustainable built environments across diverse contexts to support healthy longevity

CHINMOY SARKAR

Assistant Professor of GIS, Urban Health and Environment
The University of Hong Kong

Moderator: Chinmoy Sarkar, The University of Hong Kong

Case Studies

Age-friendly environments in the UK and Europe: Improving the quality of life for aging populations

PAUL MCGARRY

Head of Greater Manchester Ageing Hub
Greater Manchester Combined Authority, UK

Redesigning communities to transform aged societies – A model from Kashiwa, Japan

HIROKO AKIYAMA

Professor at the Institute of Gerontology
University of Tokyo, Japan

Building a city focused on healthy longevity and well-being – Learning from Kigali, Rwanda

NADINE GATSINZI UMUTONI

Vice Mayor in Charge of Socio-Economic Affairs
City of Kigali, Rwanda

Q&A Discussion and Moderator Synthesis of Session 2

10:30am **Break**

**SESSION III:
Reimagining the Social World Across the Life Course**

10:45am Session III Objectives:

- Reexamine the social world for aging populations where they can actively contribute and thrive in societies
- Assess approaches that leverage effective social care and services that avoid the over-medicalization of aging
- Evaluate how social actions and reforms potentially address health inequalities across populations

Moderator: Laura Carstensen, Stanford University, USA

Panel Presentations

Lifelong learning opportunities and engagement of aging populations

OMOBOLANLE AMAIKE

Associate Professor of Sociology

University of Lagos, Nigeria

Harnessing social networks and intergenerational support to empower active lifestyles across the life course

QUYEN TRAN

Regional Programme Advisor, Asia and Pacific Regional Office

HelpAge International, Thailand

Cultivating environments that promote work, volunteering, and reciprocity

NANCY MORROW-HOWELL

Distinguished Professor of Social Policy and Director of the Harvey Friedman Center for Aging

Washington University in St. Louis, USA

Q&A Discussion and Moderator Synthesis of Session 3

12:00pm **Lunch**

**SESSION IV:
Uncovering the Unknowns and Extricating Uncertainties to Push the Field Forward**

1:00pm Session IV Objectives:

- Elucidate the uncertainties and challenges related to healthy longevity to help advance scientific and policy agendas
- Identify the roles and contributions of various stakeholders required to overcome the challenges
- Explore foundational principles and potential solutions for extricating challenges across a variety of contexts

Moderator: Paul Irving, Milken Institute Center for the Future of Aging, USA

Panel Discussion

Growing challenges of labor market dynamics and financial decisions for aging people and their families – Perspectives from Asia and Eastern Europe

ELENA GLINSKAYA

Lead Social Protection Specialist

The World Bank

Retirement income design with an aging demographic

JOHN PIGGOTT

Scientia Professor of Economics and Director

ARC Centre of Excellence in Population Ageing Research at University of New South Wales, Australia

The pathways and implications of ageism: Is it possible to eliminate ageism?

LIAT AYALON

Professor and Deputy Director, School of Social Work

Bar-Ilan University, Israel

The diverse nature of aging populations: Uncovering intersectionality and the historical, cultural, and contemporary contexts that shape health

LAILA BÉCARES

Co-Director of Centre for Innovation and Research in Wellbeing

Senior Lecturer in Applied Social Science, University of Sussex, UK

Q&A Discussion and Moderator Synthesis of Session 4

3:00pm **Break**

Moderator: Bridget Kelly, Burke Kelly Consulting, USA

3:15pm **World Café Breakout Group Discussion**

Group 1: Working life and retirement (*Group Moderator:* John Piggott, University of New South Wales, Australia)

Group 2: Ageism (*Group Moderators:* Erwin Tan, AARP, USA, and Roger Chung, The Chinese University of Hong Kong)

Group 3: Equity, diversity, and intersectionality (*Group Moderator:* Joan Zlotnik, formerly at National Association of Social Work Policy Institute, USA)

4:30pm **Audience-Wide Discussion**

Audience members will report back on their breakout groups and engage in a general discussion.

5:20pm **Observations from Day 2**

PAUL IRVING

Chairman

Milken Institute Center for the Future of Aging, USA

5:30pm **Adjourn**

DAY 3 – Friday, November 8, 2019

8:30am **Welcome and Recap Day 2**
JENNIE POPAY, *Co-Chair of the Workshop*
Distinguished Professor of Sociology and Public Health
Lancaster University, UK

SESSION V:
Translating Knowledge into Policy and Practice

8:40am Session V Objectives:

- Develop a disruptive vision of environments that will create healthy longevity
- Explore barriers and opportunities for translating knowledge on healthy longevity into policy and practice
- Consider societal opportunities resulting from healthy longevity
- Examine strategies to engage political leadership and build the business case to invest in policies and actions promoting healthy longevity
- Highlight models of innovative collaboration, partnership, and coalitions across various contexts
- Understand approaches to genuinely engaging with older adults from the research process through implementation and evaluation to ensure sustainable and effective solutions

Moderator: Paulin Basinga, *Co-Chair of the Workshop*, Bill & Melinda Gates Foundation, Nigeria

Moderated Panel Discussion

ANNA DIXON
Chief Executive
Centre for Ageing Better, UK

MALA KAPUR SHANKARDASS
Asia Representative of the International Network for the Prevention of Elder Abuse
Associate Professor, Maitreyi College at the University of Delhi, India

ANGELIQUE CHAN
Executive Director of the Centre for Ageing Research & Education and Associate Professor
Duke-NUS Medical School, Singapore

ENRIQUE VEGA
Unit Chief of the Healthy Life Course Unit
Pan American Health Organization

DEBRA WHITMAN
Chief Public Policy Officer
AARP, USA

General Discussion and Moderator Synthesis of Session 5

10:15am **Break**

**SESSION VI:
Reflecting on Top Priorities for Research, Policy, and Practice**

10:30am Session VI Objectives:

- Synthesize longterm vision, goals, and priorities for impact, collaboration, and synergy with global health initiatives such as Universal Health Coverage and the Sustainable Development Goals
- Explore opportunities for developing new approaches to research, policy, and practice to enhance healthy longevity from the local to global levels
- Discuss strategies to leverage cross-sectoral partnerships among various stakeholders from research to practice

Moderator: Linda Fried, Columbia University, USA

Panel Presentations and Discussion

XIAOYING ZHENG

Dean of APEC Health Science Academy and Director of Institute of Population Research
Peking University, China

SOMNATH CHATTERJI

Team Lead - Surveys, Measurement, and Analysis Programme
World Health Organization, Switzerland

SIR GEORGE ALLEYNE

Director Emeritus
Pan American Health Organization

MOSA MOSHABELA

Dean and Head of the School of Nursing and Public Health
University of KwaZulu-Natal, South Africa

11:30am **Q&A and Final Synthesis Discussion**

Audience members will engage in a final discussion with the panelists.

12:20pm **Closing Remarks**

PAULIN BASINGA, *Co-Chair of the Workshop*

Country Director of Nigeria
Bill & Melinda Gates Foundation

JENNIE POPAY, *Co-Chair of the Workshop*

Distinguished Professor of Sociology and Public Health
Lancaster University, UK

12:30pm **Adjourn**