



Healthy ageing & frailty prevention in Europe

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**World Health
Organization**

REGIONAL OFFICE FOR
Europe



**Organisation
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BUREAU RÉGIONAL DE L'
Europe



Weltgesundheitsorganisation

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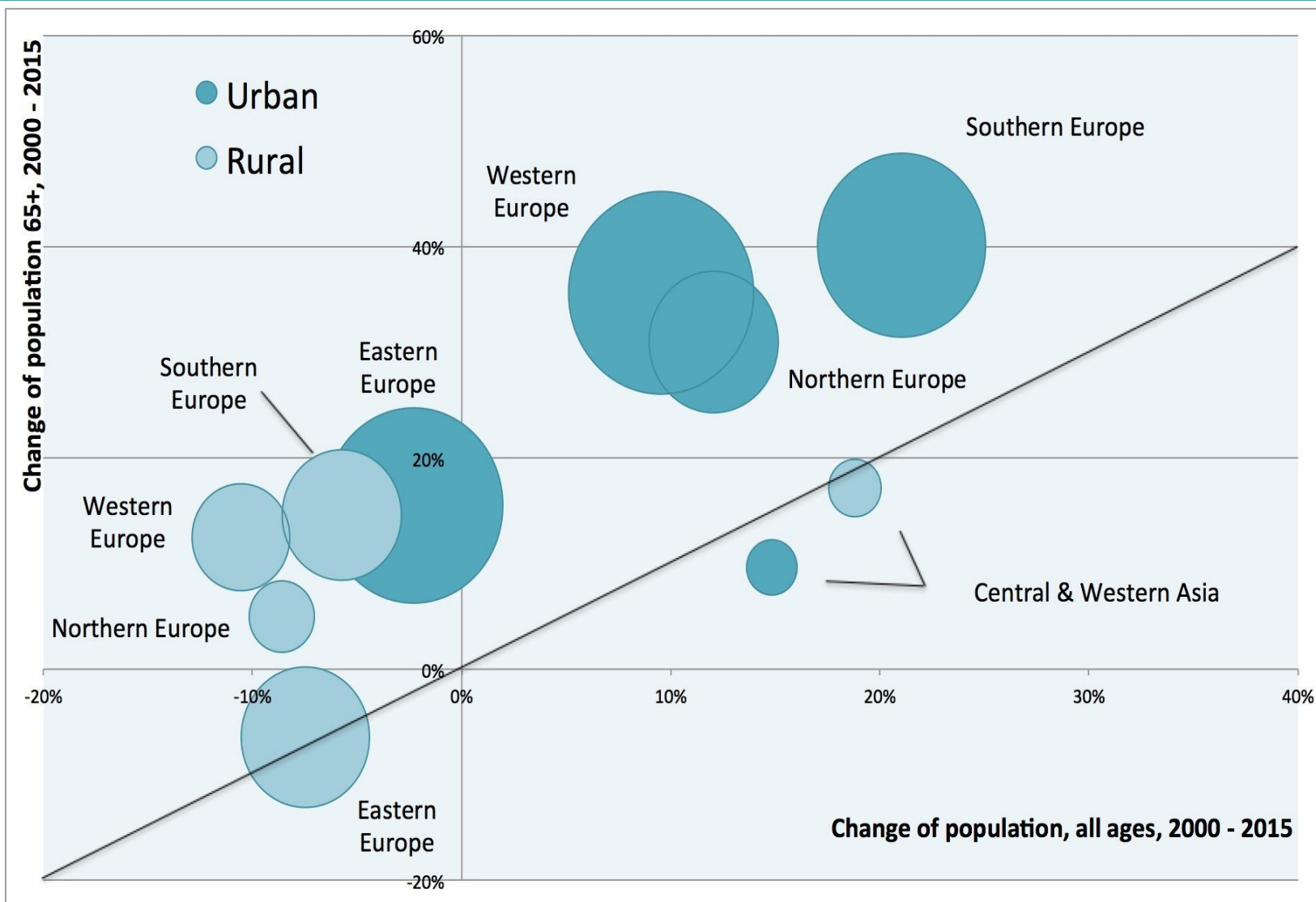


**Всемирная организация
здравоохранения**

Европейское региональное бюро

advant  **AGE**
MANAGING FRAILITY

Ageing in Europe: where does it take place?



Frailty as geriatric syndrome (1)

- “State of increased vulnerability that exposes an individual to a higher risk of negative health-related outcomes”
- Not a disease; sometimes/partially reversible; does not need to be associated with disability
- Often preventable: onset of frailty/disability

Frailty as geriatric syndrome (2)

- “a transition phase between successful ageing and disability”
- Systematic reviews on “what works” recent; still leaving many questions open, also depending on how to measure “frailty”
- Important strand of work under WHO action plans



WORLD
REPORT
ON
**AGEING
AND
HEALTH**

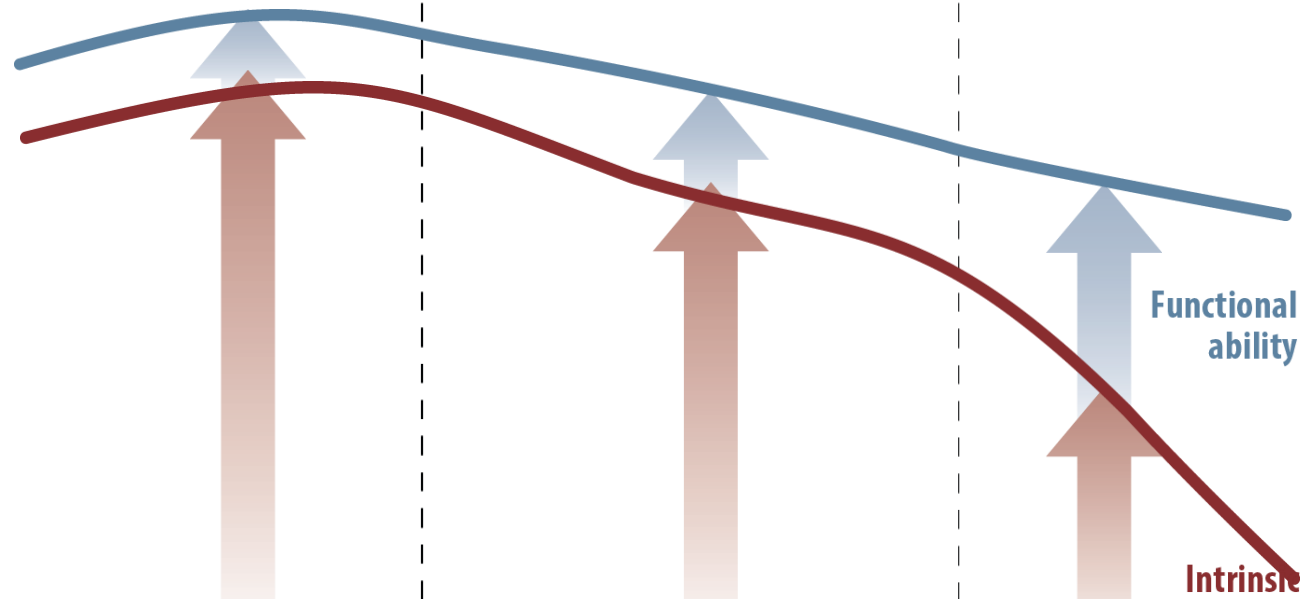


Global strategy and action plan
on ageing and health (2016-2020)

A framework for coordinated global action by the World Health Organization,
Member States, and Partners across the Sustainable Development Goals

Public Health Framework for Healthy Ageing

High and stable capacity Declining capacity Significant loss of capacity



Health services: Prevent chronic conditions or ensure early detection and control Reverse or slow declines in capacity Manage advanced chronic conditions

Environments: Promote capacity-enhancing behaviours Remove barriers to participation, compensate for loss of capacity

Long-term care: Support capacity-enhancing behaviours Ensure a dignified late life

Functional ability

Intrinsic capacity

Public Health Framework for Healthy Ageing

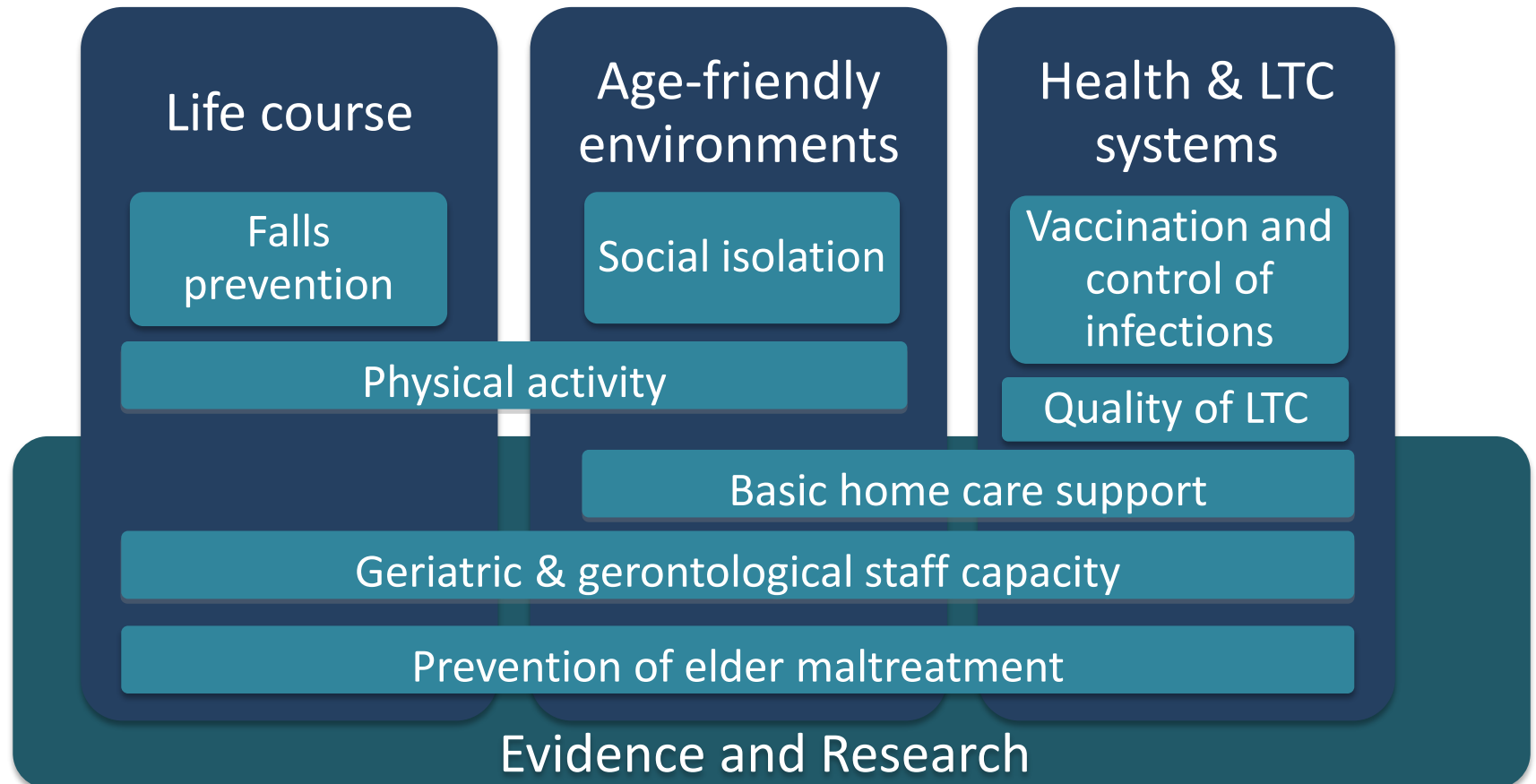
- Healthy ageing: the process of developing and maintaining the functional ability that enables well-being in older age.
- Functional ability: health-related attributes that enable people to be and do what they have reason to value.
- Intrinsic capacity of an individual: all the physical and mental capacities that an individual can draw on

Strategy and action plan on healthy ageing for Europe, 2012-2020

Four Strategic areas of action, closely aligned with Health 2020, the overarching policy framework for health and wellbeing in Europe; and with global action plan



Working with Member States and local governments: Strategy and action plan on healthy ageing in Europe, 2012-2020



ICOPE - Recommendations and Considerations for the Care of Older Adults



Integrated care for older people:
GUIDELINES

on interventions
to manage declining
physical and mental
capacities in older people
at community level

Objectives:

Evidence based guidance on approaches to detect and manage declines in physical and mental capacities in the community

ICOPE guidelines are organized into 3 modules:

1. Module 1: Declines in physical and mental capacities
2. Module 2: Geriatric syndromes associated with care dependency in older age
3. Module 3: Interventions to support caregiving and prevent care giver strain

ICOPE recommendations on:

- Physical activity
- Falls prevention
- Prevention of malnutrition
- Support to family care

2016-2018 Review on policies and action plans in Europe

- A 2018 survey on policies and implementation
- 2016-2017 UNECE review of progress with Regional Implementation (2012-2016) of Madrid International Plan of Action on Ageing (MIPAA RIS)
- 42 progress reports from WHO European countries
- Analysis of national strategies & action plans

Snapshot of preliminary results (1)

- Majority of countries with action in all five areas (health and LTC systems as two areas)
- 42(42): healthy ageing over the life course
- 42(42): supportive environments
- 37(42) (health systems) 36(42) long-term care
- More than 20 national strategies / action plans

Snapshot of preliminary results (2) (based on MIPAA RIS reports)

- European action plan priority & supportive interventions:
- 21(42): physical activity
- 37(42): geriatric and gerontological capacity among health & social care workforce
- 38(42): addressing social isolation and social exclusion
- 21(42): prevention of elder maltreatment

Policy Survey on nutrition (1)

- European food and nutrition action plan (2015-2020)
- 48(53) country responses
- 25 included ageing in national policies
- Majority high income countries 17(25)
- 10(25) awareness, health literacy for older adults, families, care givers and health care professionals

Policy Survey on nutrition (2)

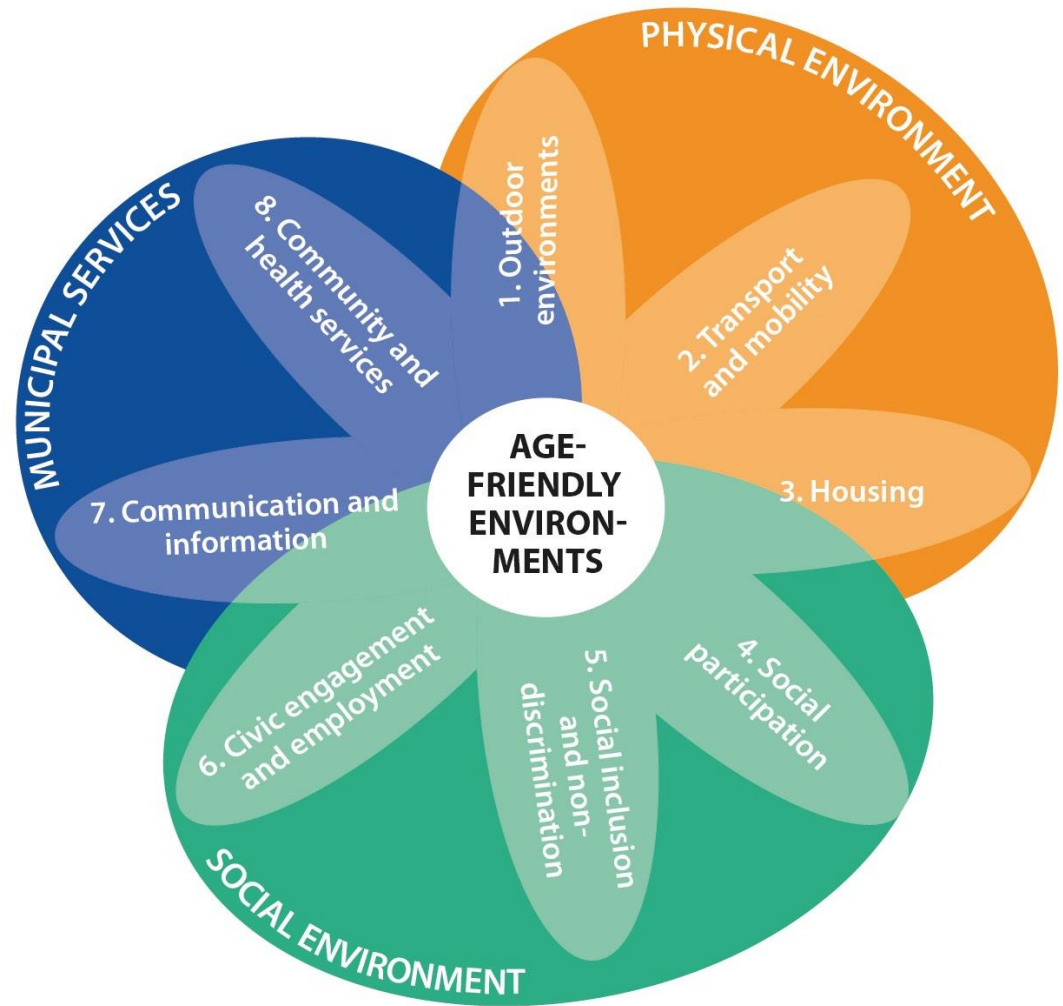
- Other measures: screening, surveillance and monitoring of food consumption
- Guidelines on nutrition, such as on salt consumption and micronutrients
- Some actions target nutrition and physical activity in combination

Creating Age-Friendly Environments in Europe: the policy process

- A tool for policy makers and
- Focus on process
- Funded by the EU
- Co-produced by WHO and a Healthy Ageing Task Force of 15 'Healthy Cities.'



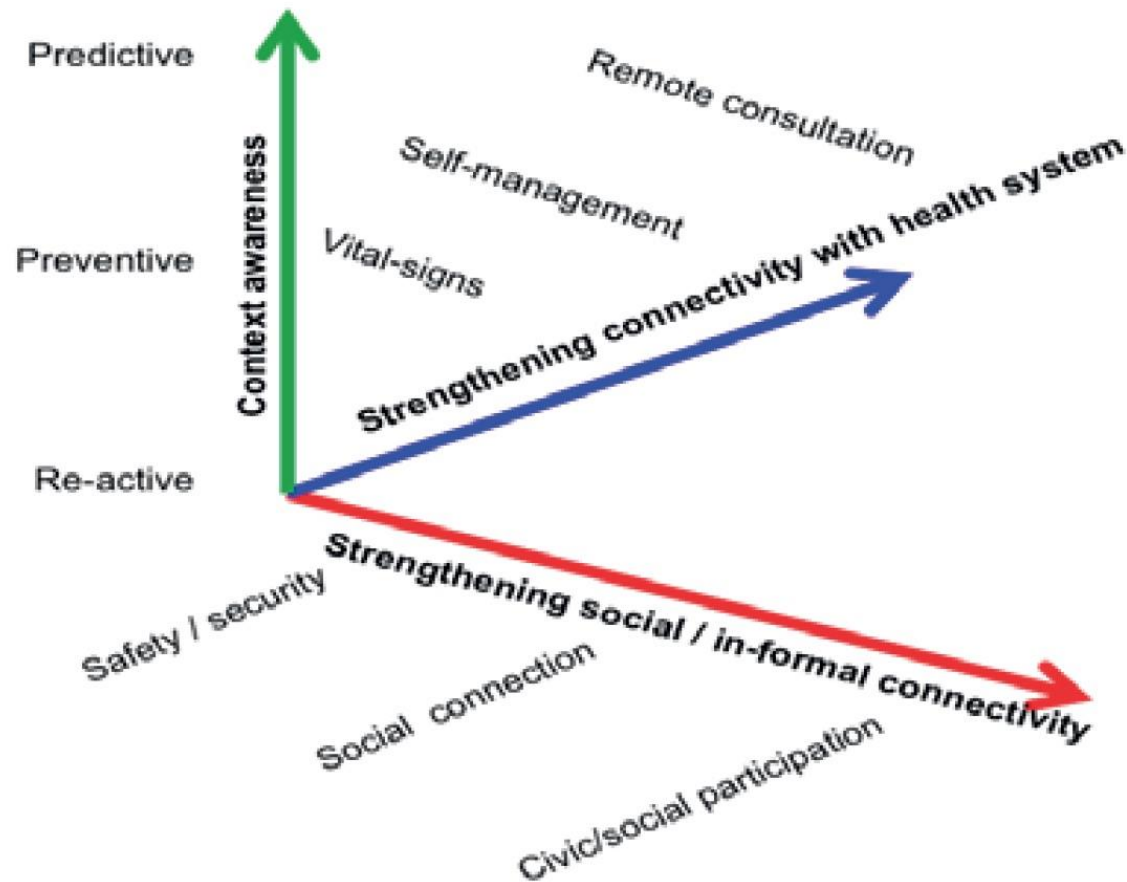
Domains for policy action at local level



Towards universal urban design?



A conceptual model for ICT/AAL applications for healthy ageing



Source: Rodd Bond, Paradigms, places, pathways and progress, Presentation, Japan Seminar Series, 15-20 June 2015.

Thank you!

www.euro.who.int/ageing

