



**Decade
of healthy
ageing**

The UN Decade of Healthy Ageing 2021-2030

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Outline

- Overview of the UN Decade of Healthy Ageing 2021-2030
- Zoom in on four areas:
 1. Age-friendly cities and communities
 2. Social isolation and loneliness
 3. Abuse of older people
 4. Monitoring and evaluating the Decade

Overview of the UN Decade of Healthy Ageing



Across the world, more people are living longer than ever before.


But for many these extra years are not necessarily *healthy* years.



**Close
engagement
with older
people is
central**



The *Decade* is a global collaboration that brings together diverse sectors and stakeholders including governments, civil society, international organizations, professionals, academic or research institutions, the media and the private sector.



Aim: to foster longer and healthier lives and improve the lives of older people, their families and communities



Photo: Manchester University

**Endorsed
by WHO and
proclaimed
by the United
Nations**

3 August 2021: endorsed by Member States at 73rd World Health Assembly, under silent procedures

14 December 2021: UN Decade of healthy ageing 2021 -2030 proclaimed by the UNGA





4 Decade's Action Areas and 4 Enablers

Action Areas

Change how we think, feel, and act towards age and ageing

Ensure that communities foster the abilities of older people

Deliver person-centred integrated care and primary health services responsive to older people

Provide access to long-term care for older people who need it



Enablers

Listening to diverse voices and enabling meaningful engagement

Nurturing leadership and capacity building

Connecting various stakeholders around the world

Strengthening data, research, and innovation





Action Area 1. Combatting Ageism

Change how we think,
feel, and act towards
age and ageing



Action Area 2.

Age-friendly Environments

Ensure that communities foster the abilities of older people



Action Area 3. Integrated Care

Deliver person-centred integrated care and primary health services responsive to older people



Action Area 4. Long-term Care

Provide access to long-term care for older people who need it



Enabler 1. Listen to diverse voices and enable meaningful engagement of stakeholders – especially older people's



Enabler 2. Build capacity and nurture leadership to take appropriate action integrated across sectors

A photograph showing several people's hands clasped around a tree trunk, symbolizing unity and connection. The image is overlaid with a purple graphic consisting of concentric circles and a central dot. A purple text box is positioned in the lower-left corner.

Enabler 3. Connect stakeholders around the world to share and learn from the experiences of others



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The Platform

Share your knowledge



Knowledge for healthy ageing

Find and share knowledge that can improve the lives of older people, their families, and their communities.

[Learn more >](#)

 [Start here](#)

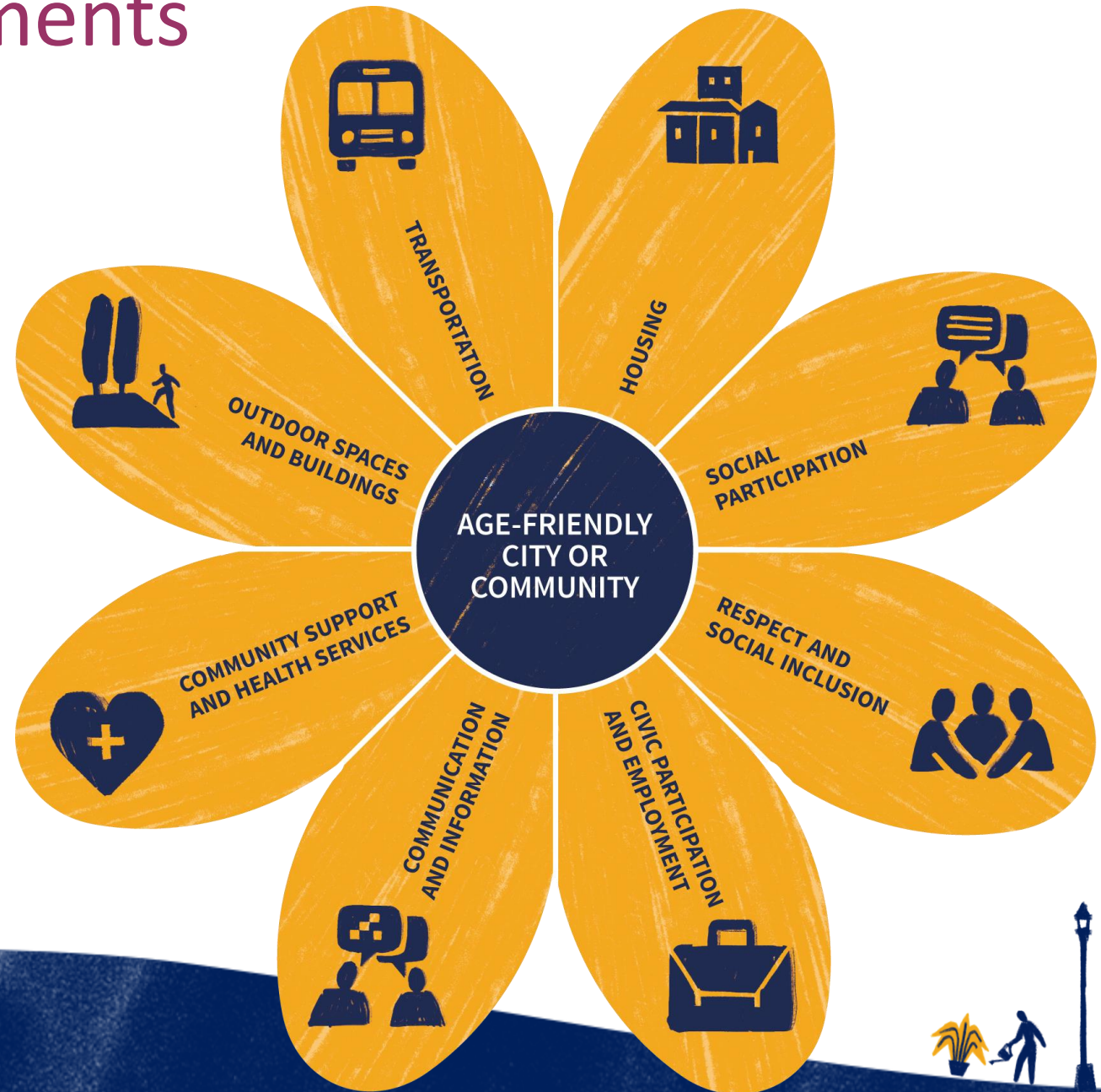


Enabler 4. Strengthen data, research, and innovation to accelerate implementation

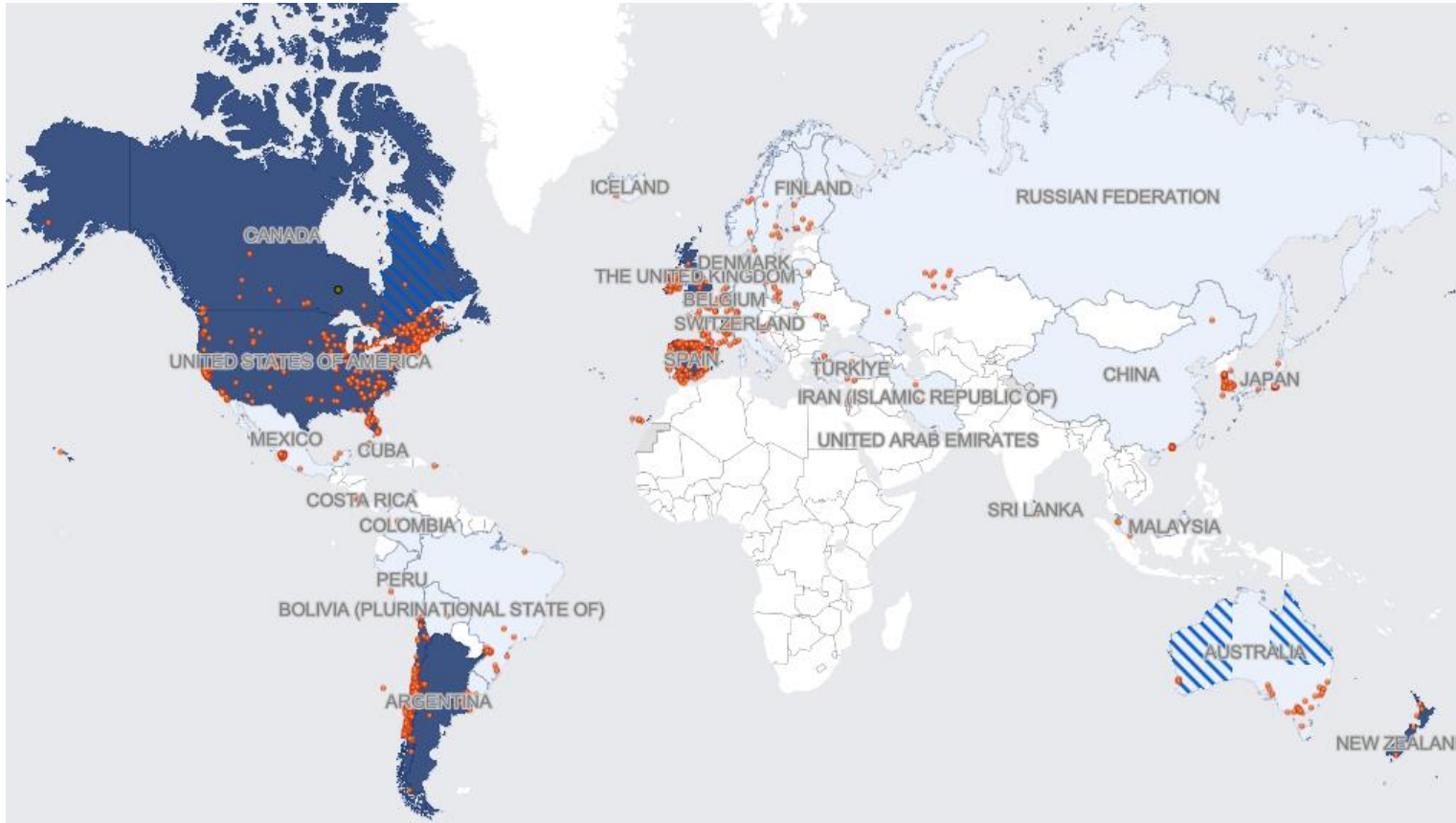
1. Age-friendly environments

Developing age-friendly cities and communities is a proven way to create age-friendly environments.

Age-friendly cities and communities improve access to key services and enable people to be and do what they value through action across **eight domains**:



The benefits are demonstrated daily by the WHO Global Network for Age-friendly Cities and Communities, featuring over 1400 members across 51 countries all committed to becoming more age-friendly.



**Learn more about the
Global Network here:**



https://youtu.be/IT_2ZmTorA

2 & 3. Social connection and abuse of older people

- Cut across of four action areas of the Decade of Healthy Ageing
 - Ageism: Change how we think, feel and act towards age and ageing
 - Age-friendly environments: Ensure that communities foster the abilities of older people
 - Integrated care: Older people have access to primary health and person-centred integrated care
 - Long-term Care: Older people who need it have access to long care.

Why WHO is stepping up its work on social isolation and loneliness:

1. Problem widespread:

- 20-30% of older people
 - Not lower in LMICs
- 10-15% of adolescents
 - Not only older people

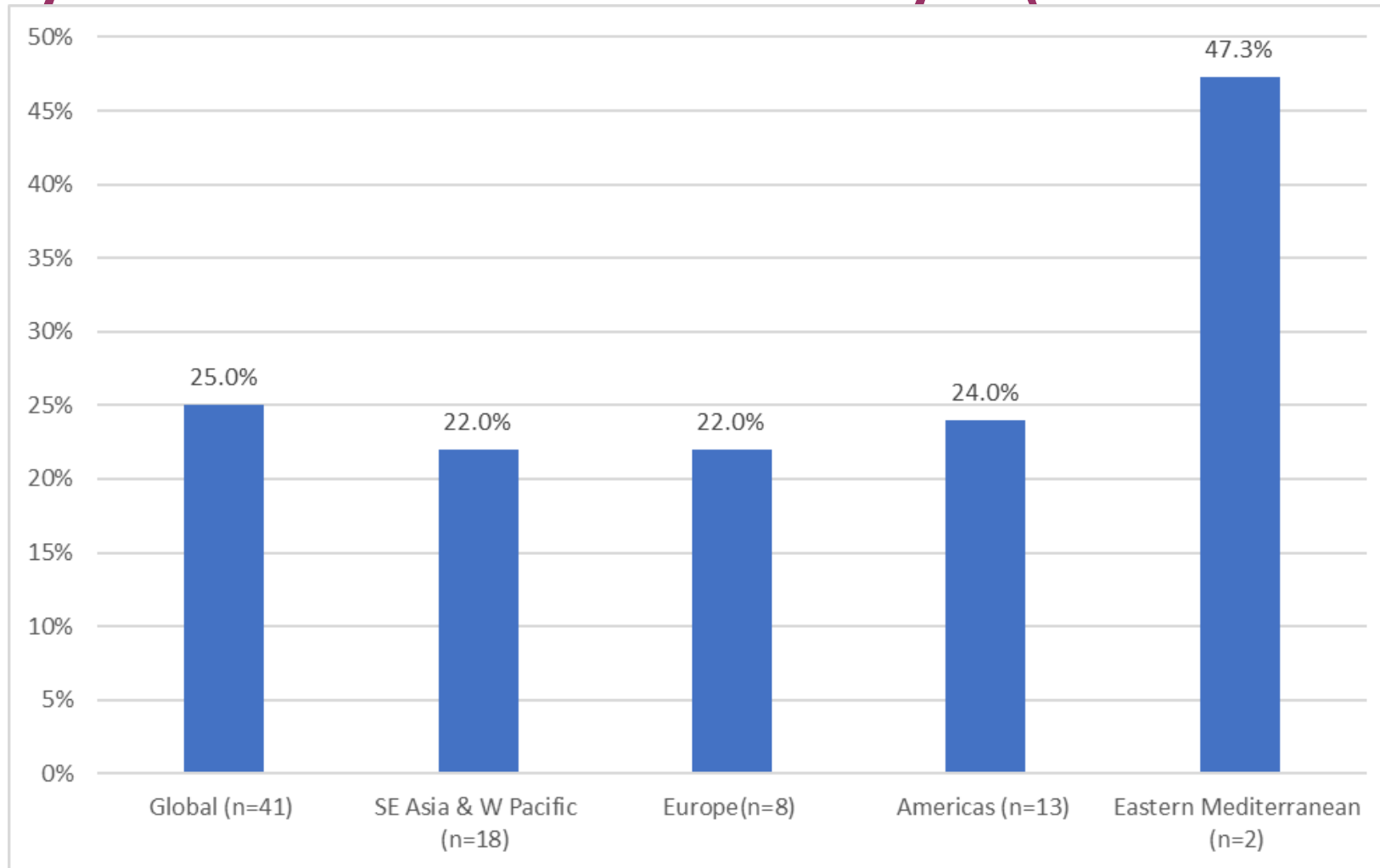
2. Serious and under-recognized consequences

- 25-33% increase in risk of all-cause mortality
- ↗ risk of physical health problems
- ↗ risk of mental health problems

3. Many promising interventions

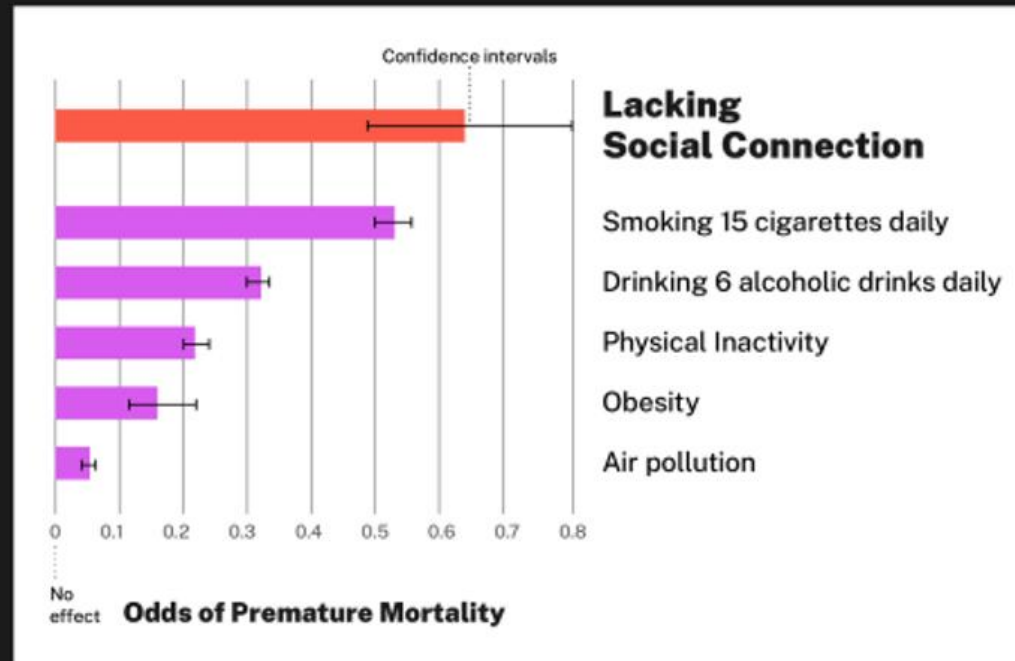
- Evidence and gap maps have identified 100s of promising interventions

Global prevalence of social isolation in community-dwelling older adults: a systematic review and meta-analysis (Teo et al. 2023)

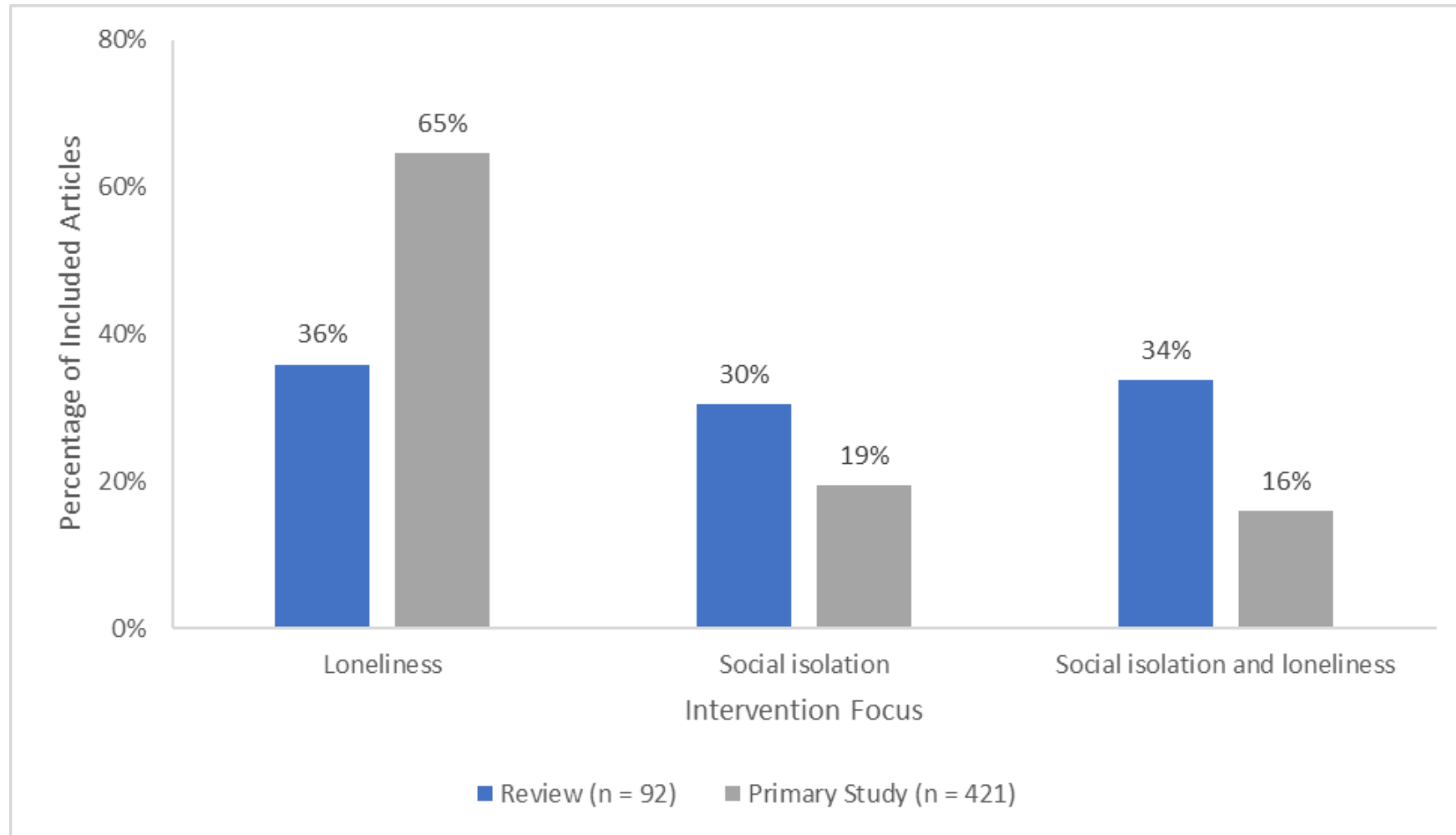


Increases risk of all-cause mortality as much as other much better-known risk factors

Lacking social connection is as dangerous as smoking 15 cigarettes a day.



100s of promising interventions



Global Commission on Social Connection

Co-Chairs



Commissioners



Secretariat

Technical Advisory Group

Commission Report

Measurement Accelerator:
Global Index on Social Connection

Intervention Accelerator:
Guidelines and scale up

Advocacy Accelerator:
Framing, toolkit, film

3. Abuse of older people

Decade of healthy ageing **Abuse of older people: a hidden problem**

Every year, 1 in 6 people aged 60 years & older experience some form of abuse.

2 in 3 staff in institutions such as nursing homes have committed abuse in the past year.

RATES OF ABUSE have increased during the COVID-19 pandemic.

ABUSE leads to severe physical & mental health, financial & social consequences.

Abuse of older people is expected TO INCREASE given the rapidly ageing population of people aged 60 years & older.

1 billion in 2019, 2.1 billion in 2050

5 **Priorities to tackle abuse of older people**

- **Combat ageism** as it is a major reason why the abuse of older people receives so little attention.
- **Generate more and better data** to raise awareness of the problem.
- **Develop and scale up cost-effective solutions** to stop abuse of older people.
- **Make an investment case** focusing on how addressing the problem is money well spent.
- **Raise funds** as more resources are needed to tackle the problem.

Tackling abuse of older people

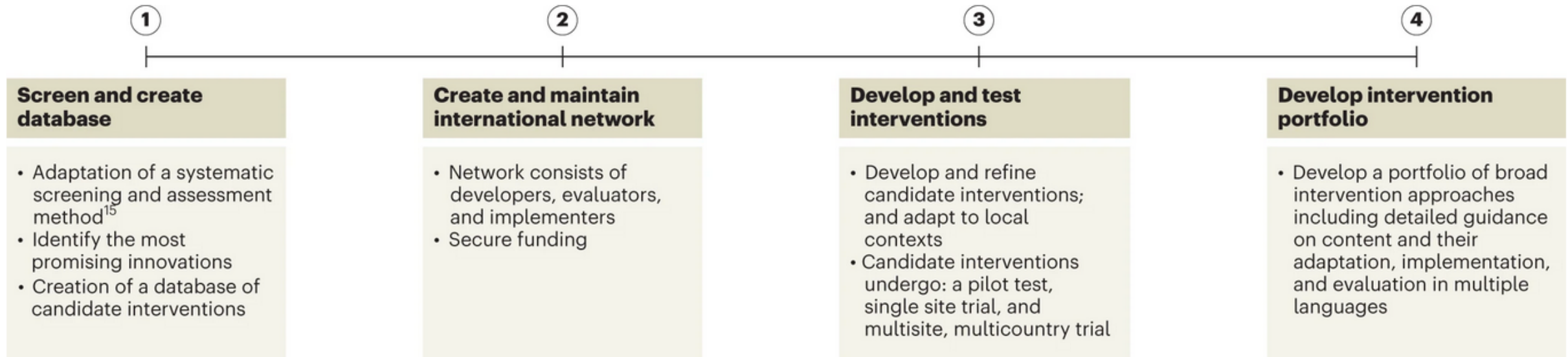
Five priorities for the United Nations Decade of Healthy Ageing [2021-2030]

Decade of healthy ageing

Develop and scale up cost effective solutions: Intervention Accelerator

Fig. 1: Intervention accelerator for abuse of older people.

From: [High time for an intervention accelerator to prevent abuse of older people](#)



Outline of steps to develop the intervention accelerator.

Generating better data on prevalence with University of Malaya

Elder abuse prevalence in community settings: a systematic review and meta-analysis



Yongjie Yon, Christopher R Mikton, Zachary D Gassoumis, Kathleen H Wilber



Summary

Background Elder abuse is recognised worldwide as a serious problem, yet quantitative syntheses of prevalence studies are rare. We aimed to quantify and understand prevalence variation at the global and regional levels.

Lancet Glob Health 2017;
5: e147-56

See [Comment](#) page e116

Methods For this systematic review and meta-analysis, we searched 14 databases, including PubMed, PsycINFO, CINAHL, EMBASE, and MEDLINE, using a comprehensive search strategy to identify elder abuse prevalence studies in the community published from inception to June 26, 2015. Studies reporting estimates of past-year abuse prevalence in adults aged 60 years or older were included in the analyses. Subgroup analysis and meta-regression were used to explore heterogeneity, with study quality assessed with the risk of bias tool. The study protocol has been registered with PROSPERO, number CRD42015029197.

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Generating better data on prevalence with University of Malaya

1.

- Systematic review of measurement properties of instruments for measuring the prevalence of abuse of older people in population-based studies

2.

- Developing new/refining existing instrument and testing it

3.

- Multi-country prevalence studies

4. Monitoring and evaluation framework for Decade of Healthy Ageing

- The UN resolution called upon the WHO to lead the Decade's implementation and monitor and evaluate its progress
- M&E framework for UN Decade of Healthy Ageing
 - Technical Advisory Group for Measurement, Monitoring and Evaluation of the UN Decade of Healthy Ageing
- Products:
 - M&E framework and list of indicators
 - National toolkit for M&E the UN Decade
 - Survey module



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Thank you!