

Healthy Ageing - a Challenge to Europe

Healthy Ageing
A CHALLENGE FOR EUROPE



*Demographic development
new challenges*



Demographic development

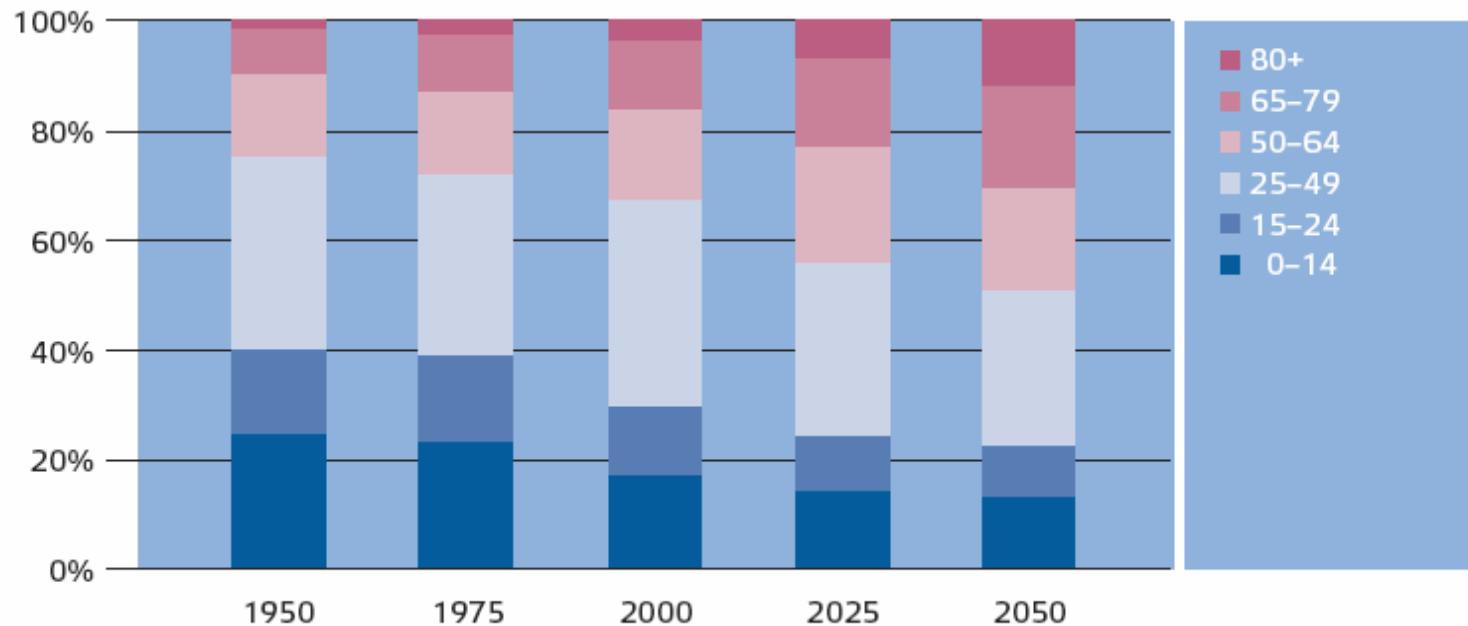


Figure 4. Population distribution in EU25 by age group (1950–2050).

SOURCE: GREEN PAPER – CONFRONTING DEMOGRAPHIC CHANGE: A NEW SOLIDARITY BETWEEN THE GENERATIONS (11).

Aims

The aim of the project is to *promote healthy ageing* in later life stages (people aged ≥ 50).

The main aims are basically to:

- review and analyse existing data on health and ageing
- make recommendations for policy at EU and member state levels
- disseminate the findings and facilitate implementation

Partners

- European Older People's Platform (AGE)
- EuroHealthNet
- World Health Organization (WHO)
- Austrian Health Promotion Foundation
- Middlesex University in England
- Folkhälsan in Finland
- Università Degli Di Perugia in Italy
- NIGZ in the Netherlands
- Norwegian Knowledge Centre for the Health Services
- Ministerio da Saúde in Portugal
- NHS Health Scotland
- National Public Health Institute in Czech Republic
- Swedish National Institute of Public Health

Framework



Good practice

- 16 projects
- Social capital, physical activity



Elder District Protagonist (Italy)

Aims to move the focus from older people as recipients to older people as experienced members of society with important skills...

Policies/strategies

Denmark, Healthy Throughout Life

Main theme: Increasing life expectancy, improving quality of life and reducing social inequality in health.

Finland

1. Quality recommendations for guided health-enhancing physical activity for older people

Main theme: Physical activity

2. Government resolution on the Health 2015 public-health programme

Main theme: Health promotion

Policies/strategies

Norway, Working together for physical activity:

The action plan on physical activity 2005–2009

Main theme: Physical activity.

Sweden, National action plan on policy
for the elderly

Main themes: Active living – secure, independent,
respect, access to services.

Recommendations

- Core principles
- Policy
- Research
- Practice
- Priority topics for action



Present activities

Implementation

Short version, Training material

Final conference June 2007, Brussels

www.healthyageing.nu

Networking.....

