



European policies on physical activity and healthy ageing

The WHO perspective



World Health
Organization

REGIONAL OFFICE FOR
Europe



Organisation
mondiale de la Santé

BUREAU RÉGIONAL DE L'
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Weltgesundheitsorganisation

REGIONALBÜRO FÜR
Europa



Всемирная организация
здравоохранения

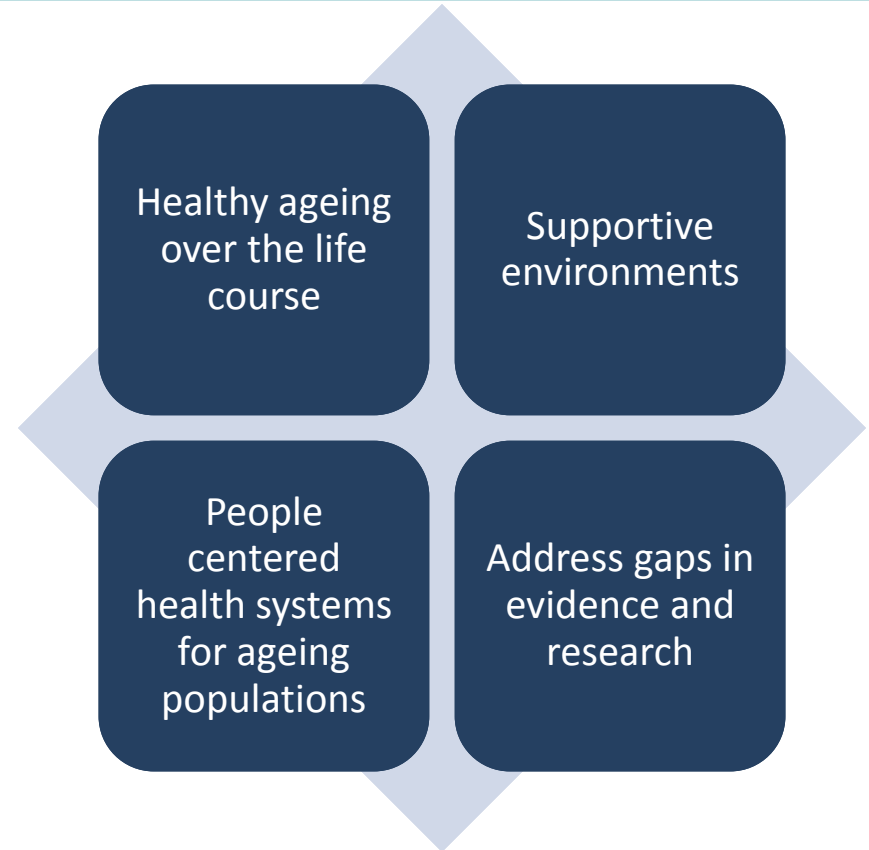
Европейское региональное бюро

Manfred Huber, PhD
Coordinator, Healthy Ageing
WHO Regional Office for Europe

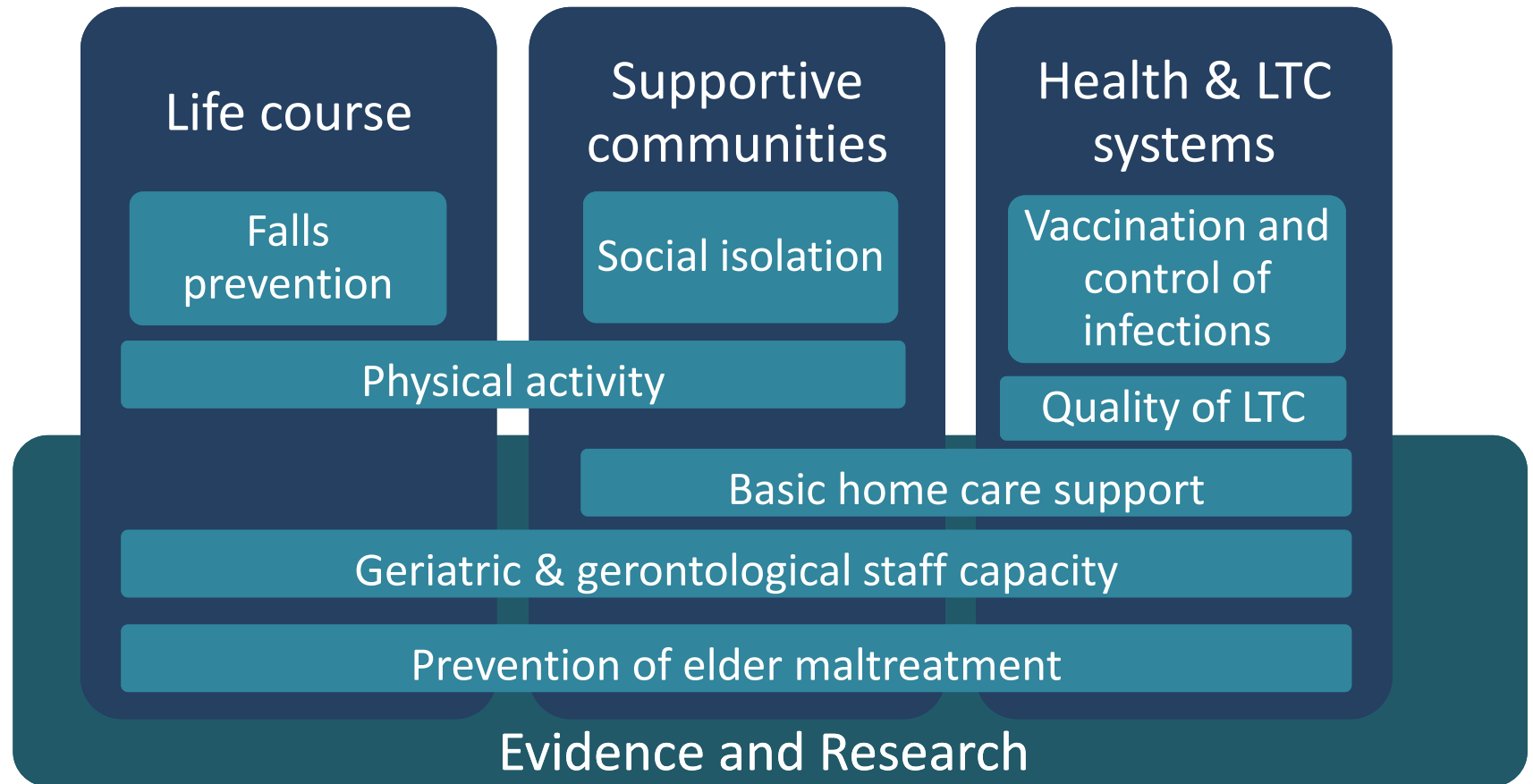
Strategy and action plan on healthy ageing for Europe, 2012-2020

Four Strategic areas of action, closely aligned with

Health 2020, the overarching health policy for health and wellbeing in Europe



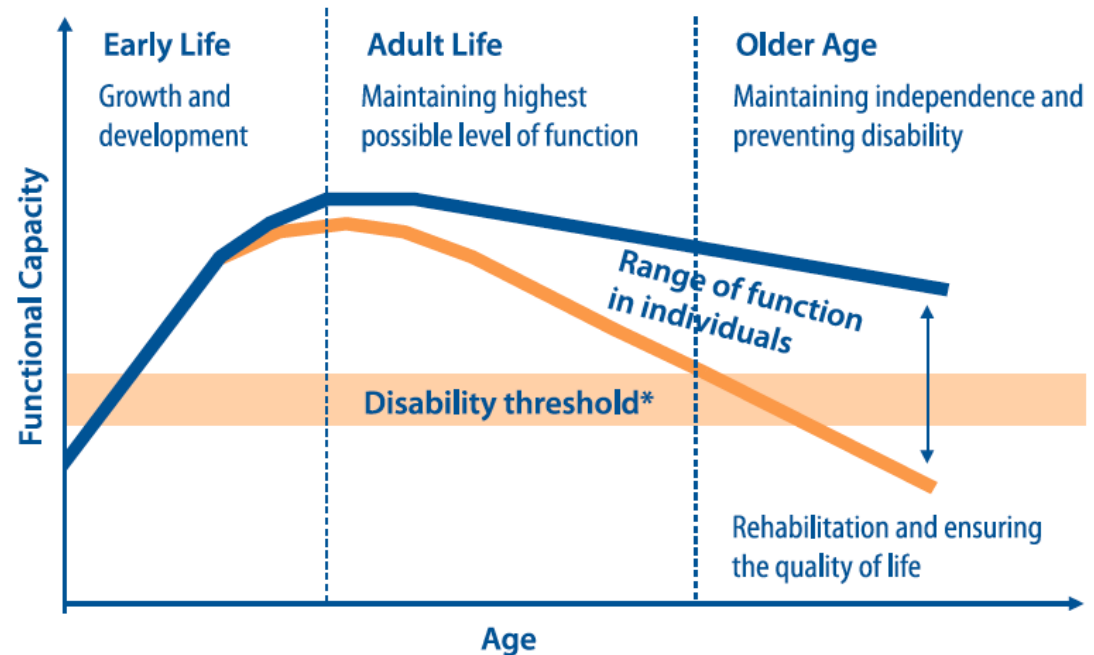
Priority interventions: Mapping actions to strategic priority areas



Healthy ageing in a life-course perspective

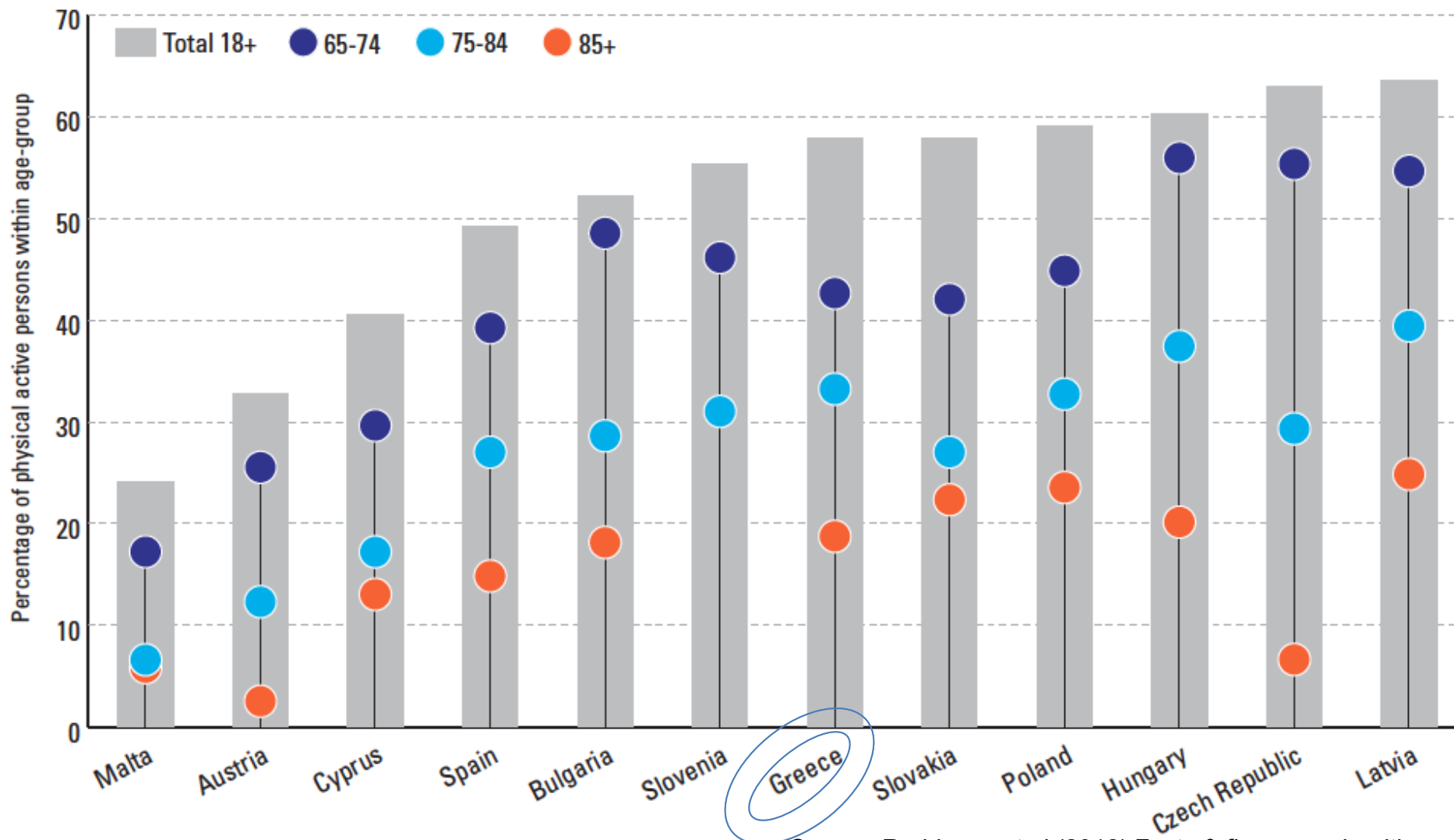
Figure 4. Maintaining functional capacity over the life course

- Actions that link to noncommunicable diseases agenda and action plan
- Focus on 50+ and higher ages



Source: Kalache and Kickbusch, 1997

Physical activity (>30 min/day) becomes more challenging in higher age groups



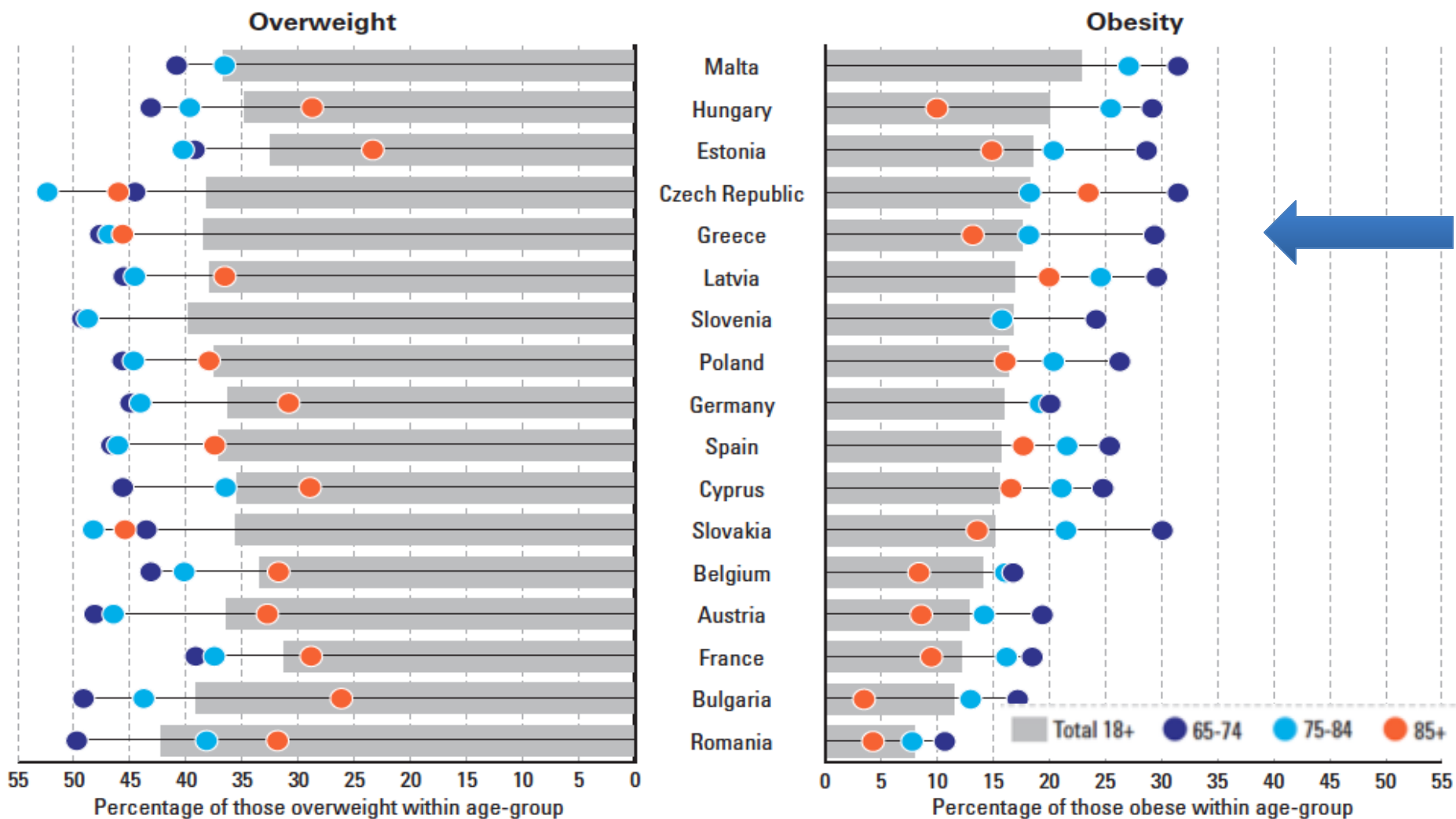
Source: Eurostat [online database] European Health Interview Survey

Source: Rodrigues et al (2012) Facts & figures on healthy ageing and long-term care, ECSWPR, Vienna

Preventive functions of physical activity in older age groups

- Cardio-respiratory health (coronary heart disease, cardiovascular disease, stroke and hypertension)
- Metabolic health (diabetes and obesity)
- Musculo-skeletal health (bone health, osteoporosis)
- Cancer (breast and colon cancer)
- Functional health and prevention of falls
- Mental health, cognitive functions, self reported QoL
- Delayed need for care in older adults

Links to overweight become more complex for higher age groups

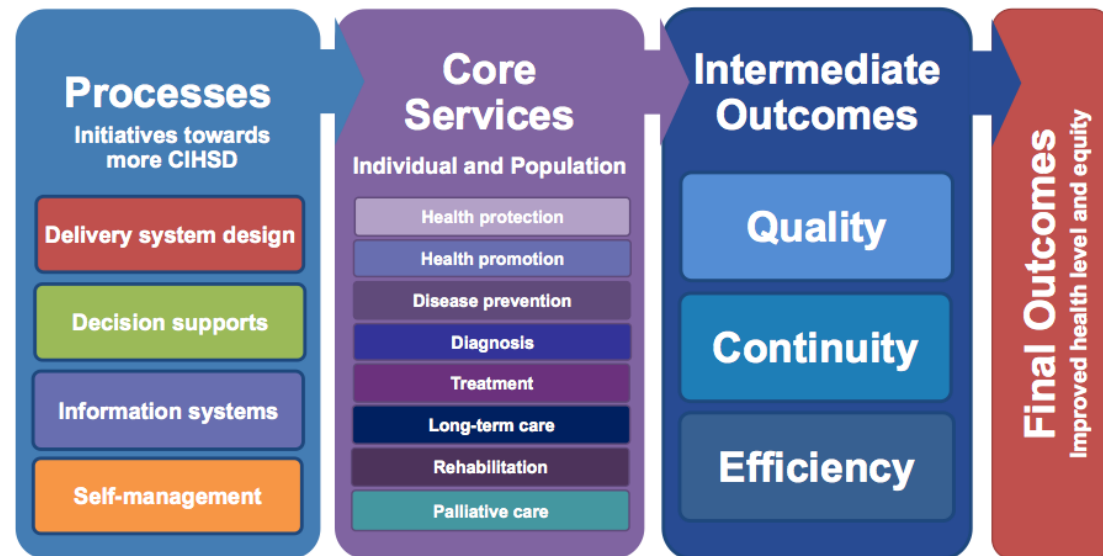


Source: Eurostat [online database] European Health Interview Survey

Source: Rodrigues et al (2012) Facts & figures on healthy ageing and long-term care , ECSWPR, Vienna

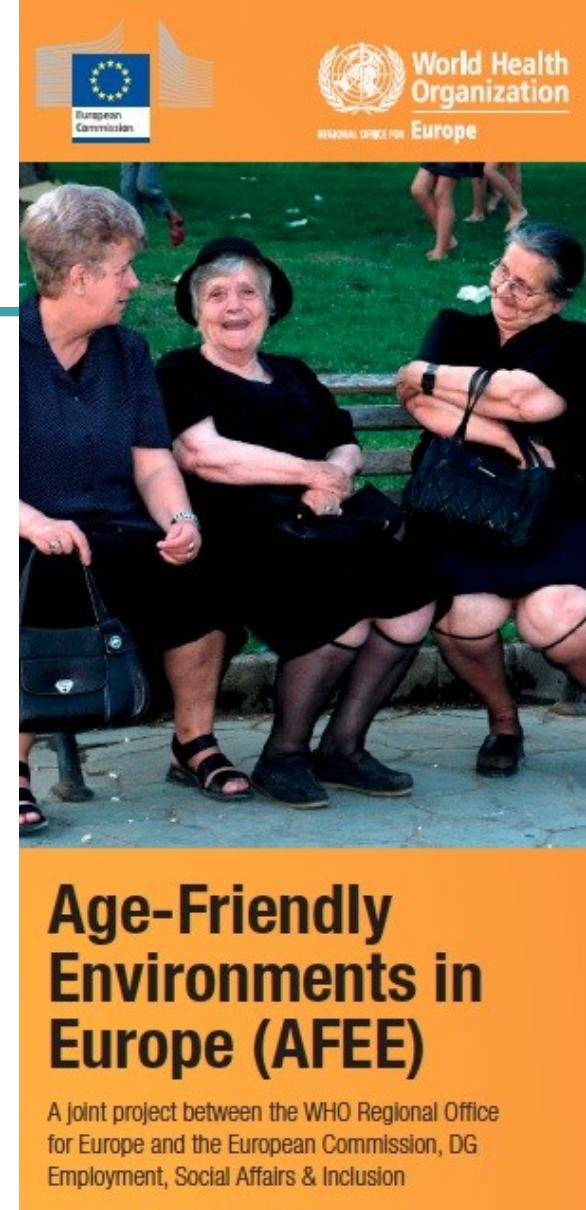
Health systems and long-term care

- Integrated/coordinated services for people with (multiple) chronic conditions
- Basic package to support home care
- Quality of long-term care services

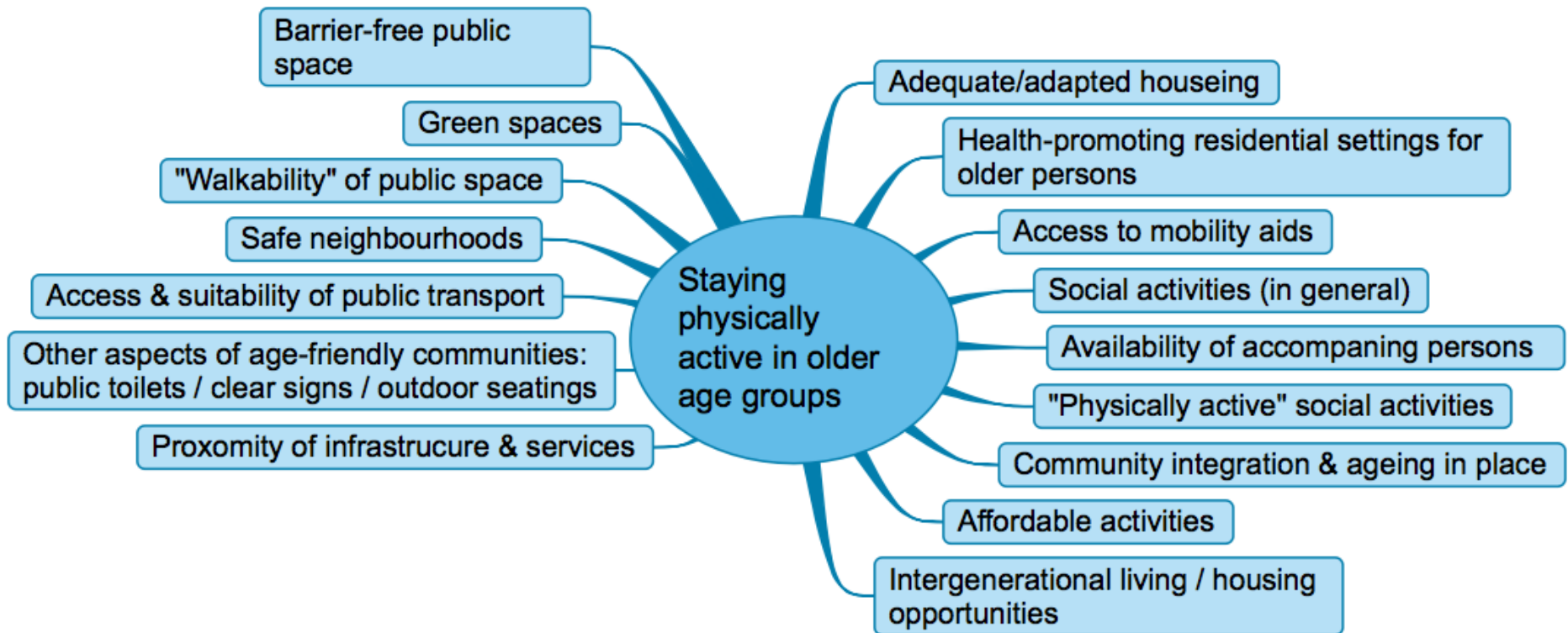


Supportive environments

- Long-championed by “European Healthy Cities Network”
- AFEE: joint project with European Commission, DG Employment, Social Affairs & Inclusion
- Cooperation with EC under Innovation Partnership on active & healthy ageing, D4 group on supportive environments



Examples of features of age-friendly communities that foster physical activity for older age-groups



AGEING AND SEXUAL HEALTH

HEPA Europe

European Network for the Promotion of
Health-Enhancing Physical Activity



PHYSICAL ACTIVITY PROMOTION IN SOCIALLY DISADVANTAGED GROUPS: PRINCIPLES FOR ACTION

Policy summary



World Health
Organization

Regional Office for Europe

Regional Committee for Europe
Sixty-second session

Malta, 10–13 September 2012

Entre Nous



HEALTH 2020

A European policy framework
supporting action across government
and society for health
and well-being



European report
on preventing elder
maltreatment



Strategy and action plan
for healthy ageing in Europe,
2012–2020



Thank you!

www.euro.who.int/ageing



High Level Conference on “Nutrition and Physical Activity
from Childhood to Old Age: challenges and opportunities”

Athens, 25 February 2014