



Nacionalni inštitut
za **javno zdravje**

Healthy diets and physical activity among older people, national good practices - **Slovenia**

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Nutrition and Physical activity from childhood to old age: challenges and opportunities

High Level Conference,

Athens, Greece, 25th – 26th February 2014

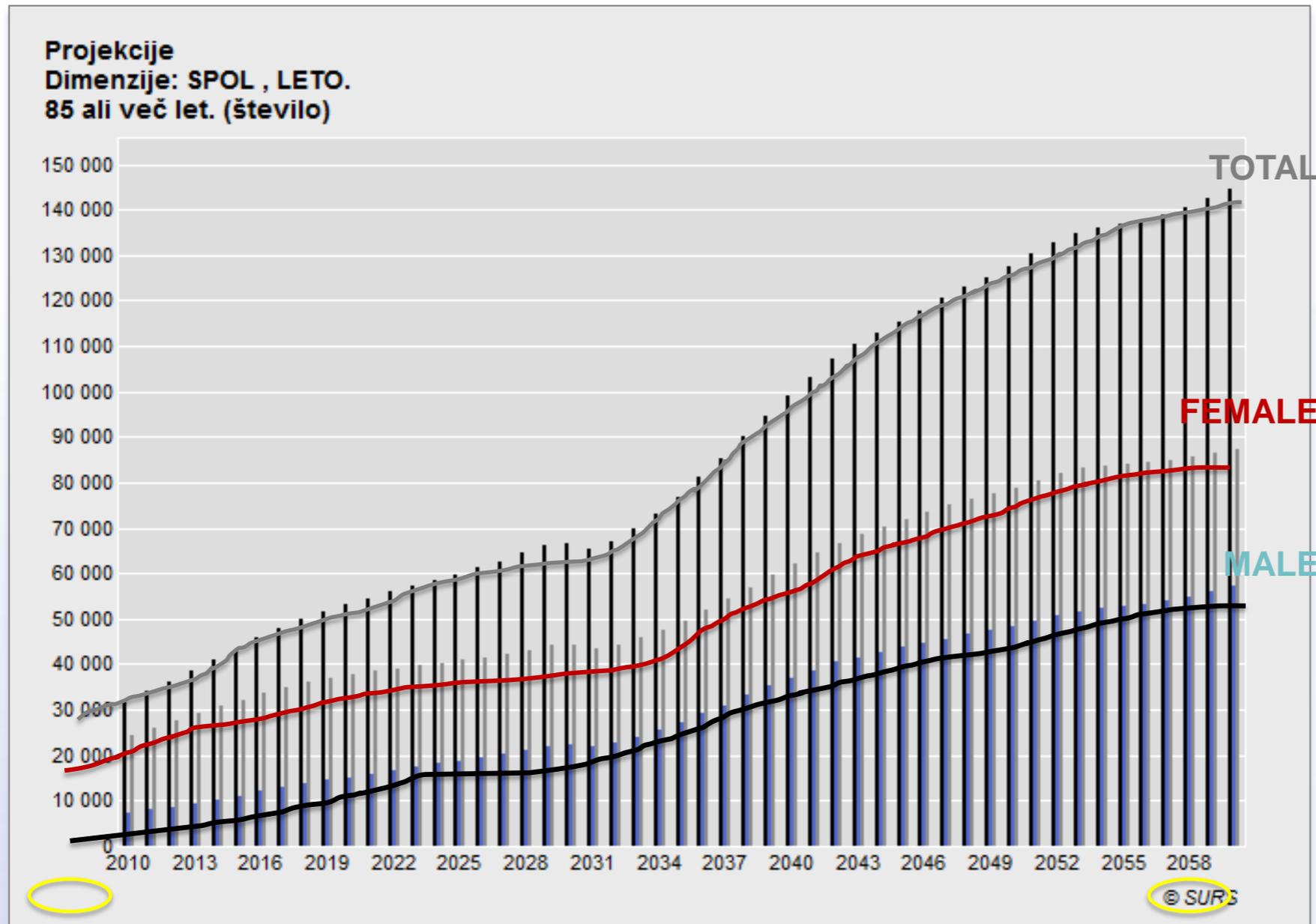
Content of presentation

1. **Challenges of Nutrition and Physical Activity in Active and Healthy Ageing in Slovenia**
2. Research and priority setting
3. Knowledge translation
4. Conclusions

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Population projections - Slovenia, gender and age, 2010-2060; **85+** (numbers)



Social group
most in poverty:
old, alone,
women

Source: Novak M. et al, SPI
RS, 2004

Slovenia 2010:
- 2nd lowest
GINI index in
EU

Source: WHO Euro 2013
Marmot report

Slovenia 2014?
ACT TO RESTORE
PUBLIC FINANCES

Source: Statistical Office of the R of Slovenia

ACTIVE AGEING INDEX (AAI) – Slovenia

Overall score: 21 / 27

Specific scores

1. **Employment rates 55-59, 60-64, 65-59, 70-74: 19 / 27**
2. **Participation in society** (voluntary activities; care to children, grandchildren; care to older adults; political participation): **16 / 27**
3. **Independent, healthy and secure living** (physical exercise, access to health and dental care, independent living, financial security, physical safety, lifelong learning): **10 / 27**
4. **Capacity for healthy ageing** (remaining life expectancy at age of 55, share of healthy life expectancy at age 55, mental well being, use of ICT, social connectedness, educational attainment): **19 / 27**

Life and health expectancies at age 65

based on activity limitation (Healthy Life Years),
chronic morbidity and perceived health for Slovenia

Life Expectancy at age 65 and expected years

- Without activity limitation
- With moderate activity limitation
- With severe activity limitation

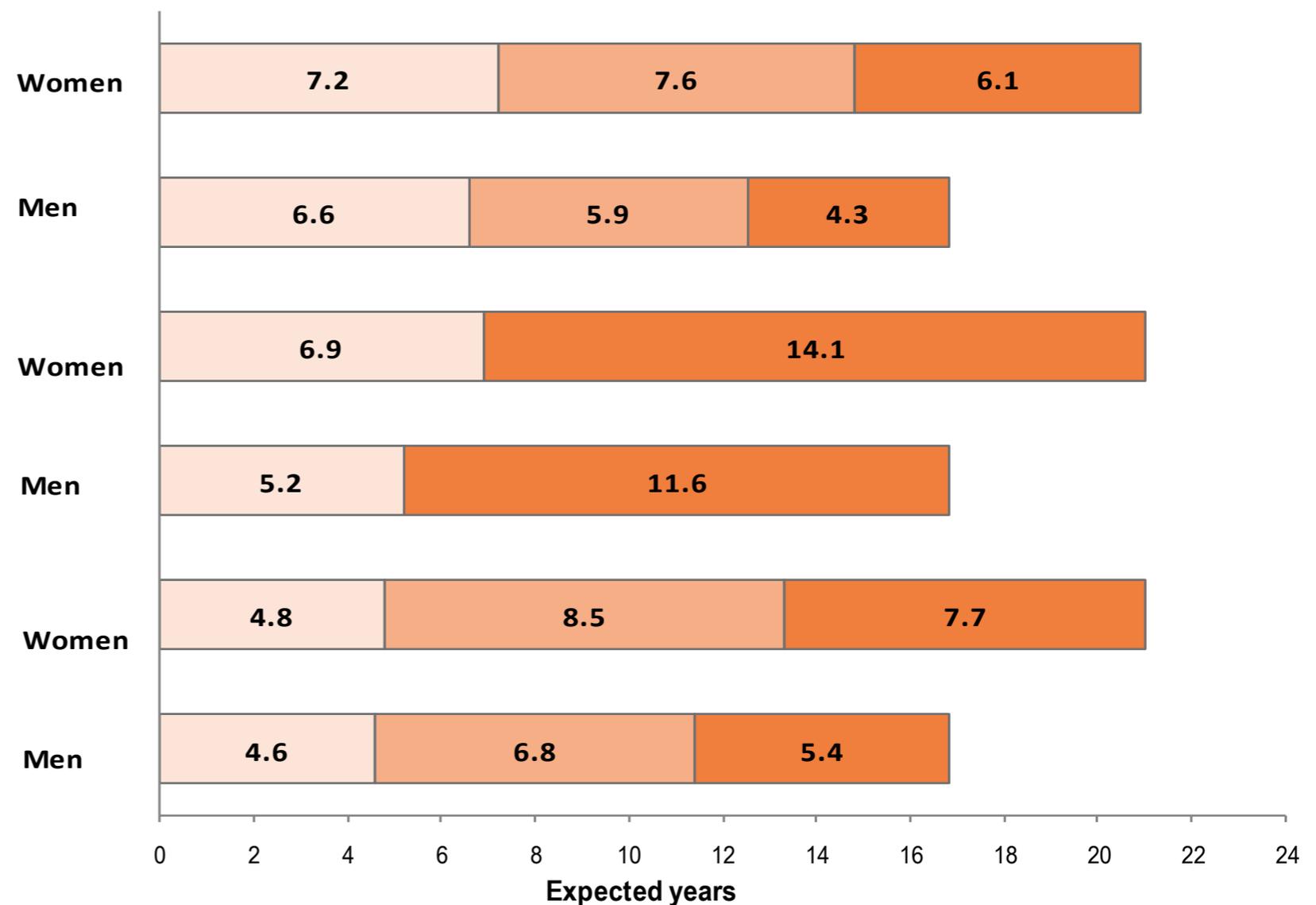
Life Expectancy at age 65 and expected years

- Without chronic morbidity
- With chronic morbidity

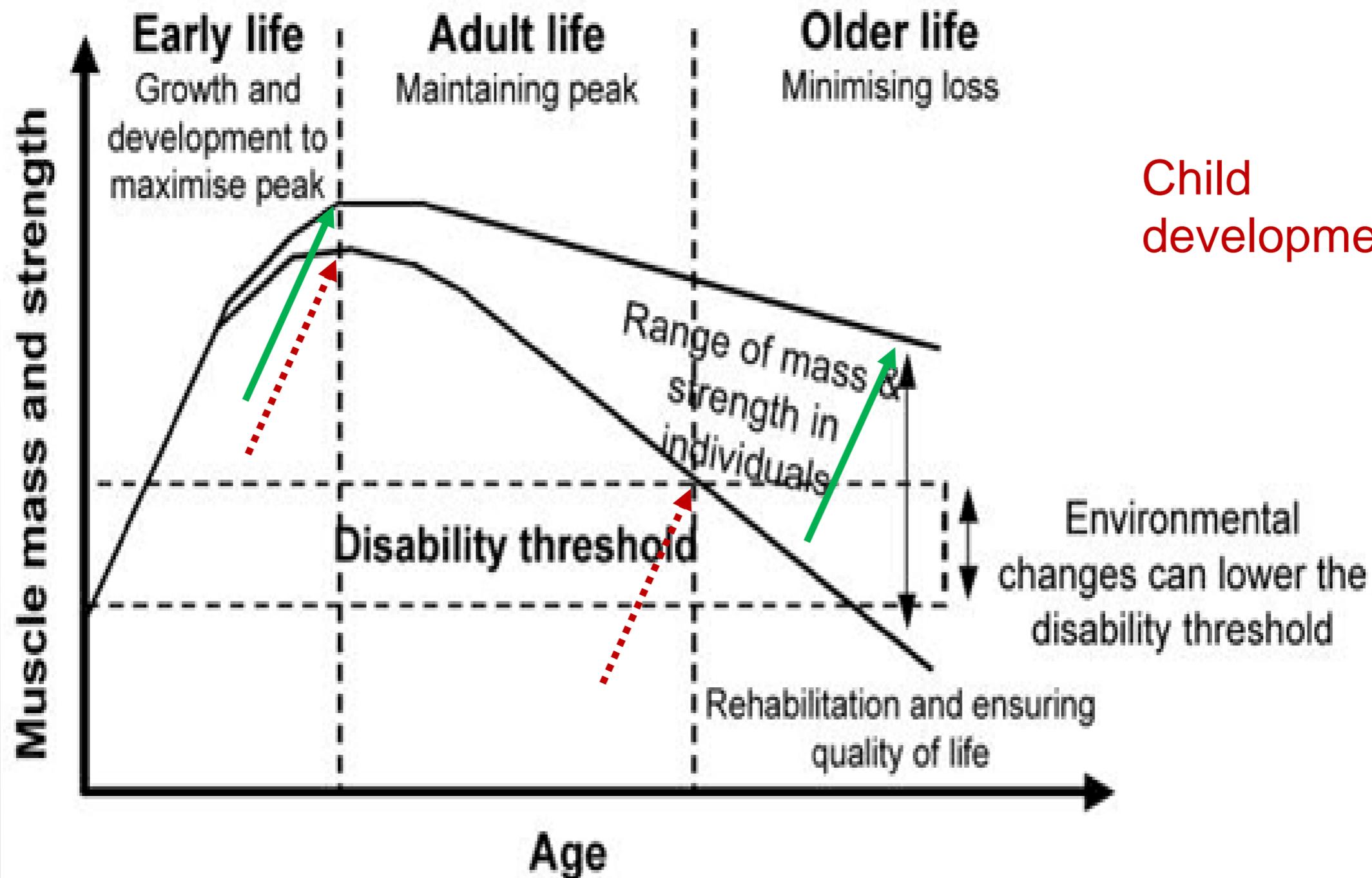
Life Expectancy at age 65 and expected years

- In very good or good perceived health
- In fair perceived health
- In bad or very bad perceived health

^P = provisional values



Lean body mass and muscle strength, by age - **HUMAN (PHYSICAL ACTIVITY) CAPITAL**



Modified WHO/HPS, Geneva 2000

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(including salutogenesis perspective with protective and wellbeing factors;
definition of the criteria of healthy ageing)
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NIPH qualitative research 2007-09

1. Discussions with key informants (doctors and nurses, social workers, volunteers, NGOs, ...) on main challenges of older population living at home; including N & PA
2. Focus groups on nutrition and physical activity in older adults (60+), living independantly at home in local environment
 - enablers and inhibitors for N&PA (stratification by gender and urbanization)

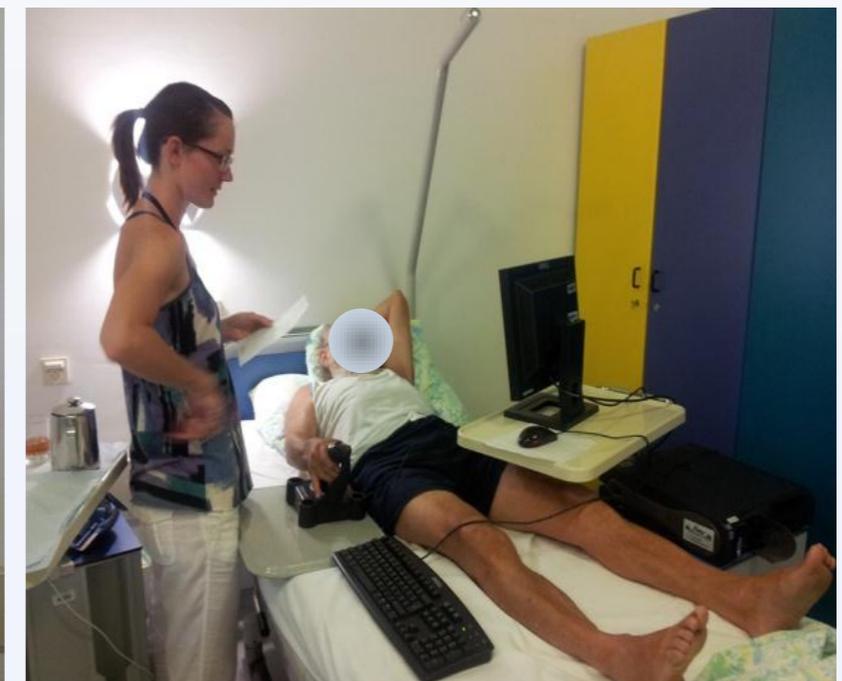
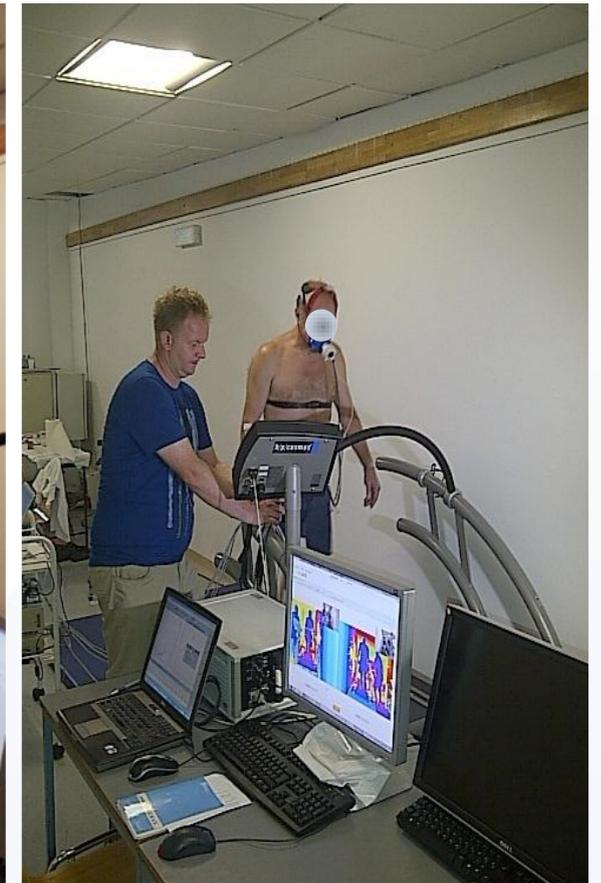
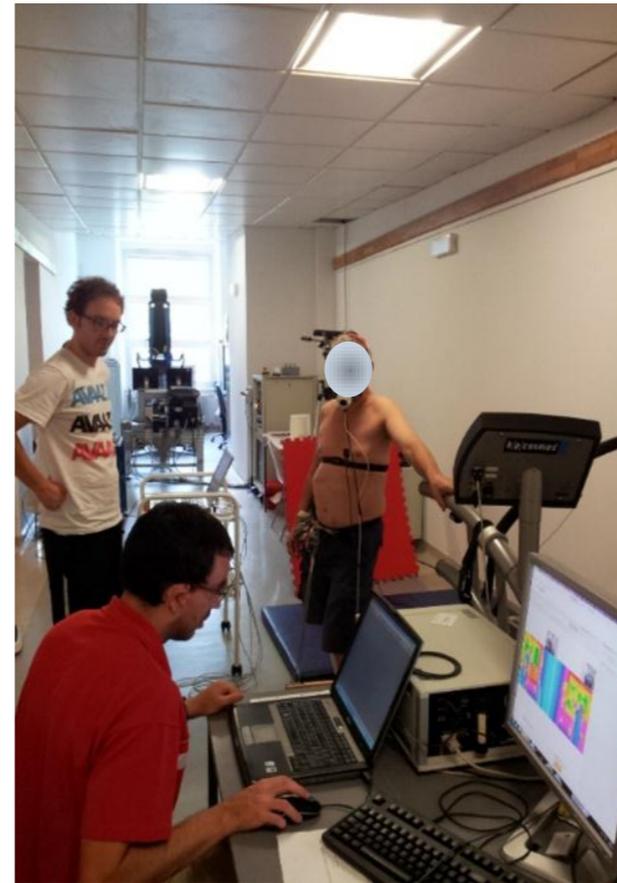
Source: Gabrijelčič Blenkuš M, Stanojević Jerković O, ed. Prehrana in telesna dejavnost za zdravje pri starejših – pregled stanja. 2010. Inštitut za varovanje zdravja RS.

DAFNE results 2006

Source: Gregorič et all. 2010. Inštitut za varovanje zdravja RS.

Research activities - PANGeA

Valdoltra Bed rest (BR) study, 2012 – research data



Research activities - PANGeA

Valdoltra Bed rest (BR) study, 2012 – research data

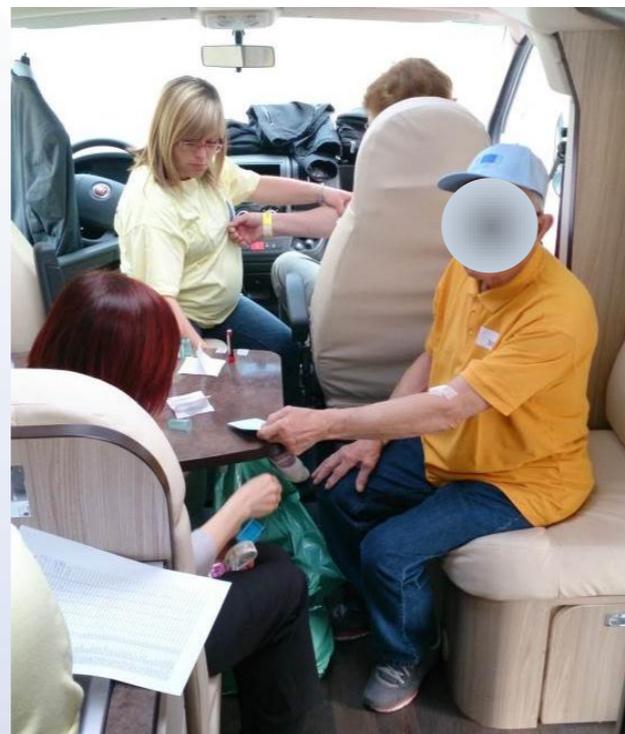


Effects of **brain training during bed rest** on gait characteristics

Effect of Computerized Cognitive Training during 14-day Bed Rest on Dual-Task Costs Walking Performance in Healthy Older Adult Men, in press

Research activities - PANGeA

Mass Measurements, 2012/13 - Koper, Kranj, Ljubljana SLOVENIA



Situation analysis of the nutrition in homes for older people, 2013

Survey among the workers responsible for nutrition in homes for elderly:

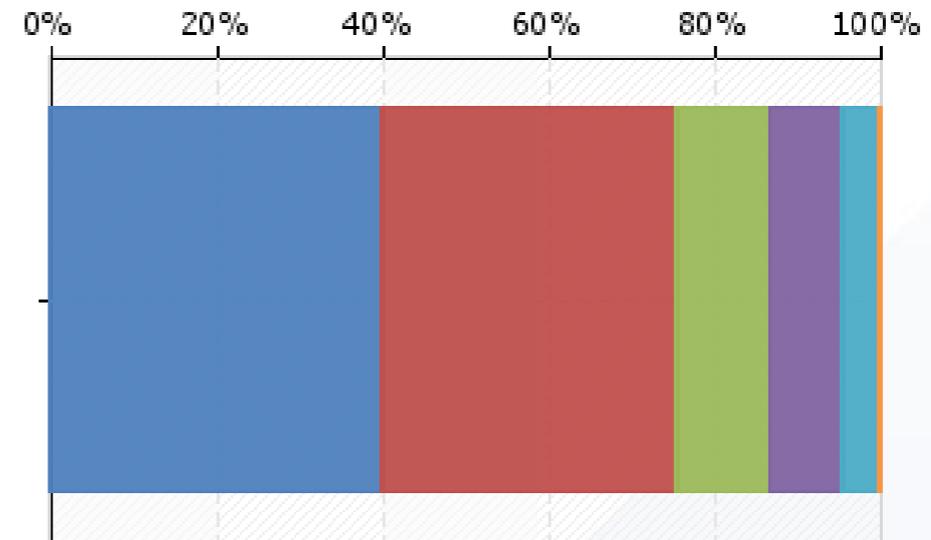
- organization, education, gaps, ...
- use of guidelines, quality of meals, need for changes, ...
- cooperation among different profiles of health and social workers, relationships with management structures, identification of challenges ...
- inclusion of target population, links to local communities, ...

Priority areas for education, definition of education program, based on **PANGeA results and recommendations**

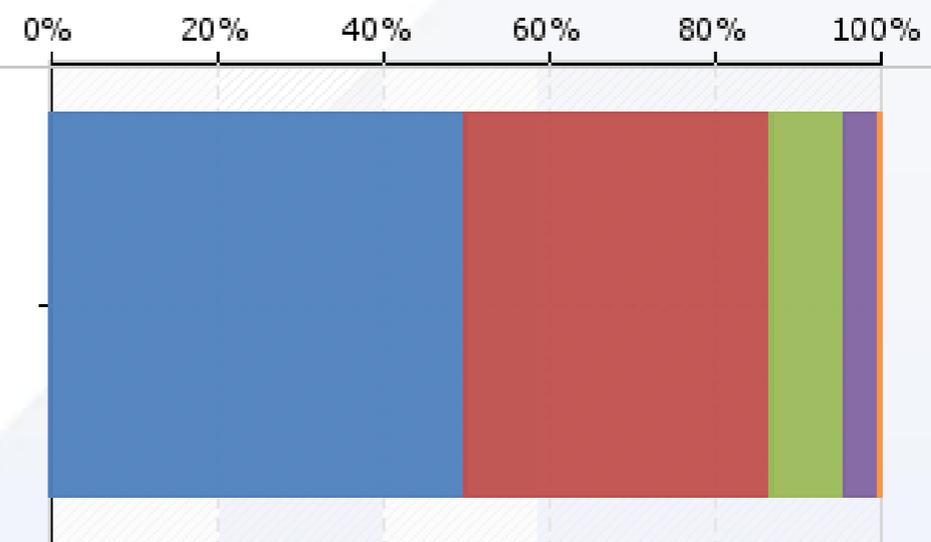
Creation of the institutionalized measures with regular monitoring and evaluation

Where is the space for improvement in homes for elderly?

1. How often do you **monitor body weight** of the residents of the homes for elderly? (n = 45)



2. How often do you **monitor hydration** of the residents of the homes for elderly? (n = 46)



■ very often ■ often ■ don't know ■ rarely ■ very rarely ■ never

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N&PA in the frame of the Active and healthy ageing strategy for Slovenia

Agreement on preparation of the Strategy for Active and healthy ageing in Slovenia (development of the longevity society)

Common work of health (including public health and health systems), labour and social sectors, possibly other sectors in the future (i.e. education, agriculture, others)

DG EMPL „Call for proposals VP/2013/009 to support the development of comprehensive active ageing strategies“
- role of EuroHealthNet.

AHA.SI project

Specific objectives of the 2 year project: elements of the strategy for **ACTIVE AND HEALTH AGEING . SLOVENIA**

- to conduct analyses and to develop recommendations for the AHA strategy in the following three areas:
 1. promotion of senior's employability and postponed retirement decisions;
 2. **active and healthy ageing for active and healthy old age** overview of the good practices (including **PANGeA physical activity parks for older population; nutrition in homes for older people**);
 3. assisted independent living and long-term care (LTC).
- to create **a sustainable network of relevant sectors and stakeholders** in the area of Active and Healthy Ageing for Slovenia (AHA.SI);
- to generate **greater awareness** amongst the general public and amongst identified target groups of the **urgent need** to adopt an AHA strategy;

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4. **Conclusions – putting N & PA & ageing in a broader context, looking forward**

	NUTRITION	HEALTH IN ALL POLICIES (main focus: health, social and education systems ; other relevant sectors)
NATIONAL LEVEL	National nutrition and physical activity strategy 2014-23	<p>Development strategy 2014-20 with operational axis 8 (Human capital), NRP</p> <p>Development of the national strategy of the active and healthy ageing AHA.SI project</p> <p>Lifelong learning strategy</p>
EU	Action plan on childhood obesity as a contribution to the longevity society	<p>Europe 2020</p> <p>Council conclusions and guiding principles on active and healthy ageing</p> <p>Innovation Partnership and AGE Platform EIP AHA JA</p> <p>Social Investment Package (SIP) with LTC</p> <p>European Semester</p>
WHO	2nd FNAP	Health 2020 (health systems)

Focus to health sector

National nutrition and physical activity strategy 2014-23 (final draft)

- actions regarding regular monitoring of nutrition status of older people in health and social systems;
- dietary and physical activity monitoring and counseling for older people within the health system (dietitians, kinesiologists);
- actions regarding malnutrition, sarcopenic obesity and protein intake in older population;
- integrated implementation of N&PA actions of health and social systems;
- education activities for health workers and specific profiles of workers within social system (related to N and PA);
- health promoting health institutions (environments promoting healthy offer & balanced nutrition and physical activity for workforce, patients and visitors).

Role of WHO

Well being, quality of life, changed paradigm –

CHALLENGE THE POTENTIAL OF THE PERIOD 65+