



*Non lasciare indietro nessuno:
ripensare le priorità politiche per creare società e
sistemi sanitari più sostenibili*

Dr Bettina Menne

Thanks to
Yongjie Yon
Isabel Yordi



Proiezioni demografiche

Population ageing has been accelerating in the WHO European Region



Population by Age groups from 1990 to 2020
Source: World Population Prospects 2021 (UN DESA (2021))

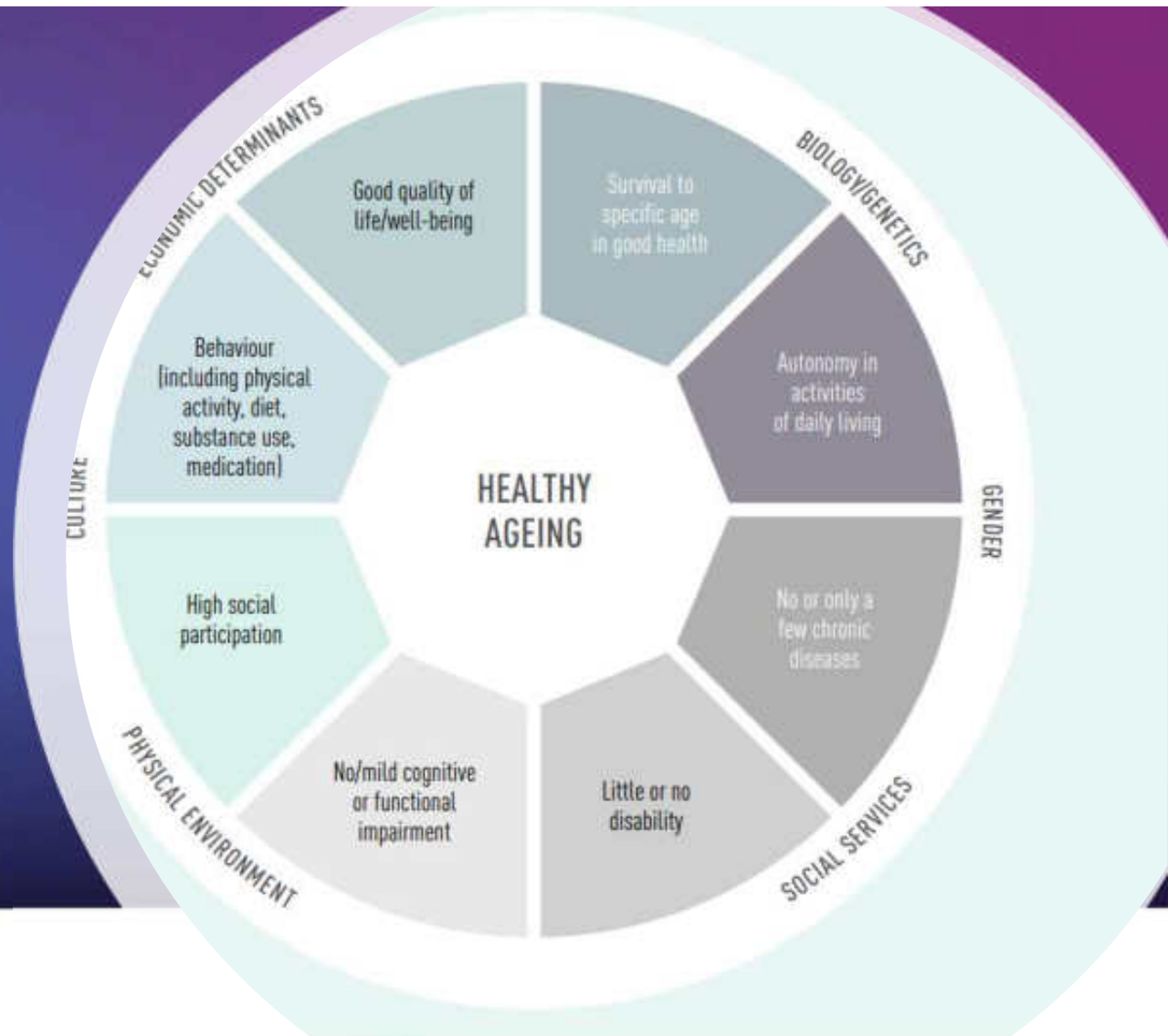
Global population projection 2021-2050

POPULATION	2021	2050
65+	761 MILLION	1.6 BILLION
80+	155 MILLION	459 MILLION

Italian population projection 2021-2050

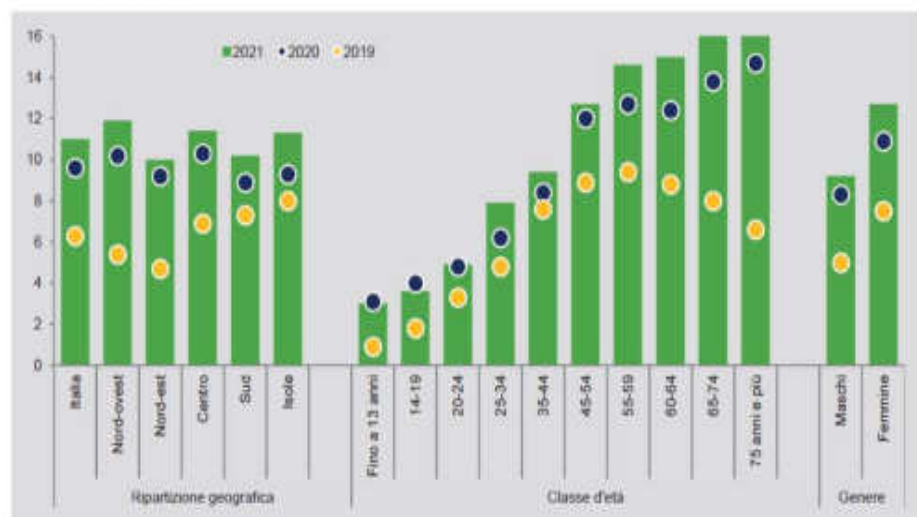
POPULATION	2021	2050
65+	14 MILLION	19 MILLION
80+	4 MILLION	8 MILLION

Le componenti per un invecchiamento in salute

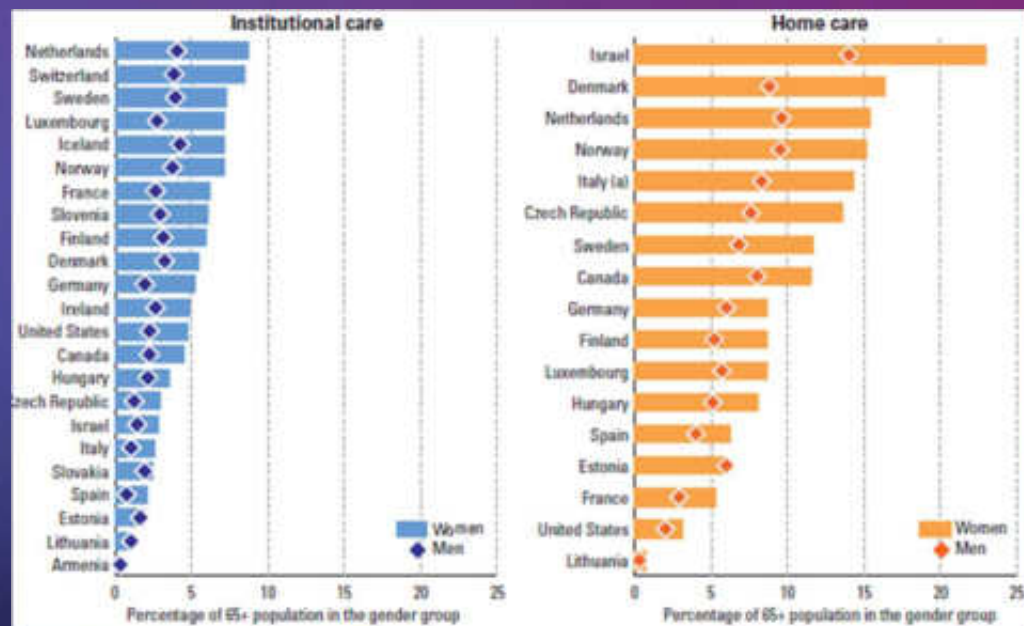



Qualche numero

Figura 3.4 - Rinuncia a prestazioni sanitarie per ripartizione geografica, classe d'età e sesso. Anni 2019-2021 (valori percentuali)



Fonte: Istat, Indagine Aspetti della vita quotidiana





Towards a world
where all people
can live long
and healthy lives.

Verso un mondo
dove tutti possano
vivere più a lungo e
in salute



Lisbon Outcome Statement: Regional summit on policy innovation for healthy ageing in the WHO European Region

We, participants in the Regional summit on policy innovation for healthy ageing in the WHO European Region in Lisbon, Portugal, on 10–11 October 2023, unequivocally recognize the invaluable contributions of older people and their caregivers to our societies, and advocate a life-course approach to healthy ageing, ensuring that no one is left behind. We reaffirm the concept of healthy ageing, which promotes well-being through development and maintenance of functional ability, and empowers all individuals to participate actively in society. Celebrating the extended longevity in the WHO European Region, we underscore the significance of recognizing the diverse capacities and life experiences of older adults, while addressing persistent inequities tied to socioeconomic status, gender, disability, ethnicity and other social determinants of health.



We express concern about the preparedness of health systems to meet the needs of rapidly ageing populations – particularly in primary care settings – including promotive, preventive, curative, rehabilitative, assistive, palliative and specialized care, and about sustainable provision of long-term care in ways that fully uphold all human rights. The coronavirus disease (COVID-19) pandemic has intensified these challenges, emphasizing the urgent requirement for age-specific, inclusive, accessible, gender-sensitive and prevention-focused responses, including in emergencies.

Recognizing the proactive steps taken by many governments on healthy ageing, we emphasize the ongoing need for collaboration and knowledge exchange within and between countries. To foster healthy ageing across the Region, aligning with the United Nations Decade of Healthy Ageing and universal health coverage, we call for:

- i. prioritization of preventive measures for physical, social and mental well-being, ensuring availability of support and services throughout the life-course;
- ii. creation of enabling environments, including age-friendly cities and communities, to empower individuals across the life-course to engage with their communities, and improvement of service accessibility;
- iii. provision of accessible, affordable, high-quality care and support for older people, their caregivers and families across care settings, encompassing primary health care, hospitals and long-term care, while integrating all levels of care within a continuum;
- iv. effective implementation of policies to leverage the potential of older people; and
- v. strong data and evidence to inform actions that foster healthy ageing.

We urge all stakeholders, including individuals in international, intergovernmental, civil society and nongovernmental organizations, academia, the media, the private sector and relevant entities, to collaborate on these five interconnected priorities. We call for endorsement of:

- i. development of the WHO Regional Office for Europe's Regional Framework of Action on Ageing and Health;
- ii. prioritization of ageing and health in the WHO European Region and in national and subnational agendas, alongside active promotion of social participation;
- iii. facilitation of knowledge exchange and innovation in regional and global networks; and
- iv. pooling of resources to advance common goals and address shared challenges effectively.



SCAN
ME



PROMOTING
PHYSICAL ACTIVITY
AND **HEALTHY DIETS**
FOR **HEALTHY AGEING**
in the WHO European Region



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ME

A large QR code is positioned to the right of the text 'SCAN ME'. The QR code is composed of orange dots and is enclosed in a square frame with rounded corners.

IMPLEMENTING GOOD PRACTICES

- 
- Friends
 - Family
 - Peers
 - Elder care workers
 - Exercise instructors
 - Physiotherapists
- Joint exercise councils
- Outdoor friends
- Bus-stop walk
- Residence exercise
- Gym groups
- Study group to promote exercise
- Living-room gym
- Balance track
- Exercise counselling groups at the library
- Home
 - Home care
 - Nongovernmental organizations
 - Service homes
 - Exercise services
 - Health-care centres

THE AIM IS A PHYSICALLY ACTIVE, PARTICIPATING OLDER ADULT

2. Creazione di ambienti favorevoli

1. Coinvolgere la popolazione anziana nella progettazione di servizi
2. Contrastare la solitudine
3. Valorizzare il contributo delle persone anziane
4. Promuovere una digitalizzazione age-friendly

Europe



Ambienti favorevoli
per i più anziani
sono contesti più
sani per tutti!

Healthy settings for
older people are healthy
settings for all:
the experience of
Friuli-Venezia Giulia, Italy

Health
ization



Decade
of healthy
ageing



3. Fornire assistenza e sostegno accessibili, anche in termini economici e di alta qualità per gli anziani, i loro caregiver e le loro famiglie

Come?

1. concentrandosi sul miglioramento dell'assistenza e delle risorse basate sulla comunità e sugli interventi basati sull'evidenza;
2. Proteggendo dall'incuria e da tutte le forme di abuso nei contesti e nei servizi assistenziali;
3. tutelando la salute e il benessere dei caregiver;
4. promuovendo l'equità di genere;
5. migliorando le cure palliative di alta qualità rispettando le preferenze personali degli anziani.



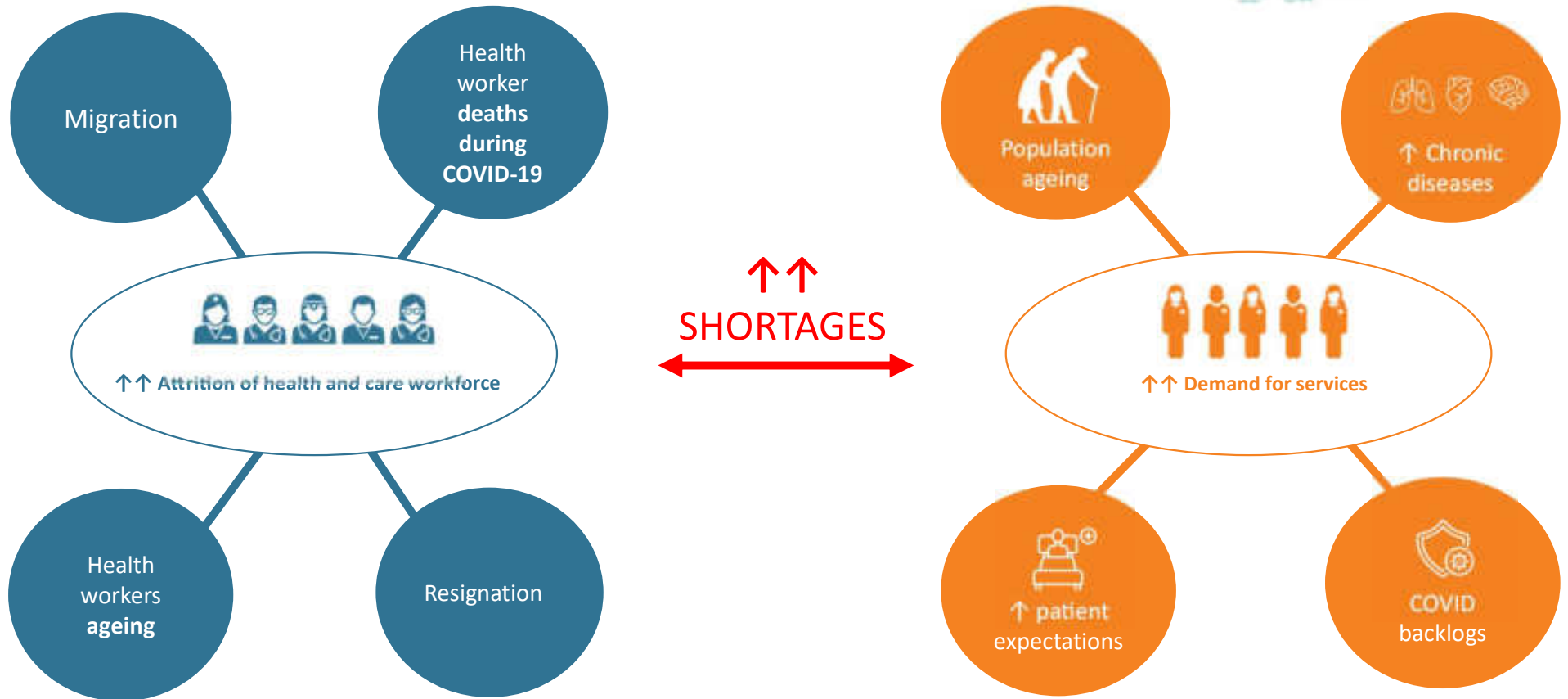
Tallinn 2023

Trust and transformation:
Resilient and sustainable health
systems for the future

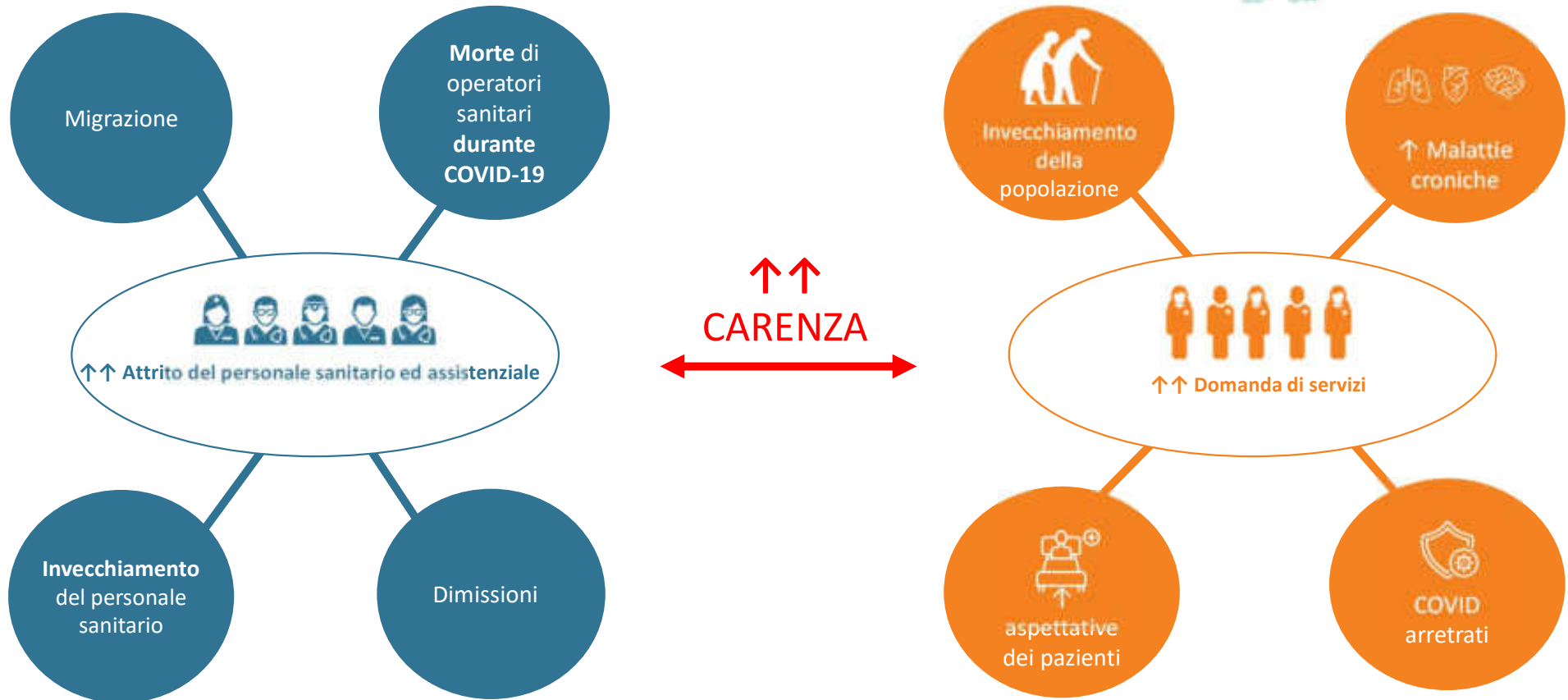
12-13 December 2023



Perché il personale sanitario continua ad essere in calo?



Perché il personale sanitario continua ad essere in calo?



4. Implementazione di politiche concrete per potenziare il contributo delle persone anziane

Come?

- riconoscendo l'invecchiamento in buona salute come una responsabilità dell'intero governo e dell'intera società;
- affrontando la stigmatizzazione, la violenza, gli abusi e l'emarginazione legata all'età;
- promuovendo la cooperazione e la solidarietà inter e intragenerazionale;
- sfruttando il potenziale delle tecnologie emergenti per promuovere l'inclusione digitale.





Heide Fehlings



Zoena Sant

Soada Kamilova



Noel McCarthy

#HealthyAgeing 50

Honouring 11 heroes, of the WHO European Region, creating a better world for current and future generations of older people.



Natalia Podolach



Claudia Marler

Paul McGarry



Lor Aysion



Juan Cruzado Rios



Maria Sanchez Castedo

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Per ulteriori
informazioni

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