

Active Ageing in Age-Friendly Environments: A Global Agenda

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*Two Global Forces Shaping
the 21st century:*

Demographic Ageing
and
Urbanization



The population of older adults is increasing especially in developing countries

		(billion)	
• World 60+	0.6	1.2	2.0
• Developed countries	0.2	0.3	0.3
• Developing countries	0.4	0.9	1.7



The world is a growing city

- 2007 Half of the world's population live in cities
- 2030 3 of 5 people will live in cities

UN, 2006



The number of older persons in cities in developing countries will increase from 56 million in 1998 to 908 million in 2050

UN-HABITAT, 2006



Ageing matters!

“Ageing is a development issue. Healthy older persons are a resource for their families, their communities and the economy.”

**WHO Brasilia Declaration on Ageing,
July, 1996**



World Health Assembly
resolved to "Strengthen
healthy and active ageing" in
2005

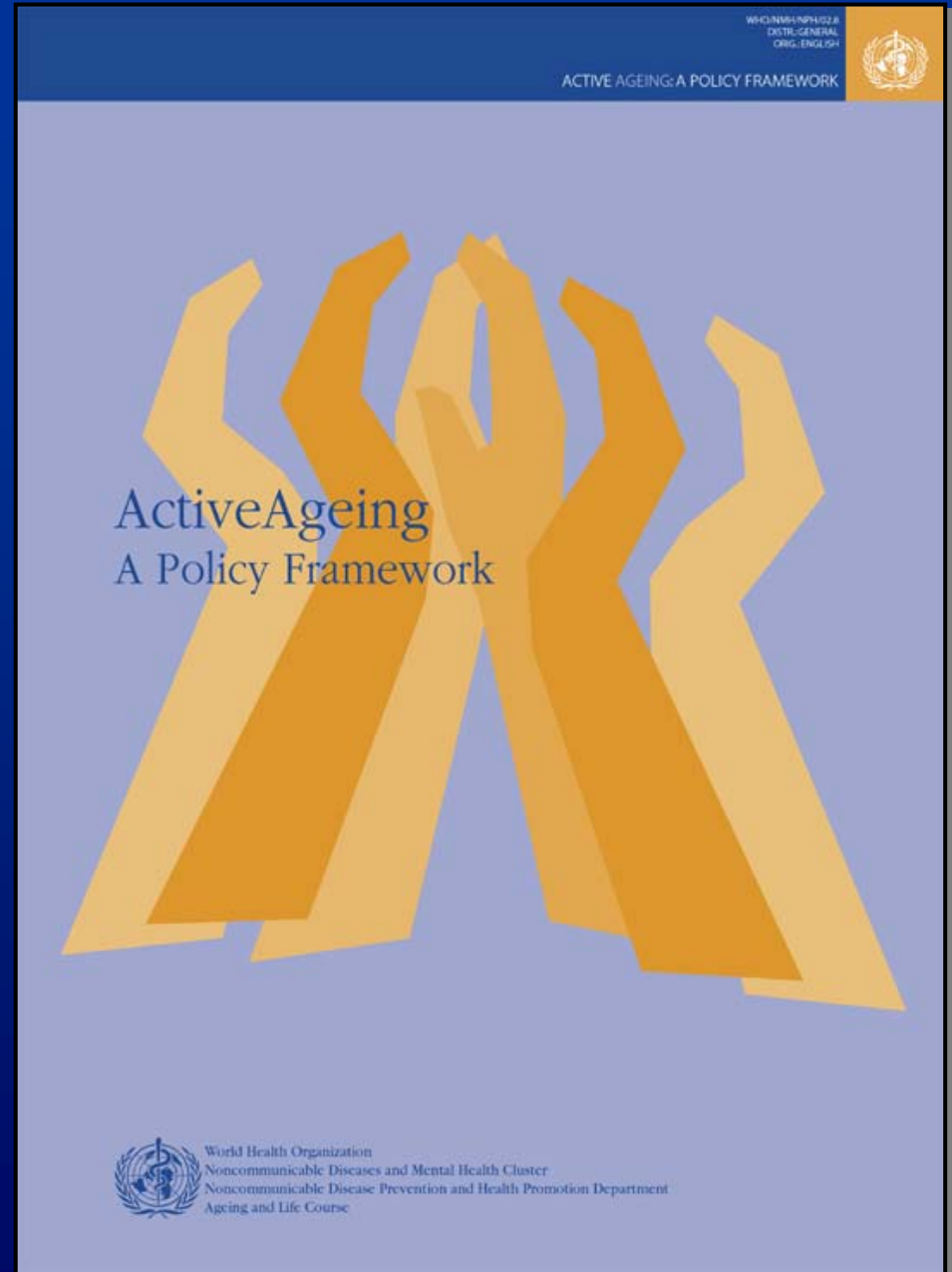


Active Ageing:

A Policy Framework



WHO Ageing and Life Course Programme

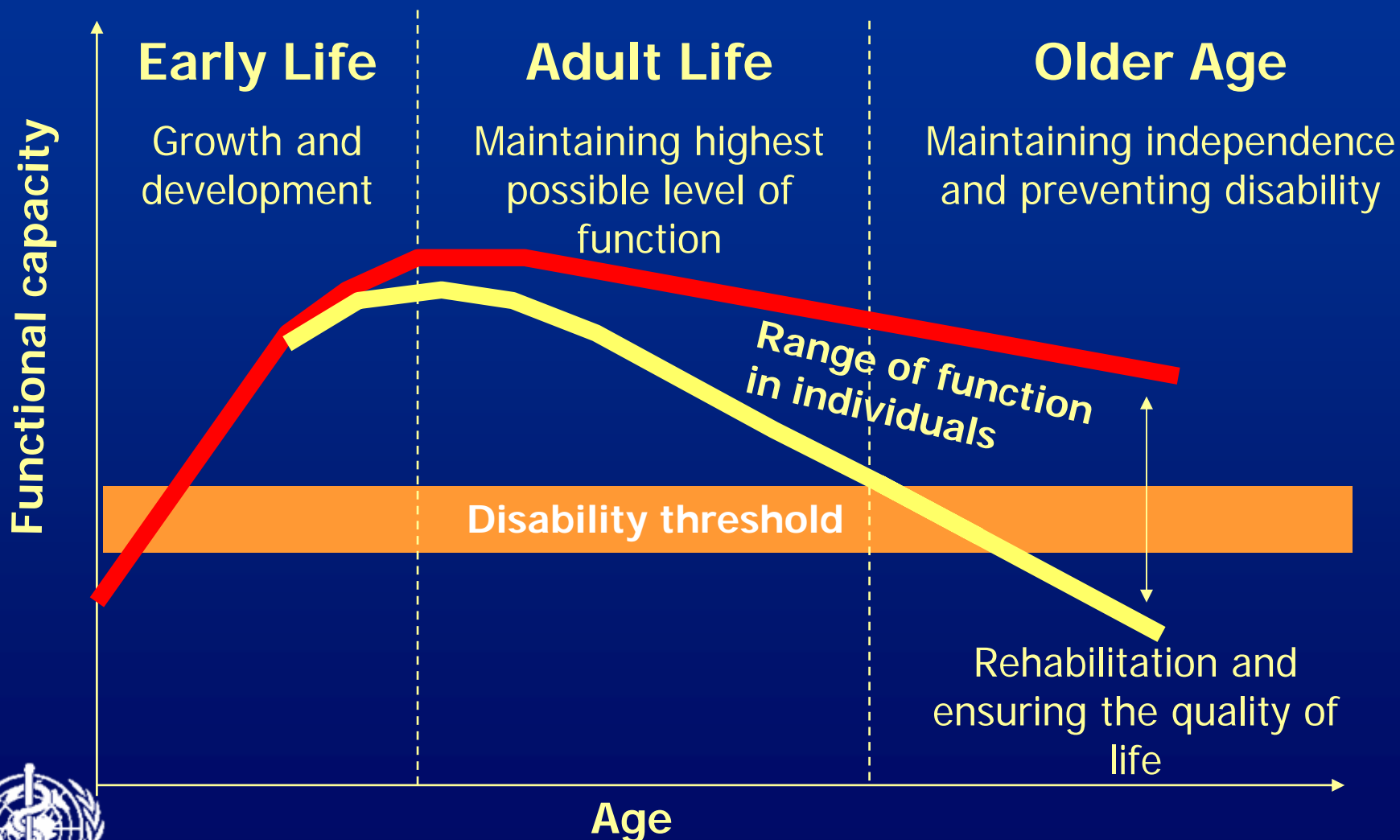


The WHO definition

"*Active ageing* is the process of optimizing opportunities for *health, participation and security* in order to enhance quality of life as people age."



A Life Course Approach to Active Ageing



Determinants of Active Ageing



Contrasting realities of urban ageing



WHO Age-friendly Cities Goal

- Identify key features of age-friendly urban environments to guide cities in becoming more age-friendly



What is an Age-Friendly City?

- *Inclusive and accessible urban environment that promotes active ageing*
- *A continuous process*



35 Age-Friendly Project Collaborating Cities

AMERICAS

Argentina, La Plata
Brazil, Rio de Janeiro
Canada, Halifax
Canada, Portage La Prairie
Canada, Saanich
Canada, Sherbrooke
Costa Rica, San Jose
Jamaica, Kingston
Jamaica, Montego Bay
Mexico, Cancun
Mexico, Mexico City
Puerto Rico, Mayaguez
Puerto Rico, Ponce
USA, New York
USA, Portland

EUROPE

Germany, Ruhr
Ireland, Dundalk
Italy, Udine
Russia, Moscow
Russia, Tuymazy
Switzerland, Geneva
Turkey, Istanbul
UK, Edinburgh
UK, London



AFRICA

Kenya, Nairobi

EASTERN MEDITERRANEAN

Jordan, Amman
Lebanon, Tripoli
Pakistan, Islamabad

SOUTH-EAST ASIA

India, New Delhi
India, Udaipur

WESTERN PACIFIC

Australia, Melbourne
Australia, Melville
China, Shanghai
Japan, Himeji
Japan, Tokyo



Credit: BC Ministry of Health

WHO Ageing and Life Course Programme

Bottom-up Participatory Research

Structured focus groups with

- 1,485 older persons
- 750 caregivers and service providers (public, private and voluntary)



Topics

- Outdoor Spaces and Buildings
- Transportation (public and private)
- Housing
- Respect and Inclusion
- Social Participation
- Communication and Information
- Civic Participation and Employment
- Health and Social Services



Preliminary Findings

What has WHO learned
about age-friendly
outdoor spaces?



Pleasant and accessible

Green spaces, smells, noise

- *Narguileh* in Tripoli and boom boxes in Jamaica

Seating, toilet facilities



Sharing

- Sharing benches and pathways
"bikes whizzing by, or skateboards, or roller bladers, large bounding four-legged beasts"



Safety

- Sidewalks
 - Narrow, uneven, cracked, high curbs, congested, obstructed

- Pedestrian crossings

"Cross-lights are made for an Olympic runner"

- Non-slip zebra crossing, safely-timed crossing, audio and visual cues



Services

- Close and clustered
- Accessible



Next Steps

Release of WHO Global Age-Friendly Cities Guide – October 1, 2007

Identifying and developing age-friendly urban environment

solutions



Bravo



I'DGO TOO!!

