Healthy Aging

-A Challenge that needs worldwide attention and collaboration

Date: 26th September 2023

Jon Warner

US Ambassador at ECHAlliance

www.echalliance.com   @ECHAlliance

Demographic Drivers

- In 1881 German Chancellor Bismarck introduced a pension after retirement age of 70 -the average life expectancy at the time in Germany was **50** (although he personally lived until 83).

- In 1901 'western' world average life expectancy in Europe as was **52**

- In 1921 (affected hugely by WW1) 'western' world average life expectancy was **54**

- In 1945 (affected hugely by WW2) 'western' world average life expectancy was **64**

- In 1981 (The year the PC was created) 'western' world average life expectancy was **74** (this 20 year 'jump' in just 60 years mainly coming hugely from much better <u>sanitation</u>, much <u>lower infant mortality</u> and the widespread deployment of <u>antibiotics and immunization</u>).

- In 2023 world life expectancy is **73** (**79** in the 'western' world) but children born at 2,000 or later are expected to live to **100**.

There are many major facets to healthy aging

- Growing population of older adults worldwide
- Considerably lower birthrates
- Increased lifespan
- Increased health-span
- Big and Greater discretionary spending ability
- All of the above and many more!
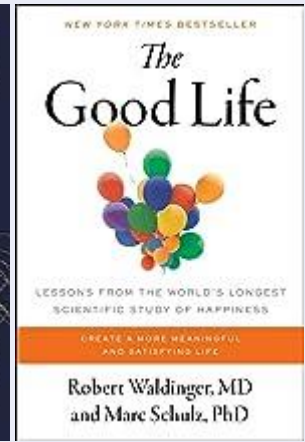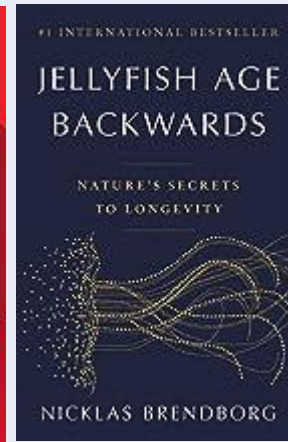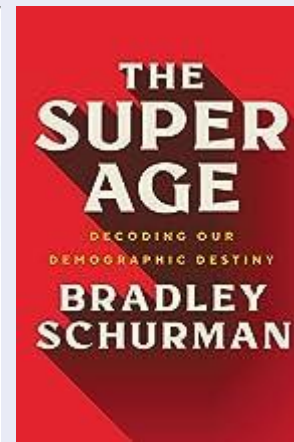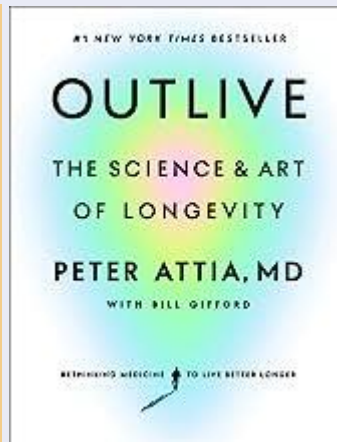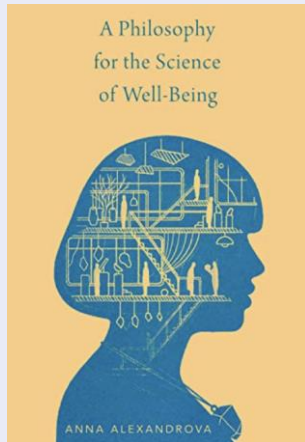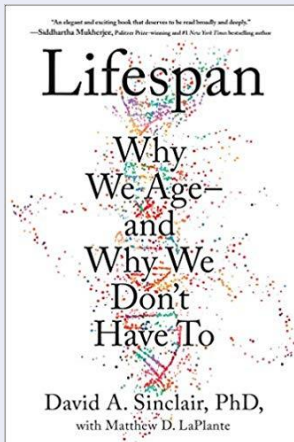
Heathy Aging is a worldwide Issue

Percent of Population 60 and Older for World Regions: 2020 (+GDP numbers)

GDP-$40.25T
Northern America
23.4

GDP-$4.1T
Latin America and
the Caribbean
12.8

GDP-$24.9T
Europe
25.5

GDP-$31.3T
Asia
13.3

GDP-$3T
Africa
5.6

GDP-$2T
Oceania
17.9
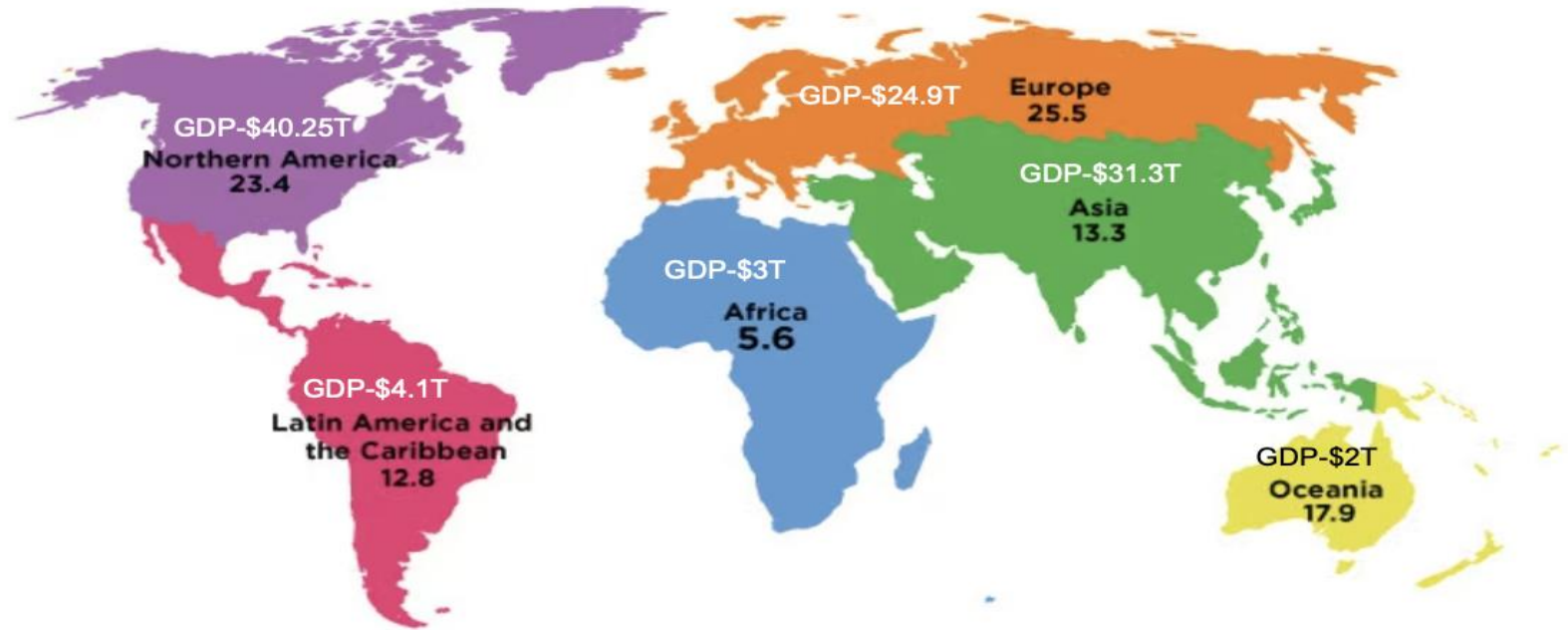
And the world's population will change dramatically in the next 25 years

The world in 2050

European and East Asian countries will have the **oldest populations** in history

Some countries will still be very **young**

Many countries will have huge **prime-age populations** for the first time

U.S.

China

India

Nigeria
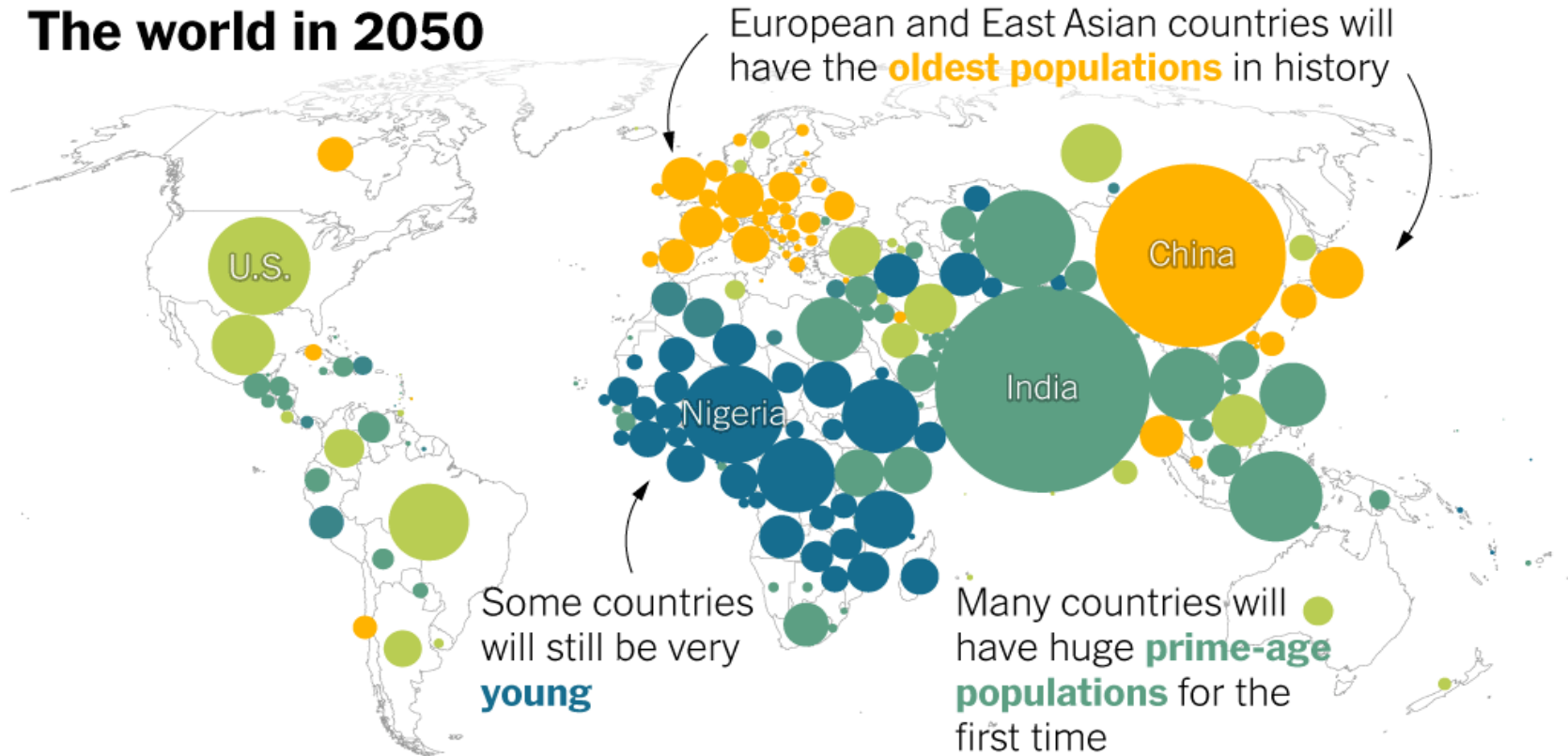
Heathy Aging has many dimensions

McKinsey Health Institute healthy aging framework

Personal influencing factors

Social influencing factors

Physical and cognitive fitness
- Activity
- Sleep
- Diet
- Lifelong learning
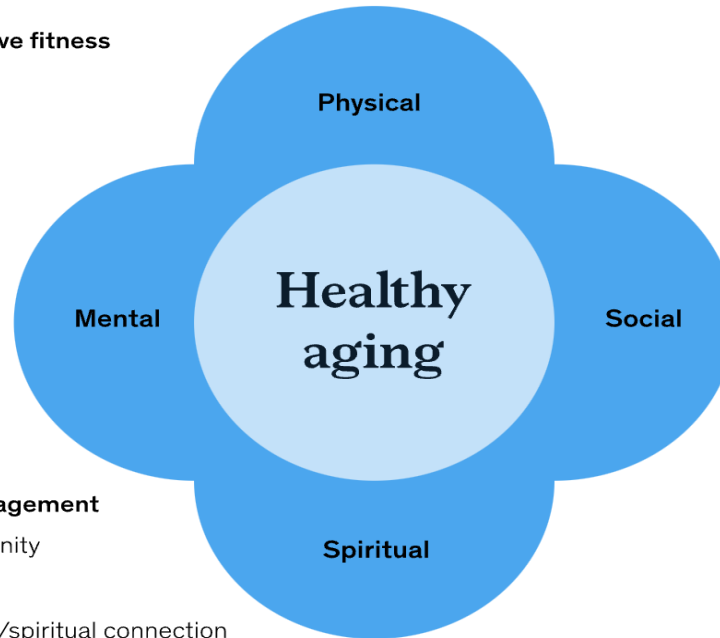
Financial empowerment
- Employment
- Financial circumstances

Social/spiritual engagement
- Meaningful community or civic roles
- Relationships
- Religious affiliation/spiritual connection

Physical

Mental

Healthy aging

Social

Spiritual

Basic needs
- Access to quality affordable housing
- Access to nutritious food
- Public transport
- Physical safety/low crime

Living and care
- Access to care and support
- Access to high-quality healthcare
- Health equity

Inclusion
- Accessible community spaces
- Cultural inclusion[1]
- Digital inclusion[2]

What Do older adults want today/tomorrow (generally)?

Personal security/safety
- House/Home safety and security
- Fall vulnerability
- Elder abuse/ageism
- Fraud/Extortion
- Cyberattack/ID theft
- Financial security/ saving
- Investment
- Insurance

Accessible assistance when needed
- Home maintenance
- Research/Insights
- Relocation
- Medications/Drugs
- Forms/Paperwork
- Tax/Social security
- Finance/Legal
- Pets (real and tech)

Ready Mobility and Transportation
- Walking
- Using personal Car
- Renting cars reading
- Ridesharing
- Bus/Train travel
- Over water/seas travel
- DME
- Assistive mobility devices

Appropriate Guidance on Innovation/technology
- Technology awareness
- Technology education
- Ratings of quality and effectiveness
- Discovering/using device functionality
- Teleconferencing
- Developing new solutions

Greater wellness
- Exercise/Fitness
- Sleep/Relaxation
- Diet and Nutrition
- Preventive medicine
- Food as medicine
- Genetics guidance
- Self-optimization
- Environmental health

Good mental health
- Mindfulness and Meditation
- Emotional stability
- Stress management
- Relaxation options
- Dealing with isolation and loneliness
- Brain health

Effective and accessible healthcare
- Ready access to HCPs
- Health insurance
- Care support
- Managing chronic conditions
- Dealing with disease/ infections

Self-actualization
- Pastimes/Hobbies/clubs
- New Relationships
- Friendship and Love
- Spirituality
- Entertainment
- Travel
- Work/Volunteering
- Learning

ECHAlliance

- Technology will greatly assist but we need to make it accessible, wanted and as frictionless to use as possible
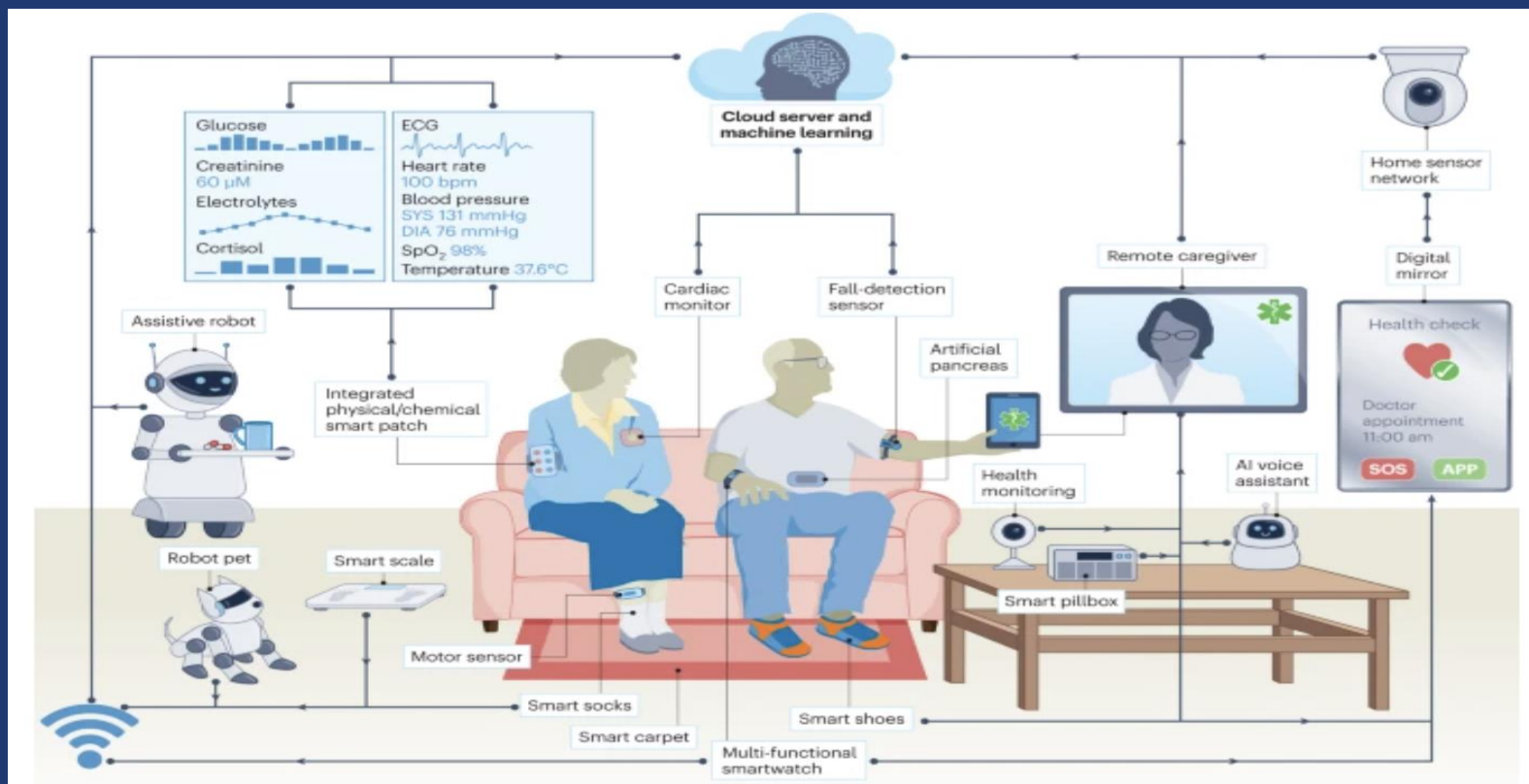
Areas of Impact are Many

- An aging population across most regions of the world, has many areas of impact, for older adults themselves, younger people and for communities and society, as the chart below lists:

Business and Entrepreneurship	Governance, Safety and Security	Population Health
Caregiving (and care-receiving))	Healthcare and Drug supply	Poverty and Hunger
Climate change	Housing/accommodation	Saving and Investment
Defense and War	Information systems and data	Scientific research
Discrimination, Equity and Access	Insurance (personal and public)	Social determinants of Health
Education/Training	Intergenerational relationships	Social security/pensions
End of life planning	Isolation and loneliness	Taxation/Tax planning
Energy/Sustainability	Land management	Technology and Innovation
Farming and Agriculture	Leisure and Entertainment	The Environment
Finance and Banking	Mental Health	Transportation
Food production	Migration	Travel/Tourism
General Government policy	Pay/Earnings	Work/Staffing (type and location)

Every UN Directive will be Impacted by Relative Health of Human Aging

- It is difficult not to conclude that the significant aging of the human population over the next few decades, in particular, affects every one of the UN's 17 Directives below, in both minor and major ways in most cases.

1. No Poverty	10. Reduced Inequalities
2. Zero Hunger	11. Sustainable Cities and Communities
3. Good Health and Well-being	12. Responsible Consumption and Production
4. Quality Education	13. Climate Action
5. Gender Equality	14. Life Below Water
6. Clean Water and Sanitation	15. Life On Land
7. Affordable and Clean Energy	16. Peace, Justice and Strong Institutions
8. Decent Work and Economic Growth	17. Partnerships for the Goals
9. Industry, Innovation and Infrastructure	*Each goal has specific targets and indicators that need to be achieved by 2030 in order to ensure sustainable development and a better future for all.*

Jon Warner: Ambassador at ECH Alliance
-The Global Health Connector

- Our Model for 'Aging' and 'Retirement' is outdated and unhelpful-its is more about 'stage' than 'age' today.
- *Our future approaches need to be informed by fast changing issues and demographics country by country for which we need better/richer data on aging challenges*.
- Innovation and Technology can help but collaboration and coordination will help make this more 'fit for purpose' and reduce duplication and overlap.
- *A huge proportional increase in older adults living longer affects all 17 UN SDGs-perhaps its time to add an 18th –Healthy Aging!*

www.echalliance.com

optimaljon@gmail.com

@ECHAlliance

#ConnectingTheDots