

Healthy Ageing ACS State Conference 2007

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Healthy Ageing

- Factors affecting ageing
- Predictors of mortality - age
- disease
- Health Related Quality of Life HRQoL



Healthy Ageing

Ageing:

- 20% genetic
- 80% environmental and other factors



Healthy Ageing

Lifestyle Factors

Health promotion aspects:

- Dietary
- Alcohol beneficial vs risky intake
- Smoking cessation benefits
- Exercise
- Psychosocial wellbeing



Healthy Ageing

Diet – 'healthy heart' diet

- Rise in single households
- Incentives to food preparation
- Limitations on access to food stuffs

Note: Framingham heart study – longitudinal study
– Good mid life cardiovascular fitness a determinant of advantageous heart risk in older life



Healthy Ageing

Exercise – to suit any age

- programs to suit all physical limitations

- Increase cardiovascular fitness
- Manage weight
- Improve joint flexibility
- Improve balance and gait
- Manage falls prevention



Healthy Ageing

Psychosocial wellbeing:

- Improve 'resilience'
- Improve problem solving
- Positive outlook
- Improved sleep (and HRQoL)
- Pain management



Healthy Ageing

Disease burden:

One chronic disease per decade of life after age 60 (AIHW) eg. 3 for av. 80 year old

Biomedical research:

An Example: Effect of Obesity and Premature Death

Benefits:

- Research determines which aspects are associated with increased risks for cardiovascular disease / falling / diabetes / respiratory disease.....
- Influences policy and management eg effect of obesity and premature death.

Result: improved dietary recommendations / benefits of exercise / improved mental outlook ie psychosocial health.



Healthy Ageing

Environment:

- Affects psychosocial health
- Social integration vs isolation
- Access
- Physical limitations and building planning



Healthy Ageing

Healthy ageing:

- Not uniform across cultural and socioeconomic groups
- Ageing is a normal process
- Life expectancy depends on age that the person has already reached



Healthy Ageing

Life expectancy: 1901 around 60 years
200+ over 80 years

Healthy Life Expectancy

Australia ranked after Japan, Iceland, Sweden

Male:

- Life Expectancy – 77.9 years
- Healthy Life Expectancy – 71.0 years

Female:

- Life Expectancy – 83.0 years
- Healthy Life Expectancy – 74.0 years



Healthy Ageing

Causes of death in older people:

- Cardiovascular
- Cancer
- Respiratory

ALL HAVE PREVENTIVE ASPECTS

HEALTHY AGEING: HEALTH PROMOTION
HEALTH EDUCATION: HEALTH PARTICIPATION