

Active Aging in Asia Pacific

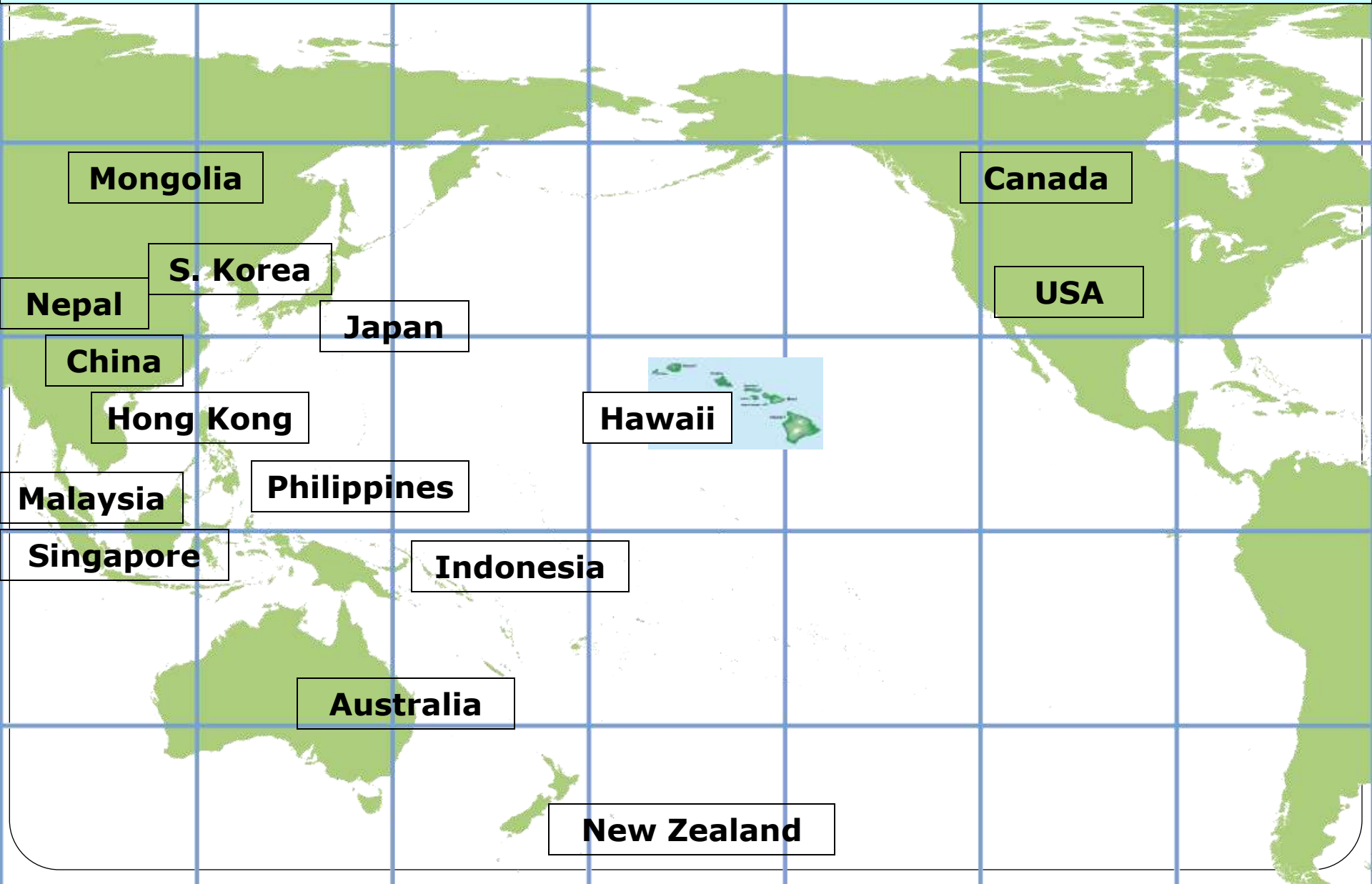
Kathryn L. Braun, DrPH
University of Hawaii

and

Active Aging Consortium Asia Pacific

kbraun@hawaii.edu

Active Aging Consortium Asia Pacific (ACAP)



Mongolia

Canada

S. Korea

Nepal

Japan

USA

China

Hawaii

Hong Kong

Malaysia

Philippines

Singapore

Indonesia

Australia

New Zealand



Mission

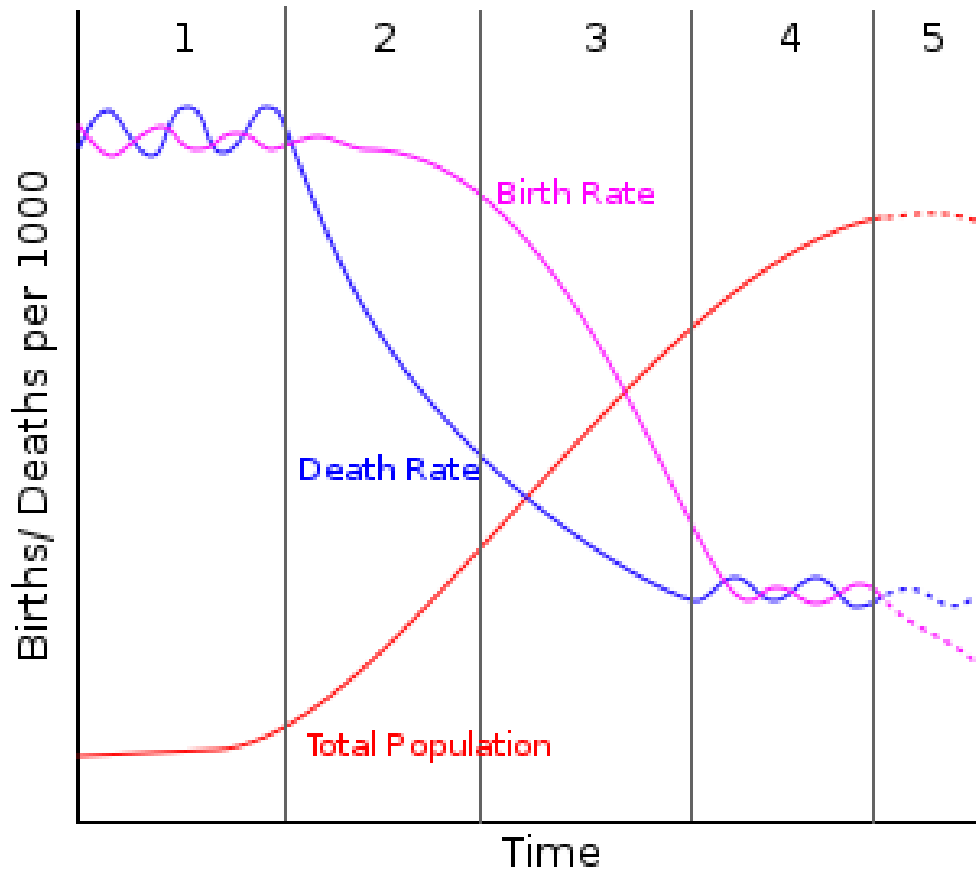
- To provide a forum in Asia Pacific for the sharing of:
 - Research
 - Policy ideas
 - Best practices
- Conferences
- Exchange

Benefits

- No dues! (no staff)
- Monthly Bulletin

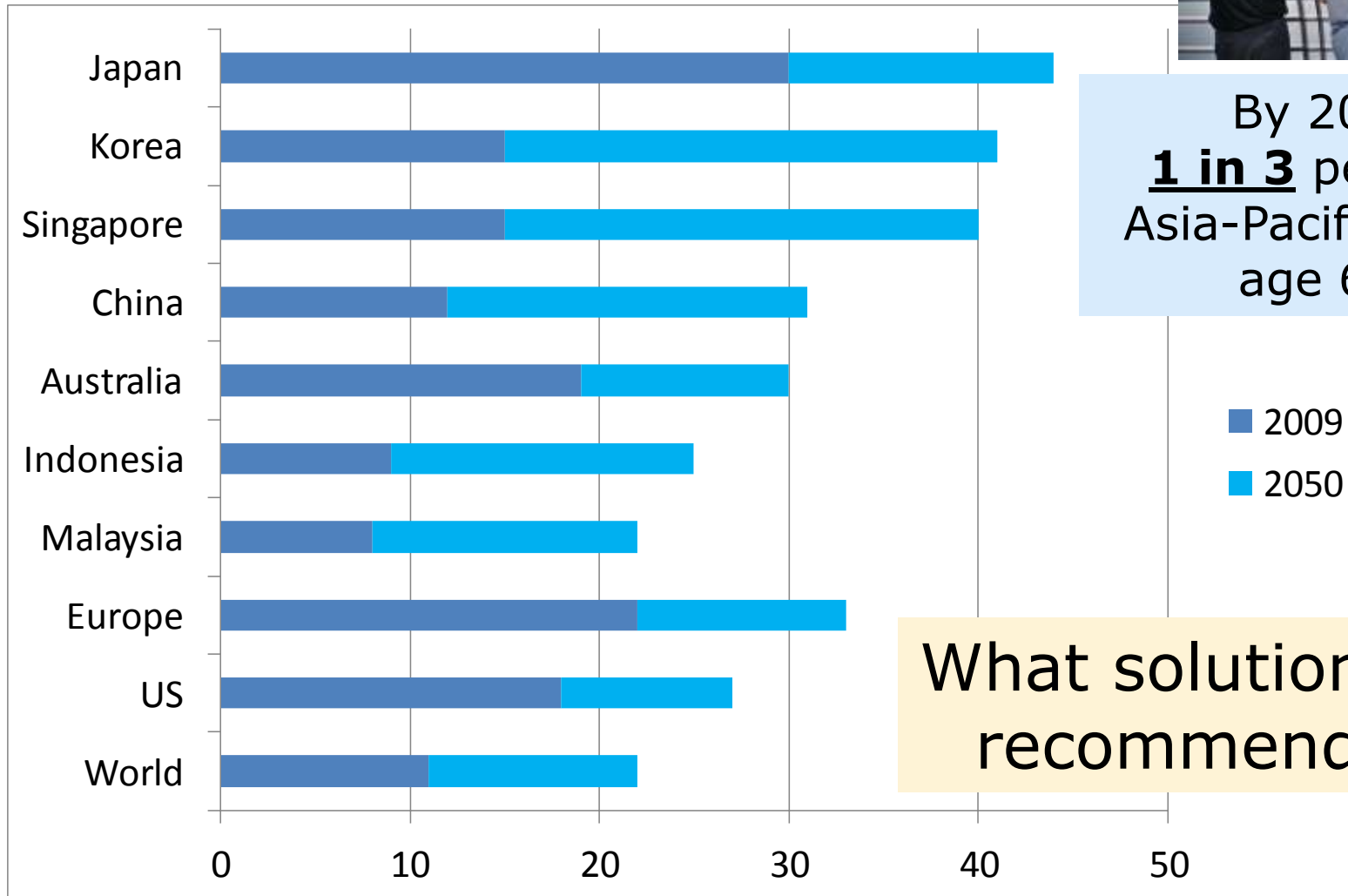


The demographic transition



- Low death rates
- Birth rates below replacement
- Shrinking population
 - Germany
 - Italy
 - Korea
 - Japan
- Decreasing number of workers.
- Threat to industries and economics that rely on population growth

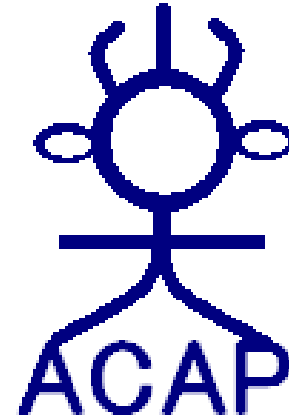
Percent of population 60+ will double or triple in many regions



By 2050,
1 in 3 people in
Asia-Pacific will be
age 60+

What solutions are
recommended?

Purpose

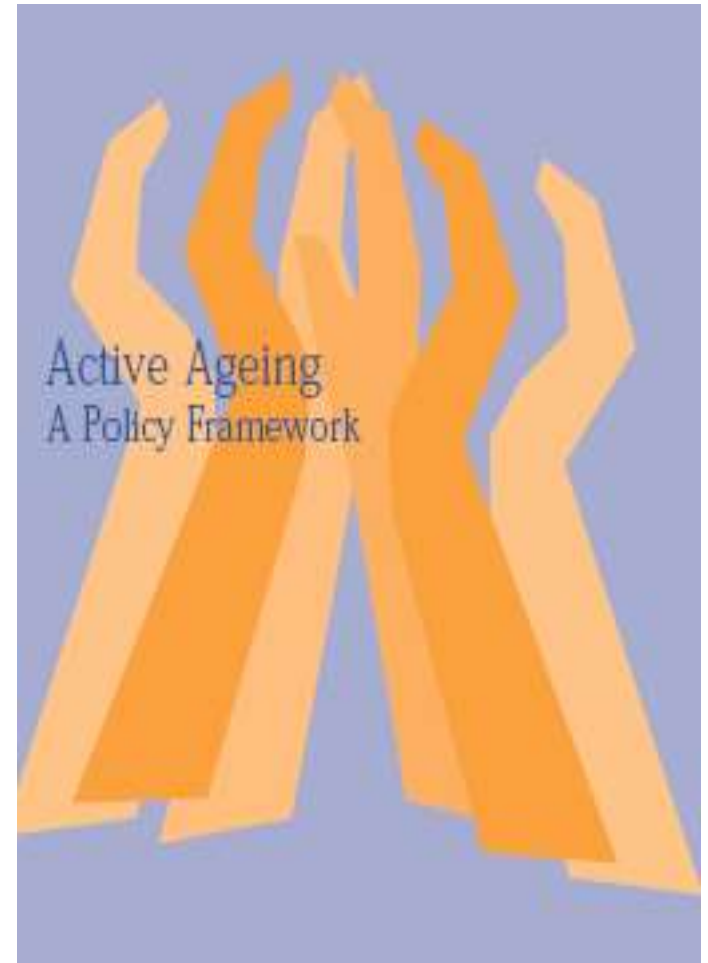
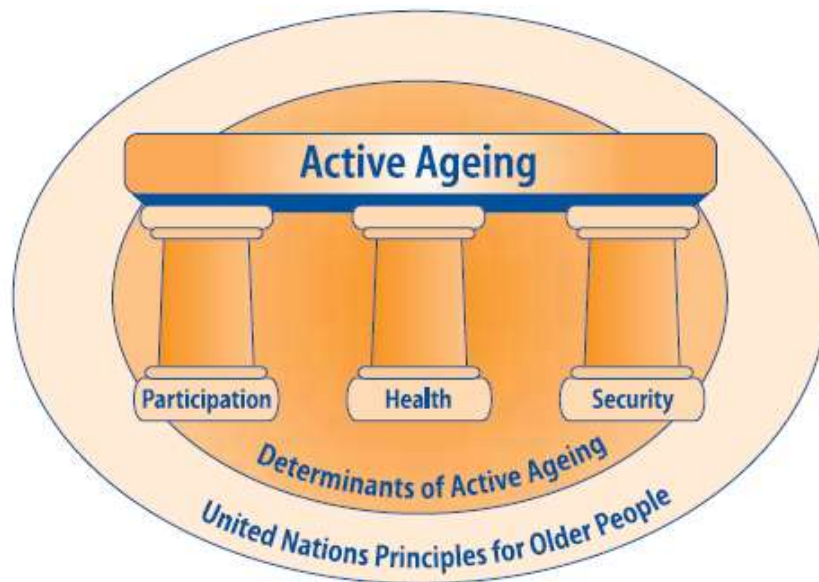


- Define Active Aging
- Present 3 recommendations to advance Active Aging
- Discuss our role as Active Aging advocates



Active Aging

Active Aging is the process of optimizing opportunities for health, participation, & security in order to enhance quality of life



World Health Organization
2002 Policy Framework

Tenets of Active Aging

Individuals and families

- Must prepare for old age and adopt positive health practices for long life.



Social policy

- Must make healthy choices easy choices.
- Must recognize, encourage, and reward participation of elders in work, education, volunteering and family life.

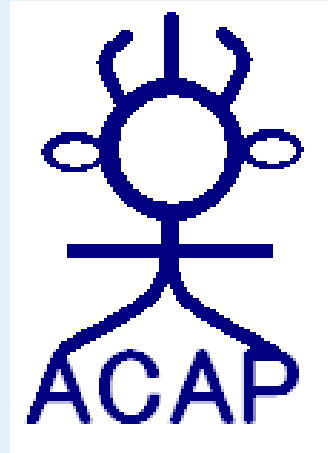
Business

- Must develop innovative technology, products and services for older adults.
- Must develop work opportunities for older adults.

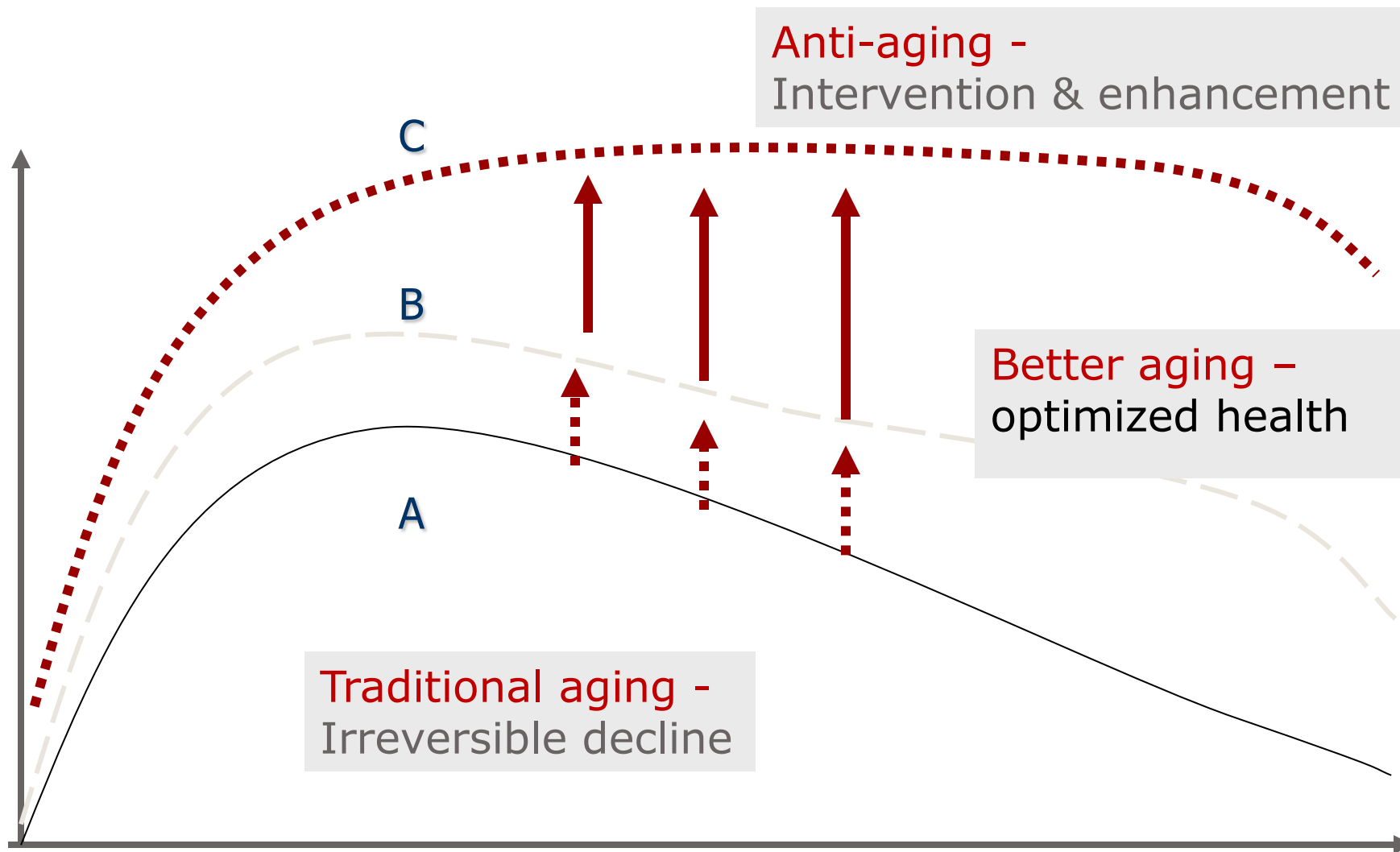
Partnership

Recommendations for Active Aging

1. Support healthy aging
2. Build age-friendly cities and communities
3. Promote life-long learning



1. Support healthy aging

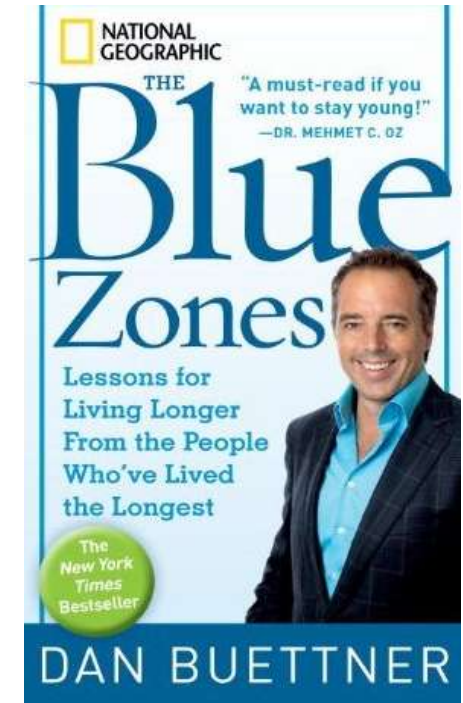
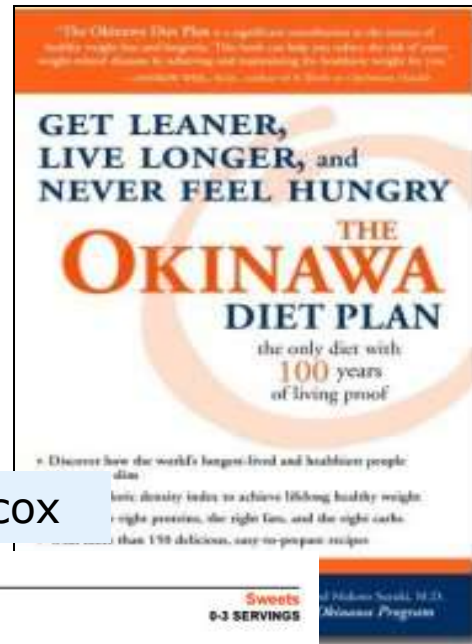


Initiatives that optimize access to healthy foods and physical activity and to programs to postpone declines associated with normal aging.

We are learning from centenarians.



Drs. Craig & Bradley Willcox



- Physical activity
- Diet high in plants
- Social networks
- Ways to relieve stress and promote meaning



Foods that can optimize aging.



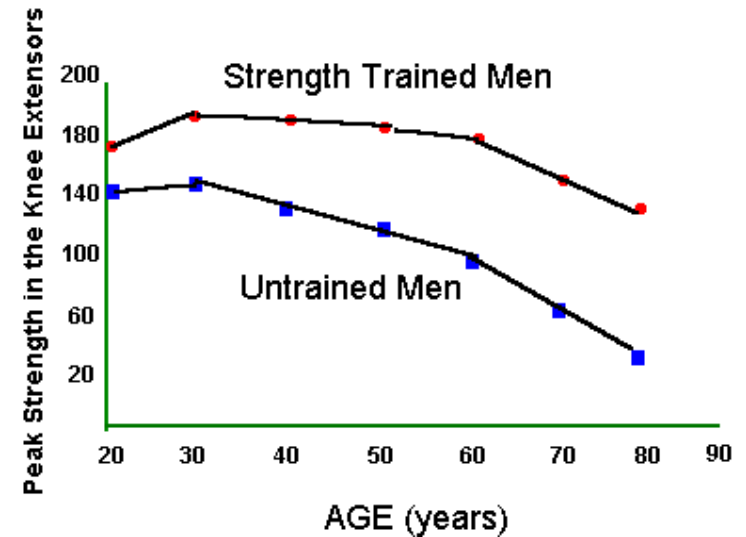
EAT RIGHT

- Balanced diet
- Special anti-aging foods
 - Fruits and veggies
 - Beans and nuts
 - Whole grains
 - Fish
 - Eggs
 - Seaweed
 - Red wine
 - Chocolate

Physical activity can optimize aging.

- **EXERCISE**

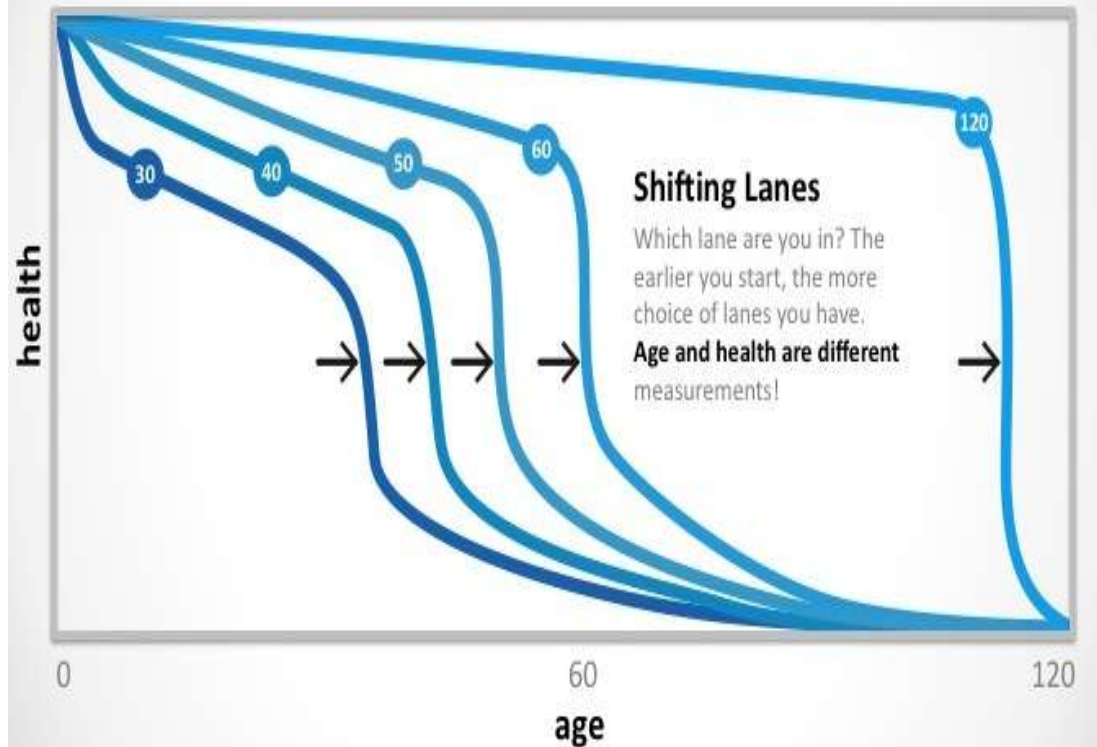
- Aerobic capacity
- Strength
- Balance
- Flexibility



Individual effort

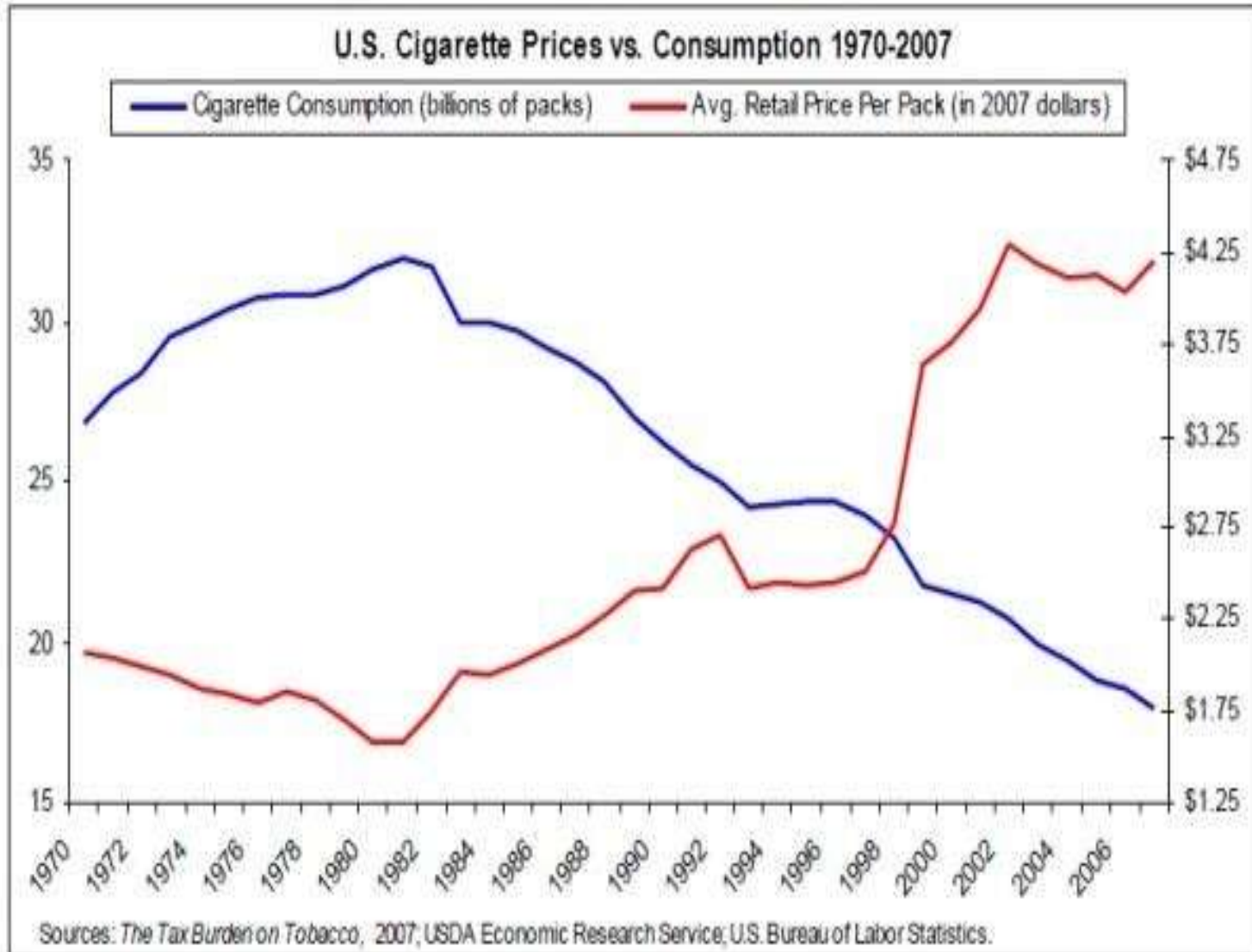


- Science suggests that individual effort is good and necessary, but population-based efforts are needed



Social policy

Taxing cigarettes has raised revenue while decreasing smoking in the US



Albert Lea, Minnesota (USA)



Modifications to
the FOOD
environment



Modifications to
the PHYSICAL
environment



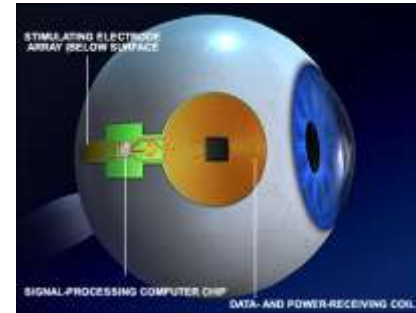
- **After one year**
 - Residents lost 12,000 pounds (together)
 - Healthcare costs of city workers were 40% lower.

Innovative technology to reduce disability



Hearing Aid Implant

Vision and hearing products can reduce isolation

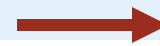


Retinal Implant

Dental implants can improve chewing, self-esteem, sociability, and cardio-vascular health



Medtronic InterStim® Therapy for Urinary Control



Results

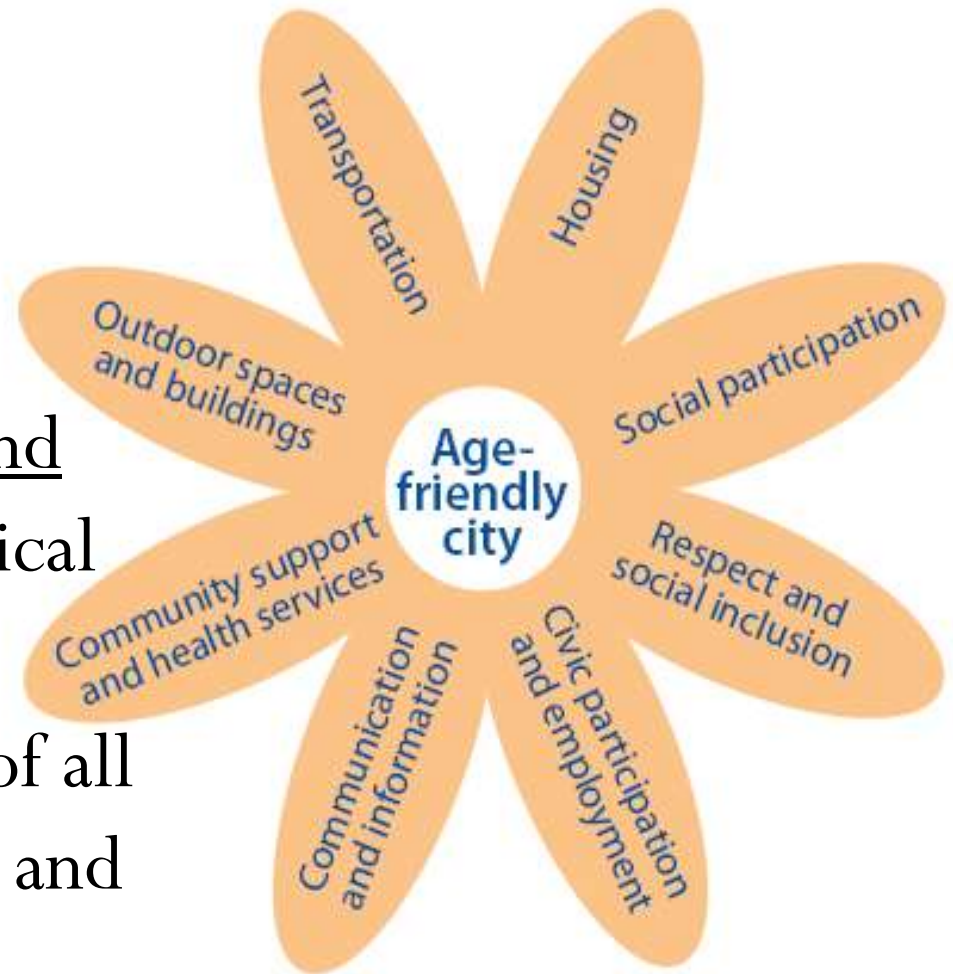
- Improved functionality
- Improved quality of life
- Reduce time spent in disability

2. Build age-friendly cities & communities



Initiatives to:

- Increase accessibility and supportiveness of physical environments
- Increase participation of all ages in community life and decision making.

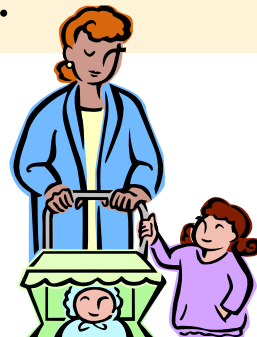


Universal Design

Make the physical environment accessible to all ages!



- Ramps, curb cuts, and kneeling buses make the physical environment accessible to:
 - People in wheelchairs
 - Mothers with strollers
 - Adults with luggage.



Increasing Participation

- Senior-only hours
- Senior discounts
- Opportunities to participate in:
 - Civic affairs
 - Education
 - Cultural events
 - Spiritual life



Singapore – City for All Ages (CFAA)

Goals:

- Make neighborhoods more age friendly
- Increase capacity to allow elders to age in place
- Reduce falls



Initiatives

- Retrofit housing units
- Neighborhood model
 - Extending “green” lights, installing rest stops, leveling walking areas
 - Co-locating health, social, educational, and volunteer services

New York City, USA

Partnership between NYC Mayor's office, City Council, & NY Academy of Medicine

Initiatives to promote “age-in-everything”

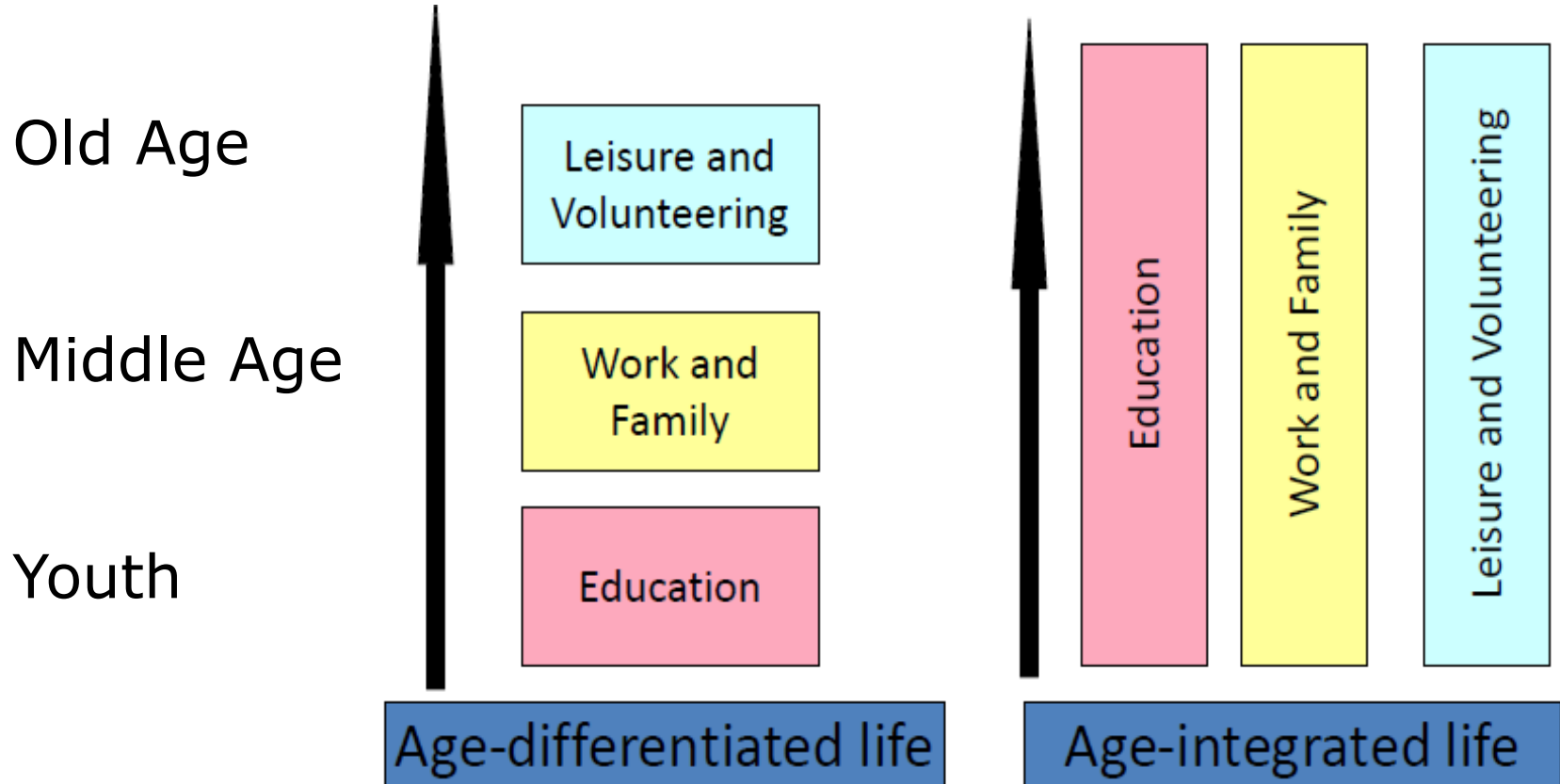
- **Safe Streets for Seniors**
 - Decreased pedestrian injuries
- **Senior-only hours at swimming pools**
 - Increased fitness
- **Senior discounts at cultural events**
 - Increased participation
- **College link database**
 - Increased senior enrollment
- **School buses for seniors**
 - Increased transportation options
- **Age-Smart Employer awards**
 - Increased multigenerational worksites
- **Neighborhood-level development, guided by elder advisory councils**



Winner – 2013 Award for Excellence in Program Innovation

3. Promote life-long learning

Initiatives that increase access to education, re-training, culture & arts, and intergenerational exchange.



University of the 3rd Age

- Programs in:
 - France
 - UK
 - Australia
 - Eastern Europe
- Online and in person



Sample courses

- Art
- Conversation
- Computers
- Crafts
- Current Affairs
- Drama
- History
- Languages
- Literature
- Music
- Philosophy
- Social Sciences

Group activities

- Genealogy
- Photography
- Bridge and other games
- Health and fitness activities
- Walking clubs
- Travel groups
- Culture Clubs



Re-training for Older Adults

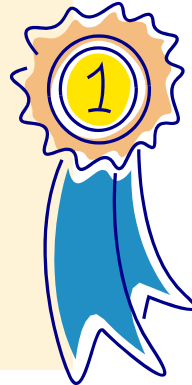
- AARP national job creation program
 - Skills assessment
 - Re-training
 - Career locator
 - National Employer Team (Businesses pledging to hire older workers)



Korea: SilverNest



- 22nd ICT Educational Prize of Prime Minister
- Happy Senior Award
- Certificate of Excellent Program



- Computer, camera, and video training
- Annual photo exhibition
- Free portrait service to seniors.
- Media Green Old Age.
 - Older adults serve as reporters, photographers, and videographers.
 - Registered as a social enterprise to create revenue, producing videos related to social justice

Intergenerational programs reduce ageism



Reducing bias toward youth



Reducing fear of aging

Reducing ageism



Our Role

Individuals and families

- Must prepare for old age and adopt positive health practices for long life.



Social policy

- Must make healthy choices easy choices.
- Must recognize, encourage, and reward participation of elders in work, education, volunteering and family life.



Business

- Must develop innovative technology, products and services for older adults.
- Must develop work opportunities for older adults.



Immediate Directions

1. Support healthy aging
2. Build age-friendly cities and communities
3. Promote life-long learning



Thanks to
*Gerontological Society of Singapore and
National University of Singapore*

