

Strategies for Active Longevity

Suzanne C. Ho

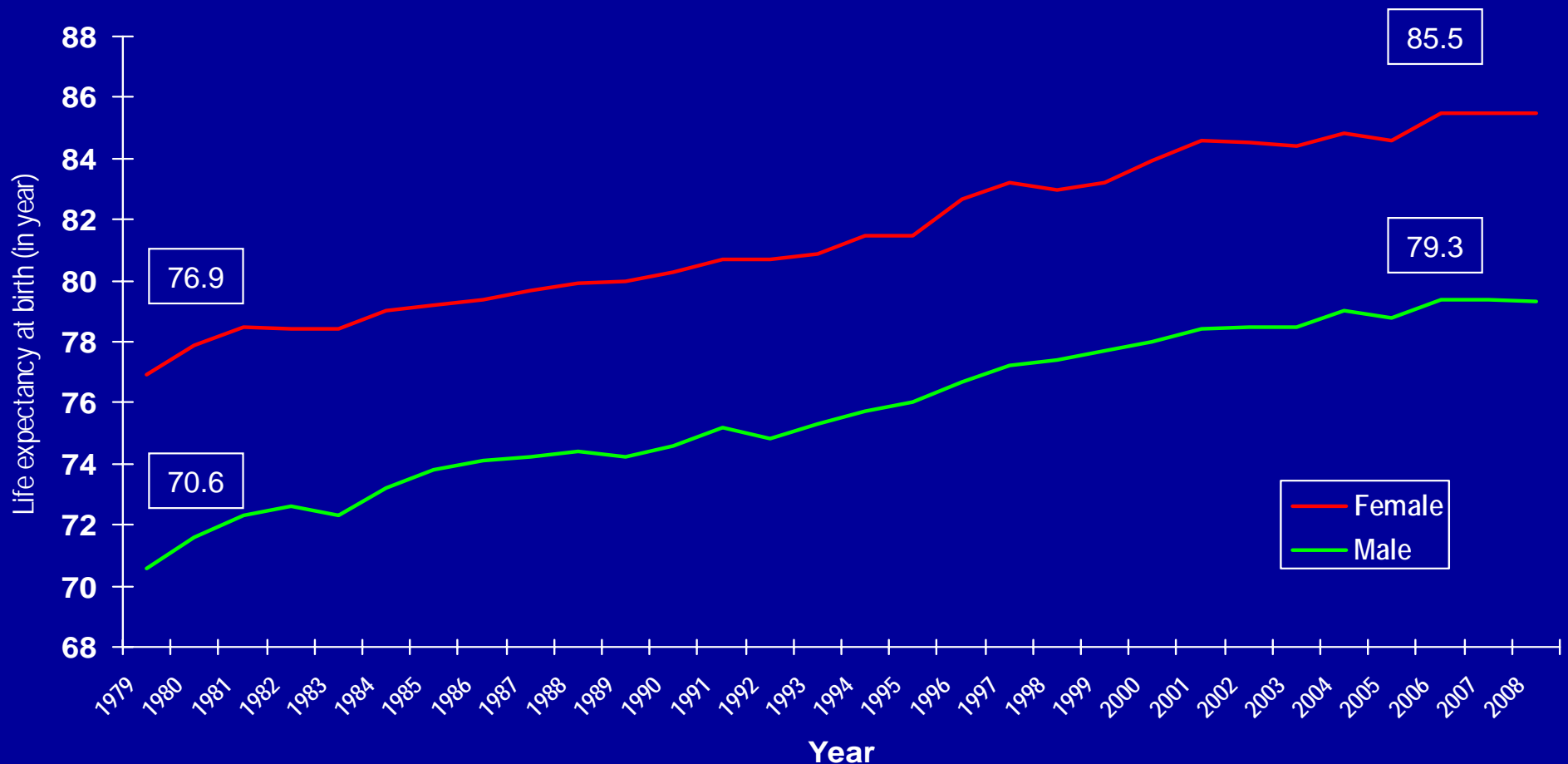
Professor & Director, Centre of Research and Promotion of Women's Health

School of Public Health and Primary Care

CUHK

Life expectancy at birth in Hong Kong, by sex, 1979-2008

~1 in 8 \geq 65y



Source: Website of the census and Statistics Department, Hong Kong

Macau Age structure

- 0-14
 - 16.1% (male 47,853/female 42,019)
- 15-64
 - 76.2% (male 199,593/female 227,010)
- ≥ 65
 - 7.7% (male 20,245/female 23,126)

(2009 est.)

Successful aging 豐盛晚年

Other terms

- **healthy aging** 健康
- **productive aging** 富有成效
- **effective aging** 有效
- **positive aging** 正面
- **active aging** 活躍
- **robust aging** 茁壯
- **vital aging** 充滿活力
- **aging well** 健全

Components of successful aging definitions 成功晚年的元素 (Out of 29 definitions from 28 studies)

Component	Frequency 出現頻率 (out of 29 definitions)
Disability/physical functioning 身體功能	26
Cognitive functioning 認知能力	13
Life satisfaction/well-being 生命滿意度/狀況	9
Social/productive engagement 社交活動	8

Source: Depp et al. Am J Geriat, Psychiatry 2006



Concept & definition 概念及定義

(Rowe & Kahn)

Successful aging (SA) 豐盛晚年

the ability to maintain **three** key behaviors or characteristics
保持三項重點的能力：

- low risk of disease & disease-related disability e.g. osteoporosis
患病 (如骨質疏鬆) 的風險低
- high mental & physical function
精神上和體格上的功能高
- active engagement with life
積極投入人生

Component of SA

Each – a combination of factors

豐盛晚年的元素

- avoidance of disease & disability

避免疾病及殘疾

- not only the absence of disease itself, but also the absence of risk factors for disease & disability

同時避免導致疾病及殘疾的危險因素

Component of SA

豐盛晚年的元素

- Maintaining a high level of overall functioning requires both physical & mental abilities
保持體格及精神上的功能
- These capacities are **potentials** for continuing engagement with life (**with others and in productive activities**)
這些能力是繼續投入人生(與他人及)的潛在因素

Rowe & Kahn's Model of SA



Perceptions of Older Adults Regarding Successful Aging, Kam and ACT Cohorts – Western population

Important item	Rank
Remaining in good health until close to death 健康良好	1
Being able to take care of myself until close to the time of my death 能夠照顧自己	2
Being able to cope with the challenges of my later years 應付挑戰	3
Being able to meet all of my needs and some of my wants 滿足基本需要/需求	4
Being able to act according to my own inner standards and values 基於內在標準及價值觀行事	4
Being able to make choices about things that affect how I age, like my diet, exercise, and smoking 有選擇的能力	5
Having friends and family who are there for me 身邊有家人朋友	6

Perceptions of Older Adults Regarding Successful Aging, Kam and ACT Cohorts – Japanese population

Important item	Rank
Being able to take care of myself until close to the time of my death 能夠照顧自己	1
Remaining in good health until close to death 健康良好	2
Remaining free of chronic disease 有慢性疾病	3
Having friends and family who are there for me 身邊有家人朋友	4
Being able to make choices about things that affect how I age, like my diet, exercise, and smoking 有選擇的能力	5
Being able to cope with the challenges of my later years 應付挑戰	6

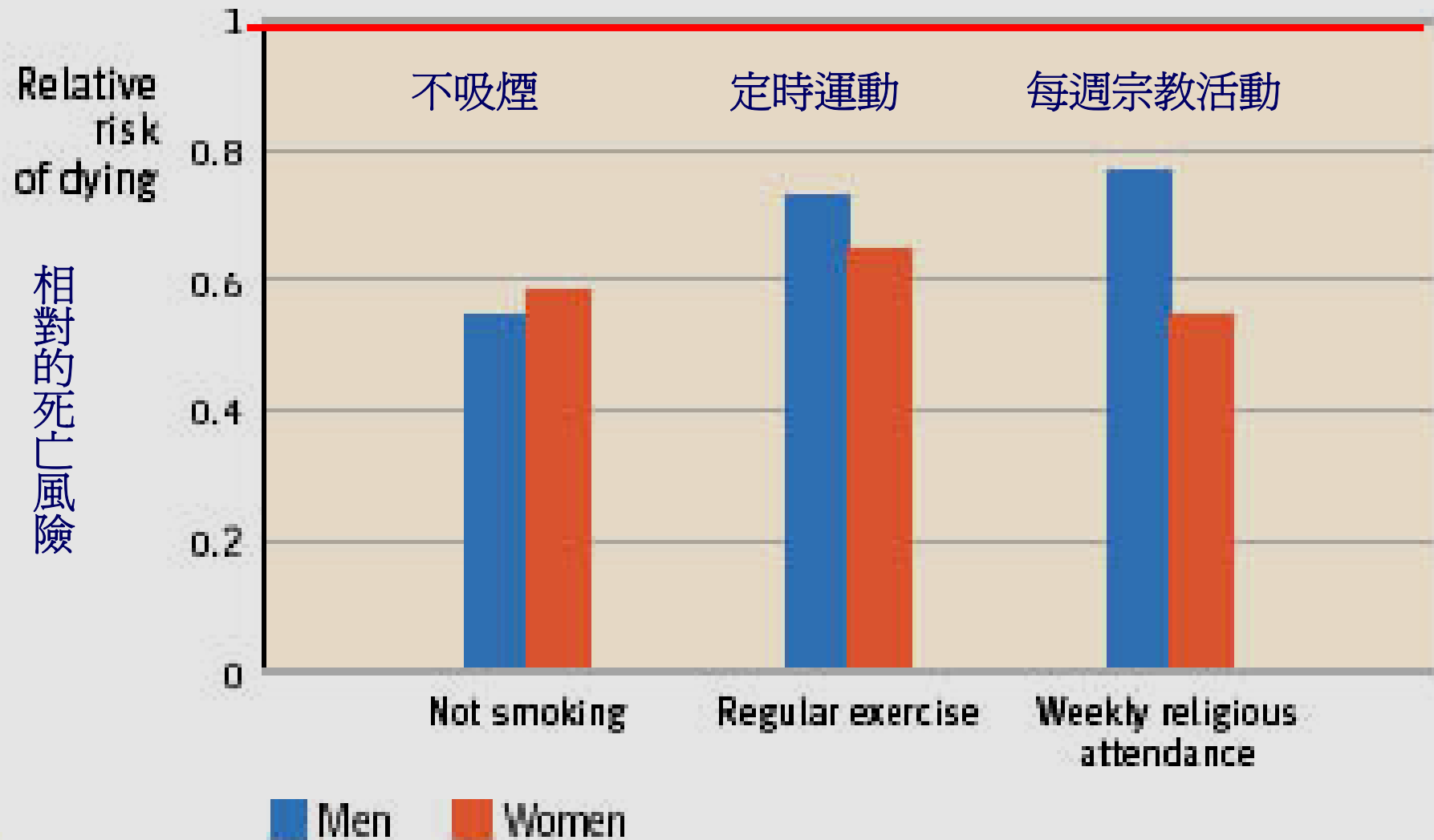
Additional dimension 額外方面

Psychological health – resources

心理健康 - 資源

- Adaptability, coping (even with chronic diseases) 適應、應付
- Personal growth, self-efficacy, creativity, self-worth
個人成長、自我勝任感、創意、自我價值
- focusing on gain (rather than losses)
集中在得着多少而不在於失去多少
- appreciate what one is blessed 為所擁有而感恩

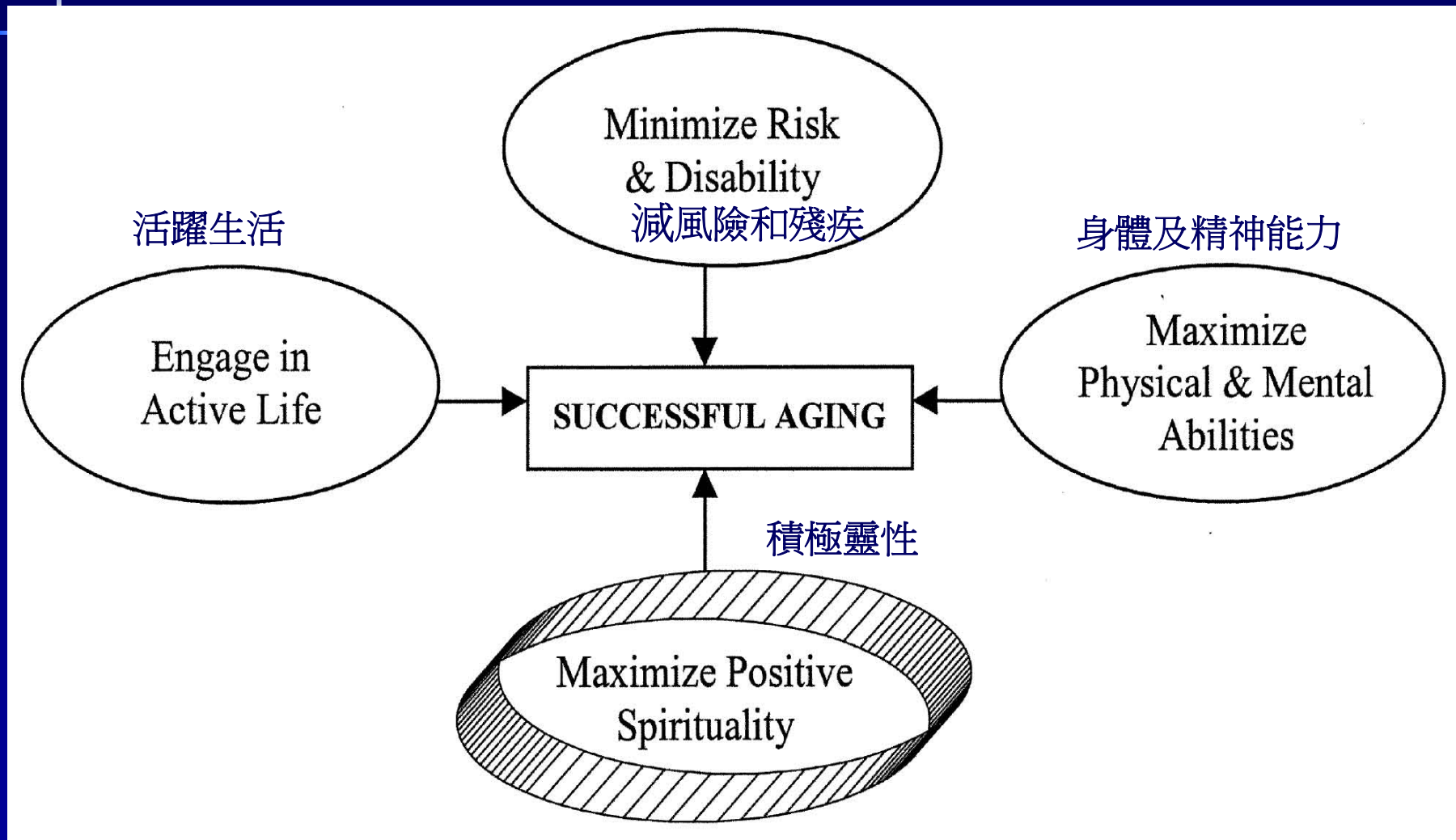
5286 Alameda, California, adults followup over 28 years



Predictors of mortality: not smoking, frequent exercise, and regular religious attendance

Women who are frequent religious attenders were 36 percent less likely to have died

Crowther (2002) Revised Rowe and Kahn Model of Successful Aging 豐盛晚年模型



Source: Crowther MR et al. Rowe and Kahn's model of successful aging revisited: positive spirituality--the forgotten factor. Gerontologist. 42(5):613-20, 2002 Oct

Active aging WHO (2002)

- the process of **optimizing opportunities** for **health**, participation, and security to enhance **quality of life** as people age

WHO 2002. Active ageing.
A policy framework WHO: Geneva

Health

- Physical, mental and social well being as in the WHO definition of health
- Maintaining autonomy and independence

Active aging WHO (2002)

- Active
 - continuing participation in society
 - Retaining the social, mental and physical health to enable this
 - Maintenance of dignity, self-efficacy, age-friendly physical and social environment facilitating
 - **Autonomy**
 - **Independence**
- 'Right' based approach policy
- End-point is to enhance **QOL**

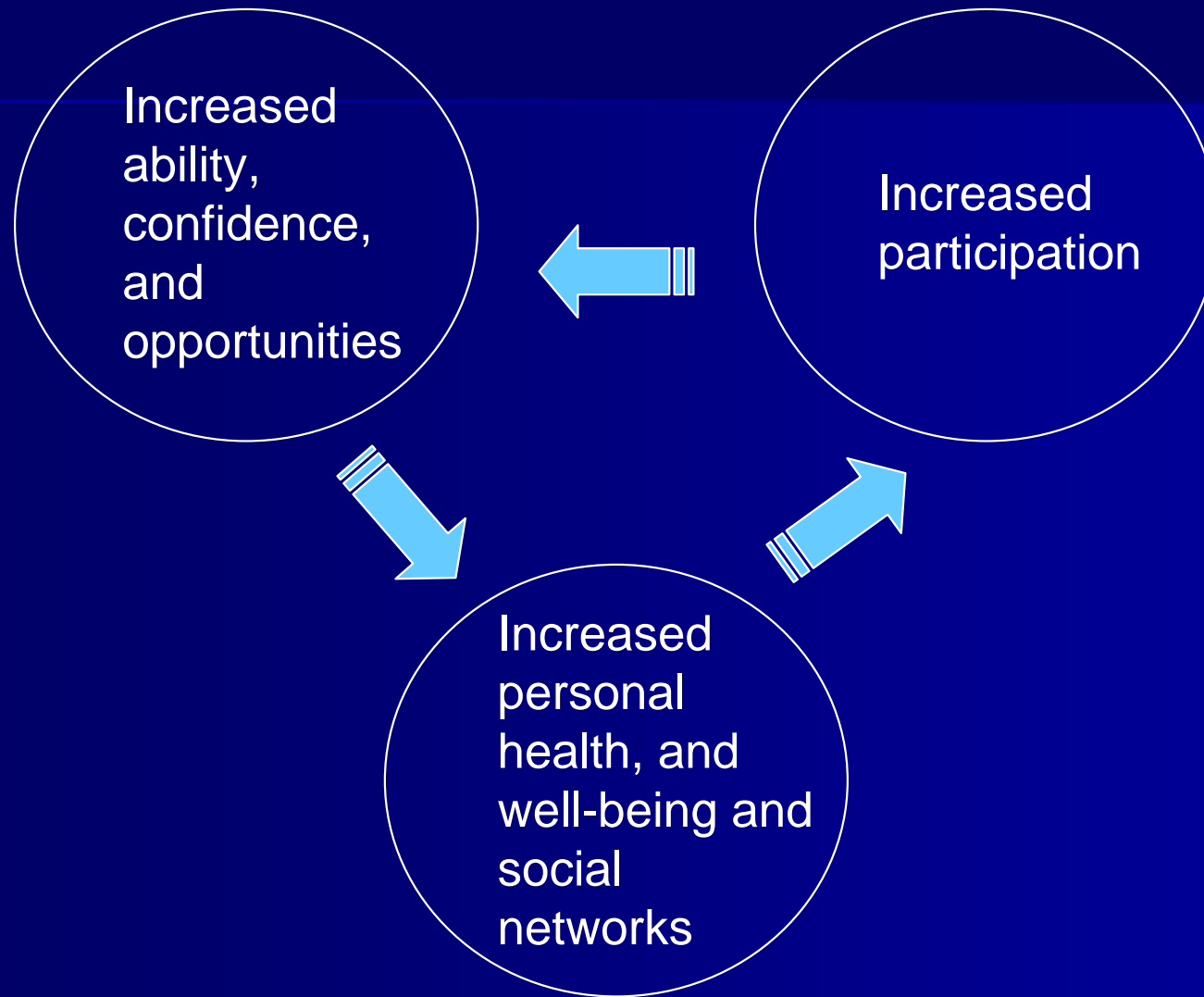
Active aging (Walker, 2002)

Broader view

- Embraces **both** fit and frailer older people
- Remove age barriers, ageism and inflexibility
- A comprehensive strategy to maximize participation and well-being as people age

Maximum participation and autonomy even among frail, older people

The cycle of well-being



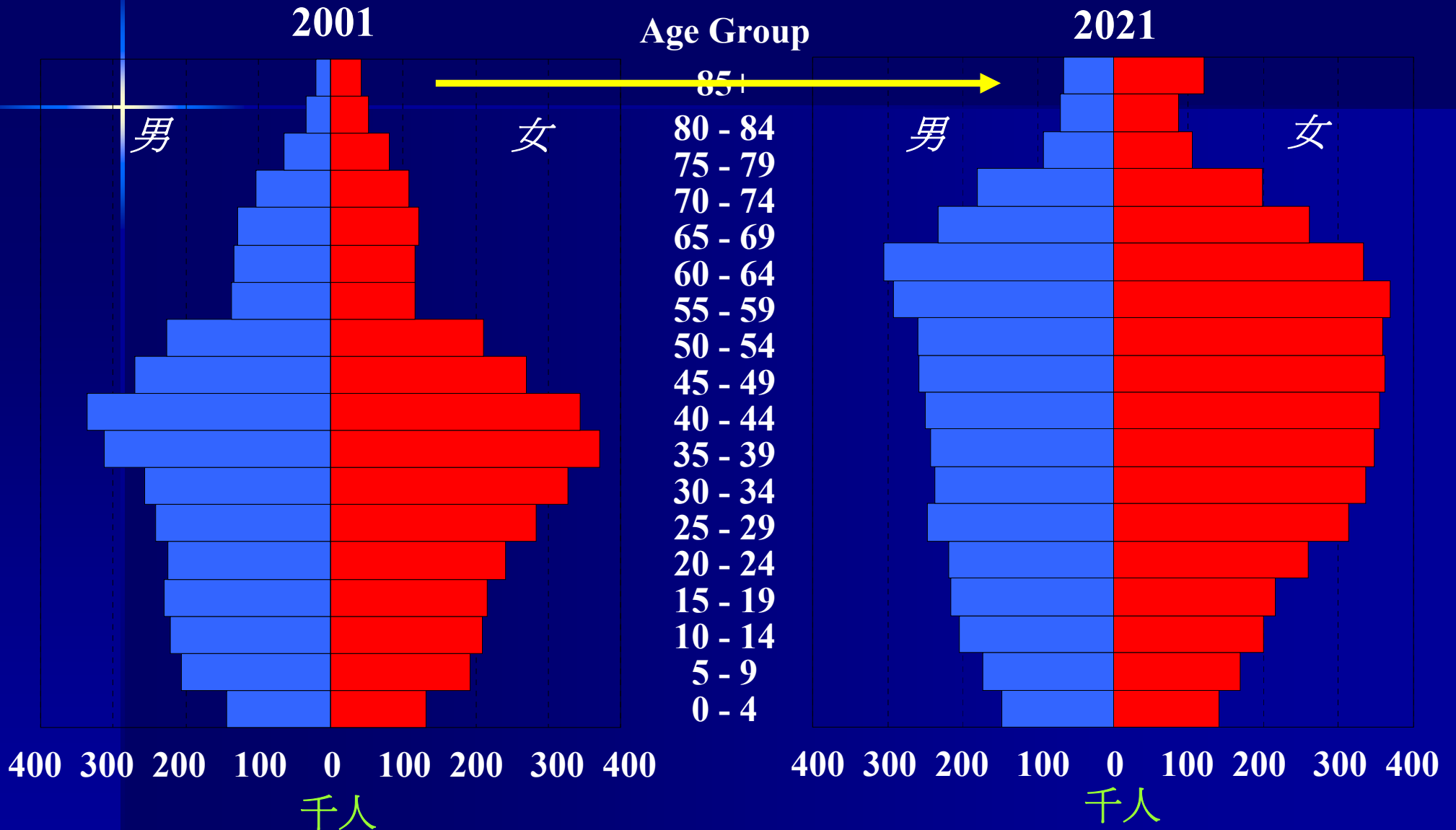
Life course approach 生命歷程

Special issues related to each life stage
每個生命階段的特別問題

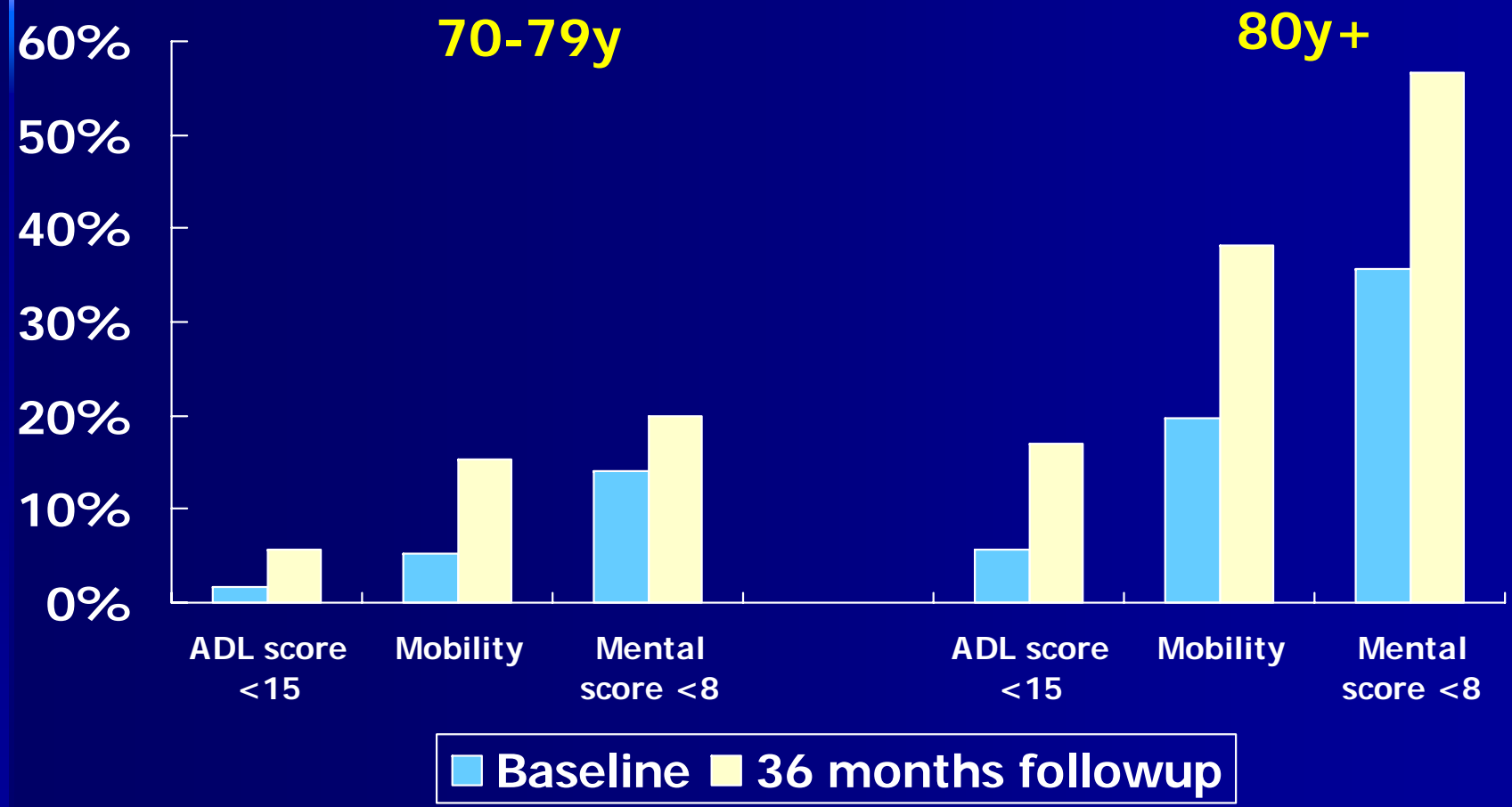
Older population 65+

- Old-old 年長長者 ≥ 85
- Young old 年輕長者 65 – 84

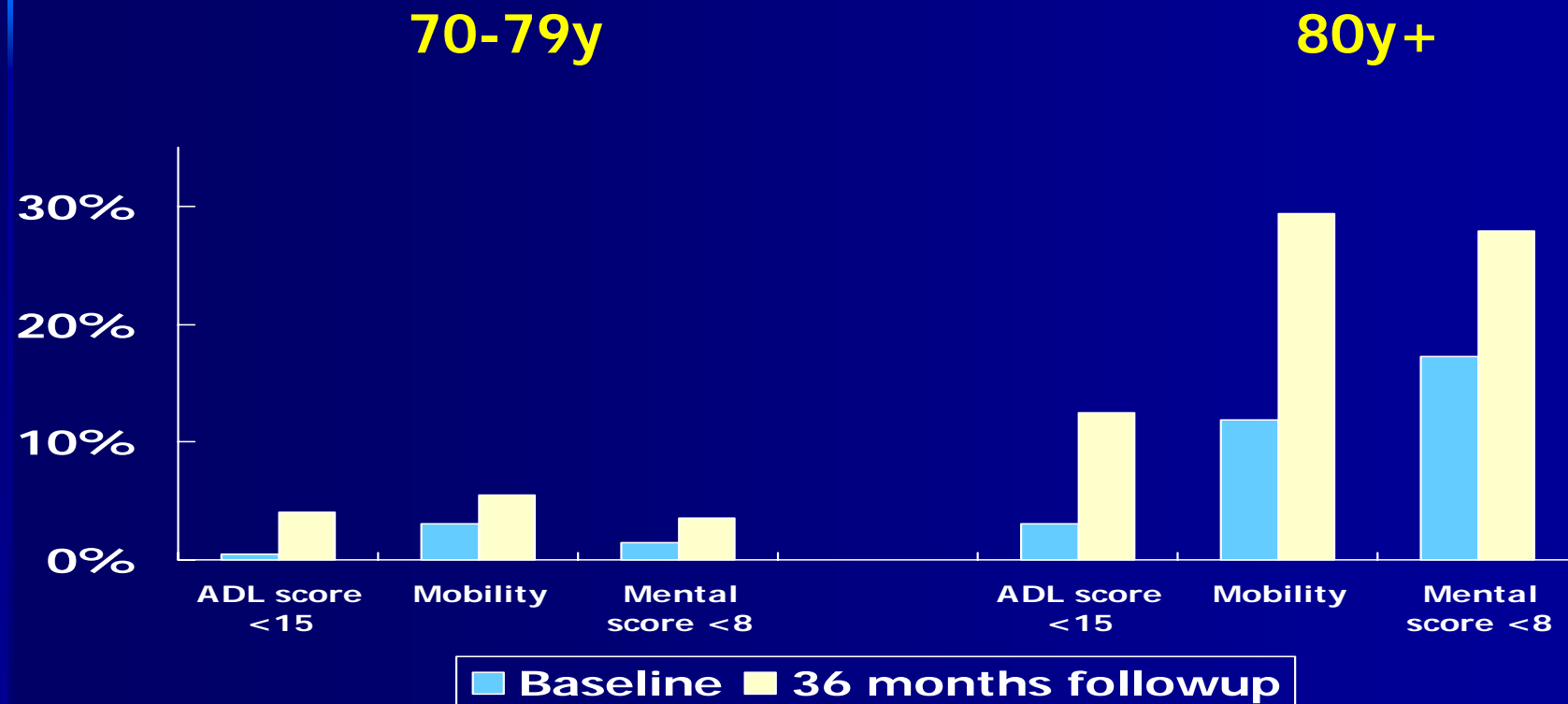
人口金字塔圖（香港2001至2021）



Changes of health status over 3y among women aged 70-79y and $\geq 80y$ 3年的健康狀況之改變



Changes of health status over 3y among women aged 70-79y and $\geq 80y$ 3年的健康狀況之改變



Old-old ≥ 85 年長長者

Needs differ 不同需要

- majority women 主要為女性
- problems and needs differ from men due to biological and cultural factors
生物及文化因素
- financially more dependent 經濟倚賴
- mostly widowed 喪偶
- with functional and mental disability
requiring care 需要殘障照顧

Old-old 年長長者

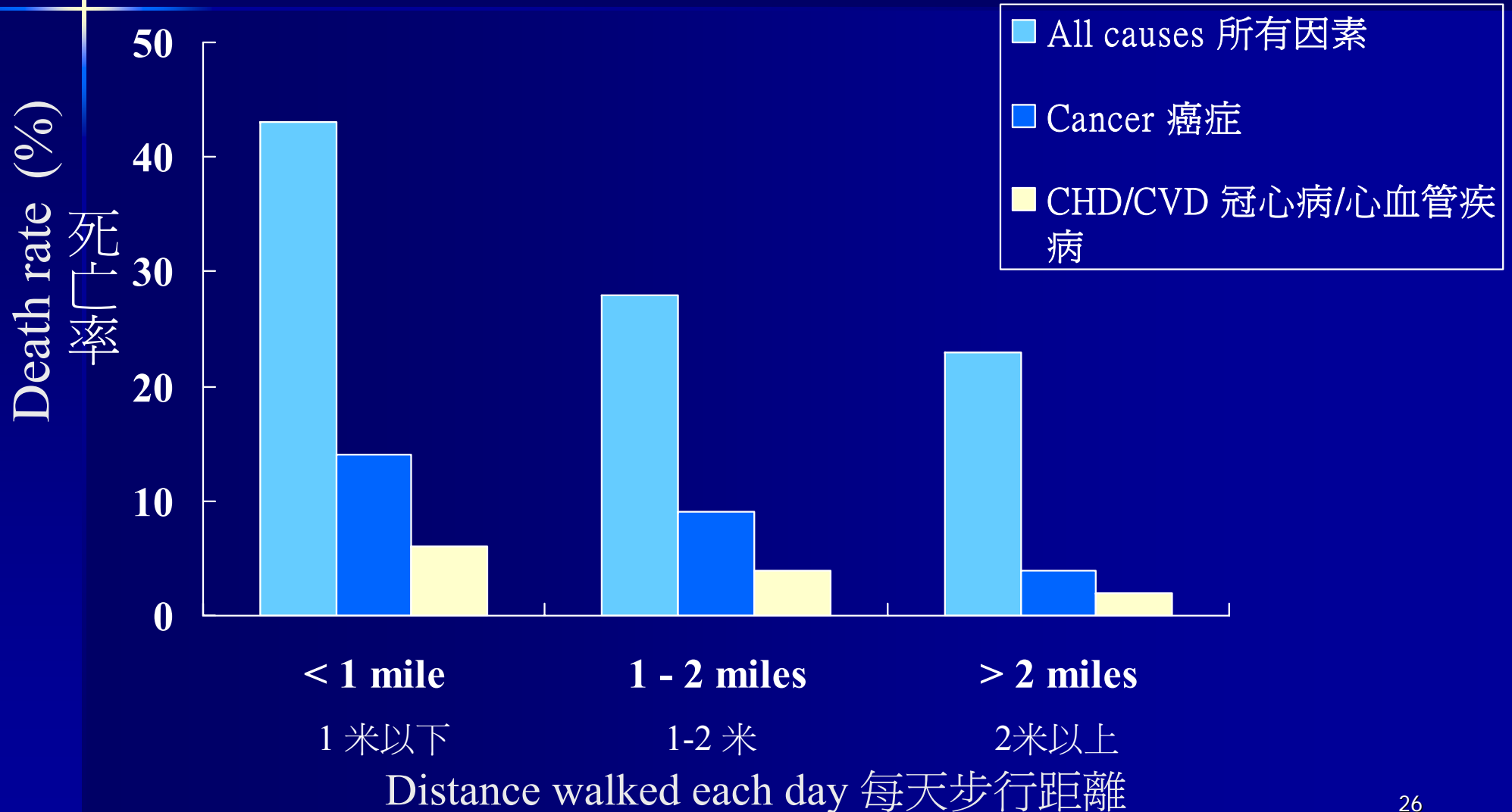
International Colloquium 國際性的討論會 on the Old old called for treating this category

- preferred category in healthcare and social support 得到醫療及社會支持優先組別
- Additional support for family maintaining an 'old-old' older person (e.g. rebate on taxes) 額外支持供養 晚年長者 (e.g.退稅)

International Colloquium on the Oldest Old (Feb 9-11, 2009 co-organized by UNFPA)

Death rate over 12 years 十二年的死亡率

according to average distance walked each day 根据每天步行距离



12-y Mortality by walking distance

Mortality over 12 years
12年內的死亡率

Walked < 1 mile/day 每天步行1m以下

%
43

Walked > 2 miles/day
每天步行2m以上

22

$$1/(0.43-0.22) = 4.8$$

Hong Kong study

- Morning walk related to reduced all-cause mortality in a 36-month study

Active engagement in
life 積極投入人生



Exercise

運動

Exercise good for

運動可

- Delay of cognitive impairment

減慢智能衰退

- Prevention of falls

減少跌倒

- Avoid depression

減低抑鬱

- Maintenance of ADL

保持日常生活功能

Aging

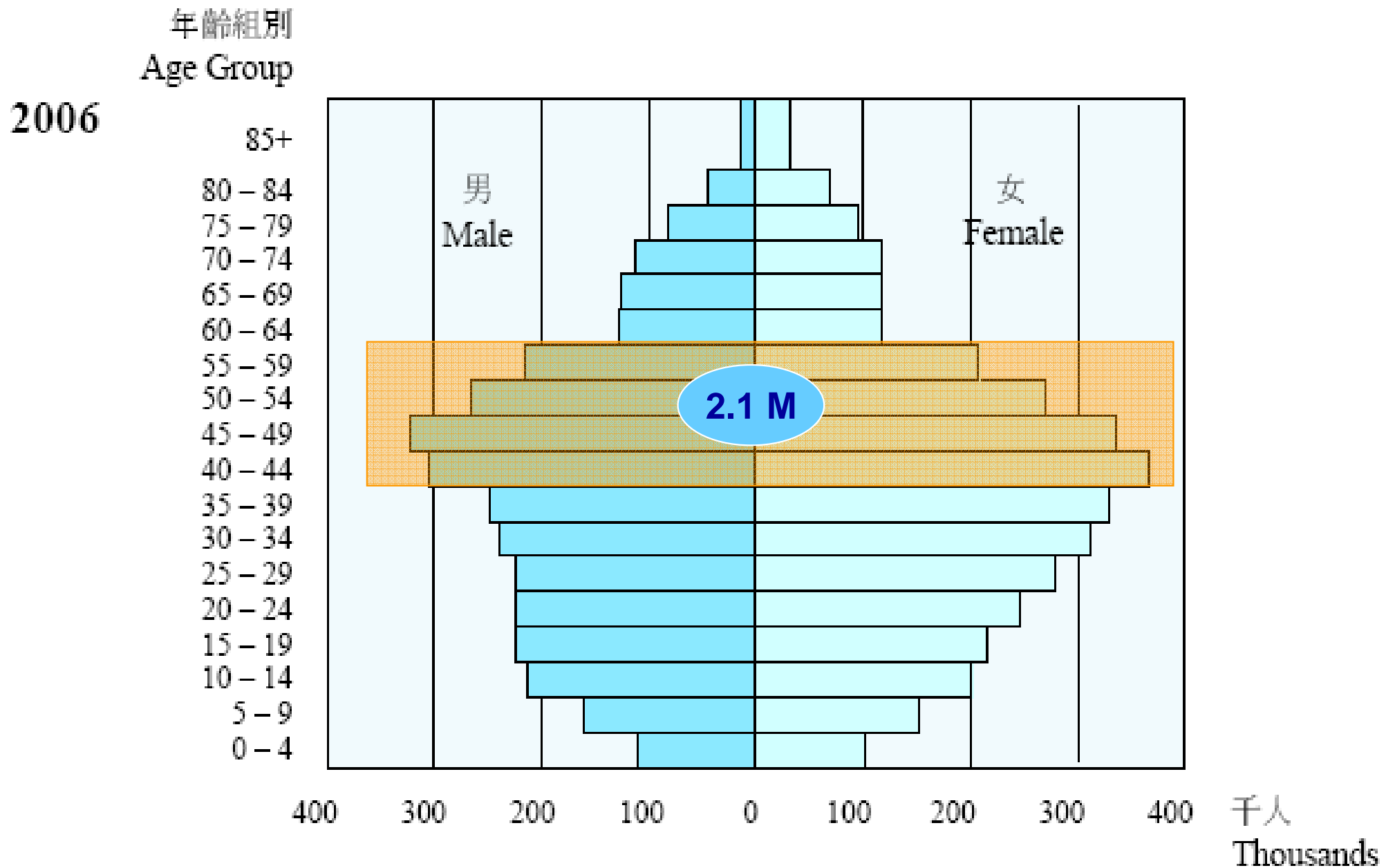
We are getting older every minute
我們每秒也在增加歲

Midlife (in HK) 中年

~ 1 in 3 aged 45-64

大概3人中有1人年齡介乎45-64歲

人口金字塔圖 Population Pyramid (Mid-2006)



Population by year, age group and sex, 1996 and 2006

96及06年的人口分佈

	1996		2006		增加
	N	%	N	%	% Increase
Female 女性					
45-64	560,859	18.0	930,668	26.0	67.0
≥65	346,733	11.2	459,384	12.8	32.0
Male 男性					
45-64	639,647	20.6	931,221	28.5	46.6
≥65	282,822	9.1	398,412	12.0	39.0

Baby-boomers

- Post world war II baby boom (1946-1964)
二次大戰後的嬰兒潮
- Healthier, wealthier, better educated
較健康、富裕，受較好的教育

Life course approach toward prevention 預防方法

- Increase peak bone mass before age 30
30歲前提高最高峰的骨骼質量
- Decrease menopause and age-related bone loss
減少停經和年齡相關骨質流失
- Weight-bearing exercise 負重運動
- A balanced diet rich in calcium and vitamin D
均衡營養、多攝取鈣質及維生素D
- A healthy lifestyle with no smoking or excessive alcohol use
避免吸煙或酗酒
- Bone density testing and medications when appropriate
檢查骨質密度及適當治療

Prevention of chronic diseases in later life

If the modifiable risk factors were eliminated, at least

如果能夠消除可改變的危險因素，至少

- 80% of all heart disease, stroke and type 2 diabetes would be prevented

減少八成的心臟病、中風及二型糖尿病

- over 40% of cancer would be prevented

減少四成的癌症

Life course approach to successful aging

讓人生走進豐盛晚年

- Early life influence on aging

晚年受早年影響

- But interact and modifiable by environmental factors through the life course

因素被環境改變

Challenges for increasing longevity

- Health – a central issue and asset for QOL particularly in later years
- Support from society to **facilitate**
good health ●————→ active aging ●————→
contributing to society?
- Optimum environment for continued participation e.g. health and social systems, employment, education, leisure activities, media

Active aging

- “activity” – **all** meaningful pursuits contributing to the well-being of the individual, family, community
- Effective strategy
 - participative and empowering
 - based on a partnership between individual and society
- Policy challenge - linking together all relevant policy in employment, health, social protection, transport, education ...



Thank you