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| World Health Day: Healthy Aging |
| Minutes | 2 March 2012 | 11:00AM – 2:00PM | Paho headquarters Washington DC |
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| Meeting called by | Dr. Enrique Vega |
| Type of meeting | Healthy Aging Partners Meeting and Discussion |
| Facilitator | Dr. Gina Tambini |
| Attendees | Marcos Acle (OAS), Mohammad Akhter (DC -DOH), Ashby Andrews (AFAR), James Appleby (The Gerontological Society of Americas), Patricia Barry (PAHEF), Alice Baker Borrelli (Intel Corporation), Marla Bush (US-DOH), Wojtek Chodzko-Zajko (International Soceity for Aging and Physical Activity), Barney Cohen (National Academo of Sciences), Regina Davis Moss (APHA), Catherine Gordon (CDC), Michael Hodin (Council on Foreign Relations), Irene Hoskins (International Federation on Aging), Vina HuLamm (APHA), Angel Luis Irene (Vida Senior Centers), Edward Kadunc (PAHEF), Gabrielle Lamourelle (US-DOH), Debora Freitas Lopez (PAHEF), Matilde Maddaleno (PAHO), Lemmietta McNeilly (American Speech-Language-Hearing Association), Simin Nikbin Meydani (Tufts University), Madeline Naegle (New York University), Priscilla Novak (Leading Age), Henry Pacheco (National Hispanic Council on Aging), Vishal Patel (US-DOS), Clarence Pearson (WHO), Martha Pelaez (Health Foundation of South Florida), Dorothy Powell (Duke School of Nursing), Karen Sealey (WHO/UN), Craig Shapiro (US-DOH), Lily Shuermann (American Speech-Language-Hearing Association), Richard Suzman (NIA), James Sykes (University of Wisconsin), Kathy Sykes (EPA), Pilar Torres (PAHEF), Javier Vasquez (PAHO), Javier Vasquez (PAHO), Enrique Vega (PAHO) |
| elluminate participants | Mary Altpeter (University of North Carolina), Jamie Baker (PHAC), Mary Guthrie (Aging Consultant), Lucero Hernandez (PHAC), Luke Jones (PHAC), Louise Plouffe (PHAC), Nathalie Valdes (Health Canada) |
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| Presentations |
| 11:20am-11:40am | creating a social movement | sir george alleyne |
| key points | * A social movement is needed to reposition aging. To achieve this social movement, the following must be taken into consideration
1. Framing the Debate
2. Taking advantage of political opportunities
3. Voicing the concerns of those affected
* Opposing the myth that elderly are unproductive or take jobs away from the young
* Utilizing vivid descriptions of acts of injustice to create a social movement
* Involving the affected to reduce inequity
* Recognizing the heterogeneity of older persons
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| 11:40AM-12:00PM | Healthy Aging: WHy now? | Ms. Catherine Gordon |
| key points | * Society has an opportunity to take advantage of the current “longevity dividend” by enabling older persons to make substantial contributions for unprecedentedly long periods
* Countries that work to promote healthy longevity will do better economically
* The well-being of those who are highly engaged is considerably enhanced
* What is Needed:
1. Incorporate healthy aging and how best to use the contributions of older persons in policy and programs, both public and private.
2. Promote and provide opportunities for personal/professional growth
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| 1:00pm-1:20PM | health and aging in latin america and the caribbean | Dr. martha pelaez |
| key points | * The 21st century challenge in LAC is multiple chronic non-communicable disease and adult mortality.
* LAC has diverse population dynamics, levels of economic development, socio-political systems and languages and ethnic backgrounds
* Opportunities for Collaboration:
1. Population aging research network
2. Geriatrics and Gerontology Education
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| Discussions

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|  Discussion Group 1 | Respositioning aging in society |

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| Facilitator | Catherine Gordon |
| Conclusions | * Knowledge sharing and research are key to repositioning aging in society. We must democratize information and bridge research findings to action.
* Identify existing tools and use them to share knowledge and information
* Gaining the attention of policy makers:
1. Alzheimers is a financial nightmare of the 21st century
2. UNCD Healthy Living Program: How to keep people mobile longer
3. Apply technology for healthy aging
* Use best practices and share evidence-based interventions
* Review general policies that inhibit healthy aging and make sure that government has good guidelines that enable elders to contribute to policy changes.
* Educate others on how healthy aging affects themselves and society.
* Utilize elders as resources and actors in community plans – give a voice to elders.
* We must be clear about messages of Healthy Aging and create a focus for all healthy aging events.
* October 1 is International Day of Older Persons – Use this day to build momentum.
* World Health Day should be used to engage different constituents and encourage elderly to fight discrimination. This momentum must be used to promote the long-term healthy aging agenda.
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|  discussion group 2 | building age friendly environments |

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| facilitator | Kathy Sykes |
| Conclusions | * PAHO may drat a template outlining main ideas, issues and activities for organizations to adapt and disseminate.
* Build a network or list serve for information and events to be divulged
* Collaborate to develop country profiles on “the health status of the elderly”
* Empowerment of elderly and encouraging their participation should be one of our goals – “By elders for elders”.
* Take a broader approach than just focusing on elderly health by using the determinants of health throughout the life course, with the end goal in mind.
* Begin at the community level to identify the barriers for the elderly population in achieving active and healthy lives.
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|  discussion group 3 | creating a social movement |
| facilitator | Martha Pelaez |
| Conclusions | * To contribute to a social movement, we must all have the same vision for healthy longevity, and we must go about our work with this vision in mind.
* In a social movement, we must connect the dots between governments, businesses, NGOs and communities while utilizing human rights as a basis and incorporating elders in the actions of all of these entities
1. Change structures of institutions to encourage the participation of older adults
2. Counteract ageism in communities that is permeated through cultures
* Organizations must first recognize the issue
* Governments may be the first entity to openly promote the movement and encourage civil society to participate in a movement.
* We must communicate and share information so different entities can have an active role.
* Link the social movement process with the draft of an Inter-American Convention on Aging.
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##  Conclusions

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| 1. The meeting participants from March 2 can spread the word about World Health Day and the Year of Healthy Aging through their respective networks and at conferences and events.
2. World Health Day is a kickoff for a year of advocacy activities and shouldn’t be seen as a one day event.
3. A shared space should be made available for participants to share ideas, materials, events and best practices.
4. We must connect the dots between governments, private sector, NGOs and healthy systems using a human rights framework. Research can be used to do this.
5. This year should encourage and engage older adults to be active in their communities and fight stigma.
6. There is a great challenge in getting governments and organizations to recognize the impact of the population shift.
7. Adopt a broader approach to elderly health, for example, suing the determinants of health through-out the life course.
8. World Health Day is a good opportunity to get commitments for action, use new technology, examine policies to make sure they are not hindering the elder population, mobilize volunteers, find spokespeople for healthy aging and give a voice to elders.
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Video Recording of the March 2 Event:

Please note: Audio starts at the second minute of the event.

<https://sas.elluminate.com/p.jnlp?psid=2012-03-02.0638.M.634424652159789461203790E9DA8E.vcr&sid=1110>