



PAN AMERICAN HEALTH ORGANIZATION  
WORLD HEALTH ORGANIZATION



## **49th DIRECTING COUNCIL**

### **61st SESSION OF THE REGIONAL COMMITTEE**

*Washington, D.C., USA, 28 September-2 October 2009*

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CD49.R15 (Eng.)  
ORIGINAL: SPANISH

### ***RESOLUTION***

#### ***CD49.R15***

### **PLAN OF ACTION ON THE HEALTH OF OLDER PERSONS, INCLUDING ACTIVE AND HEALTHY AGING**

#### ***THE 49th DIRECTING COUNCIL,***

Having reviewed the report of the Director *Plan of Action on the Health of Older Persons, Including Active and Healthy Aging* (Document CD49/8);

Mindful of the United Nations Principles for Older Persons (1991); the international mandates proposed in the International Plan of Action on Aging of Madrid, 2002; the Pan American Sanitary Conference Resolution CSP26.R20 (2002), the regional implementation strategy approved by the Regional Intergovernmental Conference on Aging (2003); the Brasilia Declaration adopted by the Second Intergovernmental Regional Conference on Aging (2007); the Health Agenda for the Americas 2008-2017; and the Resolution AG/RES.2455 (XXXIX-O/09) of the Organization of American States, "Human Rights and Older Persons," adopted by the 39th Regular Session of the General Assembly of the OAS (San Pedro Sula, Honduras, 4 June 2009);

Recognizing the high degree of complementarity between this strategy and other objectives established in the PAHO Strategic Plan (*Official Document 328*), such as those related to disability (prevention and rehabilitation), mental health, the health of indigenous peoples, nutrition in health and development, and social and economic health determinants (approaches that favor the poor, are gender-sensitive, and human rights-based);

Emphasizing that the exponential shift toward a new demographic and epidemiological situation means not only that countries must rapidly adapt but they must anticipate new contexts, and that only adequate social and health investment can produce healthy and active longevity with benefits in all areas for individuals, families, and society as a whole;

Considering the importance of having a strategy and plan of action that will enable Member States to respond effectively and efficiently to the needs and demands that the aging population is already rapidly making on health and social security systems, society, and the family,

***RESOLVES:***

1. To support the present *Plan of Action on the Health of Older Persons, Including Active and Healthy Aging* and its consideration in policies, plans and development programs as well as proposals and the discussion of the national budgets, to enable them to create the conditions for meeting the challenge of aging in their respective countries.
2. Urge the Member States to:
  - (a) consider the United Nations Principles for Older Persons (independence, participation, care, self-fulfillment and dignity) as the foundation for public policies on aging and health, and the need to include older persons when designing and executing these policies;
  - (b) adopt national policies, strategies, plans, and programs that increase access by older persons to health programs and services that meet their needs, including in particular health promotion and disease prevention programs based on primary health care that promote the development of strategies that integrate healthy personal and environmental behaviors to achieve active aging throughout the life cycle, with the participation of society as a whole, the family, and the individuals themselves;
  - (c) promote an internal dialogue among public sector institutions and between them and the private sector and civil society, with a view to building a national consensus on the issue of the health of older persons and healthy and active aging and its link with national development processes;
  - (d) advocate for the promotion and protection of the human rights and basic freedoms of older persons through the adoption of legal frameworks and implementation mechanisms, chiefly in the context of long-term care services, bearing in mind Resolution CSP26.R20 “Health and Aging” adopted by the 26th Pan American Sanitary Conference (Washington, D.C., United States, 23 September 2002);

- (e) collaborate with the Permanent Council of the Organization of American States in efforts that include a special meeting of national representatives and experts from the academic sector and civil society, as well as from international organizations, for the purpose of sharing information and best practices and also of examining the feasibility of preparing an inter-American convention on the rights of older persons;
  - (f) support capacity building for training the human resources needed to tend to the health needs of older persons;
  - (g) strengthen the capacity to generate information and research for the development of strategies based on evidence and the needs of this population group, ensuring the ability to monitor and evaluate their results;
  - (h) conduct an internal review and analysis of the relevance and viability of this strategy in the national context, based on national priorities, needs, and capabilities.
3. Request the Director to:
- (a) support the Member States in the implementation of the strategy and *Plan of Action on the Health of Older Persons, Including Active and Healthy Aging*, in a manner consistent with their needs and the demographic and epidemiological context;
  - (b) promote the implementation and coordination of this strategy and Plan of Action, guaranteeing that it cuts across program areas, the Organization's different regional and subregional contexts, collaboration with and among countries, the strategy design, and the sharing of skills and resources in order to execute its plans on health and aging;
  - (c) encourage the development of collaborative research that will yield better knowledge about the impact of aging on health systems and the modeling of future scenarios that will enhance national forecasting capacity in this area, the design of related strategies, and interventions based on the specific needs of the Region's different contexts;
  - (d) support development and capacity building to ensure adequate training and distribution of the necessary human resources for health to the countries to address the health needs of older persons;
  - (e) consolidate and strengthen technical collaboration with the committees, organs, and rapporteurships of United Nations and Inter-American agencies, and promote partnerships with other international and regional agencies, scientific and

technical institutions, organized civil society, the private sector, and others in creating a Coalition of the Americas for Healthy Aging that will contribute to the implementation of this strategy and Plan of Action;

- (f) report periodically to the PAHO Governing Bodies on progress and constraints in the execution of this strategy and Plan of Action, as well as its adaptation to new contexts and needs, when necessary.

*(Eighth plenary, 1 October 2009)*