

Second Nikkei Super Active Ageing Society Conference, 2020

Health in super-active ageing societies

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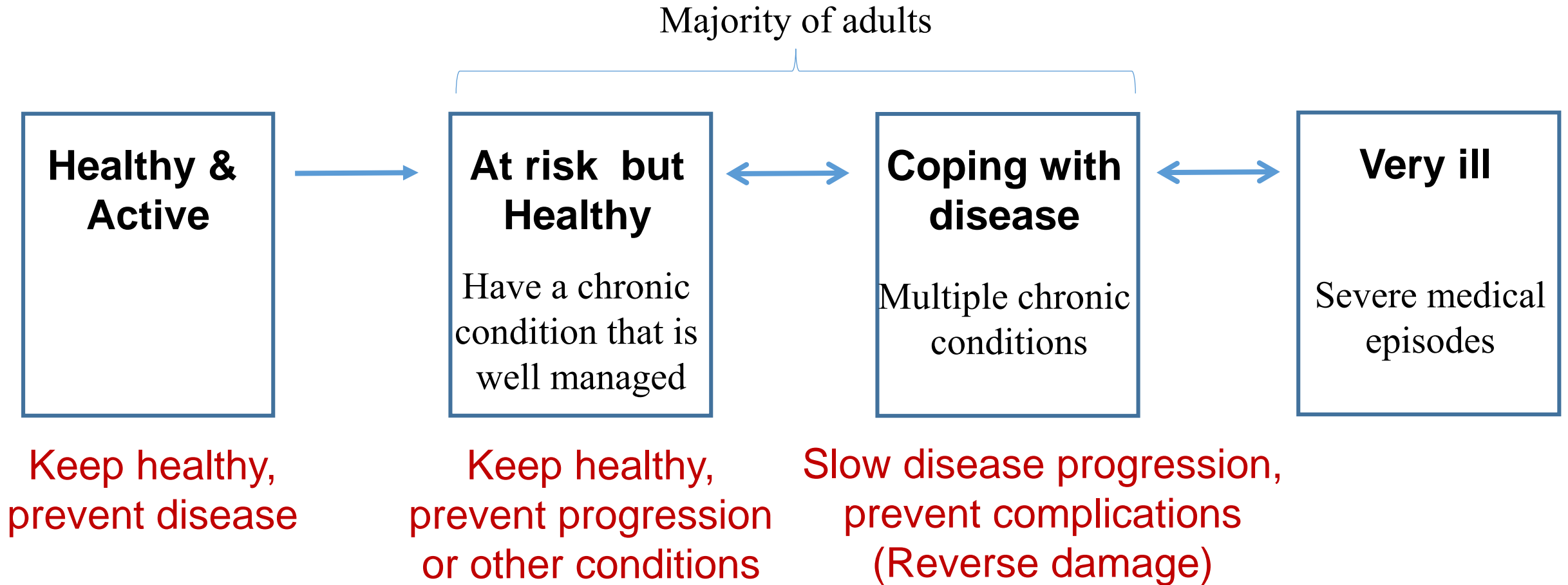
Healthy ageing

Healthy ageing is developing and maintaining the functional ability that enables well-being in older age.

Functional ability is determined by:

- the individual's physical & mental capacity,
- the physical, social and policy environment
- and the interactions among them

Recognises that within the continuum of health in older adults, majority have disease

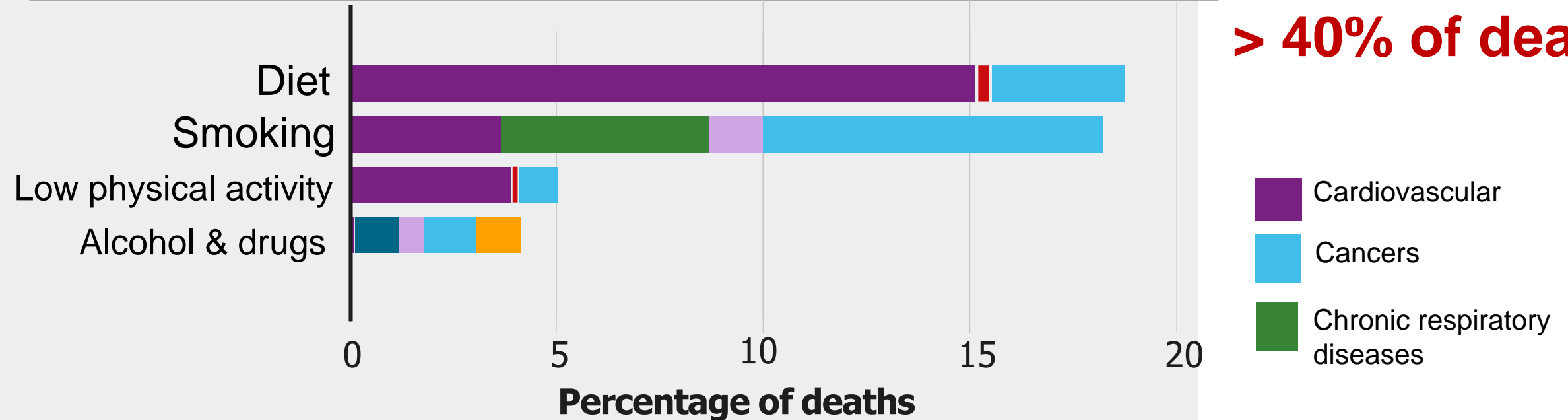


Health in super active ageing societies:

- 1. Chronic diseases due to unhealthy lifestyles are the main cause of poor health & disability in old age and are potentially preventable**
 - need to take a life-course approach
 - address disadvantaged groups & health disparities

**Diet, smoking
& low physical
activity
contributed to
> 40% of deaths**

Attribution of deaths to behavioural risk factors, England, 2013



Health in super active ageing societies:

1. **Chronic diseases due to unhealthy lifestyles are the main cause of poor health & disability in old age and are potentially preventable**
 - Unhealthy diets, physical inactivity, tobacco use and harmful use of alcohol contribute to the development of chronic conditions
 - Inadequate control of hypertension, diabetes and hyperlipidaemia contribute to severe cardiovascular, renal, eye and other complications

Modifiable factors over the lifecourse could potentially reduce DEMENTIA prevalence by 40%

Childhood education for all

Prevent hearing loss; hearing aids

Reduce head injury, harmful alcohol use

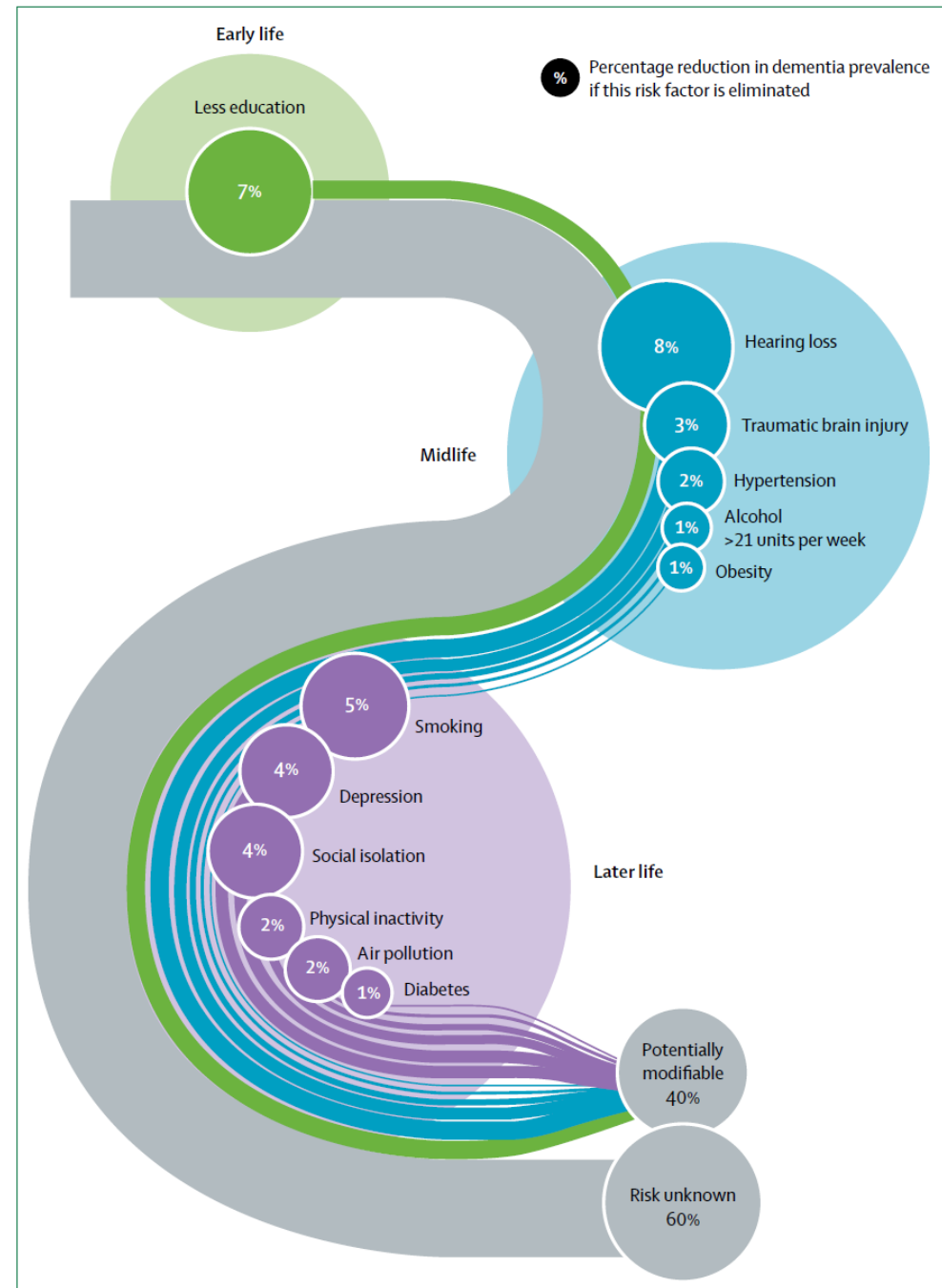
Maintain BP \leq 130 systolic

Stop smoking

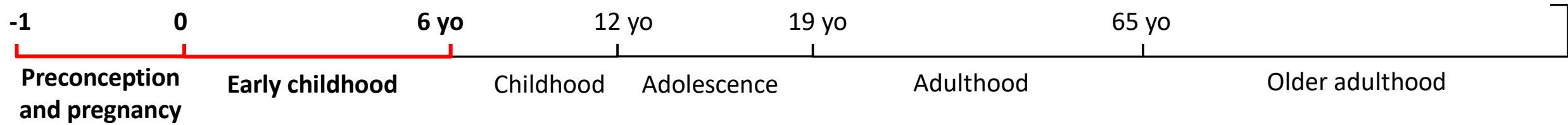
Sustain physical exercise

Keep cognitively & socially active

Address depression; social isolation

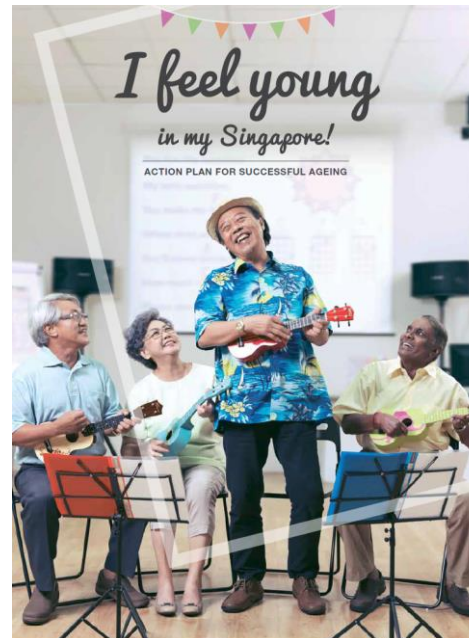


Evolution of the lifecourse approach in Singapore – integration of health promotion & successful ageing



ACTION PLAN FOR SUCCESSFUL AGEING

2015, ~US\$2.2 bn, covering 12 areas eg



- Health & wellness
- Healthcare & aged care
- Learning
- Employment, retirement adequacy
- Housing & transport
- Social inclusion

Action plan for successful ageing, Singapore

Sample of things done since 2015/2016

Opportunities for individuals

National Seniors Health Programme > 550,000 participated in health talks & exercise programmes
Employment (2016-18) 1750 companies used \$330k grant to make jobs easier & safer for older workers

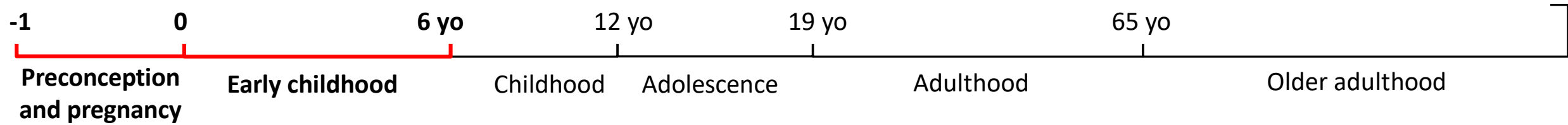
Kampung (Village) for all ages

Community befriending (2015-19) >800 senior volunteers served 5000 vulnerable seniors
Dementia Friendly Communities 8 DFCs to support patients with dementia & caregivers

City for all ages

Housing & transport 6 Active Ageing hubs; 100% buses wheelchair accessible
Aged care facilities > doubled capacity of nursing beds; home & centre-care places

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ACTION PLAN FOR SUCCESSFUL AGEING

HEALTH PROMOTION BOARD

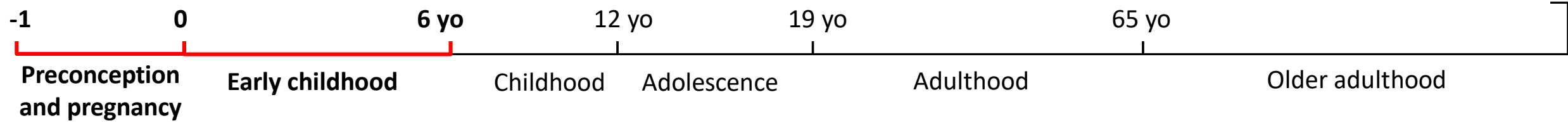
Maternal & child health School health

Healthy dining programmes
National Steps Challenge

1.7 million individuals since 2015.

38k participated in all 4 seasons, recorded average improvement of 3,950 steps/day in Season 4 cf Season 1.

Evolution of the lifecourse approach in Singapore



ACTION PLAN FOR SUCCESSFUL AGEING

HEALTH PROMOTION BOARD

Maternal & child health School health

Healthy dining programmes
National Steps Challenge

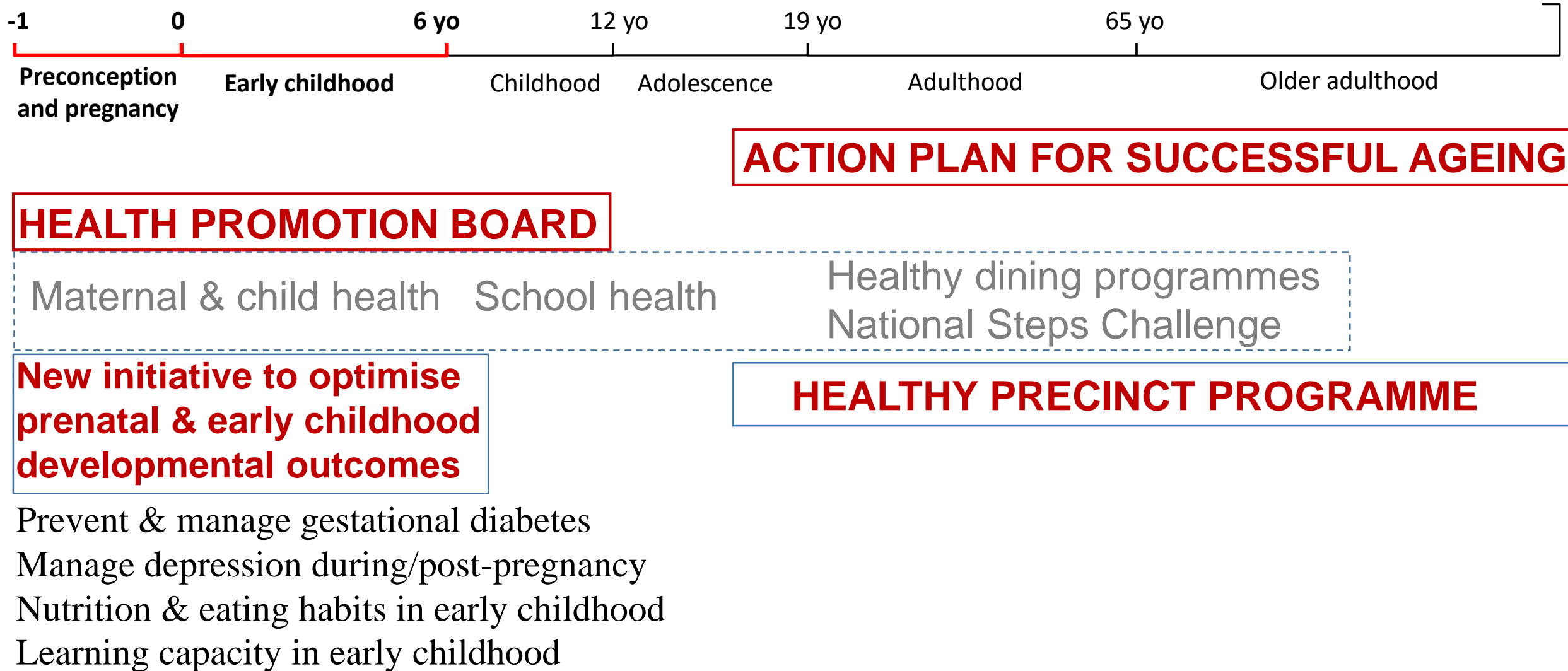
HEALTHY PRECINCT PROGRAMME

“**Top-down**” = physical & food environment, walkability, policies

“**Ground-up**” – community led initiatives

Engaging the “hard-to-reach”

Evolution of the lifecourse approach in Singapore



Health in super active ageing societies:

- 1. Chronic diseases are the main cause of poor health & disability in old age and are potentially preventable**
 - need to take a life-course approach
 - address disadvantaged groups & health disparities
- 2. HEALTHY AGEING requires an integrated whole-of-society approach.**
- 3. Lessons from COVID-19**

Lessons from COVID-19:

- 1. Emphasised that disease prevention in elderly must incorporate Infectious Diseases**
- 2. Showed importance of protecting the elderly, especially vulnerable seniors**
- 3. Highlighted the challenges of social isolation, mental health**
- 4. Accelerated the use of technology and telehealth**

Lessons from COVID-19:

Prevention in elderly must also emphasise Infectious Diseases

- Patients > 65 years accounted for 90.7- 95.2% of COVID-19 deaths in 11 European countries & Canada.
- At end July 2020, ~ 44% US COVID-19 deaths occurred in nursing homes and long-term care facilities.
- ~ 290k – 650k deaths/year globally were associated with influenza; 67% > 65 yo.
Flu vaccine coverage < 75–80% target for > 65 years population:
US & Canada ≤70%. EU median vaccination rate ~ 47.6%.

Prevention in elderly must also emphasise Infectious Diseases

For COVID-19:

- Protect older people from COVID 19, but mitigating social isolation & mental health impact.
- In nursing homes and long-term care facilities, stringent preventive measures.

For flu and pneumococcal pneumonia

- Need to increase vaccination coverage.
- Japan's 5-year national programme for pneumococcal vaccine (PPV23) for age ≥ 65 (2014) :
Vaccination rate of ~40.6% at year 2,
estimated cumulative vaccination rate ~74% at end of programme.

Healthy ageing

Healthy ageing is developing and maintaining the functional ability that enables well-being in older age.

Chronic diseases due to unhealthy lifestyles are the main cause of poor health & disability in old age and are potentially preventable:

- need to take a life-course approach
- address disadvantaged groups & health disparities

Healthy ageing requires an integrated whole-of-society approach.

Lessons from COVID-19 – need to emphasise prevention & mitigation of infectious diseases as an integral part of healthy ageing.