

Promoting Healthy Ageing in the Urban Settings:

Sustainable Cities, Human Mobility and International Migration - Opportunities for South - South Cooperation and Intervention Needs

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GLOBAL AGEING, URBANIZATION and International Migration

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- ▶ World is changing due to increasing size of older persons and at the same time rapid increase in Urbanization
- ▶ Social, political and economic impact is not only for older persons but to the whole society
- ▶ At the same time transition from rural to urban areas in developing countries need major adjustment in every day lives of population at all ages
- ▶ Urgent responses are needed by government and to strengthen south to south cooperation

The world is urbanizing

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- ▶ Currently 54% of the world population live in urban areas, and it will increase to 66% in 2050
- ▶ Asia has lower level of urbanization, but is the home of the 53% of urban population, followed by Europe (14%), Latin America and the Caribbean 13%
- ▶ 80% of people in North America, 80% of Latin America and Caribbean, and 70% on European People live in urban area.
- ▶ But only 40% and 48% of African and Asian live in urban areas, and it is expected to reach 56% and 64% in 2050 (World Urbanization Report 2014, UNDP).

Sustainable development is challenged

- ▶ Rapid urbanization is associated with other social and economic transformation leading to geographical mobility, lower fertility, longer life expectancy, and population ageing.
- ▶ Urban living is associated with higher level of literacy , education, better health and greater access to social services.
- ▶ But when city growth is unplanned and poor to management will increase pollution and environmental degradation, decreasing the benefit of urbanization, especially among the poor and older people.

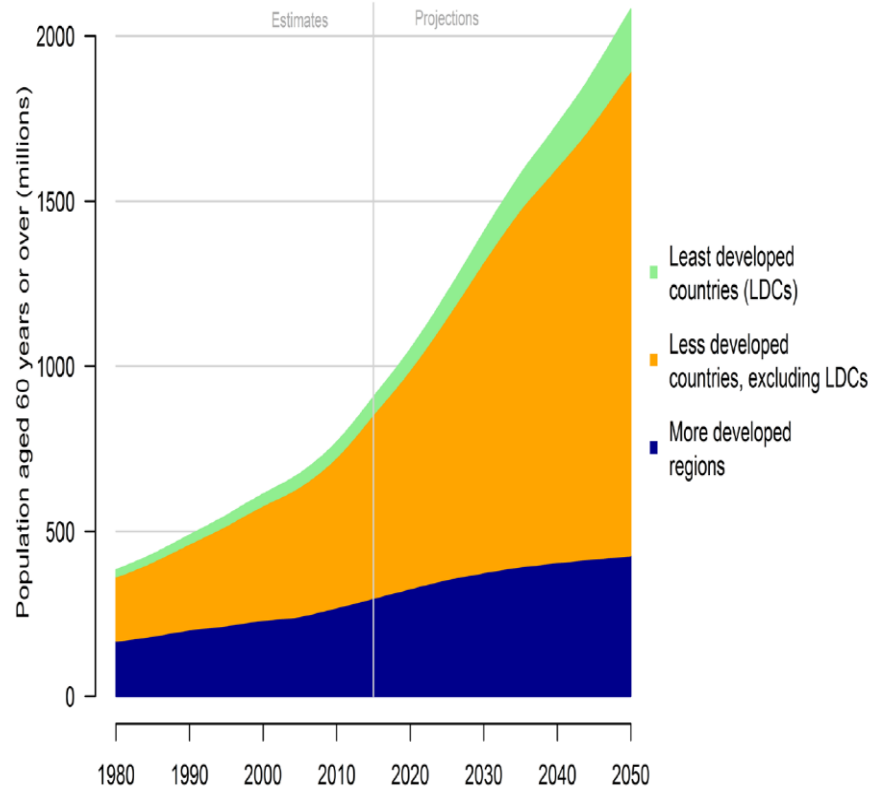
At the same time, the world population is ageing

WHAT IS THE IMPACT OF URBANIZATION IN THE QUALITY OF LIFE OF OLDER PEOPLE? ESPECIALLY THE HEALTH ASPECTS?

Changes in age structure and global ageing

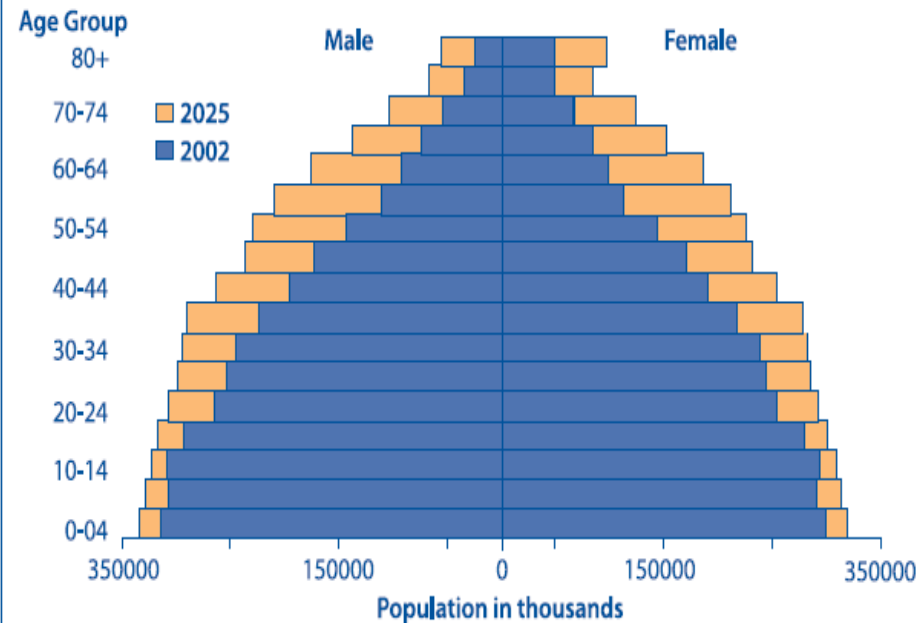
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Data source: United Nations (2017). World Population Prospects: the 2017 Revision.

Figure 1. Global population pyramid in 2002 and 2025



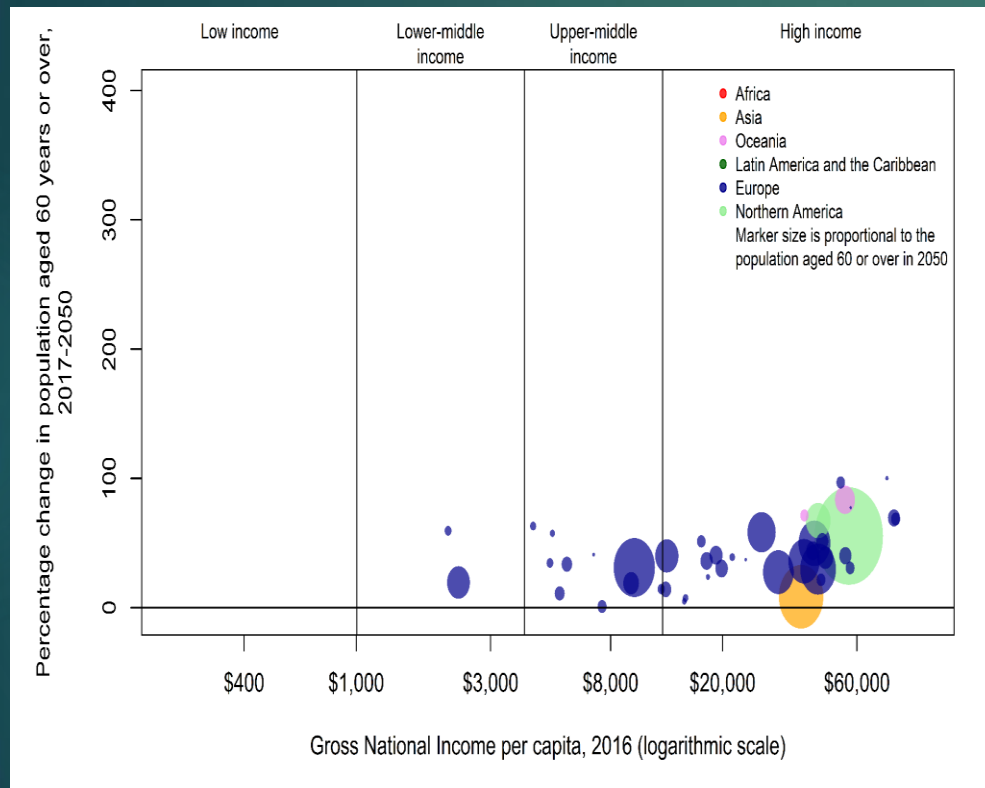
As the proportion of children and young people declines and the proportion of people age 60 and over increases, the triangular population pyramid of 2002 will be replaced with a more cylinder-like structure in 2025.

Rapid ageing in low-middle income countries – due to faster fertility decline

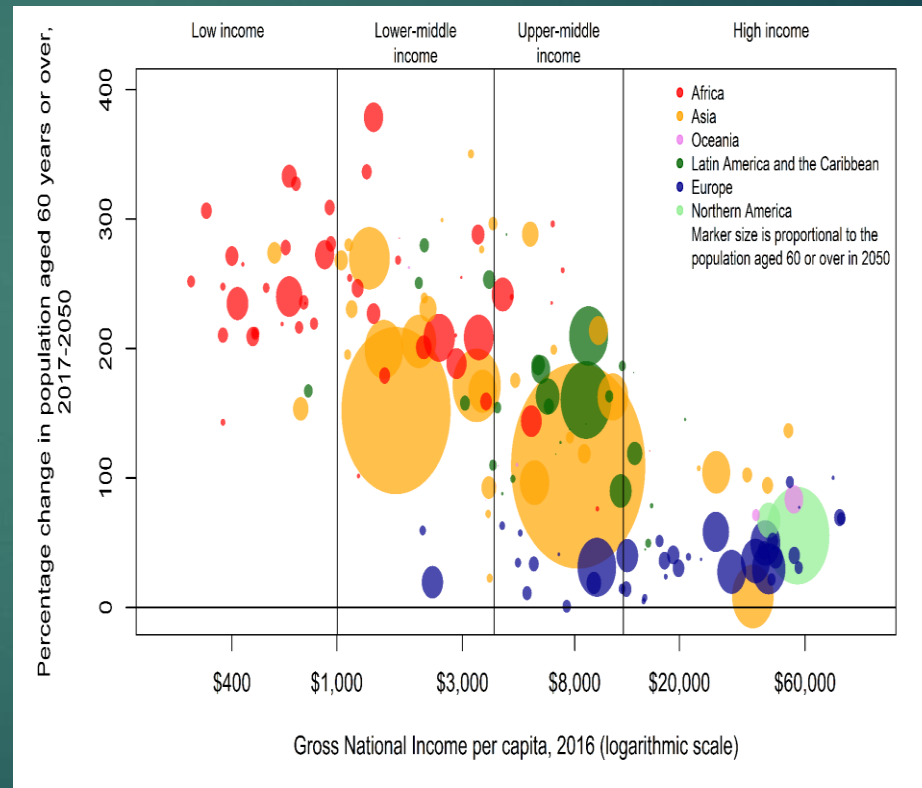
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High Income



Low and middle Income



Older people are also part of population who live in urban areas.

- ▶ How to promote healthy ageing in urban setting?
- ▶ How to redesign cities to promote active ageing and ageing in place?
- ▶ What are needed to fulfil the changing need of older persons to live independently, happily, with high quality of life consistent with human rights and increase human dignity?

The impact of urbanization on older people's life

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- ▶ Healthy ageing
- ▶ Active ageing, Ageing in Place
- ▶ Making health services closer to older people
- ▶ Need to re design cities
- ▶ Or urgent planning on cities design to accommodate future ageing population and urbanization

Healthy ageing

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- ▶ People of all ages should be able to live a healthy, safe and socially inclusive lifestyle. Many factors affect health and well-being, not only health and social care, and all sectors influence the determinants of health.
- ▶ Healthy ageing emphasizes a rights-based approach that recognizes people's rights to equality of opportunity and treatment, particularly as they age.
- ▶ It fosters a positive attitude to growing old throughout life and seeks to break down stereotypes and change attitudes to ageing, promoting understanding between the generations
- ▶ <http://www.euro.who.int/en/health-topics/environment-and-health/urban-health/activities/ageing> accessed 26-11-2017

Key domains to build and maintaining functional ability

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- ▶ **Meet their basic needs**
 - ▶ Financial security, housing and personal security
- ▶ **Learn, grow and make decisions**
 - ▶ Challenge negative attitudes and stereotypes, literacy and lifelong learning, facilitate choice and control
- ▶ **Be mobile**
 - ▶ Physical activity, assistive technology, enabling environment, accessibility of transportation , participate
- ▶ **Build and maintain relationships**
 - ▶ Helping children read and learn, reviving the principle of give and take between generations, also among relatives and friends, community
- ▶ **Contributes**
 - ▶ Challenge ageism, create inclusive environment, embrace age diversity, support gradual retirement, help older people or the 2nd half of life

(WHO 2015, Ageing and Health)

Promoting healthy ageing in an urban setting

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- ▶ **Is a healthy city also an age-friendly city?**
- ▶ Age friendly city is the implementation of parts of the five key domains of healthy ageing
 - ▶ Be mobile
 - ▶ Maintain relationships
 - ▶ Contribute

Active ageing in an age friendly city

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1. Friendly city encourage active ageing by optimizing opportunity for health, participation and security
2. In order to enhance quality of life as people age
3. The features of city reflects the determinants of active ageing in many interconnected ways
4. City's landscape, buildings, transportation system, housing contribute to confident mobility, healthy behaviour, social participation, and self determination
5. Conversely fear fearful isolation, inactivity, and social exclusion

Global Age Friendly Cities: A guide

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- ▶ The idea of Age Friendly City is based on WHO Active Ageing Framework
- ▶ In an age friendly city, policies, services, setting, and structures support and enable people to age active

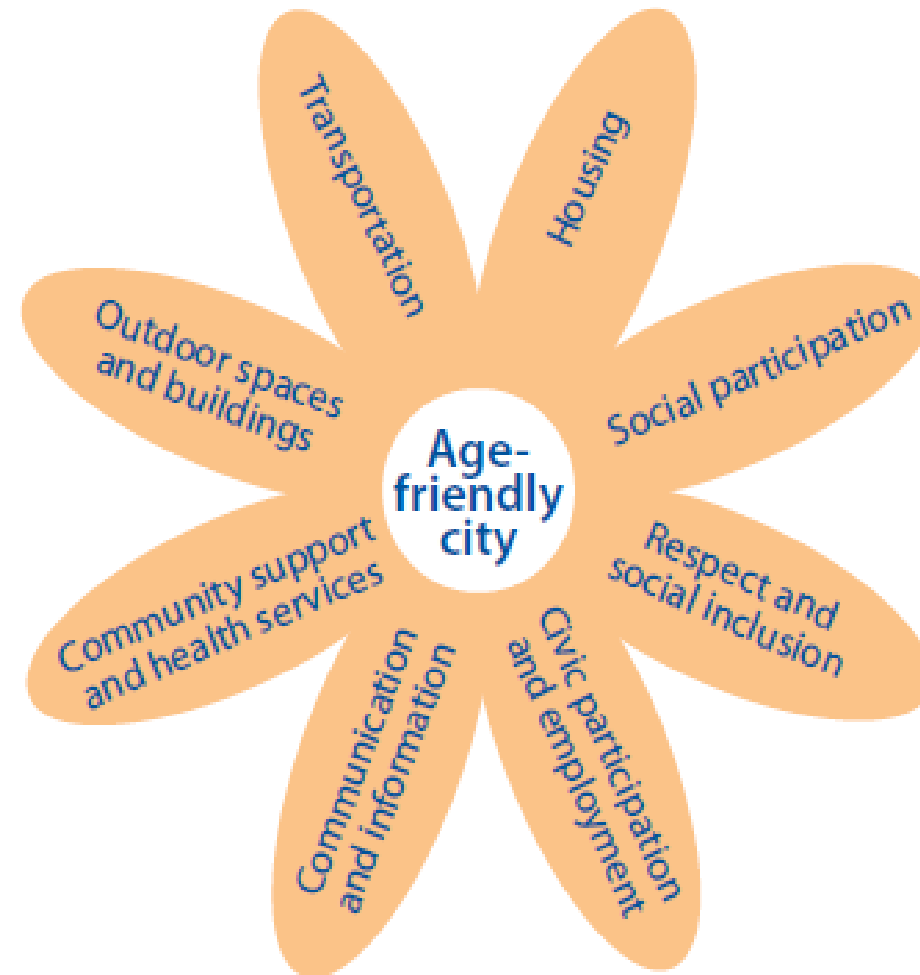
(WHO 2007)

What is active ageing?

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- ▶ **Active ageing** is the process of optimizing opportunities of health, participation and security and enhance quality of life as people age
- ▶ **Aging in place** is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to have any services (or other support) they might need over time as their needs change.

Figure 6. Age-friendly city topic areas



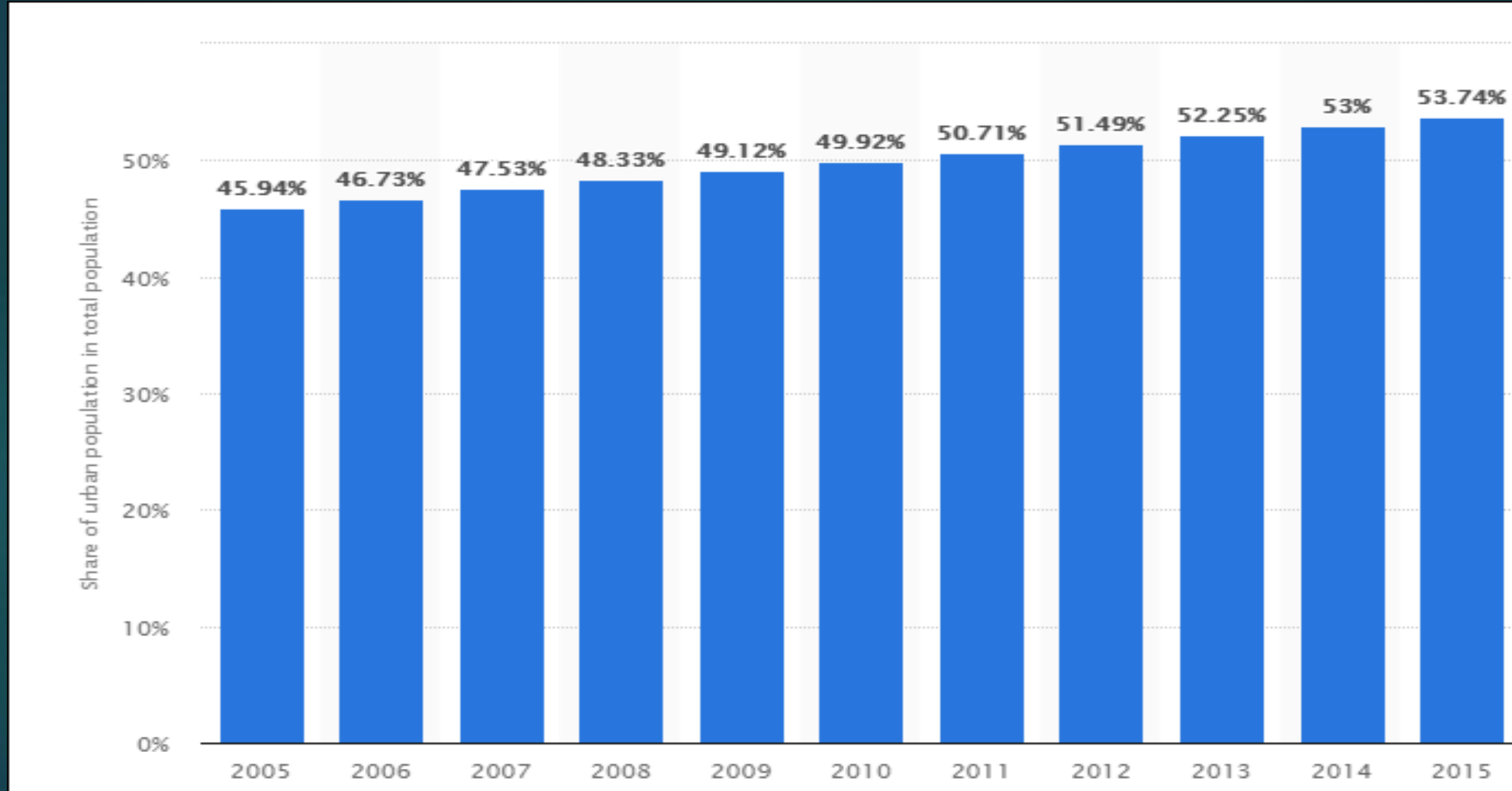
Eight check list for age friendly cities to promote good health and well-being

1. Outdoor spaces and buildings
2. Transportation
3. Housing: essential to safety and well-being
4. Social Participation and social support
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health

The case of Indonesia

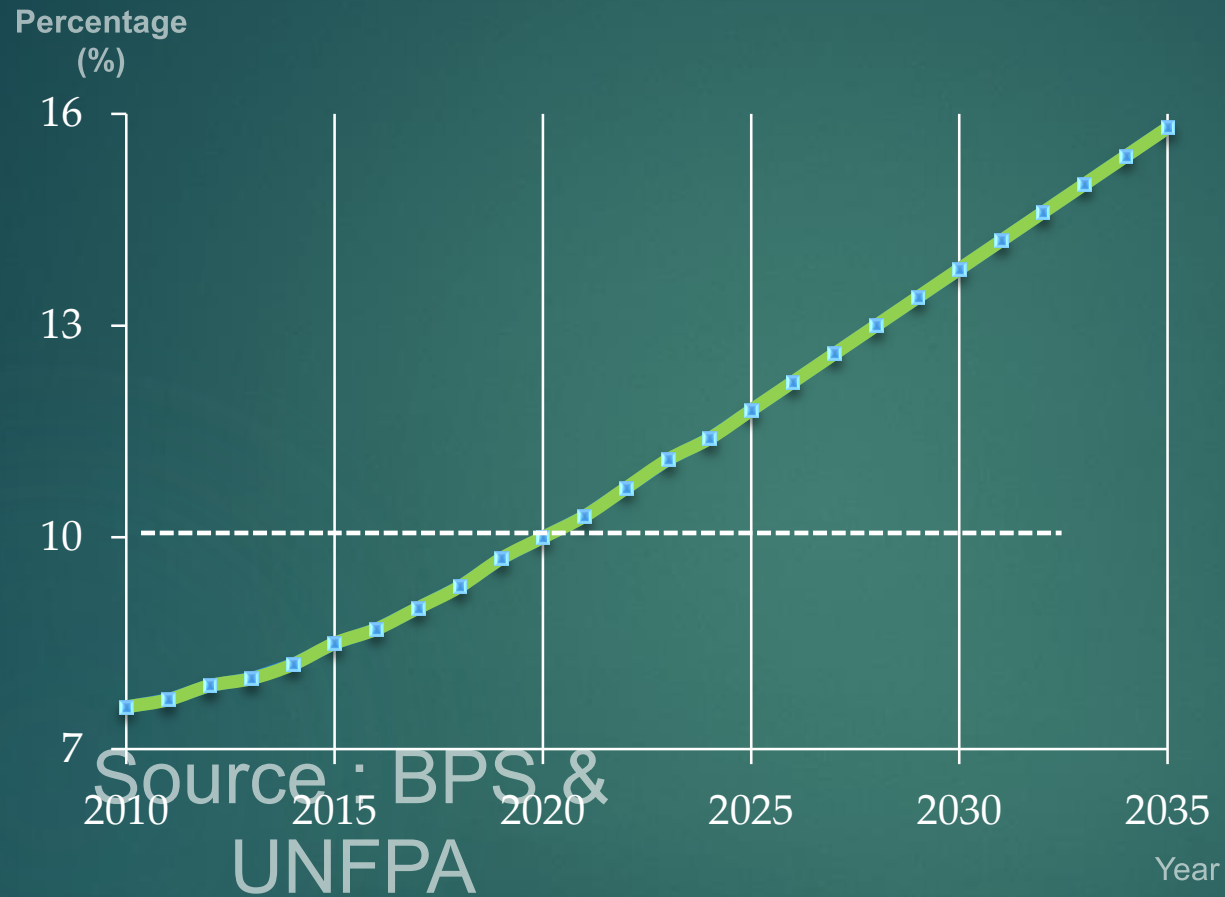
Rapid Urbanization in Indonesia

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Percentage of elderly population (60+) in Indonesia



Year	%
1980	3.3
1990	3.8
2000	5.6
2010	7.6
2013	8.0
2014	8.2
2015	8.5
2018	9.3
2019	9.7
2020	10.0
2021	10.3
2024	11.4
2025	11.8
2026	12.2
2029	13.4
2030	13.8

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Increasing number of elderly population in Indonesia has big potential to mental health problem, one of them is Dementia

Indonesia responses on ageing and urbanization

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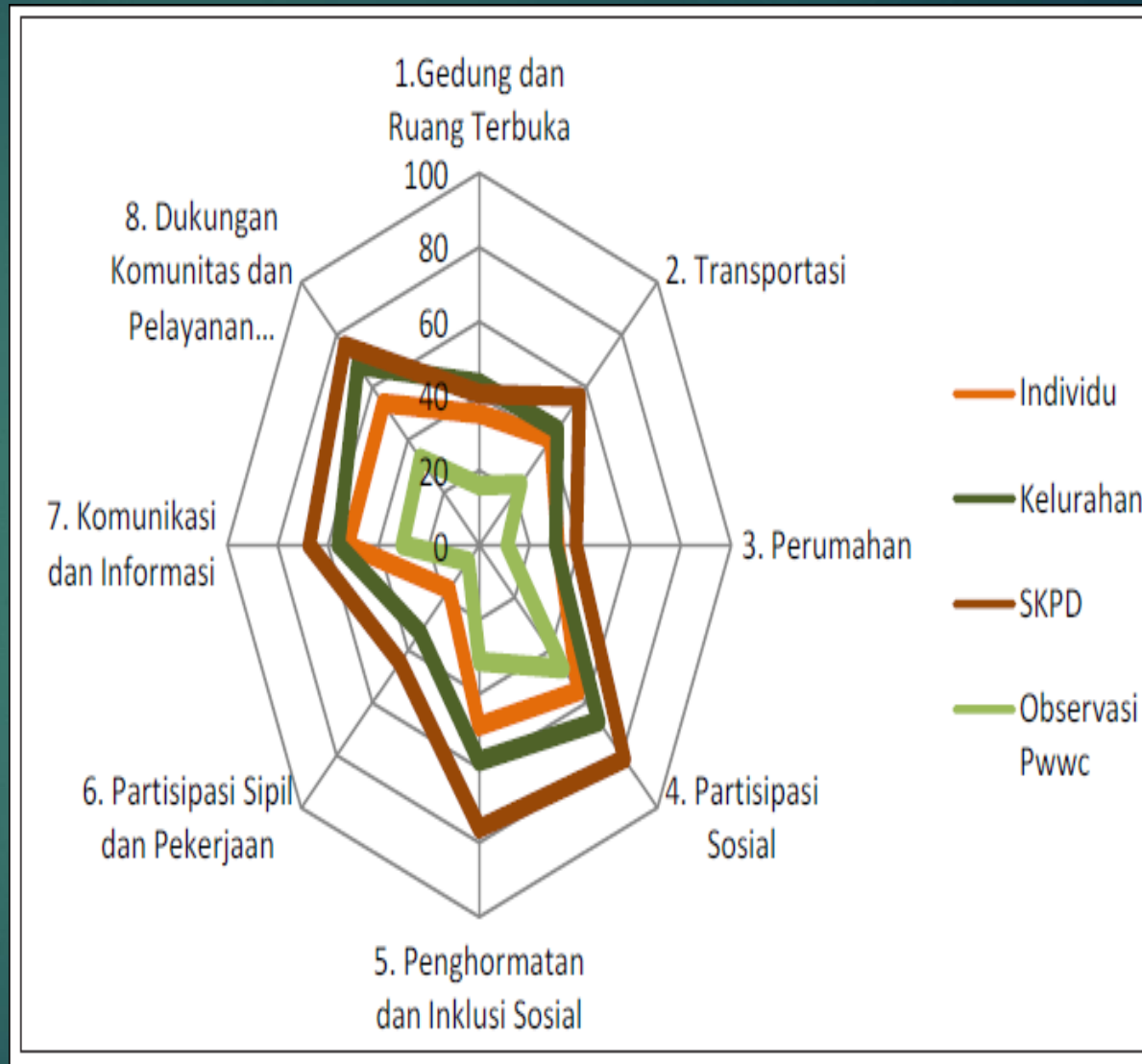
- ▶ Ministerial regulation on plan of action on ageing health 2016-2019
- ▶ Ministerial regulation on age friendly areas (early 2017)- but implementation depends on local offices
- ▶ BKKBN (NFPCB) – Deputy for Empowerment of Family Welfare, Empowering families with senior member.
- ▶ Multi sectors approaches

Mapping Indonesian cities
preparedness for friendly
ageing city in 14 cities and
national level (survey meter et
al.)

Results → next slides

Results of survey on 14 Cities 2013

1. Open space
2. Transportation
3. Housing
4. Social participation
5. Respects and social inclusion
6. Civil participation and employment
7. Communication and information
8. Community support and services.



Strengthening South to South Cooperation

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- ▶ Among member countries: Need to share information and experience on how to plan, design and redesign age friendly cities which promote healthy ageing in urban setting.
- ▶ For countries that start demographic transition, Indonesia can share experience on population control policies to reduce fertility, increase life expectancy and be ready for ageing
- ▶ Need to work together on how to keep age structure favourable for economic growth

Thank you

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