

Understanding the aging and the need for leisure and leisure time at retirement

Environmental assessment as a factor in healthy aging

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Learning objectives

At the end of the session the learner should be able to:

1. Understand the concept of healthy ageing and functional ability
2. Appreciate the changes in demographics worldwide and in India with ageing
3. Understand risk assessment for early identification of risks in elderly
4. Know the determinants to promote healthy ageing

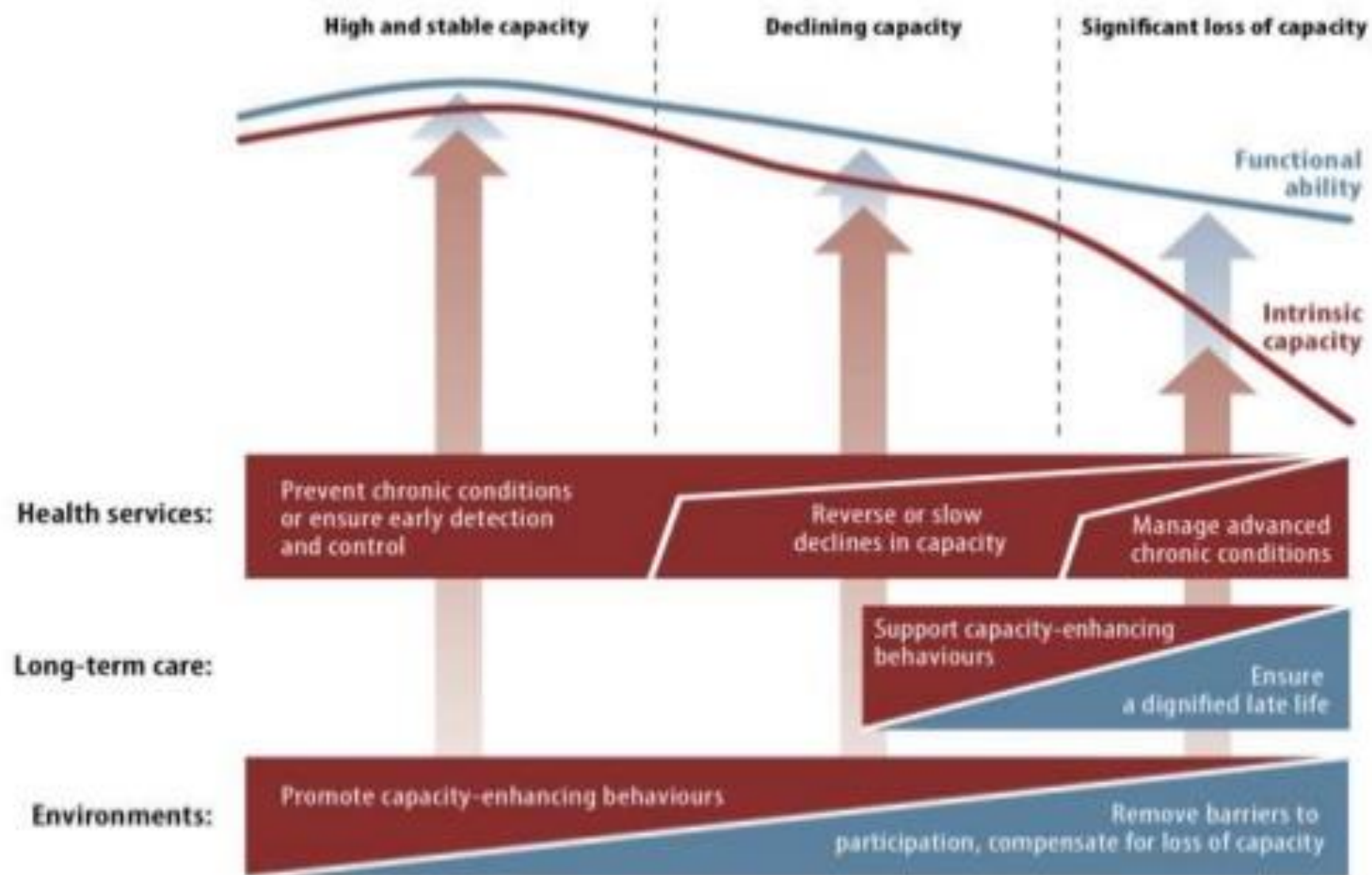
What is Ageing?

- ▶ Universal phenomenon comprising of **gradual loss of cells** leading to **deterioration of organ functions** in a human body.
- ▶ Aging is an **irreversible, unstoppable, time-dependent** process that is neither detrimental nor good but should be assessed in the individual context, which would permit an **individualized intervention** to adjust the process to optimize functioning in the aging body.

What is healthy ageing?

- ▶ It is the process of developing and maintaining the *functional ability* that enables wellbeing in older age”.
- ▶ *Functional ability* is a factor of
 - 1. Intrinsic capacity (including genetic make up) – all the mental and physical capacities like their *ability to walk, think, see, hear and remember*.
 - This capacity changes with the presence of diseases, injuries and age–related changes. In the elderly, the intrinsic capacity is often reduced
 - 2. Environment includes the home, community and broader society, and all the factors within them.

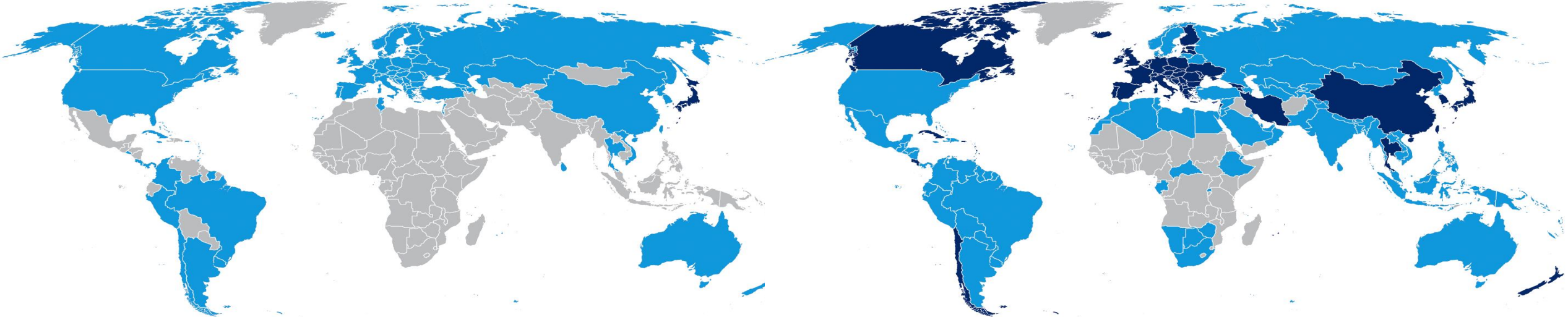
Fig. 2.4. A public-health framework for *Healthy Ageing*: opportunities for public-health action across the life course



What's the big deal?

- ▶ Most old people used to say – our time is up – no need to focus on us, its time to just fade away
- ▶ Today there is a different perception – where quality of life is more important than quantity of years or life span
- ▶ How would you like your old age to look like?

Populations are getting older



2015

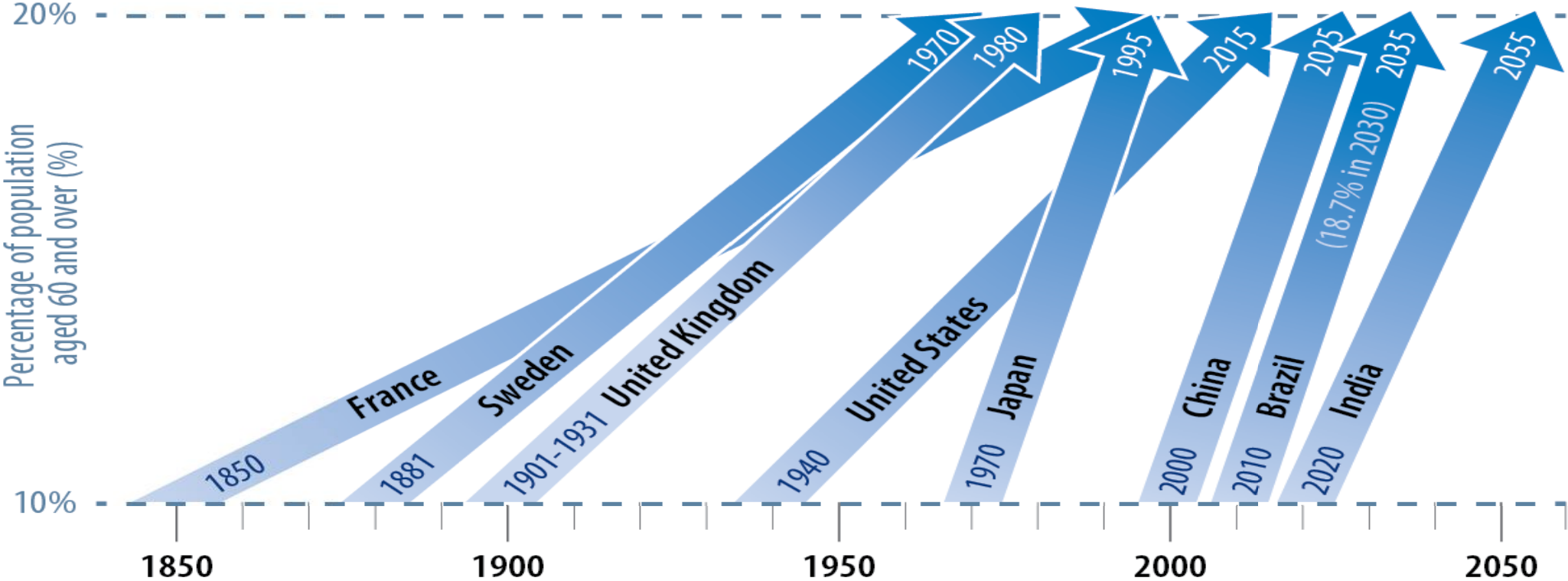
Percentage aged 60 years or older:

- 30% or more
- 10 to <30%
- <10%

2050

Population ageing is happening much more quickly than in the past

Time for percentage of population older than age 60 to double



Match the following risks & effects

Health risks in elderly	Ill effects
1. Nutritional deficiencies (Over or under nutrition)	A. Decreased rate of metabolism, liver diseases, Cancer
2. Inadequate consumption of fibers and fruits	B. Decreased physical functioning, falls, orthostatic hypotension, delirium, renal failure, gastrointestinal and intracranial bleeding
3. Physical inactivity and sedentary lifestyle	C. Diabetes, cancer, cardiovascular diseases, and lung diseases
4. Smoking	D. Constipation
5. Excessive alcohol consumption	E. Infections, nosocomial complications, Decreased physical functioning
6. Unpropitious drug reaction and polypharmacy	F. Functional decline, loss of appetite
7. Accidents and injuries	G. Decreased bone mass, immune dysfunction

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MODIFIABLE DISEASE RISK FACTORS

1. **Cardiovascular:**
2. **Pulmonary:**
3. **Neurological:**
4. **Diabetes:**
5. **Musculoskeletal:**
6. **Gastrointestinal:**
7. **Infections:**
8. **Cancers:**
9. **Special senses:**
10. **Accidents**

MODIFIABLE DISEASE RISK FACTORS

1. **Cardiovascular:** sedentary, obesity, lipids, BP, salt, diet, smoke, pollut
2. **Pulmonary:** smoking, environmental pollution
3. **Neurological:** BP, smoking, alcohol, diet, depression, mental inactivity
4. **Diabetes:** diet, sedentary, obesity
5. **Musculoskeletal:** sedentary, obesity, hormone deficiency
6. **Gastrointestinal:** low fibre, alcohol, poor oral hygiene
7. **Infections:** under nutrition, poor skin care and no vaccination
8. **Cancers:** diet, smoking, chewing tobacco
9. **Spl senses:** sunlight, noise, diabetes, water fluoride, drugs
10. **Accidents :** unsafe homes

DETERMINANTS OF ACTIVE AGING

- **Behavioural:** smoking, alcohol, exercise, diet, drugs
- **Environmental:** pollution, home safety, rural/urban
- **Socioeconomic:** family, community, income, literacy
- **Personal:** biology, genetics, coping mechanisms
- **Services:** primary care, health prom. disease prevention

TIPS FOR HEALTHY AGING



Take charge of your health



Reduce stress

Eat healthy foods



Live an active life



Maintain your brain

Create healthy relationships



Get enough sleep



Express your feelings

I don't like when...

See your doctor often



SUMMARY OF LIFE STYLE GOALS

- ▶ **Physical activity**
- ▶ **Healthy diet**
- ▶ **Avoid smoking**
- ▶ **Judicious medication**
- ▶ **Good oral hygiene**
- ▶ **Health screening**
- ▶ **Social involvement**
- ▶ **Mental activity**
- ▶ **Immunizations**
- ▶ **Hormones – HRT**
- ▶ **Clean environment**
- ▶ **Home safety**