



# What is Healthy Ageing?

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**Sabah, 2023**

# Overview of Healthy Ageing

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Healthy ageing is a holistic approach in one's life course encompassing physical, mental, spiritual and social aspects, from childhood through to the golden years, maintaining a good quality of life.



**Physical**



**Mental**



**Spiritual**



**Social**

## Healthy Ageing Definition

The process of developing and maintaining the functional ability that enables well-being in older age.

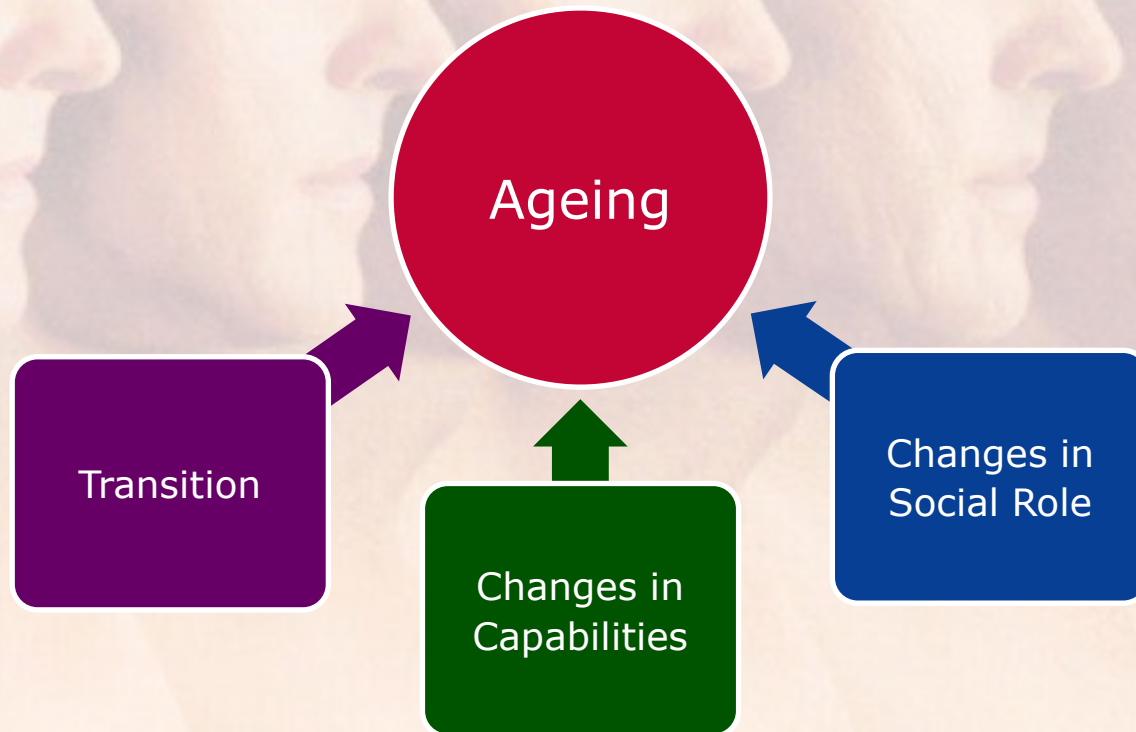
Well-being refers to broadest sense and includes domains such as happiness, satisfaction and fulfillment.

*(Wyatt, 2013)*



# Phases of Ageing

LIFE-STAGE SUBGROUPS		
Young-Old (65–74)	Middle-Old (75–84)	Old-Old (85+)







**Longevity?**

**Inter-Generational Relationship?**

**Healthy Ageing?**

**Good Social Life?**

**Fit Body?**



**Processes of Healthy Ageing**

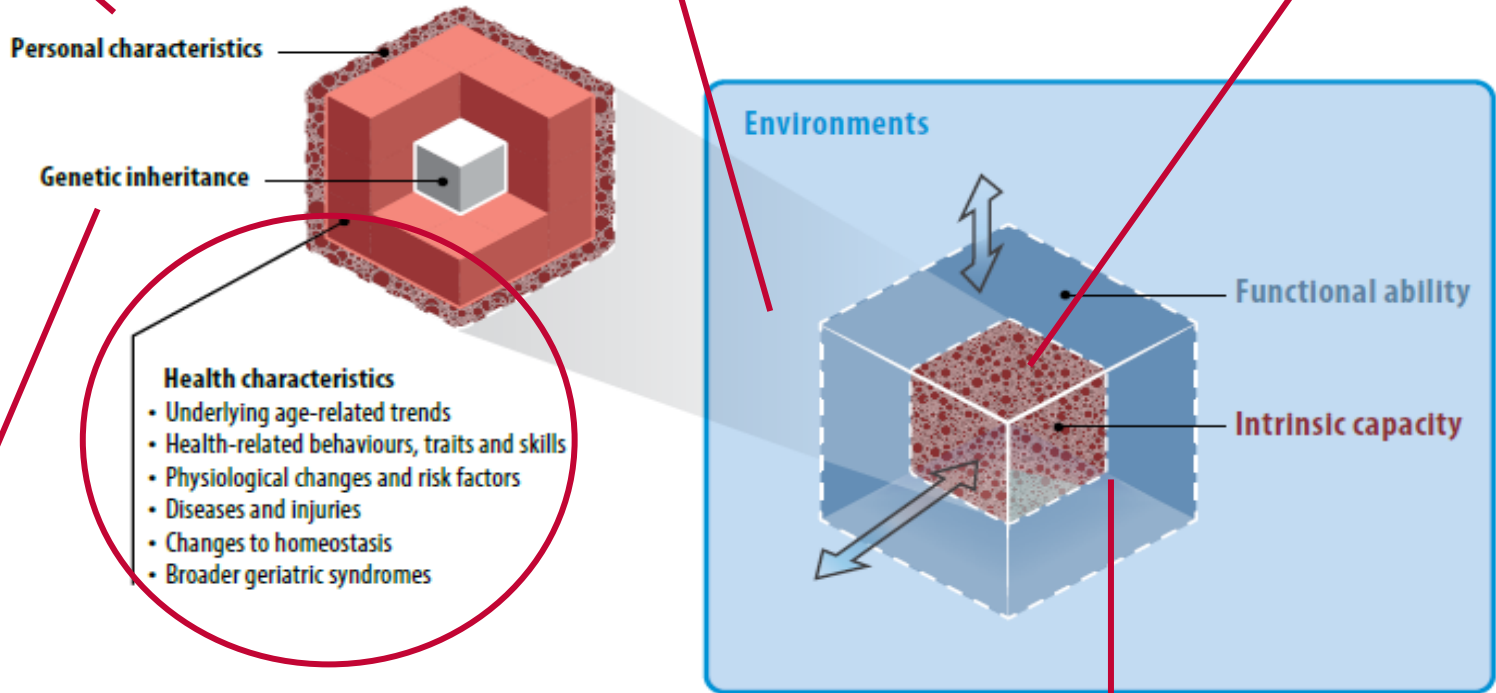
# Process of Healthy Ageing

Involve the fixed (sex and ethnicity), as well as non-fixed (occupation, wealth and education).

Factors in the extrinsic world. E.g.: community, society

Made up of intrinsic capacity. Comprise the health related attributes enabling people do what they do.

Fig. 2



Predetermined at birth. Influenced by experiences in the womb and environmental exposures and behaviours.

Composite of mental and physical capacities



# Genetic Inheritance

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**1<sup>st</sup> Generation**  
Mother



**2<sup>nd</sup> Generation**  
Fetus



**3<sup>rd</sup> Generation**  
Reproductive Cells



# Theories of Ageing

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## 1. Genetic Theories

- i. Pleiotropic Genes
- ii. Disposable Some

## 2. Sociological Theories Of Ageing

- i. Role Theory
- ii. Disengagement Theory
- iii. Activity Theory
- iv. Continuity Theory

## 3. The Neuroendocrine Theory

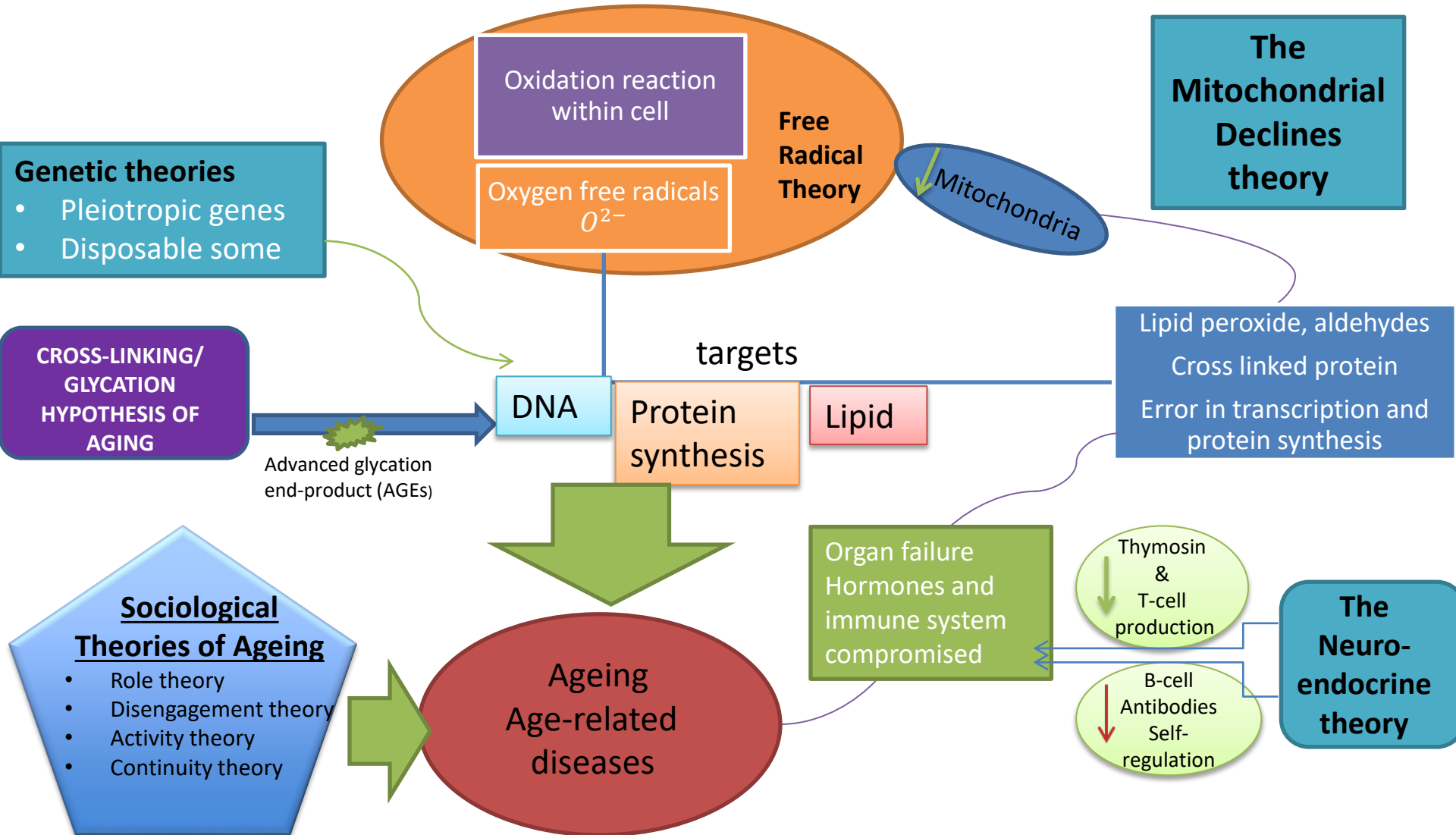
## 4. The Mitochondrial Decline Theory

## 5. Free Radical Theory

A large red circle is positioned on the right side of the slide. Inside the circle, the text 'All these theories lead lead to one conclusion, Age-related Diseases' is written in white, bold, sans-serif font. The word 'lead' is repeated twice in the first sentence.

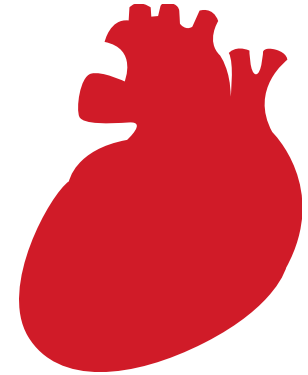
**All these theories lead lead to one conclusion, Age-related Diseases**

# Theories of Ageing

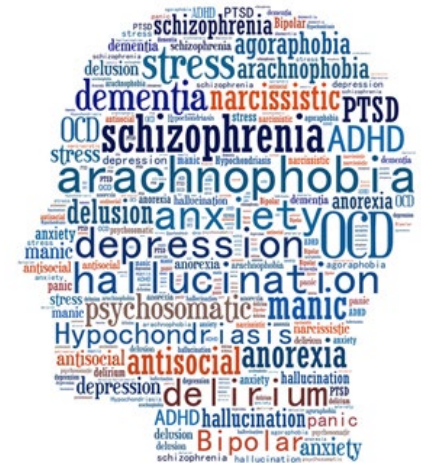
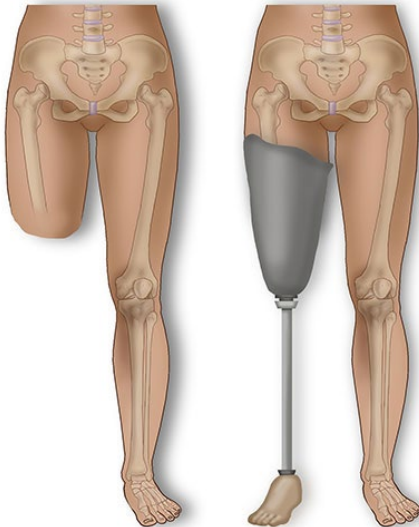




# Health Characteristics



## Above-Knee Amputation



# Personal Characteristics

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**Gender**



**Ethnicity**



**Education**



# Functional Ability

## Household chores



make the bed



take the rubbish out



do the shopping



do the ironing



do the washing up



make dinner



do the vacuuming



clean the house



put the washing machine on



tidy your room



mop the floor



unload the dishwasher





**Other Factors to Healthy Ageing**

# Environment



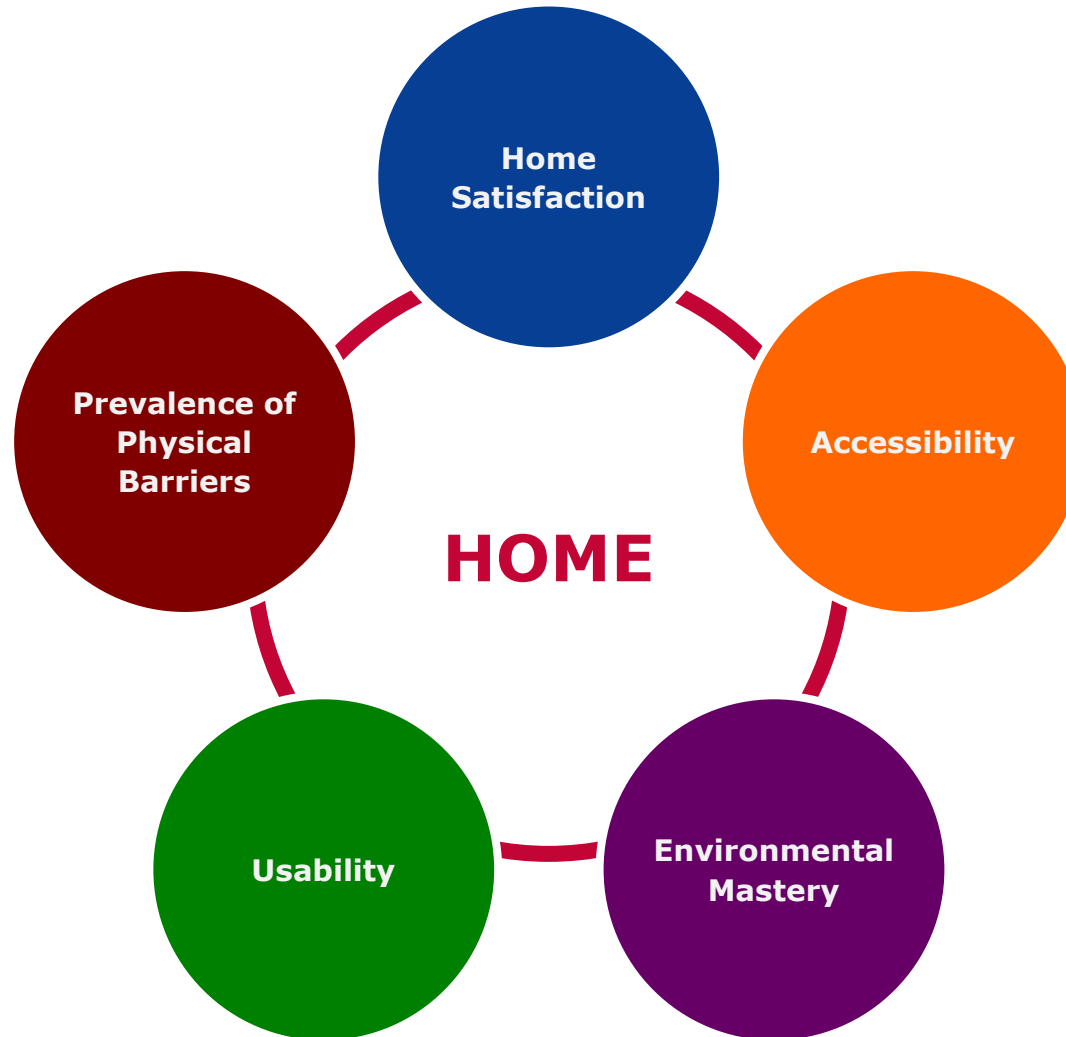


# Healthy Environment





# Aspects of Housing in Healthy Ageing



Oswald, Frank, et al. (2007). "Relationships between housing and healthy aging in very old age." *The Gerontologist* 47.1: 96-107.

# Adding Cultural Values into Healthy Ageing



## Filial Piety

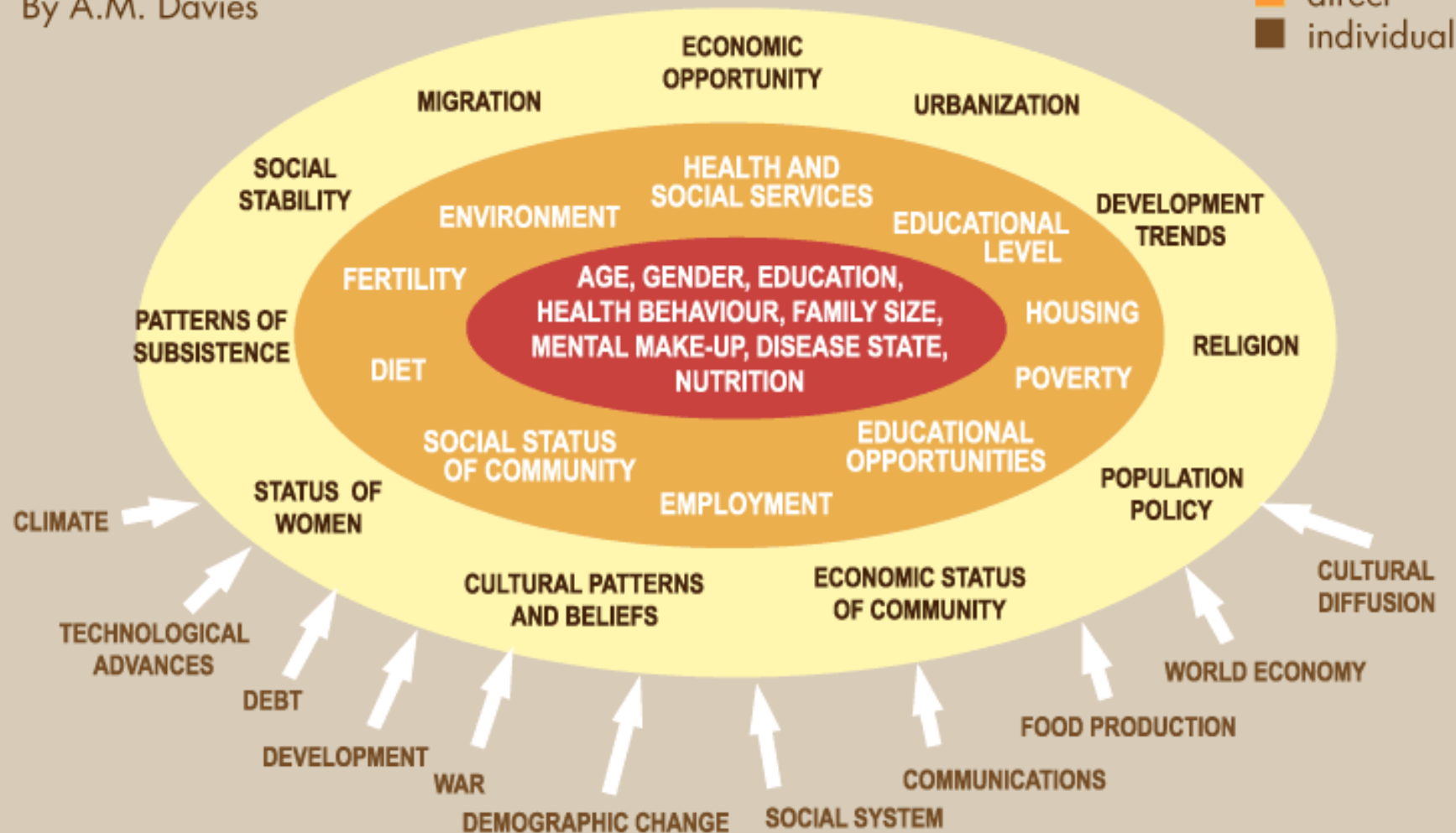
- Providing care and financial support for the elderly are the general responsibility of the family.
- However, has deteriorated due to globalization based on the remote and direct determinants of healthy ageing.



# Determinants of Healthy Ageing

## DETERMINANTS OF HEALTHY AGEING

By A.M. Davies





# Determinants of Healthy Ageing



**Family**



**Fertility**



**Migration**



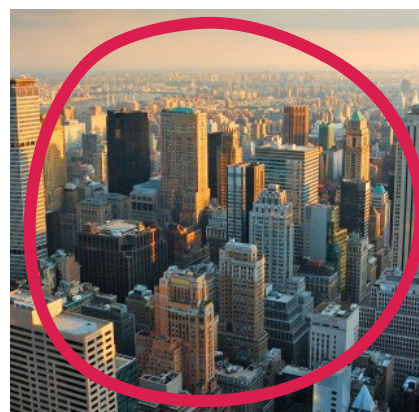
**Population**



**Poverty  
Children**



**Religion**



**Urbanization**



**Women**



**Healthy Ageing for the Young?**





## **Healthy Ageing – Action Plans**

# Why should I get involved with Healthy Ageing?



## Political Declaration & Madrid International Plan of Action on Ageing (2002)

- **Priority 1:** Older persons and development
- **Priority 2:** Advancing health and well-being into old age
- **Priority 3:** Ensuring, enabling and supportive environments

## WHO's Active Ageing: A Policy Framework (2002)

- Double burden of disease
- Increase risk of disability
- Providing care for ageing populations
- The feminization of ageing
- Ethics and inequality
- The economics of Ageing population
- Forging a new paradigm

# Malaysia's Ageing Population



## M'sia to become ageing population country by 2030

Posted on 17 March 2015 - 10:13pm

Last updated on 17 March 2015 - 11:06pm



**KUALA LUMPUR:** Malaysian citizens should prepare early, as the country is expected to reach ageing population status by 2030.

Institute of Islamic Understanding Malaysia (IKIM) director-general Datuk Nik Mustapha Nik Hassan said among others, the things that they needed to do were to start saving at a young age and learn to plan life for when they would get old, as well as take measures to strengthen the family institution.

"According to the UN's (United Nations) projections, the country will achieve the status (ageing country) in 2030," he said.

Nik Mustapha was giving the opening speech for a roundtable discussion on the seminar - "Realities of an Ageing Society: Causes and Challenges in Malaysia" at the Dewan Besar IKIM here today.

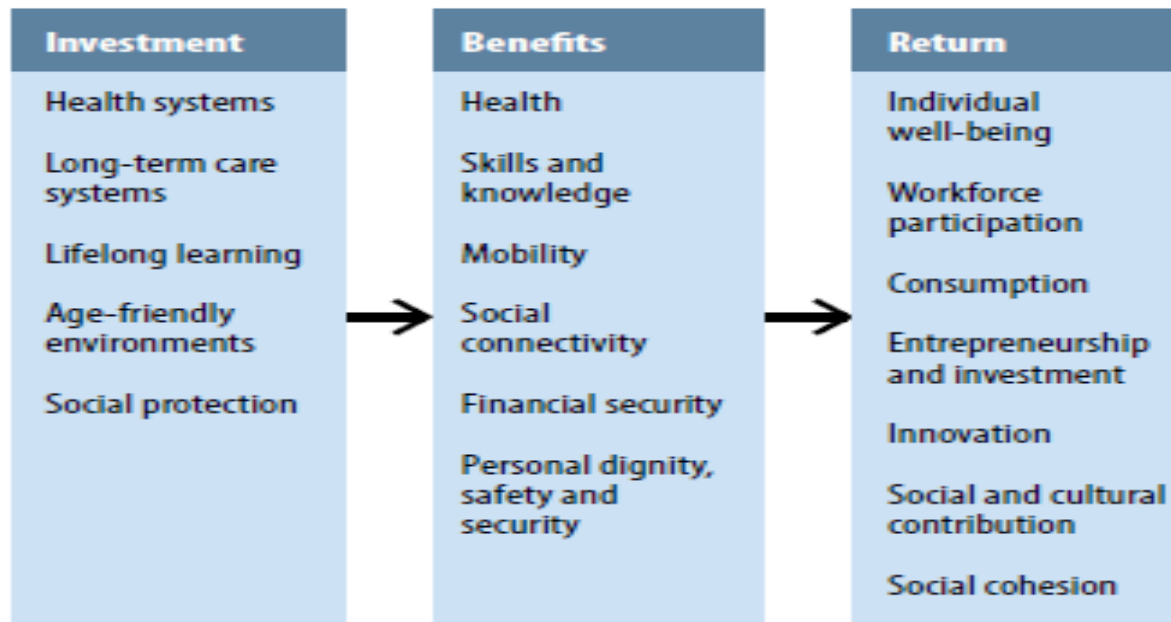
He explained that a country achieved the status of an aging nation when 15% of its population consisted of those aged 60 years and above. The elderly or senior citizens are those aged 60 years and above, according to the definition outlined by the National

2000	2025	2050
6.6%	13.4%	20.8%

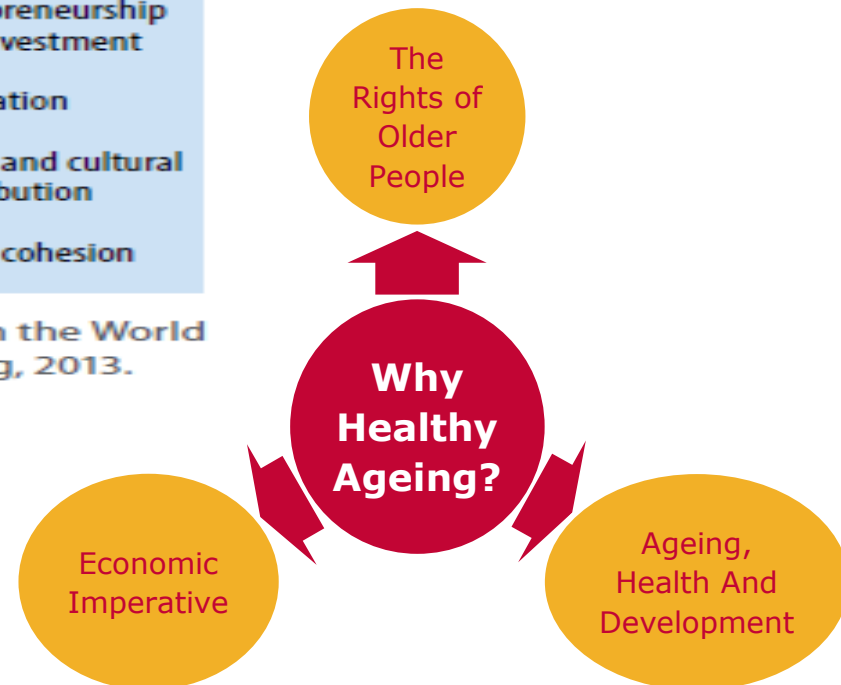
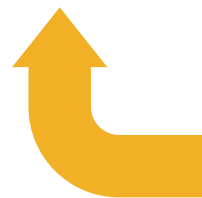
Malaysia's forecasted ageing population by United Nations (UN)

# Why is Healthy Ageing Crucial?

**Fig. 1.3. Investment in and return on investment in ageing populations**



Source: adapted from unpublished information from the World Economic Forum's Global Agenda Council on Ageing, 2013.





# Action for Healthy Ageing (Wyatt, 2013)

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Dealing with Diversity



Reducing Inequity



Enabling Choice



Ageing in Place



## EDITORIAL: AGING IN MALAYSIA

PAUL C. Y. CHEN

In addition, the public should be made aware of the fact that the elderly are still productive to the country and a part of society. The inculcation of positive attitudes towards the elderly should encourage them to maintain their well-being and to keep an active interest in life. Educating the public in this respect helps the elderly to be better integrated into society rather than becoming an alienated and neglected group of people.

The major role played by the family in the care and support of the aged in developing countries should be recognised and appreciated. Hence, policies should be aimed at supporting the family in this traditional role so as to minimise the rate of institutionalisation. One such measure would be to provide financial incentives such as income tax relief for families to continue caring for their elderly. The time has come for us to focus on the well-being of the elderly as we pursue our aim of Health For All by the year 2000.

National Policy for Older Persons, October 1995

National Advisory and Consultative Council for Older Persons was set up in May 1996



Plan of Action for The Older Persons, December 1998

Department of Social Welfare-secretariat of the council, focuses on all issues related to older persons



National Policy for Older Persons and Plan of Action for The Older Persons, January 2011

Contains Six Strategies

# 6 Strategies of the National Policy for Older Persons and Plan of Action for The Older Persons, January 2011



**Promotion and  
Advocacy**



**Life-long Learning**



**Safety and Security**

## Political Declaration and Madrid International Plan of Action on Ageing



Second World Assembly on Ageing, Madrid, Spain  
8 - 12 April 2002



**Governance and  
Shared  
Responsibility**



**Intergenerational  
Solidarity**



**Research and  
Development**





## Summary

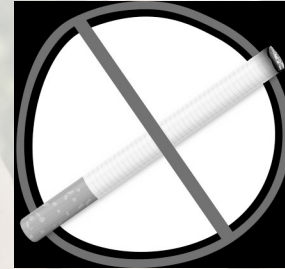
# Healthy Ageing



**Physical Activity**



**Healthy Diet**



**Avoid Smoking**



**Judicious Medication**



**Good Oral Hygiene**



**Health Screening**



**Social Involvement**



**Mental Activity**



**Immunizations**



**Hormones -  
HRT**



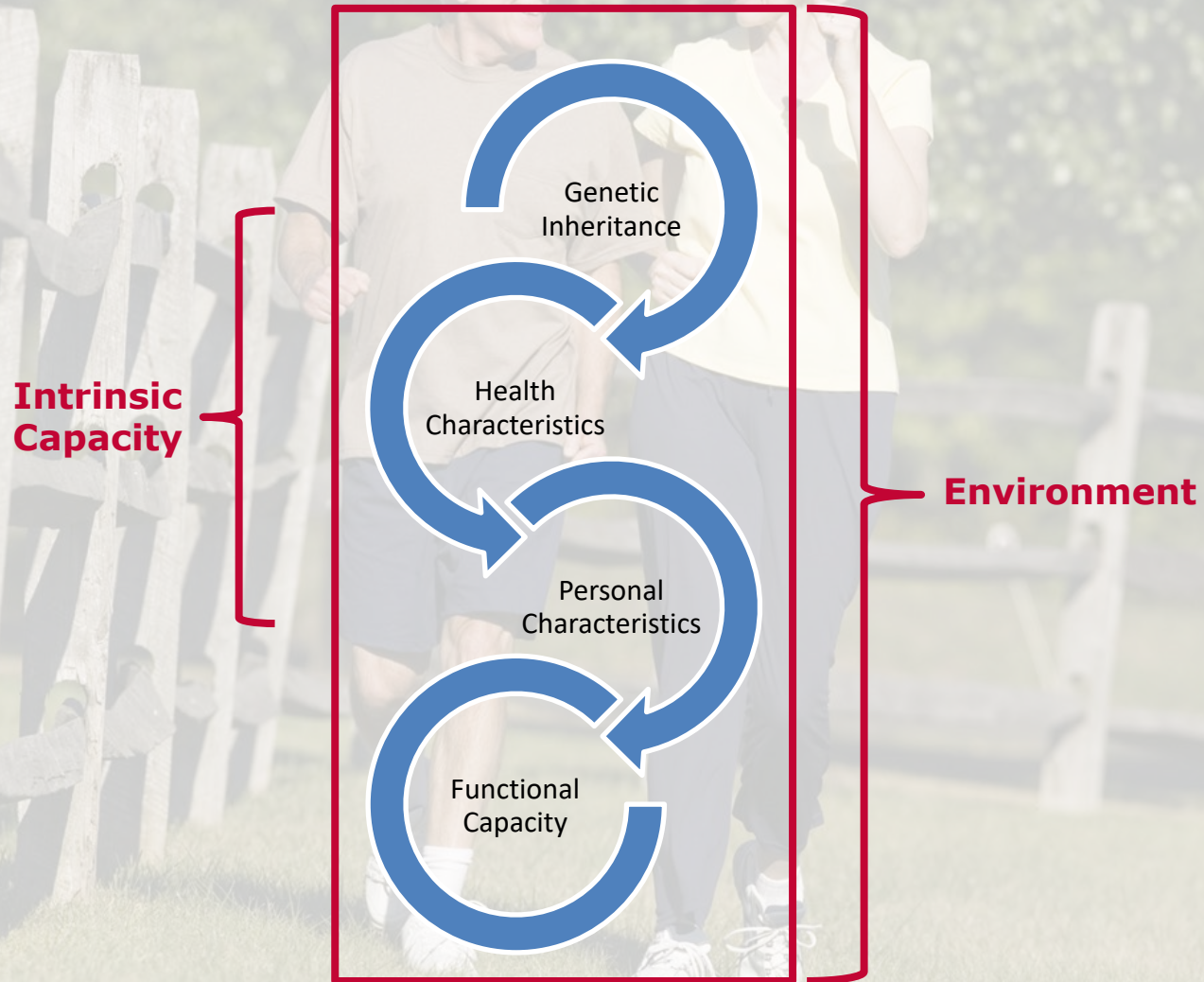
**Clean Environment**



**Home Safety**



# Healthy Ageing is your responsibility!





# CYCLES OF LIFE



IDYLLIC YOUTH



AWKWARD ADOLESCENCE



EXPERIMENTAL PHASE



COURTSHIP



PARENTHOOD



MIDLIFE CRISIS



RETIREMENT



ECCENTRIC OLD AGE



GRANT SNIDER

<http://t.co/m6DZ6gH6Oj>

**MHAS**  
Live long. Live well.

in collaboration with



# 3RD ASEAN Conference on Healthy Ageing 2024

30th July - 1st August 2024

The Wembley - A St Giles Hotel  
Penang, Malaysia

\*CPD Points  
will be provided



*Ageing Successfully -  
Equitably, Actively and Naturally*

Supported by

a contribution to the  
**Decade  
of healthy  
ageing**



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Coalition  
on Aging



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Abbott

ReGen  
Rehab  
Hospital



# Womb to tomb

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"Don't let your age control your life.  
Let your life control your age."

*Anthony Douglas Williams ~ Inside the Divine Pattern*

**Thank You**

