



Back to the Future: Age Friendly Cities and the Future of Aging

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Six Seminal Questions

1. What does it mean to be 'Age Friendly'
2. Why 'Age Friendly' (its rationale)
3. What is the importance of the Age Friendly concept
4. How did Age Friendly get going and how has it blossomed
5. How did Age Friendly get the solution before others knew the problem
6. What is the Future of Aging – and what it will mean here in New England.....

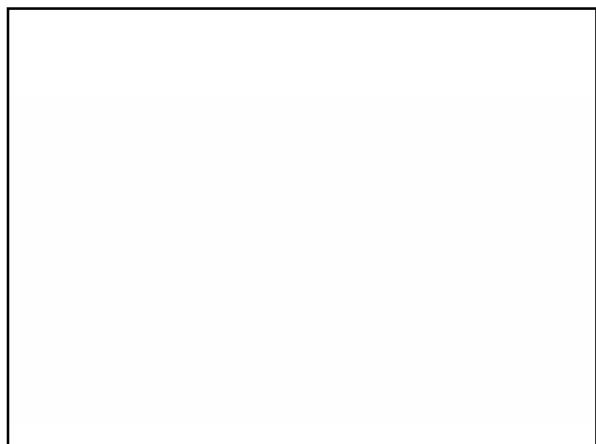



(1) What does it mean to be age friendly?

What does it mean to be age friendly ?




“An age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age”




**ageUK**
Love later life

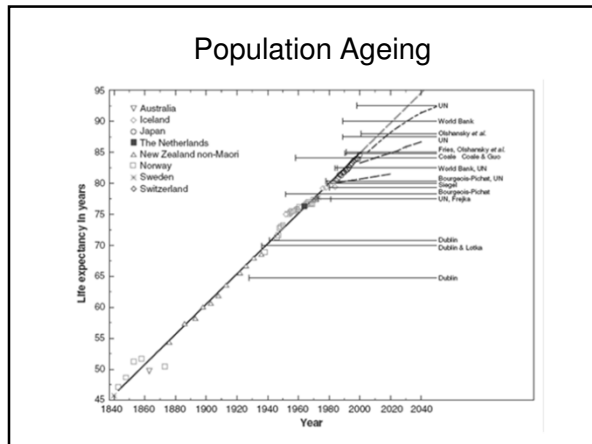
(2) Why Age Friendly – population ageing

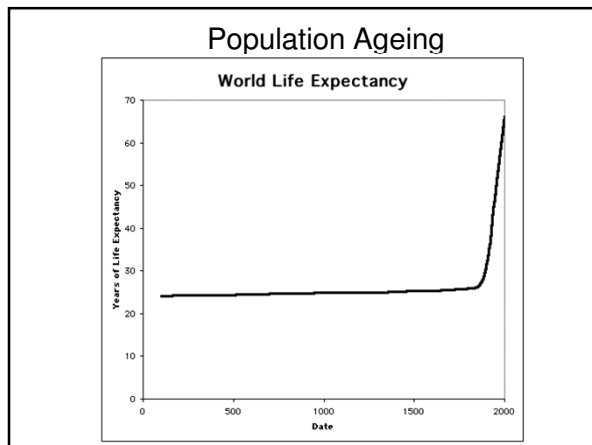


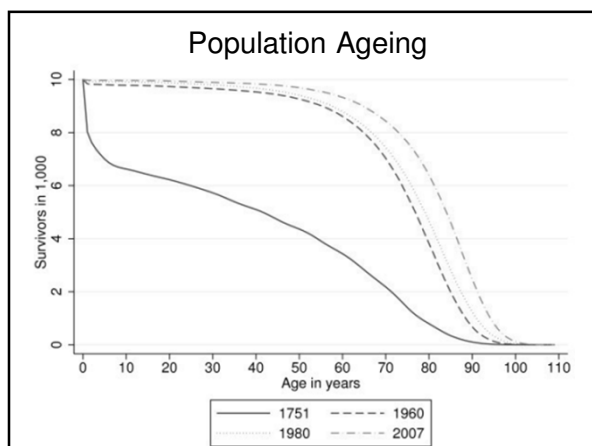
“I’ve turned 60 and I can barely believe nearly a third of my life is over ”

Woody Allen





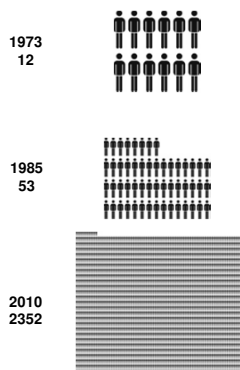
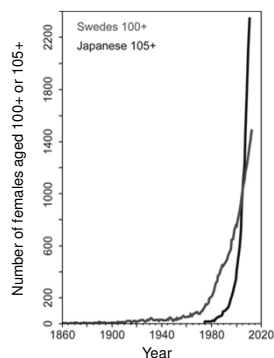




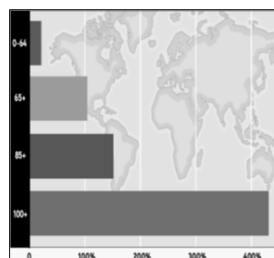
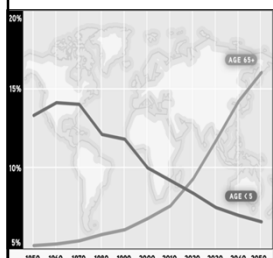
The Longevity Revolution

- Agrarian vs Industrial vs Longevity Revolutions
- Progress has been dramatic:
 - In 1900, 40% of all new-borns will live beyond 65
 - In 2000, 88% of all new-borns will live beyond 65
- 85 year olds are now the fastest growing sector of the population

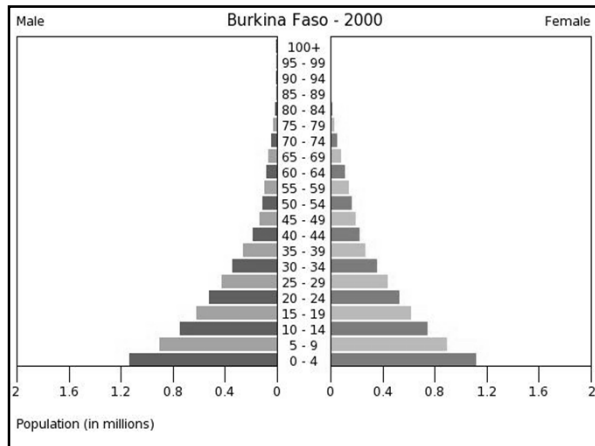
The Longevity Revolution

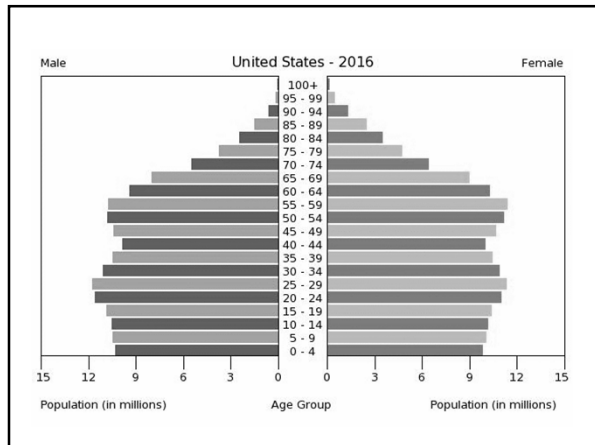



Population Ageing - International




YOUNG CHILDREN AND OLDER PEOPLE - PROJECTED INCREASE AS A PERCENTAGE OF GLOBAL POPULATION BETWEEN 2005 and 2030, BY AGE



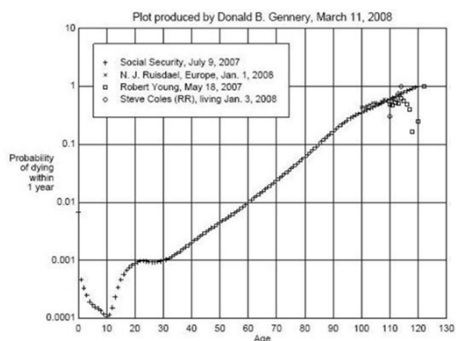




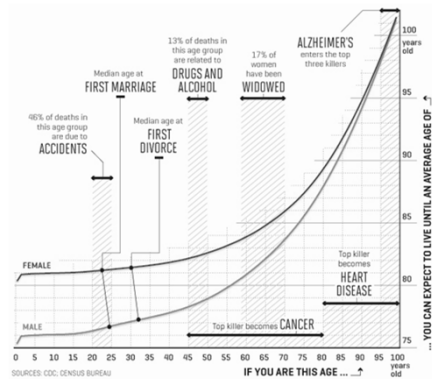
(2) Why Age Friendly – ageing and health



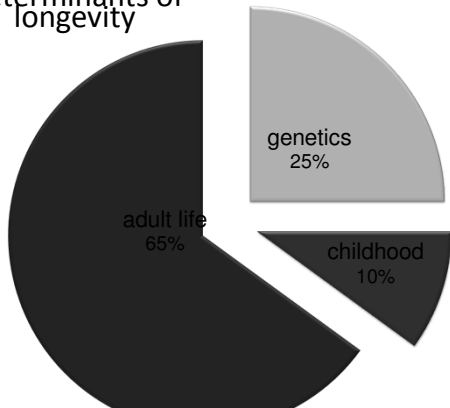
Ageing occurs across the life-span



Risk across the Life Course



Determinants of longevity

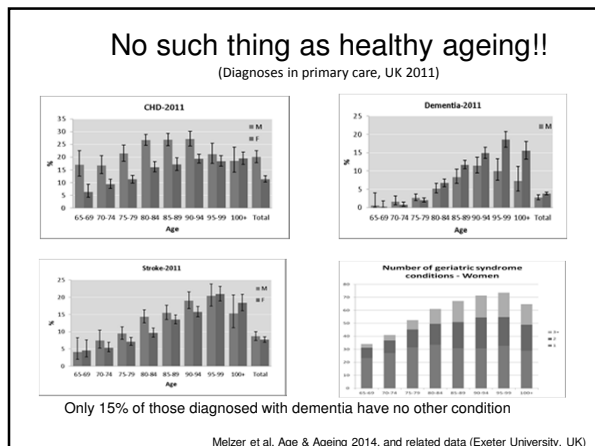


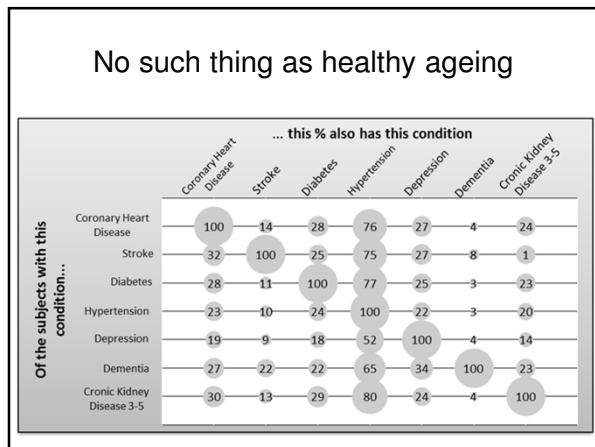
Determinants of longevity

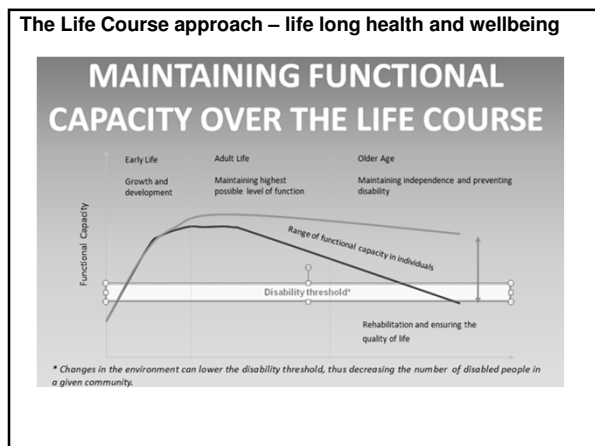
What the Blue Zones Tell Us

The Power 9

- Move naturally
- Have purpose
- Shift down
- Eat 80%
- Plant slant
- Drink wine
- Belong
- Affiliate
- Family first









(3) What is the importance of the age friendly concept?


The Importance of the Age Friendly Concept

It epitomises


- The vital place of science in the development of society
- The value of social and secular improvement
- The critical nature of thought leadership




The importance of Science to the Development of Society




KING
HENRY
IV.




"And there's the humor of it"
Shakespeare and the four humors




Sanguine



Phlegmatic





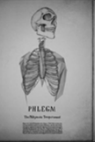


Choleric



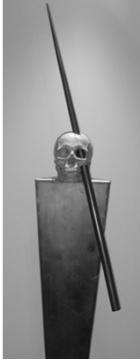
Melancholic


2,248 years of received wisdom



Until this happened.....






With a description of the case
To Dr. Wilson, who has
RECOVERED


BY JOHN W. HAWLOW, M.D.,
of England.

(1791, 1792)

BOSTON:
DAVID CLAY & SON—THE WASHINGTON STREET.
1792.



PHINEAS GAGE
A Case of the Loss of the Brain.



AFC – A concept based on a revolutionary paradigm

- Ageing is a continuous process which occurs across the life-course and continues until death
- Ageing is a malleable process ie the rate of ageing can be increased or decreased
- Ageing is much more influenced by environmental factors than genetic and these factors are modifiable
- Population ageing is continuous and will continue for the foreseeable future

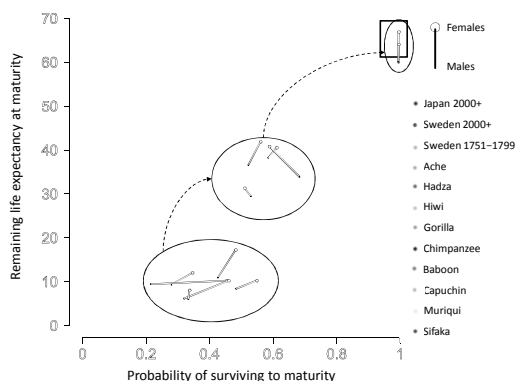
All these axioms are based on evidence from empirical science

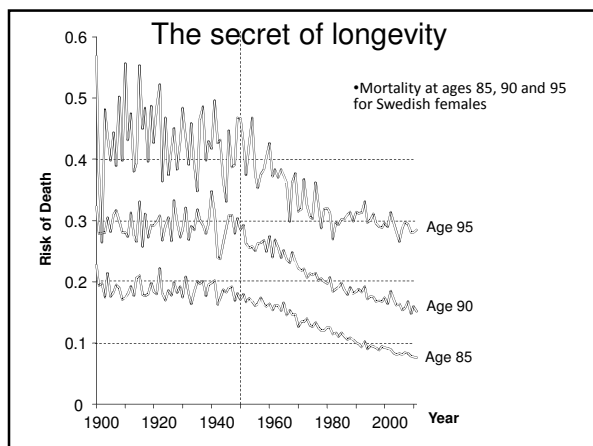


The value of social and secular improvement



The secret of longevity....





The critical nature of personal leadership

Thought Leadership – Paradigm Shifts

- Madame Curie (France) – Medical imaging
- Alexander Fleming (UK) - Antibiotics
- Alec Jeffries (UK) – DNA finger printing
- Frank Lloyd Wright (USA) – improving society by architectural design
- In ageing – FLORENCE MAHONEY (USA)



(4) How did Age Friendly get going and how has it blossomed


The Founders




Founders Thank You! (May 2006)





 **WHO Global Network for Age-friendly Cities and Communities**




500!


- Now (2018) 600 cities, 38 countries
- 190 million people
- 12 affiliates at regional, national and international level

Summary - Age Friendly in the USA


- New York (1st AFC in US - 2010)
- White House Conference, 2015
- Silicon Valley 1st AF County - 2017
- New York first AF State - 2017
- AARP Network of Age Friendly Communities
- New England



Diana Miller and Jim Ravoni



AARP Network of Age-Friendly Communities



Stephanie Firestone



(5) How did Age Friendly get the solution before others knew the problem

Solution Number One

Social engagement improves health and wellbeing

What we know about a poor social environment and physical health

- Social factors in our lives make a 55% contribution to our **wellbeing** (Age UK, 2017)
- Loneliness is worse for your **health** than smoking 15 cigarettes a day, a bottle of gin or being obese (Holt-Lunstadt, 2015)
- Loneliness increases the likelihood of **mortality** by 26% (Holt-Lunstadt, 2015)
- Loneliness is associated with an increased risk of developing **coronary heart disease and stroke** (Valtorta et al, 2016)
- Loneliness increases the risk of **high blood pressure** (Hawkley et al, 2010)

Social Epigenetics

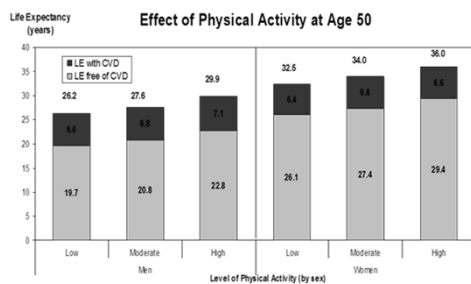


Can love, friendships or family switch your genes?

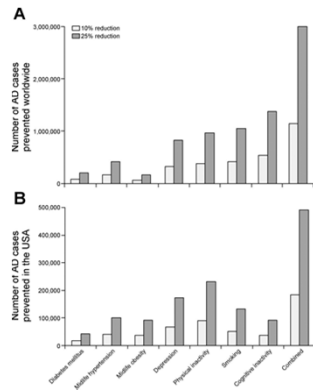
Solution Number Two

Physical activity is a silver bullet

It Improves Life Expectancy



It Improves Cognitive Decline



It improves the management of disease

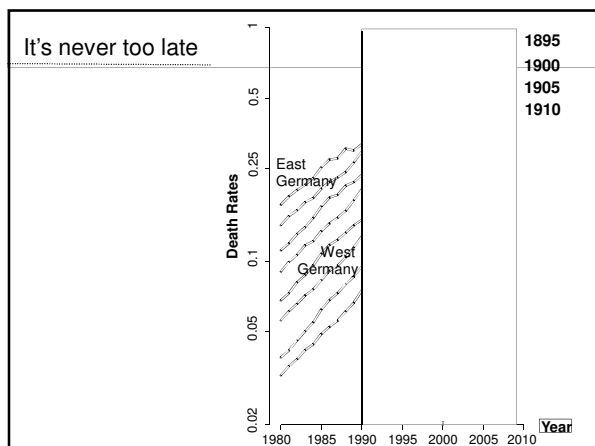
Age 75: hypertension, COPD, diabetes




Age 75: hypertension, COPD, diabetes

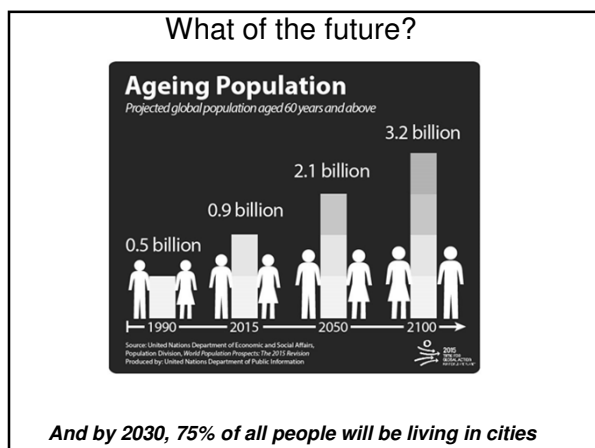
Solution Number Three

It's Never Too Late




Love later life

(5) The Future of Aging and the challenge for New England



In the UK.....



The rise of the six (or is that seven) generation family

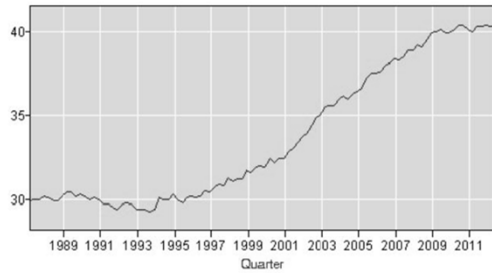
In the USA



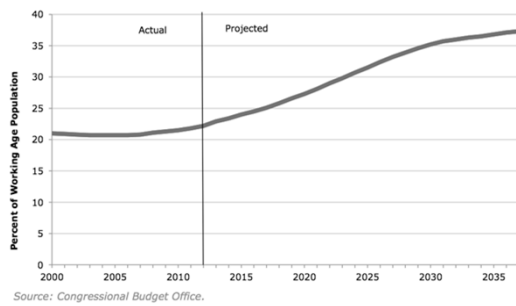
The rise of the seven generation family

Productivity

Labour Participation – US workers over 55 now



US workers over 65 – The Future

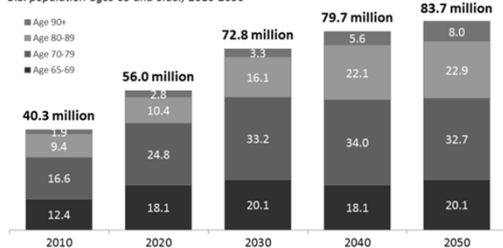


Dependency

Projected Care Costs

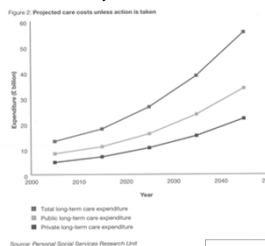
The aging of the population and rising health care costs are contributing to the growth in Medicare spending over time

U.S. population ages 65 and older, 2010-2050



Projected care costs

Figure 2: Projected care costs without action in billions



UK Public expenditure on ageing

	% GDP
2010-11	24.6
2020-21	22.1
2030-31	24.3
2040-41	25.6
2050-51	26.0
2060-61	27.3

Source: OBR 2011

(Includes health, social care, state pensions and benefits)

The Future

An increasingly older population

The Key Age Friendly Principle

Maximise involvement and participation

“nothing about us without us”



Thank you for listening

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