



The NAM Workshop for the Global Roadmap on Healthy Longevity
November 6, 2019, AARP, Washington, DC



Social, Behavioural and Environmental Enablers of Healthy longevity

Evidence drawn from the Active Ageing Index “AAI”

by Asghar Zaidi

Government College University Lahore

Oxford Institute of Population Ageing, University of Oxford, the UK

Evidence drawn from the work for the UNECE (Geneva),
European Commission (Brussels) and the UNESCAP (Bangkok)

Overview

1. Context

1.1 Definitions; What issues covered in my talk?

1.2 What is Active Ageing Index 'AAI'? How is the AAI evidence relevant for this workshop?

2. Insights on enablers using the AAI evidence

c) Key evidence from the latest AAI for 33 countries (EU28; China, Korea and Japan; and Indonesia and Thailand)

d) Insights for Portugal and other European countries

1

Context

1.1 Definitions 1/3

What is 'longevity'?

- a) It means 'living for a long time' or 'long life';
- b) Population longevities are increasing as life expectancies around the world grow; and
- c) For Portugal, the life expectancy in 1960 was 63 years and it has increased to 82 years.

1.1 Definitions 2/3

What is 'healthy longevity'?

- a) It means living a longer life in good health;
- b) It means minimizing the impact of disease as we live longer
 - by bringing changes in our behaviours (such as better eating habits and more physical and mental exercises),
 - by making our environments more age friendly (such as good health and social care system)

1.1 Definitions 3/3

What is 'active and healthy ageing'?

- a) It means the situation where people are able to live active, engaged, healthy, independent and secure lives as they age;
- b) It means people enjoy the enabling environments where their capacity for healthy longevity is maximised
- c) It is measured by (1) 'Employment', (2) 'Social Participation', (3) 'Independent Living' and 'Enabling Environment', within the Active Ageing Index

1.2 What is the AAI?

The AAI framework includes many indicators which we can identify not much different from enablers!

The work undertaken with colleagues around the work, for the UNECE/ European Commission and UNESCAP.

Domains and indicators of the Asian Active Ageing Index				
Overall Index	The New Active Ageing Index			
Domains	Employment	Social participation	Independent living	Capacity / enabling environment
Indicators	<i>Employment rate 55-59</i>	<i>Voluntary activities 55+</i>	<i>Physical exercise 55+</i>	<i>Remaining Life Expectancy (RLE) at age 60</i>
	<i>Employment rate 60-64</i>	<i>Care to child / grandchildren 55+</i>	<i>Access to health insurance or health benefit 55+</i>	<i>Share of Healthy Life Expectancy (SHLE) at age 60</i>
	<i>Employment rate 65+</i>	<i>Care to older adults 55+</i>	<i>No ADL difficulties for 55+</i>	<i>Mental well-being 55+</i>
		<i>Civic and religious activities 55+</i>	<i>No IADL difficulties for 55+</i>	<i>Subjective well-being 55+</i>
			<i>Relative median income 65+</i>	<i>Social connectedness 55+</i>
			<i>No poverty risk 65+</i>	<i>Physical safety 55+</i>
			<i>Home ownership 55+</i>	<i>Use of ICT 55+</i>
				<i>Educational attainment 55-74</i>

1.2 How is the AAI useful?

It helps us understanding individual and environmental enablers of active and healthy ageing across diverse populations, lifestyles and contexts

We can explore evidence for Portugal in comparison with other countries in Europe and elsewhere in the World

2

Insights from the AAI for enablers of active and healthy ageing

*Source: Zaidi and Um (2019)
Journal of Asian Sociology*

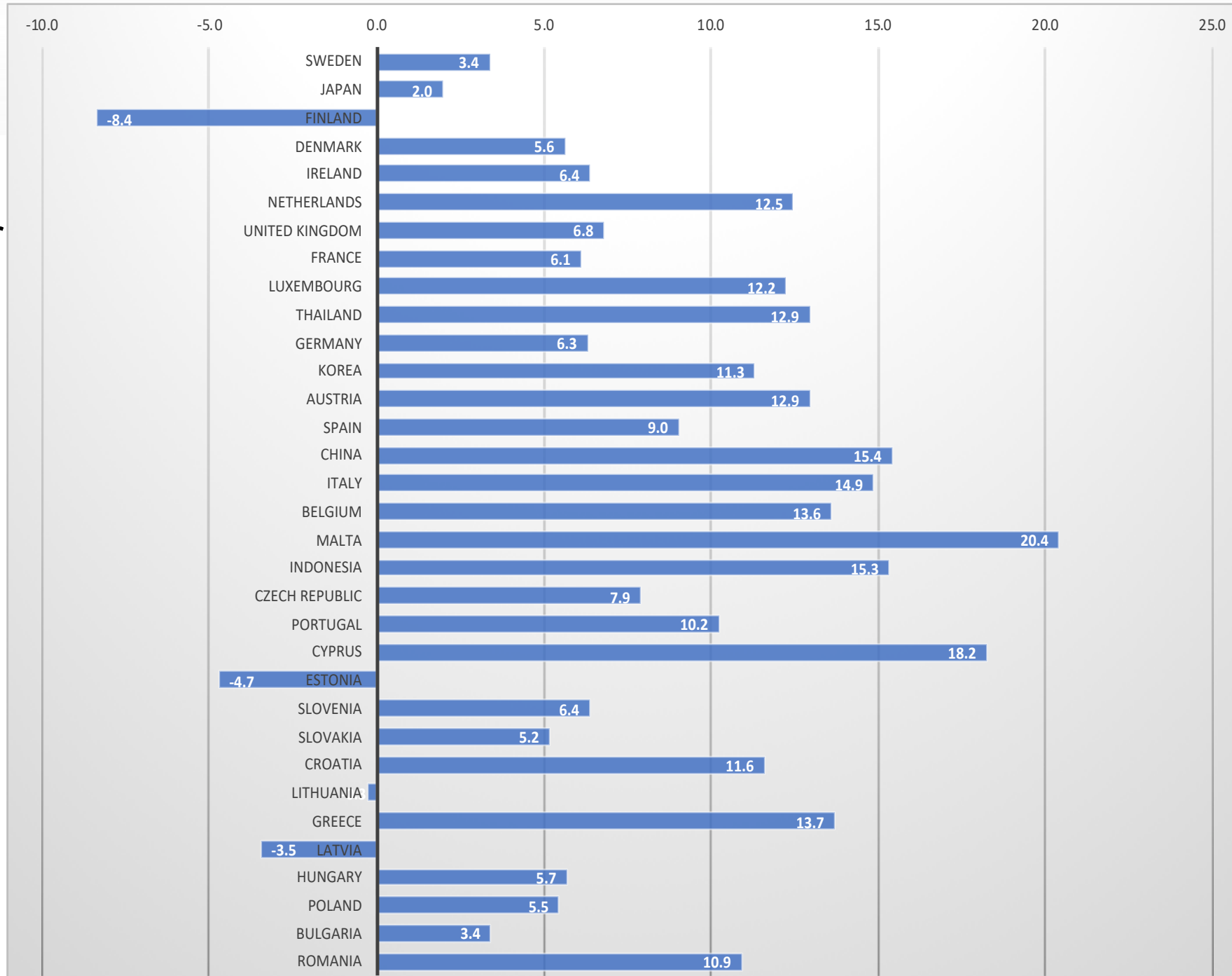
Overall AAI Evidence

1. Sweden, Japan and other Scandinavian countries are ranked at the top
2. Portugal is ranked just below the middle
3. Thailand (10th) and South Korea (12th) are also ranked in the upper cluster of countries (with Germany)
4. The AAI value for Portugal is about half of what you expect for the best performing countries, large scope for improvements!!

Country	Employment	Social Participation	Independent and secure living	Capacity and enabling environment for active ageing	Asian AAI Overall Index (normalized)	Rank
Sweden	78.4	84.7	81.7	89.6	83.6	1
Japan	71.8	55.8	81.9	87.4	75.9	2
Finland	58.4	72.9	88.1	84.0	74.7	3
Denmark	61.8	60.7	68.1	89.9	71.5	4
Ireland	49.6	75.3	97.1	72.6	70.7	5
Netherlands	58.3	69.1	73.7	80.6	70.1	6
United Kingdom	57.8	75.7	62.2	75.8	67.2	7
France	42.0	78.9	67.4	78.2	64.5	8
Luxembourg	30.6	59.2	84.2	78.0	60.9	9
Thailand	69.0	69.1	66.0	40.4	59.7	10
Germany	63.1	43.0	49.4	68.1	58.4	11
Korea	67.9	18.2	67.5	59.9	56.9	12
Austria	35.2	58.7	60.0	73.4	56.0	13
Spain	43.6	50.6	52.6	71.5	55.1	14
China	54.8	33.8	85.3	46.9	55.0	15
Italy	36.9	69.3	51.4	64.2	53.8	16
Belgium	32.1	59.3	46.3	76.1	53.1	17
Malta	29.2	58.5	67.4	57.9	50.8	18
Indonesia	73.9	83.1	56.6	4.3	50.6	19
Czech Republic	54.1	45.1	43.8	43.5	47.2	20
Portugal	47.8	26.9	40.2	56.9	45.4	21
Cyprus	47.2	32.1	43.4	51.6	45.2	22
Estonia	63.3	22.0	34.5	43.1	44.2	23
Slovenia	24.8	34.5	66.7	47.2	41.8	24
Slovakia	40.7	27.2	59.8	37.9	41.4	25
Croatia	25.7	43.1	45.9	37.2	36.3	26
Lithuania	55.4	21.9	46.4	12.2	34.6	27
Greece	26.1	17.2	52.7	33.7	32.3	28
Latvia	55.9	18.8	12.5	27.2	32.0	29
Hungary	33.6	28.8	49.3	18.4	31.3	30
Poland	33.3	15.7	31.3	37.2	31.1	31
Bulgaria	48.5	16.6	16.6	19.1	27.6	32
Romania	33.2	20.4	12.2	11.6	20.2	33

Gender differentials

- The AAI for men is higher than women, especially in Southern European (Malta, Cyprus, Italy and Portugal)
- The main reason is that employment opportunities and pension income less for women
- Large potential for improvement by just reducing gender gap in active ageing



1. Employment

- Indonesia and Thailand ranked remarkably at the top (just behind Sweden and with Japan and Korea)
- Portugal observing relatively low employment rates among older workers
- Women fall short in employment implying a greater potential in addressing shrinking working age challenge

Country	Employment rate 55-59	Employment rate 60-64	Employment rate 65+	Normalized Domain Value	Rank	Gender gap
Sweden	86.3	69.9	16.9	75.8	1	11.6
Indonesia	73.9	63.9	39.5	71.5	2	49.7
Japan	80.4	62.8	21.2	69.4	3	39.4
Thailand	77.4	58.6	25.7	66.8	4	36.1
Korea	72.6	59.8	31.9	65.7	5	43.6
Estonia	79.4	55.0	10.8	61.2	6	2.8
Germany	81.0	55.8	5.8	61.0	7	16.7
Denmark	82.4	49.6	7.1	59.8	8	15.6
Finland	79.9	47.8	5.8	56.5	9	3.6
Netherlands	76.4	52.4	7.7	56.5	10	29.2
United Kingdom	75.9	50.0	10.3	56.0	11	19.5
Latvia	78.9	43.5	7.0	54.2	12	2.4
Lithuania	77.9	45.0	5.8	53.6	13	11.1
China	67.7	49.5	21.2	53.1	14	34.4
Czech Republic	83.3	33.4	5.0	52.4	15	25.1
Ireland	67.9	47.4	9.6	48.1	16	28.0
Bulgaria	73.4	40.0	4.0	47.1	17	10.7
Portugal	67.7	42.1	11.9	46.3	18	25.3
Cyprus	68.9	42.5	7.3	45.8	19	37.9
Spain	68.7	39.7	1.7	42.3	20	23.0
France	73.5	27.1	2.5	40.7	21	7.2
Slovakia	74.9	22.4	2.0	39.6	22	20.2
Italy	63.9	32.6	3.7	35.9	23	30.8
Austria	66.1	23.7	5.3	34.3	24	26.0
Hungary	67.3	21.0	1.9	32.7	25	19.3
Poland	61.8	27.8	4.8	32.5	26	27.7
Romania	57.1	31.0	10.8	32.3	27	27.1
Belgium	63.2	24.6	2.3	31.2	28	16.9
Luxembourg	61.1	23.7	4.1	29.8	29	21.4
Malta	58.0	25.3	5.4	28.5	30	56.4
Greece	53.8	28.3	2.8	25.5	31	34.2
Croatia	54.0	26.8	3.1	25.1	32	28.3
Slovenia	55.2	19.9	6.7	24.2	33	21.2

2. Social participation

- Sweden, France and the UK does remarkably well (ranked alongside Indonesia!)
- Portugal features in the lower half of the ranking (25 out of 33)
- PT needs improvement in opportunities for voluntary and civic activities

Country	2.1 Voluntary activities	2.2 Care to children, grandchildren	2.3 Care to older adults	2.4 Civic and religious activities	Normalized Domain Index Score	Rank	Gender gap
Sweden	18.3	26.1	10.2	65.2	58.7	1	2.2
Indonesia	15.8	32.8	13.0	55.4	57.9	2	0.5
France	16.5	35.5	13.0	44.8	55.7	3	3.9
United Kingdom	15.6	26.7	16.1	46.5	54.1	4	0.5
Ireland	20.1	39.4	16.5	18.7	53.8	5	1.4
Finland	12.8	31.0	17.1	42.5	52.6	6	14.9
Italy	11.3	53.7	16.9	15.1	50.8	7	1.4
Thailand	4.6	60.7	5.4	48.1	50.7	8	4.0
Netherlands	20.6	30.9	14.0	24.5	50.6	9	5.5
Denmark	17.4	26.8	6.3	42.6	46.3	10	3.9
Belgium	11.3	38.7	14.5	24.4	45.6	11	5.0
Luxembourg	17.5	31.6	11.8	22.8	45.5	12	16.4
Austria	15.9	25.0	11.9	33.9	45.3	13	0.1
Malta	9.7	31.7	15.0	34.6	45.2	14	0.5
Japan	15.2	11.7	30.1	8.6	43.8	15	18.1
Spain	5.9	36.1	15.7	27.0	41.1	16	0.6
Czech Republic	6.2	37.2	14.8	19.3	38.3	17	17.2
Croatia	5.8	33.7	15.0	21.4	37.2	18	0.4
Germany	10.0	17.9	8.5	43.4	37.2	19	7.7
Slovenia	5.8	41.2	10.6	10.2	32.8	20	17.1
China	9.6	32.9	13.4		32.5	21	0.1
Cyprus	4.3	44.5	9.0	10.4	31.6	22	2.7
Hungary	2.4	38.9	13.3	8.2	29.9	23	0.6
Slovakia	1.4	31.2	11.5	21.5	29.0	24	1.0
Portugal	5.9	27.9	14.6	7.1	28.9	25	2.2
Estonia	3.4	26.5	12.6	12.7	26.4	26	12.8
Lithuania	2.6	33.3	13.5	4.6	26.3	27	4.9
Romania	2.6	28.7	11.3	12.8	25.5	28	1.0
Latvia	1.4	31.3	10.7	11.8	24.7	29	8.3
Korea	8.1	5.0	2.2	43.4	24.4	30	9.9
Greece	1.3	34.1	11.3	5.4	23.9	31	12.9
Bulgaria	1.2	27.4	11.8	11.7	23.6	32	1.6
Poland	2.7	22.5	13.3	9.3	23.1	33	2.7

3. Independent living

- Ireland and Finland does well in independent living aspects of active ageing (alongside China and Japan)
- Portugal is ranked among the bottom countries (28th), largely due to low physical exercise and home ownership
- Men score higher than women for all countries, especially where ADLs and IADLs and financial situation are concerned!

Country	3.1 Physical exercise	3.2 No unmet needs of health and dental care	3.3 No ADLs difficulties	3.4 No IADLs difficulties	3.5 Relative median income	3.6 No poverty risk	3.7 Home ownership	Normalized Domain Index Score	Rank	Gender gap
Ireland	25.4	95.4	92.2	89.6	88.4	92.3	88.6	80.6	1	16.8
Finland	48.9	88.2	87.4	82.0	77.7	94.5	84.6	75.7	2	10.8
China	46.8	89.5	85.0	85.0	87.1	71.1	85.9	74.3	3	2.8
Luxembourg	24.2	95.3	86.0	78.5	100.0	97.6	88.0	73.7	4	4.8
Japan	17.8	91.8	93.2	91.8	75.1	80.9	85.8	72.4	5	6.4
Sweden	42.6	87.1	88.5	84.1	77.5	94.5	74.8	72.3	6	5.4
Netherlands	23.4	97.7	89.1	77.5	89.7	97.4	56.0	68.0	7	2.7
Denmark	25.2	92.0	87.7	80.2	75.0	96.7	67.9	65.0	8	14.9
Korea	32.1	94.1	92.2	82.6	47.4	52.6	83.4	64.7	9	11.6
Malta	17.0	95.5	88.5	77.6	80.1	91.0	73.1	64.6	10	13.2
France	22.5	91.2	82.3	75.7	100.0	96.2	78.6	64.6	11	12.1
Slovenia	9.6	97.3	84.0	74.6	87.4	89.2	94.7	64.2	12	20.1
Thailand	29.8	85.7	92.0	71.9	81.3	72.0	92.2	63.8	13	9.8
United Kingdom	16.9	94.1	78.6	83.0	89.4	91.4	73.1	61.8	14	7.3
Austria	22.2	96.5	83.8	70.8	93.4	91.1	58.9	60.6	15	0.2
Slovakia	5.1	90.5	88.4	74.0	81.4	97.2	94.3	60.5	16	6.7
Indonesia	34.4	91.2	77.4	77.7	68.5	70.5	84.8	58.8	17	8.1
Greece	6.5	82.3	90.2	70.8	100.0	92.2	88.2	56.7	18	3.2
Spain	15.8	89.6	80.2	67.8	93.1	93.8	90.0	56.6	19	8.3
Italy	5.4	86.8	84.8	75.5	94.8	93.0	81.9	56.0	20	10.8
Germany	12.4	92.5	82.2	79.0	87.9	91.6	52.4	54.9	21	11.2
Hungary	5.6	87.5	83.2	65.6	97.4	97.7	96.2	54.8	22	13.7
Lithuania	18.5	91.3	74.7	65.6	78.1	94.9	97.7	53.3	23	5.9
Belgium	16.5	94.3	78.9	68.6	74.3	92.8	76.4	53.2	24	8.4
Croatia	7.4	87.5	82.0	71.6	85.9	84.2	93.5	53.0	25	4.7
Czech Republic	4.9	93.5	81.2	72.1	83.6	98.6	66.3	51.9	26	5.1
Cyprus	13.9	88.1	86.1	68.4	69.6	86.3	80.6	51.6	27	4.9
Portugal	5.9	78.5	86.0	79.0	91.7	93.4	68.6	49.9	28	13.4
Estonia	20.0	81.6	77.7	66.1	71.8	95.7	89.3	46.9	29	3.4
Poland	7.0	77.0	79.1	71.8	94.9	93.5	83.0	45.1	30	3.3
Bulgaria	0.7	79.6	77.1	66.1	73.7	82.6	93.7	37.2	31	11.2
Latvia	12.0	68.4	81.5	70.2	79.8	94.5	60.8	35.1	32	19.2
Romania	1.3	70.1	71.3	67.2	100.0	91.3	97.1	34.9	33	9.9

4. Capacity and enabling environment

- Scandinavian countries and Netherlands do well at the top
- China (20th) and Korea (15th) are placed around the mid-point (Portugal in between the two at 17th)
- Women scores higher than men in this domain except for few countries (Portugal 3% for women)

No	Country	4.1 RLE at age 60	4.2 Healthy life years at age 60	4.3 Mental well-being	4.4 Subjective Well-being	4.5 Social connectedness	4.6 Physical safety	4.7 Use of ICT	4.8 Educational attainment	Normalized Domain Index Score	Rank	Gender gap
4	Denmark	23.0	80.9	87.3	97.5	63.8	87.9	73.0	65.2	75.1	1	0.1
26	Sweden	24.0	79.6	83.4	95.3	66.9	84.0	78.0	67.2	74.9	2	3.3
30	Japan	26.0	80.0	88.5	83.9	44.9	85.4	41.0	73.4	73.7	3	11.9
25	Finland	24.0	78.8	81.6	96.1	57.2	89.5	68.0	66.6	71.9	4	8.4
18	Netherlands	24.0	78.3	73.7	95.9	67.3	81.5	77.0	56.4	70.0	5	0.5
10	France	25.0	81.6	67.7	79.9	61.0	67.1	55.0	54.2	68.7	6	3.6
15	Luxembourg	25.0	76.8	78.2	95.2	57.0	64.1	75.0	66.1	68.7	7	0.7
1	Belgium	23.0	81.3	73.7	92.8	59.6	74.9	55.0	50.8	67.6	8	2.4
27	United Kingdom	24.0	79.2	67.2	90.8	64.3	69.4	66.0	67.8	67.4	9	1.8
19	Austria	24.0	79.2	75.3	92.8	52.3	68.7	45.0	69.8	66.1	10	3.3
7	Ireland	24.0	79.6	77.4	90.6	52.5	77.1	43.0	49.0	65.7	11	0.6
9	Spain	25.0	80.4	68.2	89.9	67.5	67.4	29.0	28.9	65.1	12	0.4
5	Germany	24.0	76.7	74.6	90.4	46.6	74.6	52.0	81.3	63.2	13	3.3
11	Italy	25.0	78.4	68.4	90.6	58.2	67.4	24.0	34.4	61.1	14	0.9
31	Korea	24.0	80.8	50.7	63.5	59.5	71.2	64.3	43.0	58.8	15	2.5
17	Malta	24.0	79.2	62.2	89.6			33.0	17.5	57.7	16	2.2
21	Portugal	24.0	80.0	64.5	72.9	73.6	70.1	22.0	16.0	57.1	17	2.9
12	Cyprus	24.0	77.5	56.8	89.9	39.6	71.1	22.0	49.0	54.2	18	1.8
23	Slovenia	23.0	75.2	52.4	85.1	47.2	94.6	28.0	71.2	51.9	19	8.4
29	China	19.0	82.1	75.1	91.2	43.3	91.9	3.9	21.6	51.7	20	4.8
3	Czech Republic	21.0	77.1	61.4	81.0	44.3	65.0	36.0	84.3	49.8	21	8.4
6	Estonia	21.0	79.5	54.2	77.7	30.7	57.9	41.0	81.6	49.6	22	13.5
33	Thailand	21.0	80.0	62.3	81.4	67.7		8.4	8.5	48.2	23	2.0
24	Slovakia	21.0	76.2	55.2	80.5	50.2	58.9	37.0	79.3	46.8	24	7.8
28	Croatia	21.0	75.7	62.9	75.5	53.9	86.7	20.0	61.0	46.4	25	7.8
20	Poland	21.0	77.6	51.8	83.4	27.1	76.7	24.0	74.3	46.4	26	11.6
8	Greece	24.0	77.5	48.6	76.0	27.3	46.7	13.0	38.5	44.5	27	
13	Latvia	20.0	77.5	51.4	72.8	38.3	39.9	35.0	79.7	41.0	28	5.4
2	Bulgaria	19.0	78.9	55.3	47.6	48.2	57.8	18.0	66.6	36.6	29	7.2
16	Hungary	20.0	73.5	61.5	71.6	21.1	66.2	37.0	65.2	36.2	30	6.1
14	Lithuania	21.0	73.8	49.7	63.7	23.0	41.9	24.0	78.0	32.8	31	14.8
22	Romania	20.0	76.0	44.3	67.8	24.0	63.6	13.0	51.8	32.5	32	5.4
32	Indonesia	18.0	70.0	66.9	82.4	56.7	89.6	5.2	20.9	28.5	33	4.9

2.2 Key Insights for Portugal

Norms and contexts matter strongly in the enabling factors of active and healthy ageing...

First goal: Great scope for improvements in reducing within country gender differences, especially in employment and incomes, for improvement in equity

Second goal: Mutual policy earnings from cross-country comparison, such as by using the AAI-type monitoring metrics

For '**future-back**' thinking: we need change in mindsets; we need improvements in age friendly communities; we need better data and monitoring instruments to understand what changes we need to make!