

Portuguese National Strategy Ensures Ageing with Dignity

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Background

- Portugal, as Europe in general, is ageing fast
- This entails big challenges for the individual and for the society: well being, health/disease, activity and participation, security.
- Existing asymmetries in Europe on healthy life expectancy at age 65, and on active ageing index, show a great potential (and need) for improvement.



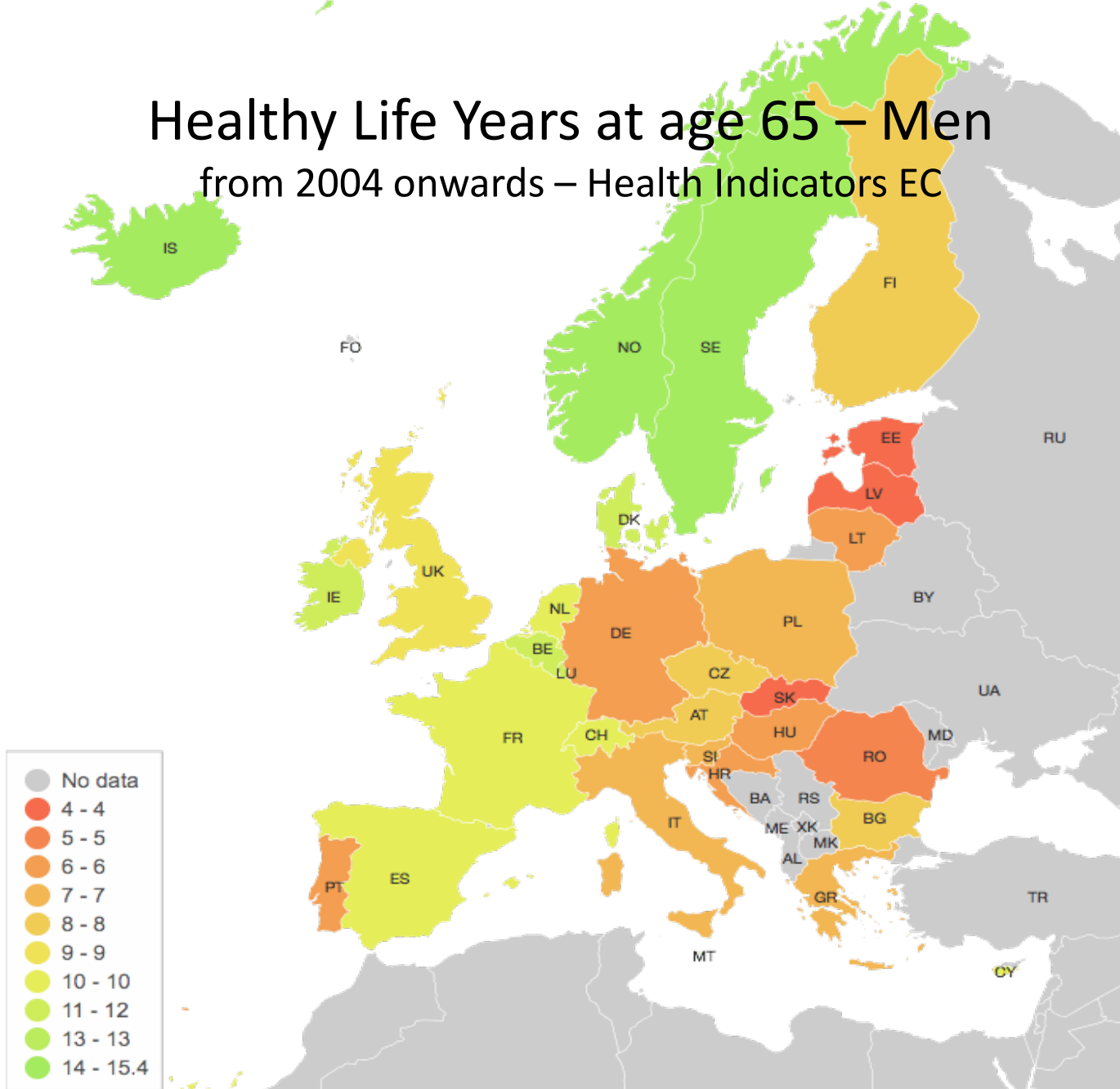
2014 AAI country ranking

2014 AAI	Country
44.9	Sweden
40.3	Denmark
40.0	Netherlands
39.7	UK
39.0	Finland
38.6	Ireland
35.8	France
35.7	Luxembourg
35.4	Germany
34.6	Estonia
34.4	Czech Rep.
34.2	Cyprus
34.1	Austria
34.0	Italy
33.9	EU28 avg.
33.7	Belgium
33.5	Portugal
32.6	Spain
31.6	Croatia
31.5	Latvia
31.5	Lithuania
31.5	Malta
29.9	Bulgaria
29.8	Slovenia
29.6	Romania
28.5	Slovakia
28.3	Hungary
28.1	Poland
27.8	Greece

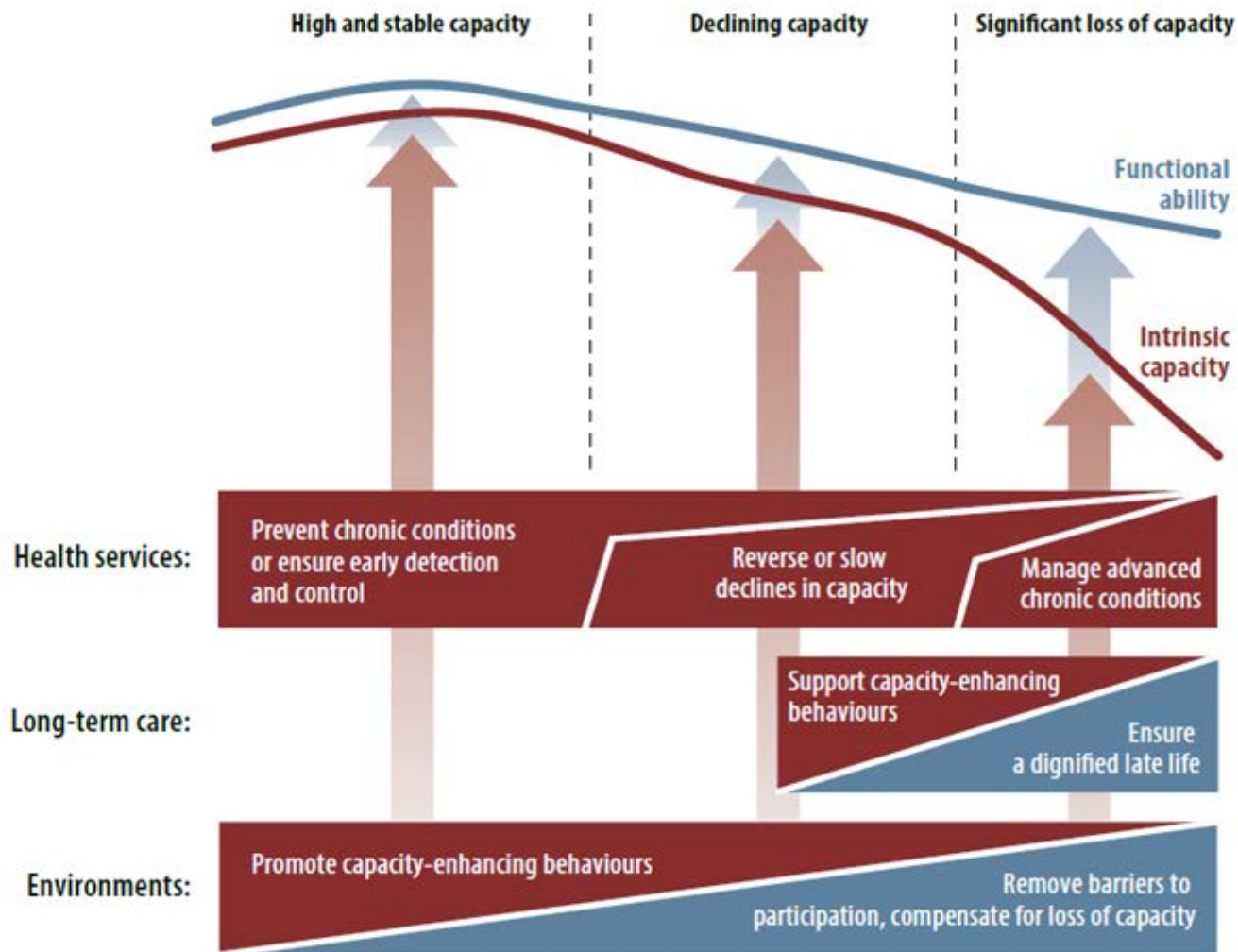


Healthy Life Years at age 65 – Men

from 2004 onwards – Health Indicators EC



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



Source: WHO, 2015

Portuguese National Strategy

- Inter ministerial dispatch (nº 12427/2016) – Finance, Labour, Solidarity, Social Security, Health - proposal for a *National Strategy on Active and Healthy Ageing*.
- Diversified WG (DGS, CCSP, CH, CCCI, ISS, CASES, DGAL, CCIG, ANMP, ANF) + wide consultations.
- Strategic axes, guidelines, measures, actions, responsible entities.

Strategic axes/objectives

- **Health** – prevent and control NCD, reduce physical and mental incapacity, promote autonomy.
- **Participation** – lifelong education (incl. health literacy), physical and social environments that foster integration and participation.
- **Security** – minimize risks, promote wellbeing and security.
- **Measurement, monitoring, and research** – assess needs, monitor and evaluate interventions; strengthen research capacities; disseminate good practices and promote innovation.

Implementation

- Create a National Inter-ministerial Commission for Active and Healthy Ageing
- Establish priorities and action plans at all levels (national, regional, local) with relevant stakeholders (intersectorial approach)
- Create monitoring and evaluation mechanisms involving all stakeholders
- Disseminate the results widely