Portuguese National Strategy Ensures Ageing with Dignity

José Pereira Miguel

UNECE Ministerial Conference on Ageing
21 Sept 2017
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.
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


• 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