

Active and Healthy Ageing

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Overview of presentation

- What is healthy ageing?
- Active and Healthy Ageing Adviser role
- Key policies and initiatives
- Priorities – Victorian Public Health & Wellbeing Plan
- Initiatives
- Planning resources

What is healthy ageing?

- Redefining what it means to be 'old'.
- Remain active and to participate in and contribute socially and economically
- Participation and inclusion - work, leisure, social, cultural and spiritual activities
- Use skills, enjoy respect and esteem, maintain supporting caring relationships
- Support through key transition points
- Services, supports and low intensity, low cost interventions – can maintain and lead to improvements in health

Data

- The ABS forecasts that by 2031 people aged 60 and over will make up 29.6 per cent of the rural and regional population, compared to 22.4 per cent in the Greater Melbourne area
- We live longer approx 84.7 years for women and 80.7 years for men

Population Health data

2014 Population Health Survey 55+

	Male	Female	State
Meet guidelines for veg	3.7%	12.5%	8.4%
Meet guidelines for fruit	43.1%	55.4%	49.6%
Meet guidelines for PA	47.9%	43.2%	45.0%
At Lifetime risk of alcohol harm	61.3%	34.7%	47.3%
Psych distress	7.3%	10.5%	9.0%

Population Health data

2014 Population Health Survey 55+

	Male	Female	State
Smoking	10.2%	7.8%	8.9%
Consumption of SSB's daily	10.4%	4.8%	7.4%
Pre-obesity (overweight)	43.5%	29.3%	36%
'Fair or poor' self-reported health	23.1%	23.3%	23.2%
'Dissatisfied or very dissatisfied with life'	7.3%	10.5%	9.0%

Key policies and initiatives

- Victorian Public Health and Wellbeing Plan (2015-19)
- NDIS and HACCC reforms
- HACCC Active Service Model, Assessment Framework, Diversity
- Primary Care Partnerships
- Integrated Health Promotion
- Municipal Public Health and Wellbeing
- WHO Report on Ageing and Health
- Ageing is everyone's business: A report on social isolation and loneliness among Senior Victorians

Key Priorities – Victorian Public Health & Wellbeing Plan

- Healthy eating and active living
- Improving mental health
- Tobacco free
- Prevention violence and injury
- Reducing harm from alcohol and drugs
- Improving sexual and reproductive health
- Platforms for change

Background – Active and Healthy Ageing Advisor

- Health and wellbeing programs for older Victorians funded by the Ageing and Aged Care Branch since 2003
- Identified that a broader approach required moving away from one-off projects to more strategic actions
- The Active and Health Ageing Adviser (AHAA) roles have been created to embed and promote healthy ageing approaches in a more sustainable way

Active and Healthy Ageing Adviser roles

- Employed by DHHS
- Work to statewide priorities within Divisional/local context – using a population health and place based approach
- The aim is to promote, build and support the health and wellbeing of older people in Victoria, particularly those experiencing disadvantage and social isolation
- Strategic focus on workforce development, organisational change and partnership development
- Support multiple strategies across settings (aged care, prevention, primary health and sport and recreation)

Active and Healthy Ageing Resources

- Best practice framework for engaging older people in physical activity – VAAP
- e-news – DHHS (HANet) and VAAP
- VAAP Research and Practice Forum 24 August 2017
- Healthy Ageing Literature Review
- Development of a local government guide
- Ageing is everyone's business: A report on isolation and loneliness among senior Victorians

Current Active Ageing activities at a state-wide level

- Age Friendly City grants targeting rural councils
- Age Friendly Victoria Award recognising innovation and excellence in creating Age Friendly Cities
- Establishment of the Victorian Active Ageing Partnership
- Updated Healthy Ageing Literature Review
- Government commitment to implement the recommendations of the Royal Commission into Family Violence including older people

Initiatives/strengths in Loddon and Mallee

- Aged Friendly Grants – Mildura, Macedon Ranges, Mt Alexander
- Strengthening Seniors Inclusion and Participation in Local Communities (SSIP) – Bendigo/Loddon
- Victorian Active Ageing Partnerships – Physical activity audit
- PCP Active and Healthy Ageing mapping
- Place based partnerships
- Positive Ageing Plans – local government

PCP Mapping - 2016

- Key settings - local government, community and women's health services, Aboriginal Community Controlled Health Organisations, PCP's, DHHS, and sporting and community clubs
- Healthy eating, physical activity, emotional wellbeing and cognitive development, social participation, social inclusion and age friendly environments
- Large number of programs available on offer to people over 55
- Less in smaller towns and rural
- Cost
- More information required

Loddon and Mallee challenges

- Aged Care and NDIS reform a priority focus for many stakeholders
- Older people not often cited as a specific target population in strategic plans
- Limited resources
- Disadvantage in communities – income, education, employment

Opportunities

- MPHWP, IHP, PCP entering a new planning cycle
- Priority setting for active and healthy ageing in Campaspe
- Reorientation of resources to active and healthy ageing
- Utilisation of the AHAA position
- Strengthen community and service awareness and response to opportunities for active and healthy ageing
- Support access to or establish initiatives such as low intensity exercise, improving nutrition, linking people with support and social networks
- AHAA 17/18 Workplan

Questions

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