Healthy Aging and the Lifecourse

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Objectives

- Define Aging
  - How do we age?
- Discuss Human Development
  - The lifecourse
  - Intrinsic and Functional capacity
  - Young, Middle and Late Adulthood
- Highlight the variability of aging
- Describe Quality of Life
  - Describe the Health and QOL of Older Filipinos
- Discuss the Public health Framework on Healthy Aging WHO 2015

Aging: Definition

Aging is the accumulation of changes responsible for the sequential alterations that accompany advancing age and the associated progressive increases in the chance of disease and death.

Harman D, Proc National Academy of Science USA, 1991

Ageing and Health

People live on average 20 years longer than 50 years ago

60 years
Healthy Aging

The process of developing and maintaining the functional ability that enables wellbeing in older age.

Healthy Aging: Intrinsic Capacity

- Genetics – 25-30%
- Health Characteristics
  - Age related trends
  - Health related behaviors, traits and skills
  - Physiological changes and risk factors
  - Diseases and injuries
  - Changes to homeostasis
  - Geriatric syndromes
- Personal Characteristics
Healthy Aging: The Environment and Functional Ability

- Accessibility
  - Transportation
  - Walkways
  - Lighting
  - Assistive technologies
- Aging in place
  - Housing
  - Access to caregivers
- ICT, social connectivity
- Disaster preparedness

Life course Approach

Life course approach. Must take into account health and social needs throughout the life course from conception, infancy, childhood, adolescence and adulthood through older age.

DOH 2016_0039 Operational Framework for the National Mental Health Program

Young Adulthood

- Focus is on Physical Development and Health
- Generally good health status
- Choices in lifestyle at this stage affects health in old age

Middle Age

- Arbitrary definition: Age 40-65
- Some cultures do not recognize a distinct “middle age”
- Health and lifestyle habits of youth now affect health and will continue to do so
- Most begin recognizing health problems such as hypertension, diabetes
Physical Changes of Middle Adulthood

- Age-related decline in sensory and psychomotor abilities
  - Presbyopia, increase in myopia
  - Presbycusis
  - Losses in bone density after menopause
- Menopause, erectile dysfunction
- Anxiety about aging/loss of youth
- Most of above are well compensated for

Psychosocial Challenges of Middle Age

- Sandwich generation:
  - Caring for children and their aging parents
- Workplace challenges
  - Financial stability
  - Promotion and succession
  - Sexual harassment
  - Burnout
- Continuing education with creativity to develop one’s full potential

Older person

WHO World Report Aging 2015

- a person whose age has passed the median life expectancy at birth
Late Adulthood

• “another stage in personal or even spiritual growth and development”
  Friedan, *The Fountain of Age*

Principles of Aging

Aging is an extremely variable, individualized experience.

• the older we get, the less like each other we become
  different parts of the body age at different rates

Why is Aging Variable?

- Variations in the underlying physiological changes that occur with age.
- Presence of disease or medical conditions that have developed over time.
- Lifestyle
- Environment
- Inequities
Erikson’s Stages of Development

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
<th>Crisis</th>
<th>Virtue</th>
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<tbody>
<tr>
<td>0-1</td>
<td>1</td>
<td>Trust vs Mistrust</td>
<td>Hope</td>
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<tr>
<td>2-3</td>
<td>2</td>
<td>Autonomy vs Shame and doubt</td>
<td>Will</td>
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<tr>
<td>4-6</td>
<td>3</td>
<td>Initiative vs Guilt</td>
<td>Purpose</td>
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<td>7-12</td>
<td>4</td>
<td>Industry vs Inferiority</td>
<td>Competence</td>
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<tr>
<td>13-19</td>
<td>5</td>
<td>Identity vs Role confusion</td>
<td>Fidelity</td>
</tr>
<tr>
<td>20-34</td>
<td>6</td>
<td>Intimacy vs Isolation</td>
<td>Love</td>
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<td>35-65</td>
<td>7</td>
<td>Generativity vs Stagnation</td>
<td>Care</td>
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<tr>
<td>65+</td>
<td>8</td>
<td>Integrity vs Despair</td>
<td>Wisdom</td>
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</tbody>
</table>

Erik Erickson: Theory of Psychosocial Development

• Task of **ego integrity** during late adulthood.
• Older adults when successful, accept their lives until death.
• Success in integrating and achieving a sense of wholeness in their lives gain meaning in their lives within the larger social order.
• Comes from vital involvement from continuous stimulation and challenges such as creative work, fitness programs, and relationships (Papalia 2002)

Successful Human Development of Older Persons

• Prolonging independence and maintaining a high level of function is more important in this population
• Health status can no longer be assessed purely in terms of mortality and morbidity statistics
• Broader definition of health (WHO):
  • BODY, MIND AND SPIRIT
Quality of Life

individuals’ perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad-ranging concept affected in a complex way by the persons’ physical health, psychological state, level of independence, social relationships and their relationship to salient features of their environment.

WHO

A Conceptual Framework of QOL of Filipino Older Persons
S de la Vega UPMJ December 2013

Overall QOL Ratings of Older Filipino Respondents in NCR
S de la Vega UPMJ December 2013

<table>
<thead>
<tr>
<th>Qualitative QOL</th>
<th>Total Score (N=120)</th>
<th>Number of Respondents (N=120)</th>
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<tbody>
<tr>
<td>Good</td>
<td>88-123</td>
<td>61</td>
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<tr>
<td>Moderate</td>
<td>56-87</td>
<td>58</td>
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<tr>
<td>Poor</td>
<td>24-55</td>
<td>1</td>
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</tbody>
</table>
QOL and Well-being of Filipino Older Persons
S de la Vega UPMJ December 2013

The Filipino older person’s quest for well-being is closely linked to his or her role, status, and continued service to family.