Active Aging in British Columbia

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Ministry of Health
World Health Organization defines Active Aging as...

“... the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”

(World Health Organization, 2002)
Three Pillars of a Policy Framework for Active Ageing

Source: Active Ageing: A Policy Framework, World Health Organization, 2002
The Secrets of Long Life

National Geographic, November 2005
Is it something in the water?  
In the food, perhaps? What is contributing to the high incidences of longevity being experienced by people in Okinawa, Sardinia, and Loma Linda, California? Join photographer David McLain as he travels the globe to meet a number of centenarians and discover the simple answers to a complex question.

BEGIN YOUR JOURNEY
SARDINIANS
Drink red wine (in moderation)
Share the work burden with spouse
Eat pecorino cheese
(and other omega-3 foods)

ALL
Don’t smoke
Put family first
Be active every day
Keep socially engaged
Eat fruits, vegetables, and whole grains

ADVENTISTS
Eat nuts and beans
Observe the Sabbath
Have faith

OKINAWANS
Keep lifelong friends
Eat small portions
Find purpose
5 Priority Areas for Active Aging

- Healthy Eating
- Physical Activity
- Falls Prevention
- Social Connectedness
- Tobacco Reduction

Endorsed by...

- Aging Well in British Columbia (2006)
- ActNow BC (2005)
- Dare to Age Well (2001)
- International Year of Older Persons (1999)
Moving Forward

- We have an opportunity to build on all the good work that has been done.
- No single agency or organization can effectively address active aging by working in silos.
- Achieving success in active aging requires collaborative action and coordinated efforts of government ministries, health authorities, local government, non-profit, voluntary sectors and seniors.
Towards a Collaborative Framework

Active Aging Symposium

- Share examples of promising practices that support active aging
- Facilitate collaboration and cross-sectoral partnership and discuss how this can be further encouraged and supported throughout BC

Planning Principles to inform the basis of provincial, regional and local planning and activity
Government’s Great Goals for a Golden Decade
To Lead the Way in North America in Healthy Living and Physical Fitness
To Build the Best System of Support in Canada for Persons with Disabilities, those with Special Needs, Children at Risk, and Seniors

ActNow BC
Premier’s Council on Aging and Seniors’ Issues Recommendations

ACTIVE AGING FOR BRITISH COLUMBIA

Social Determinants of Health
Health & Social Services, Income & Social Status, Social Support Networks, Education, Employment & Working Conditions, Social Environment, Physical Environment, Biology & Genetic Endowment, Personal Health Practices & Coping Skills, Healthy Child Development, Gender, Culture

National Framework on Aging Principles
Dignity, Independence, Participation, Fairness, Security

Global / National | First Nations and Aboriginal Communities | B.C. Government | Seniors’ Organizations | Local Government | Health Authorities | Academia | Provincial Non-Profit Organizations

Age Friendly City/Rural Community Guides
2010 Olympic and Paralympic Winter Games
Elders Transportation Program (for heritage, educational, and cultural events)
Healthy Aging Through Healthy Living Discussion Paper & Expert Forum
Active Aging Symposium
Union of British Columbia Municipalities (UBCM)
Environmental Scan of Community Readiness for an Aging Population
Vancouver Island Health Authority Centre of Excellence in Seniors Health
BC Network on Aging Research (BCNAR)
Active Aging Research
BCRPA Community Consultation on Active Aging
Towards a Collaborative Framework

Key Themes to consider:

- Promoting Collaboration
- Sharing Practices
- Planning for Action
WHO Public Forum on Active Aging, Victoria  
February 13, 2007
BRITISH COLUMBIA
The Best Place on Earth