Active & Healthy Ageing Adviser (AHAA)
Active and Healthy Ageing Advisers:

- 10 across the state, located in Department and Regional Sports Assemblies
- State-wide Coordinator based in Melbourne
- Focus on adults aged 50 years and over, particularly those experiencing disadvantage and social isolation.
- Priority areas of focus align with prevention work in DHHS
The Department of Health and Human Services is taking a broader healthy ageing approach.
AHAA Objectives

- To review and build on the evidence base for strategies to improve health and wellbeing for older Victorians.
- To build on the success of and support existing successful healthy ageing initiatives.
- To enhance and build partnerships to improve organisational capacity and workforce to promote health and wellbeing for older Victorians.
- To be involved in a state-wide approach to healthy ageing.
Ageing population

Percentage of Australian population aged 65 and over

Source: Census 2016
Ageing population

Victorian population by broad age group

2011
- 0-19: 14.0%
- 20-64: 61.2%
- 65+: 24.7%

2031
- 0-19: 18.7%
- 20-64: 57.3%
- 65+: 24.0%

Victoria in Future, 2016
Health and wellbeing data

- ½ meet recommended fruit intake guidelines
- 8% meet recommended vegetable intake guidelines
- 45% meet physical activity recommendations
- 25-40% at risk of malnutrition or malnourished
Evidence for a healthy ageing focus

Healthy Ageing Literature Review 2016

- effective strategies for promoting healthy ageing
- the determinants of healthy ageing
- strategies being used to promote healthy ageing in various settings
- current evidence for the effectiveness of these strategies
## Prevention

<table>
<thead>
<tr>
<th>Primary Prevention</th>
<th>Secondary prevention (early intervention)</th>
<th>Tertiary prevention (treatment, response and support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aims to prevent problems occurring in the first place</td>
<td>Aims to stop, interrupt, reduce or delay progression of a problem</td>
<td>Aims to minimise the impact of an established problem and prevent complications</td>
</tr>
<tr>
<td>Whole of system</td>
<td>Higher risk individuals and cohorts</td>
<td>Individuals with an established problem</td>
</tr>
<tr>
<td>Whole of population</td>
<td>Individuals with early stage of a problem</td>
<td></td>
</tr>
</tbody>
</table>
Healthy ageing and functional capacity

Maintaining functional capacity over the life course

Early life: Growth and development
Adult life: Maintaining highest possible level of function
Older Age: Maintaining independence and preventing disability

Functional Capacity vs. Age

Disability Threshold

(Adapted from Szabunio & Kalderon, 2017)
Victorian public health and wellbeing policy provides the strategic direction for prevention in Victoria.
A line of site from state direction to local action

79 Local Governments
92 Health services
Other key frameworks/initiatives

WHO Global strategy and action plan on ageing and health
http://who.int/ageing/global-strategy/en/

Victorian Active Ageing Partnership
Aims to increase opportunities for participation in physical activity, with a focus on equity of access for disadvantaged, isolated and inactive older people
www.move.org.au/VAAP

WHO Age Friendly Cities Framework
Active and Healthy Ageing Initiative
Statewide priorities

Our priorities reflect the priorities of the Victorian Public Health & Wellbeing Plan

• Healthy eating and active living
• Resilient and liveable communities
• Social connection
• Preventing violence and injury – falls prevention
• Preventing violence and injury – elder abuse prevention
• Improving mental health
• Reducing harmful alcohol and drug use
• Tobacco free living
• Improving sexual health
### State-wide AHAA Actions – Core priority areas

<table>
<thead>
<tr>
<th>State-wide Actions</th>
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</thead>
<tbody>
<tr>
<td><strong>Priority Area: Healthy Eating &amp; Active Living</strong></td>
</tr>
<tr>
<td>• Participation in the Victorian Healthy Eating Enterprise</td>
</tr>
<tr>
<td>• Review application of Healthy Choice Guidelines to ageing settings.</td>
</tr>
<tr>
<td>• Collaboration with Victorian Active Ageing Partnership (VAAP).</td>
</tr>
<tr>
<td>• Network with stakeholders to embed strategies for physical activity for ageing cohort in existing programs.</td>
</tr>
</tbody>
</table>

| **Priority Area: Resilient and Liveable Communities**  |
| • Age Friendly / Dementia Friendly environments.  |

*And much more!*
What do we need to consider with ageing?

Things change, but let’s not think of change as decline.

Nutrition, physical function, cognitive function and social situation may change with increasing age.
Some of our partners

- Primary Care Partnerships
- Health Services
- Community Health - Health Promotion teams
- Commonwealth Home Support Program – Diversity Advisors, Wellness and Reablement Consultants
- Local Governments
- Municipal Association of Victoria
- Neighbourhood Houses
- U3As and Men’s Sheds
- Parks Victoria
- Victorian Active Ageing Partnership
- Sport & Recreation Victoria
- Universities
- RecLink
- Peak bodies
# Active and Healthy Ageing Advisors

## Who we are

<table>
<thead>
<tr>
<th>Name</th>
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<th>Phone</th>
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</thead>
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Useful resources

Healthy Ageing Literature review
https://www2.health.vic.gov.au/about/publications/policiesandguidelines/healthy-ageing-literature-review

Healthy Ageing Online Network
hanet.health.vic.gov.au

Well for Life

DHHS Ageing and aged care website
Thank you!