

Active & Healthy Ageing Adviser (AHAA)

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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



Approach

The Department of Health and Human Services is taking a broader healthy ageing approach.

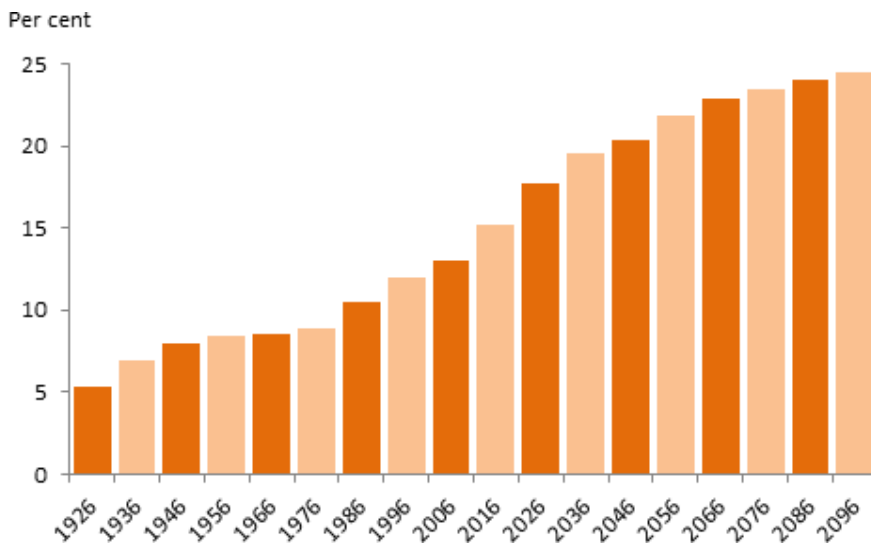


AHAA Objectives

- 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

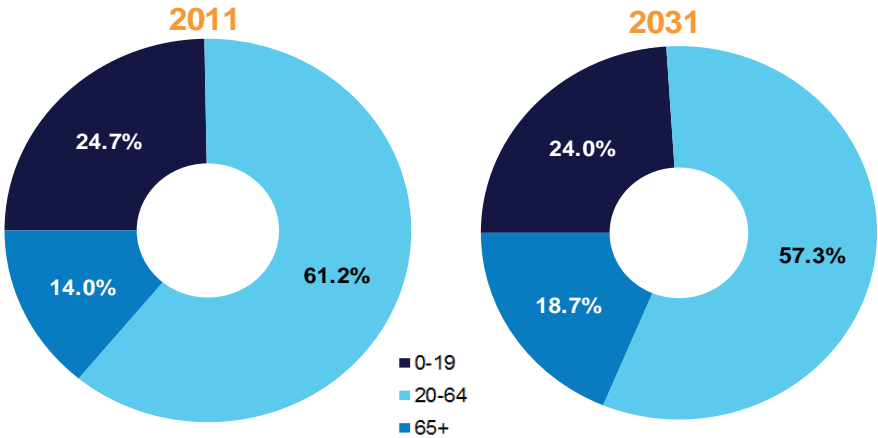
Percentage of Australian population aged 65 and over



Source: Census 2016

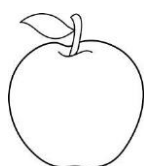
Ageing population

Victorian population by broad age group



Victoria in Future, 2016

Health and wellbeing data



1/2 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 promote healthy ageing in various settings
- current evidence for the effectiveness of these strategies

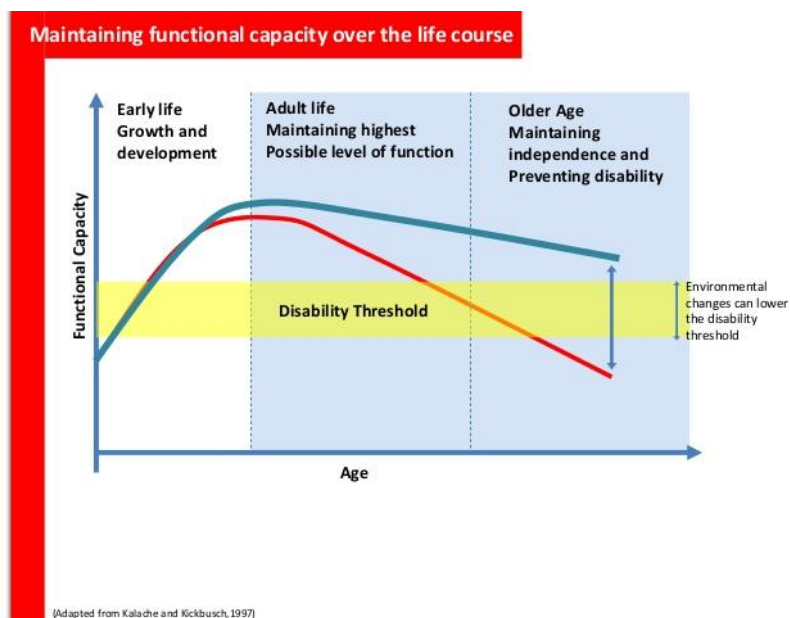


12 January 2018

Prevention

Primary Prevention	Secondary prevention (early intervention)	Tertiary prevention (treatment, response and support)
Aims to prevent problems occurring in the first place	Aims to stop, interrupt, reduce or delay progression of a problem	Aims to minimise the impact of an established problem and prevent complications
Whole of system Whole of population Vulnerable population	Higher risk individuals and cohorts Individuals with early stage of a problem	Individuals with an established problem

Healthy ageing and functional capacity



Victorian public health and wellbeing policy provides the strategic direction for prevention in Victoria



Public Health and Wellbeing Act 2008[†]

No. 46 of 2008



A line of site from state direction to local action



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

<http://www.who.int/ageing/age-friendly-world/en/>

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

State-wide Actions

Priority Area: Healthy Eating & Active Living

- Participation in the Victorian Healthy Eating Enterprise
- Review application of Healthy Choice Guidelines to ageing settings.
- Collaboration with Victorian Active Ageing Partnership (VAAP).
- Network with stakeholders to embed strategies for physical activity for ageing cohort in existing programs.

Priority Area: Resilient and Liveable Communities

- Provide ageing lens focus into Municipal Public Health & Wellbeing Plans, Integrated Health Promotion Plans, Positive Ageing Strategies.
- 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

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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

www.betterhealth.vic.gov.au/health/servicesandsupport/health-y-and-active-ageing

DHHS Ageing and aged care website

<https://www2.health.vic.gov.au/ageing-and-aged-care>

Thank you!

