



Ageing in place – sustaining our success

Dr Robert Grenfell

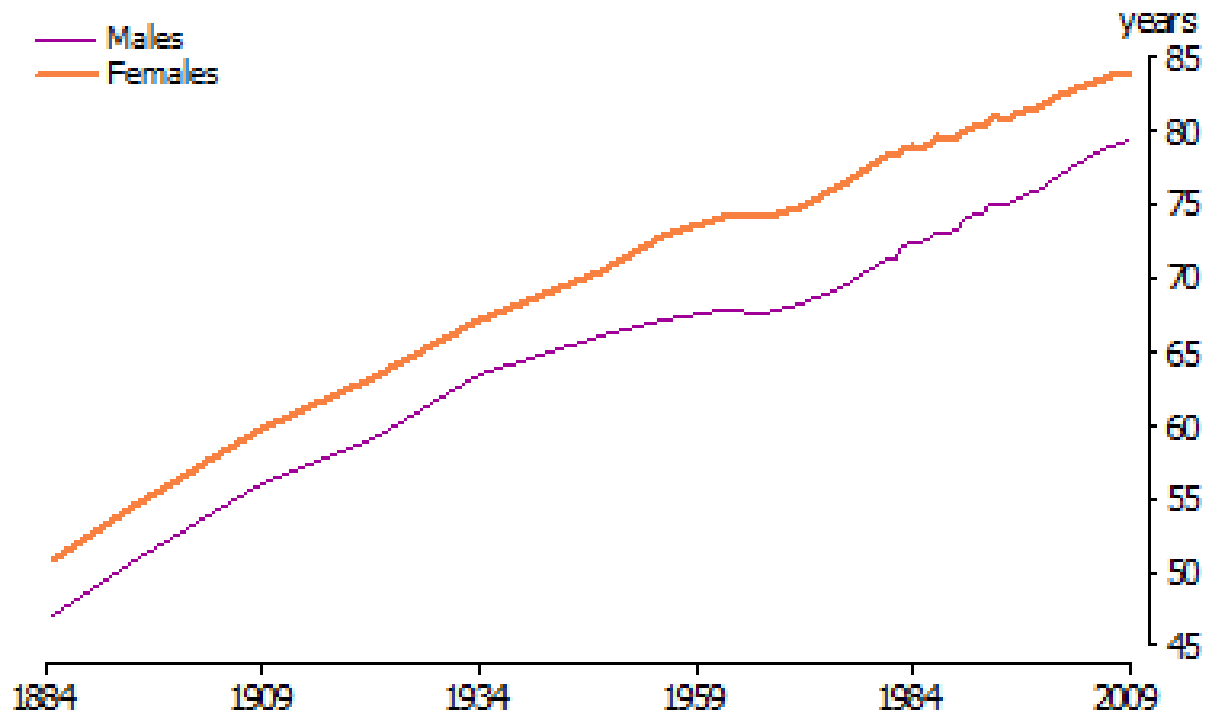
National Director - Cardiovascular Health

National Heart Foundation

Where have we been & where are we going?

- Ageing is a public health success story
- Modernisation presents new public health challenges – non-communicable diseases and disability
- Local government's role in building healthy communities
- A case study: introducing Nancy
- Heart Foundation's partnerships with local government

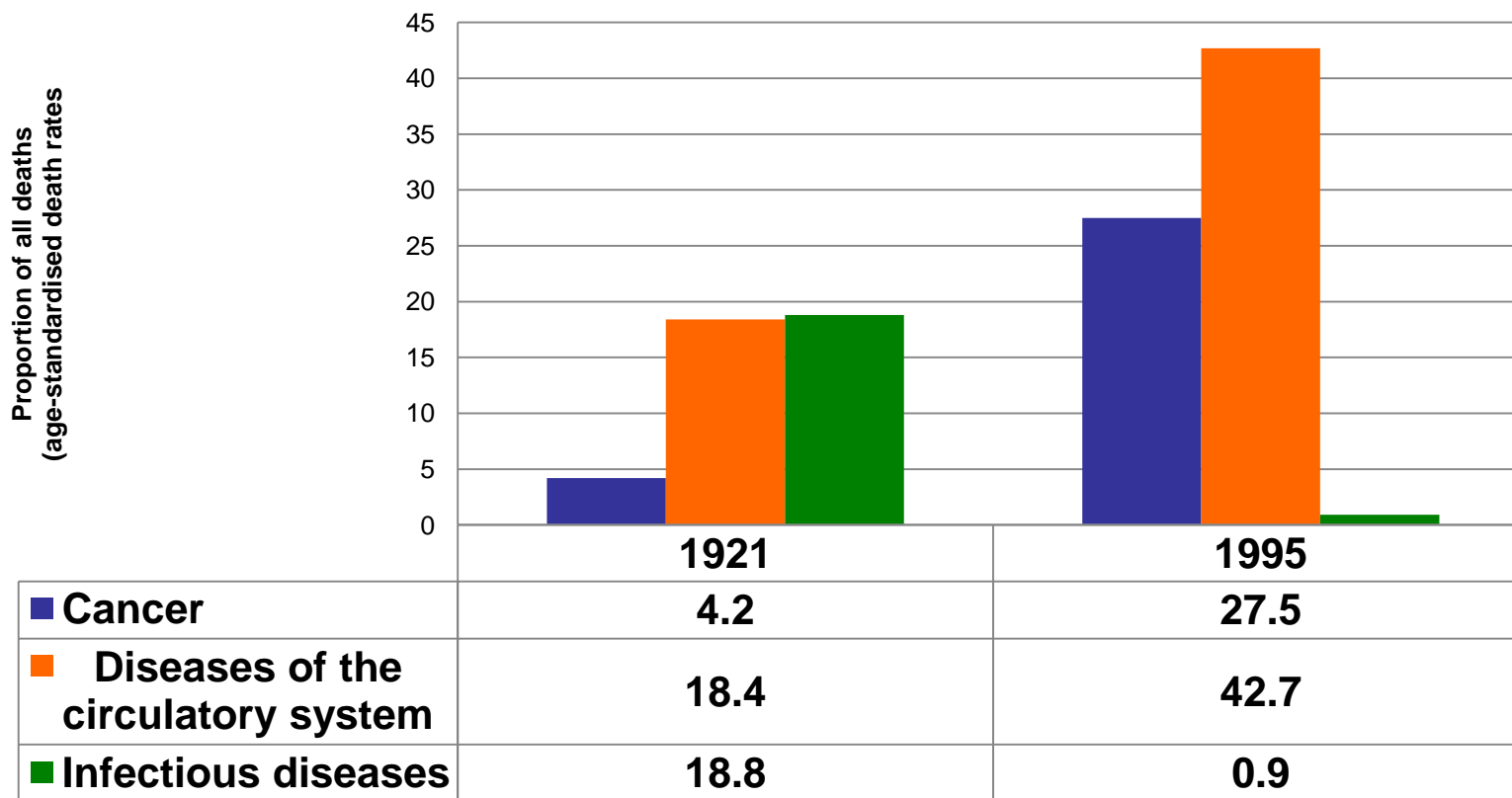
Life expectancy 1884-2009



Source: ABS Australian Historical Population Statistics 2008 (cat. no. 3105.0.65.001); ABS Deaths, Australia, 2009 (cat. no. 3302.0)

Non-communicable diseases

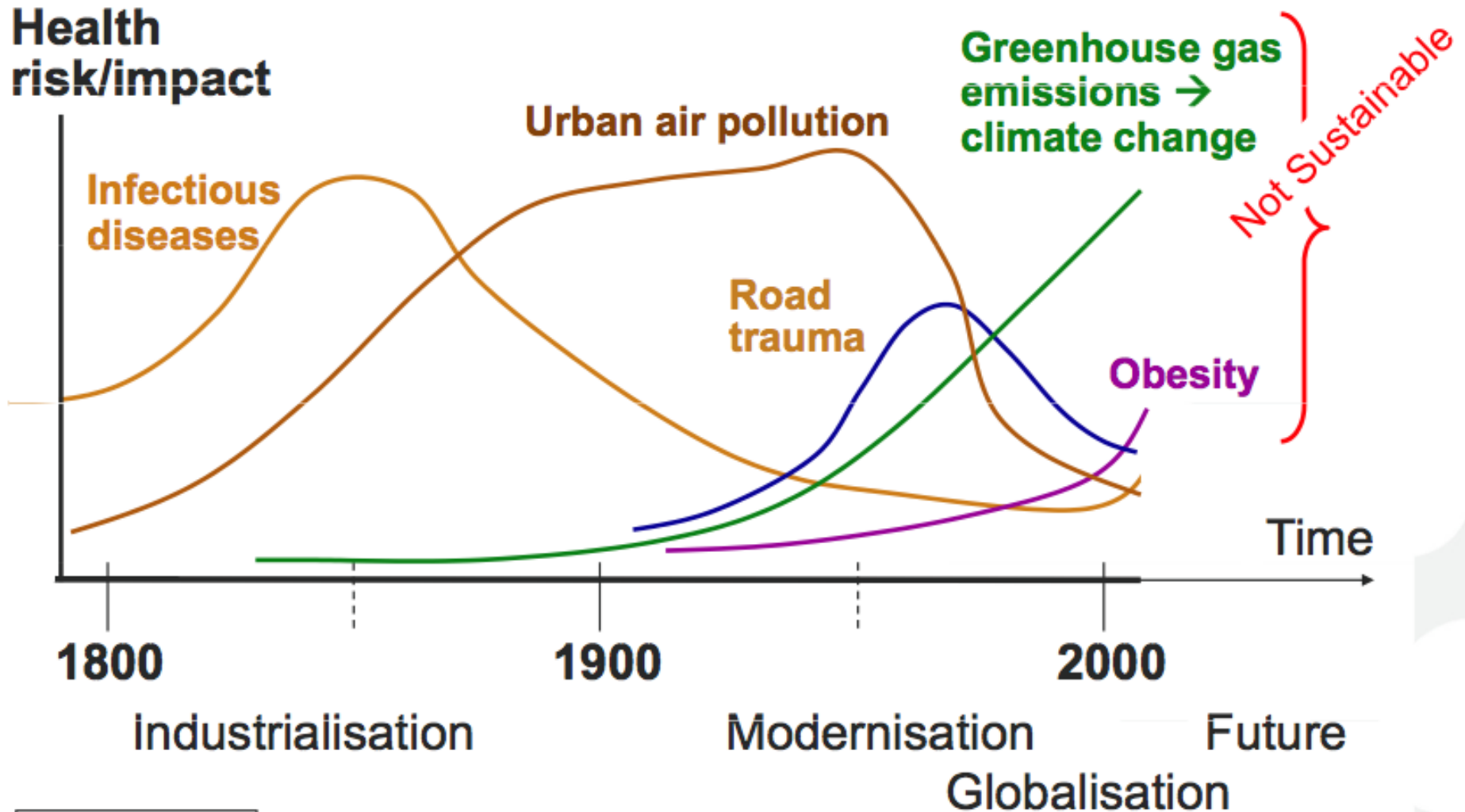
Cause of death - comparison 1921 - 1995



Historical view of urban health penalties

(developed country perspective)

Health
risk/impact



Where are we now?

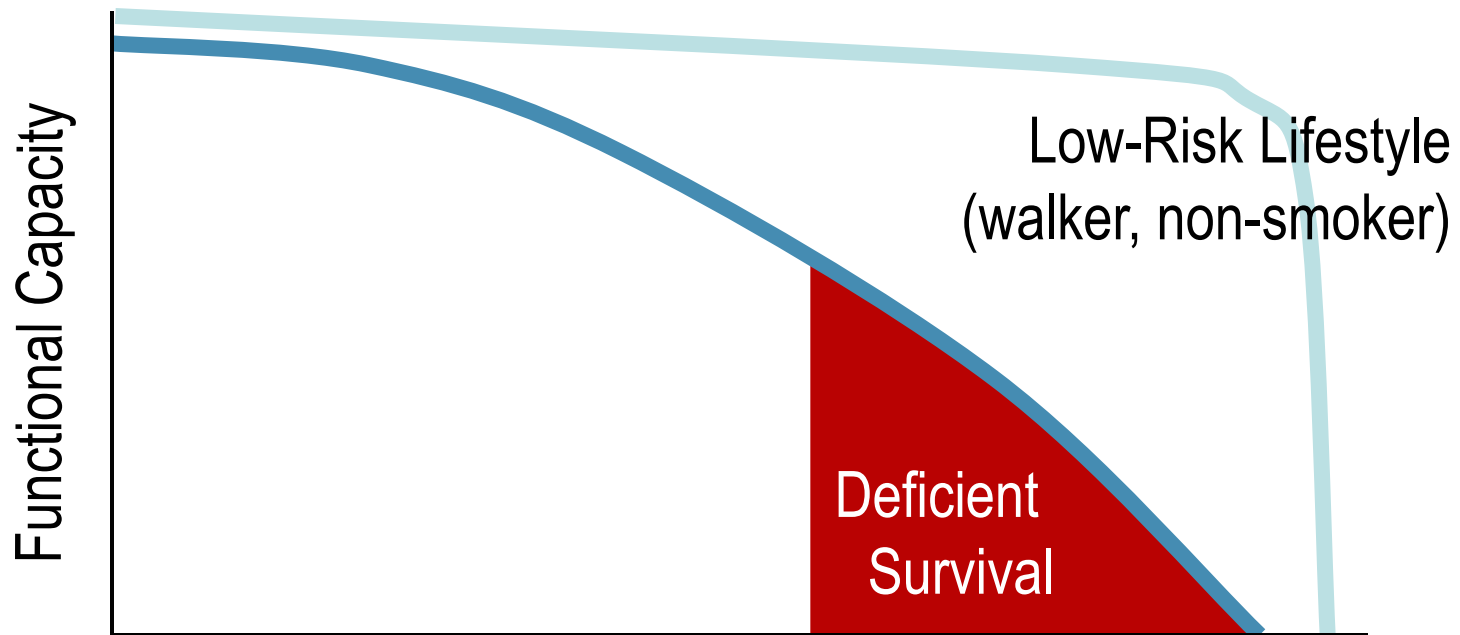
- Across the globe and in Australia, non-communicable diseases, including vascular diseases, are the leading causes of death
- Spectrum of diseases - the vascular system:
 - Heart attack and coronary heart disease
 - Chronic obstructive pulmonary disease (COPD)
 - Stroke
 - Chronic Kidney Disease
 - Alzheimer's
 - Type 2 diabetes

Risk factors

- Non-communicable or 'lifestyle' diseases share many risk factors
- Things we can change: smoking, physical inactivity, sedentary behaviour, overweight and obesity, excessive alcohol consumption, poor diet, and psycho-social factors including depression and social isolation
- Biomedical risk factors include high blood pressure, raised cholesterols, and raised blood glucose levels
- Risk factors out of our control include age, sex and genetics
- The more risk factors you have the higher the likelihood of developing a chronic disease



The next prevention challenge – adding more life to the years lived



NEJM, April 1998

Dr Rodney Tolley

Age

“The goal is to die young, but as late as possible.”
Aldous Huxley

What influences our health?

- Social connections and social capital (who you know and who you can go to if you need help)
- Education and available resources
- Perceptions of safety
- Employment and occupational exposures
- Access to safe housing, transport and health services
- Nutritious and safe food availability
- Open spaces and connection to the natural environment

“You are where you live”

How does local government contribute to healthy ageing?

- Council's close proximity to community means that the services and infrastructure you provide directly impact and contribute to the betterment of community health
- All council services are 'human services'

A case study: Nancy

- Suitable housing
- Walkable and safe neighbourhoods
- Accessible and appropriate exercise programs
- Linkages with local health and welfare services
- Community connection
- Timely prevention and intervention



What is the heart foundation doing to support healthy ageing?

- Heart Foundation walking – see your conference packs for information, and
- Health Spaces and Places principles and guidance materials



- Australia's largest network of free community based walking groups that are led by volunteer Walk Organisers
- **19795** participants nationally
- Nearly **2000** volunteer Walk Organisers run **1329** groups in **312** regions around Australia
- Heart Foundation Walking is utilised by over **350** organisations who are getting their communities more active and socially connected
- Includes risk management and volunteer insurance
- Fits in with various work roles and organisational strategies.
- Incentive program available to all participants that rewards walking milestones.
- New website underway: Virtual walking groups, profile pages for organisations, live reporting.
- **Check your conference packs for more information**

Healthy Spaces and Places

- In partnership with the Planning Institute of Australia and the Australian Local Government Association, the National Heart Foundation developed **Healthy Spaces and Places**
- A national guide for planning, designing and creating sustainable communities that promote health and wellbeing
- Visit <http://www.healthyplaces.org.au/>



Ten principles of HSP

Ten principles for planning places for healthy living

1. Active transport
2. Aesthetics
3. Connectivity
4. Environments for all people
5. Mixed density
6. Mixed land use
7. Parks and open space
8. Safety and Surveillance
9. Social inclusion
10. Supporting Infrastructure



Questions

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