

Healthy Aging

Understanding Public Health's Role

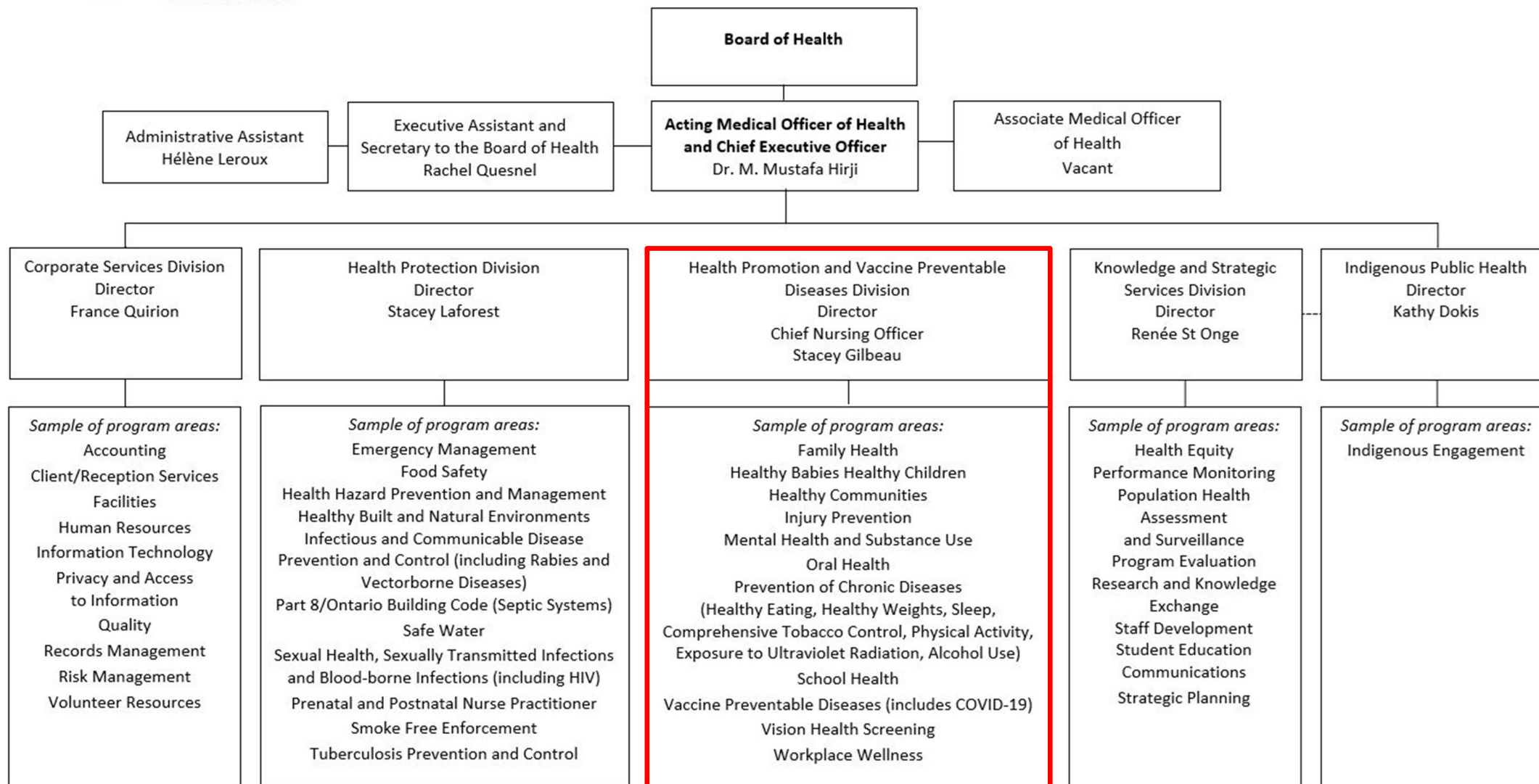
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Thursday, June 20, 2024



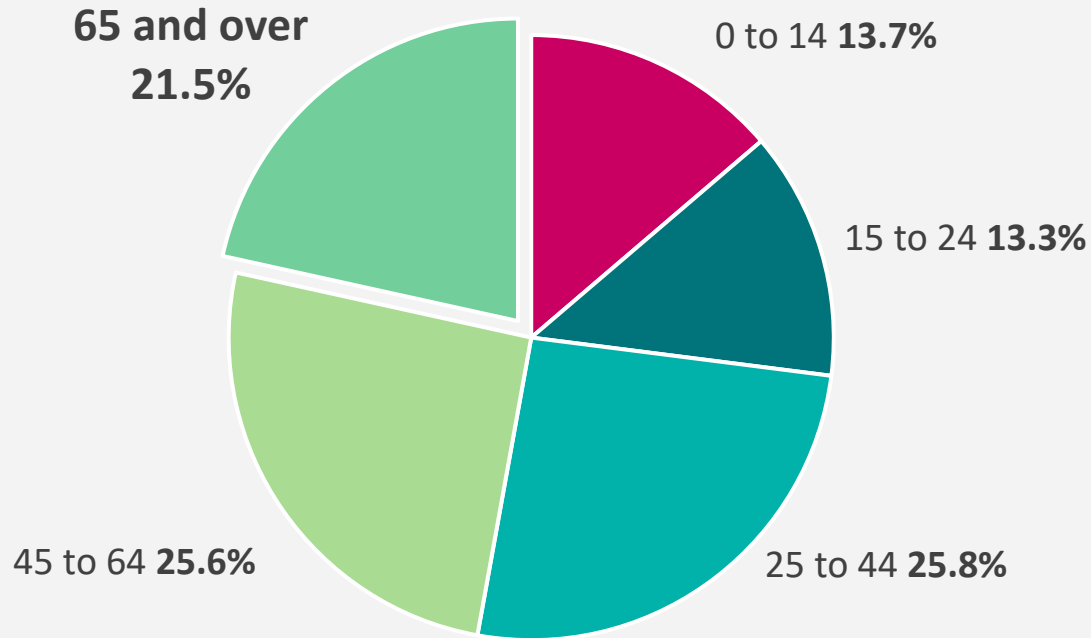
Public Health
Santé publique
SUDBURY & DISTRICTS



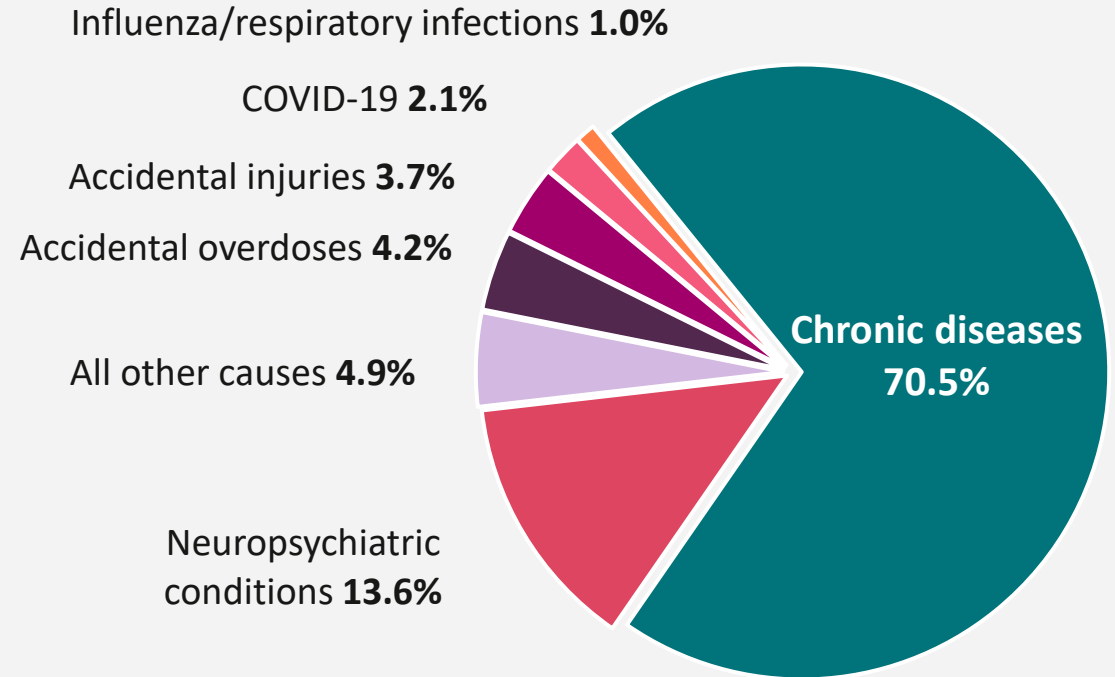
R: March 18, 2024

Aging population

Age demographics Sudbury and districts, 2024



Causes of death in Sudbury and districts, 2021



Source: Ontario Mortality Data 2021, Ontario Ministry of Health, IntelliHEALTH Ontario, Extracted October 31, 2023
Source: Population Projections County (Statistics Canada & Ontario Ministry of Finance), MOHLTC, IntelliHEALTH Ontario. Data extracted May 15, 2024

Healthy aging

“**Lifelong** process of optimizing opportunities for improving and preserving **health** and **physical, social and mental wellness, independence, quality of life** and enhancing successful life-course transitions.”

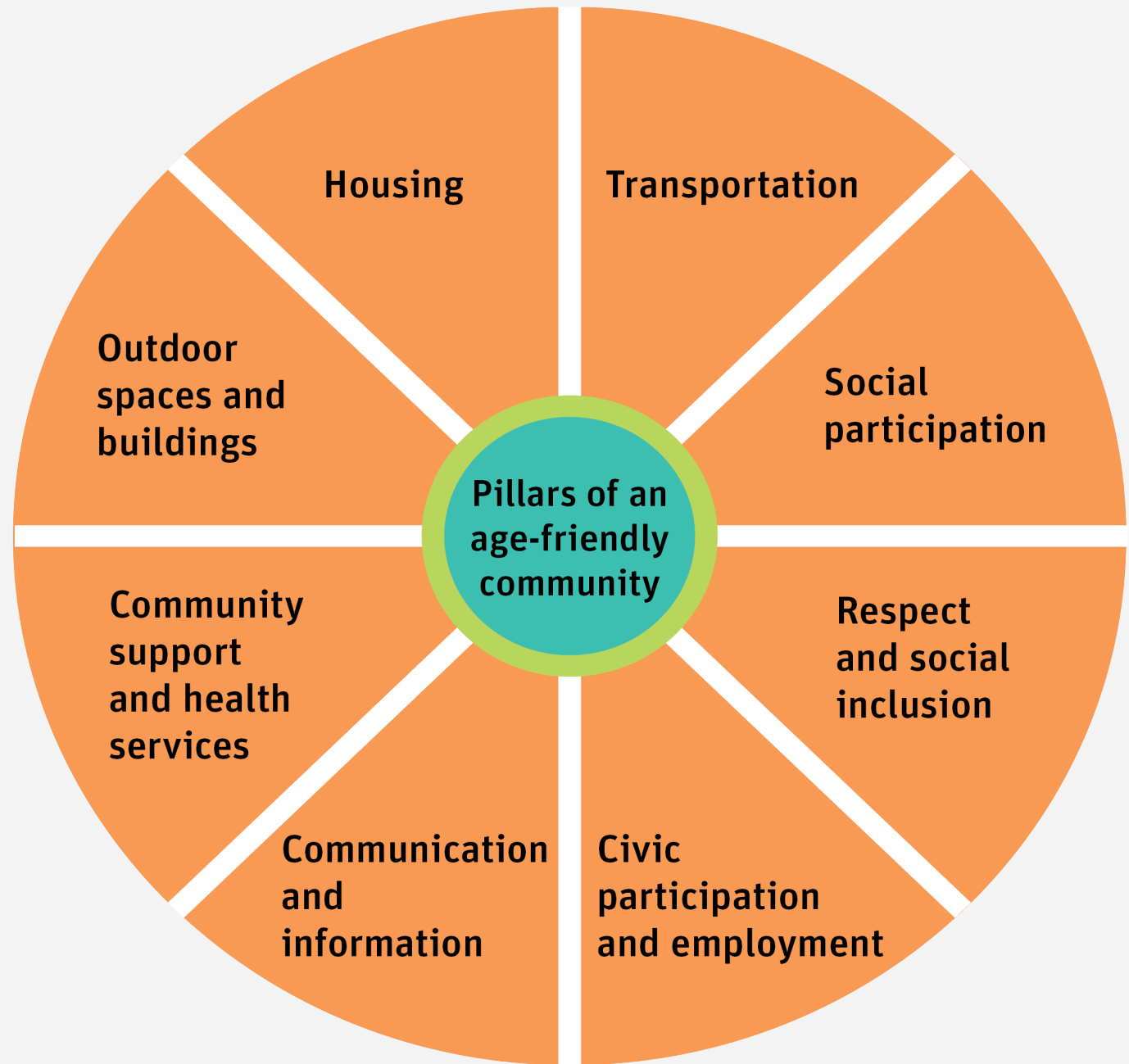
(Public Health Agency of Canada, 2020)

Ageism & social isolation

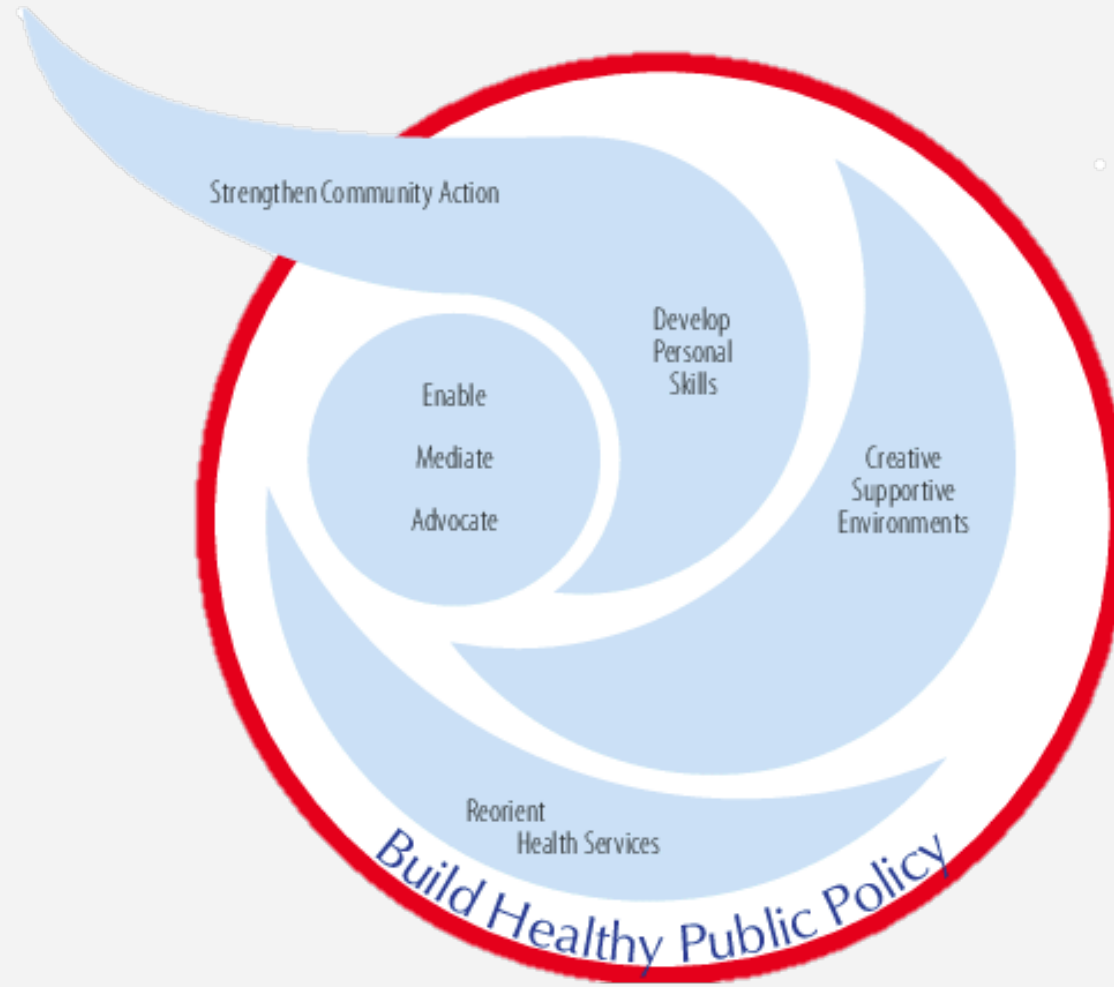
- **Ageism:** “the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.” (World Health Organization, 2021)
- **Social isolation:** the objective state of having a small network and thus few or interactions with others



Pillars of an Age-Friendly Community



Public Health's role in healthy aging



Public Health Agency of Canada. (2017, November 14). *Ottawa Charter for Health Promotion*. Canada.ca. <https://www.canada.ca/en/public-health/services/health-promotion/population-health/ottawa-charter-health-promotion-international-conference-on-health-promotion.html>

Meet Joan

- 78 years old
- recently widowed
- adult children live out of town
- does not drive
- fixed income
- wants to continue living in her home



An age-
unfriendly
community...



An age-friendly community...



How does this
community impact
Joan?



How did Public Health enable Joan to *age-in-place*?

- participate in committees and groups including local Age-Friendly Community committees
- advocate for social, natural, and built environments that promote healthy aging
- provide services, coordinate programs, navigate systems, and aim to reduce duplication

Thank you. Merci. Miigwetch.



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