

AGEING IS LIVING

A Strategy for Promoting a Lifetime of Health and Well-being in the WHO European Region (2026-2030)



Dr Stefania Ilinca

Technical Officer on Long-term Care
WHO Europe

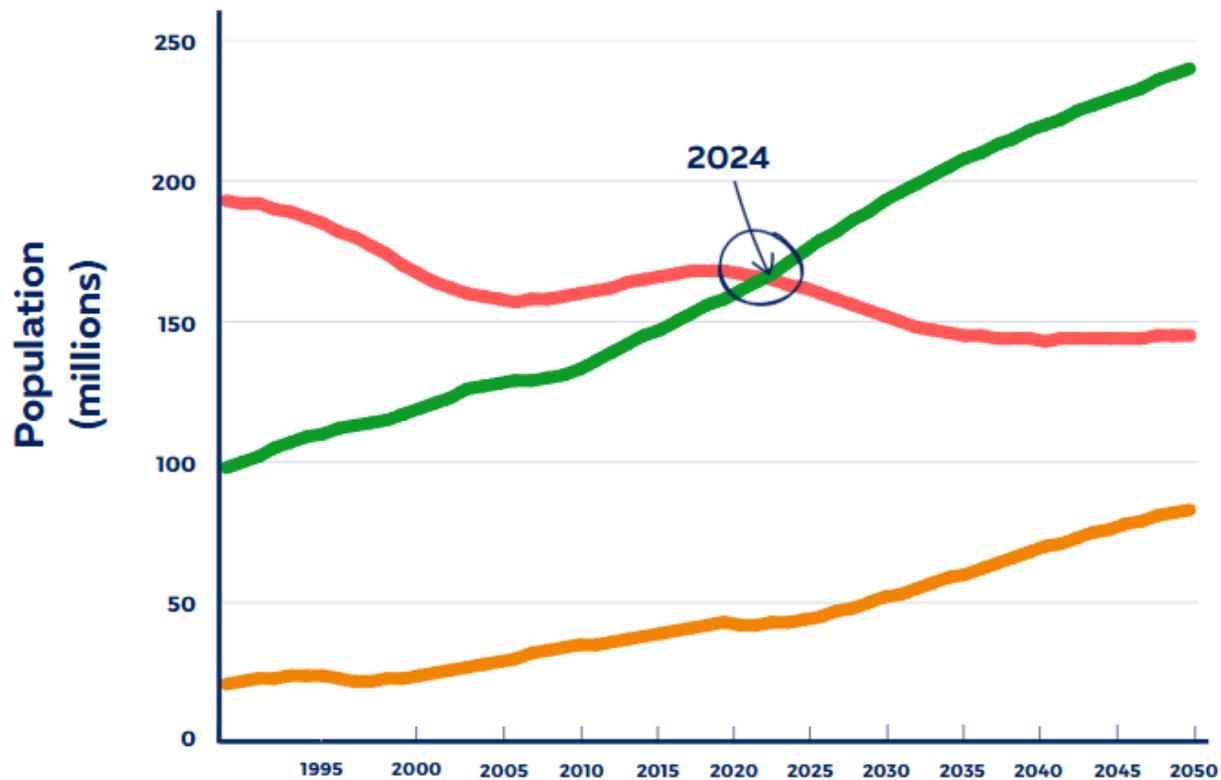


Dr Yongjie Yon

Technical Officer on Ageing and Health
WHO Europe

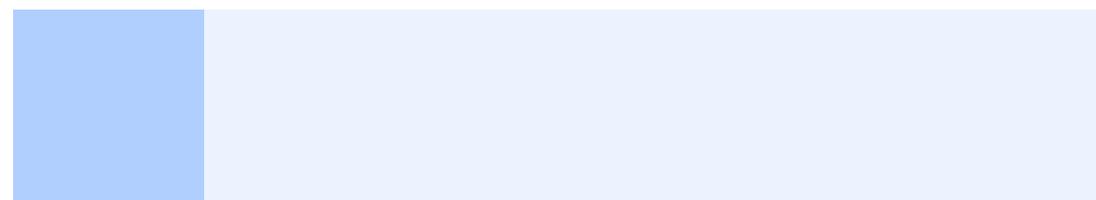
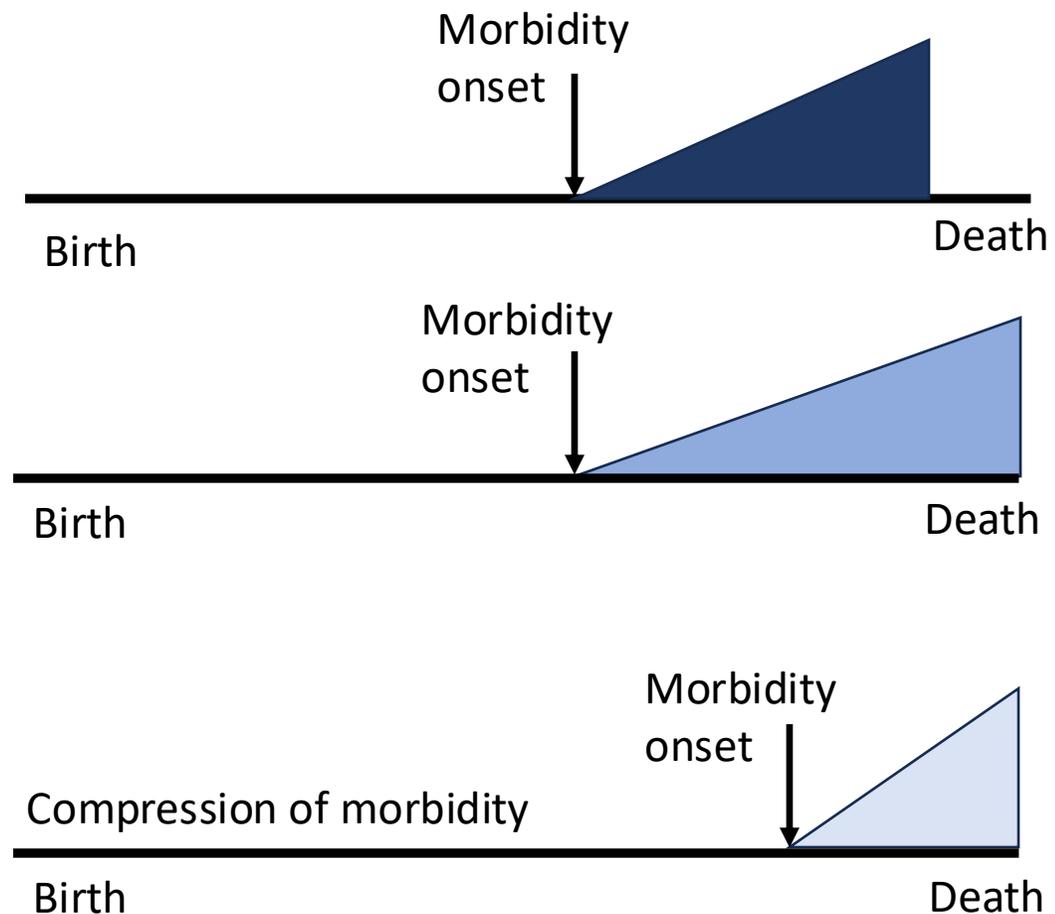


Lifespan vs. Healthspan



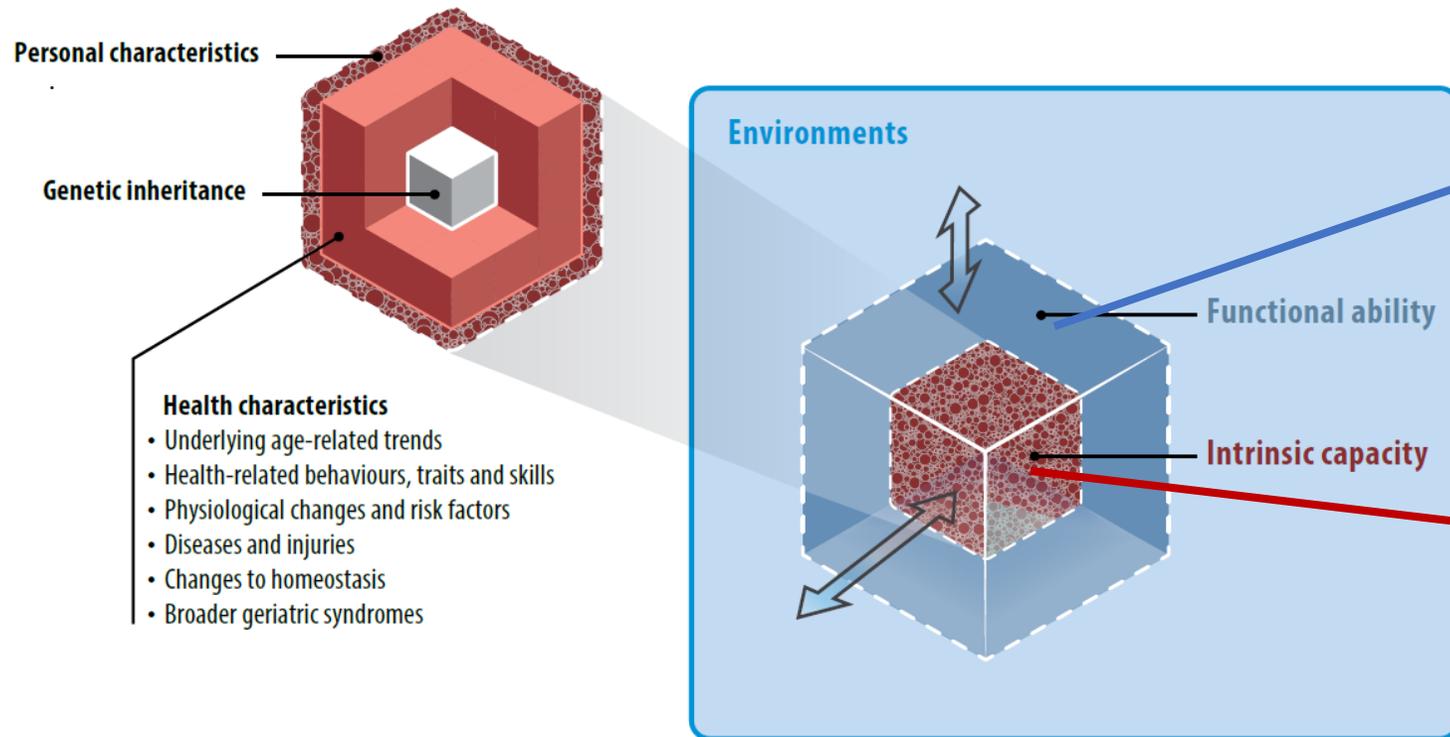
Population by age groups from 1990 to 2050
Source: World Population Prospects 2022 (UN DESA (2022)).

● Population 65+ years
 ● Population 80+ years
 ● Population <15 years



Healthy Ageing

The process of developing and maintaining the **functional ability** that enables **well-being** in older age.



"all the health-related attributes that enable people to be and to do what they have reason to value"

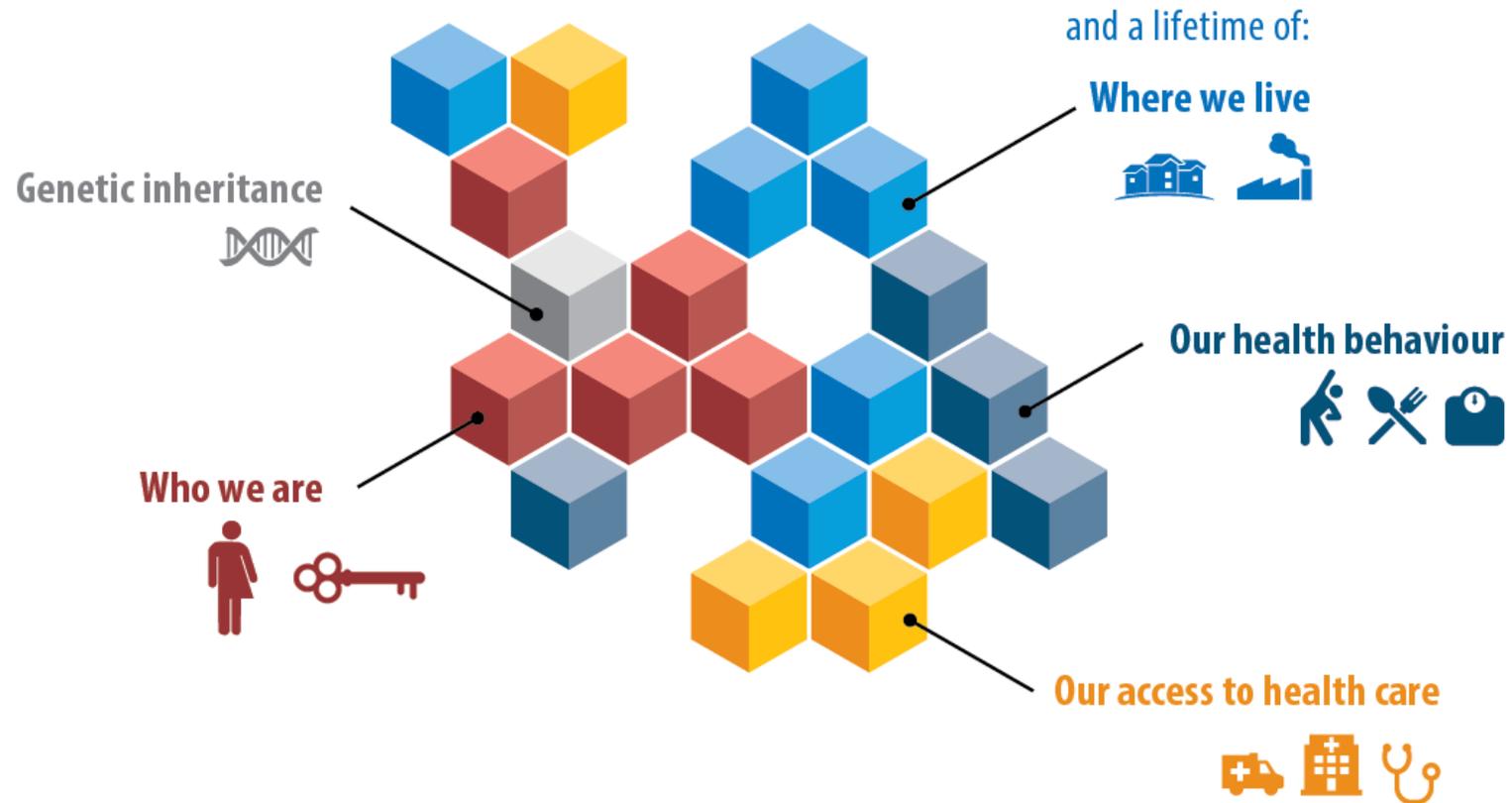
"the composite of all the physical and mental capacities that an individual can draw on at any point in time"



Healthy longevity in older age is not random

What makes us age differently?

Estimated
at 40%



Four core action areas and Five Enablers



1.2. Strengthen primary care capacity to address the key risk factors for NCD prevention

1.5. Improve equity in access to appropriate screenings, early diagnosis and prevention programs for communicable and non-communicable conditions with high burden of disease

1.6. Expand access to preventive services for underserved populations

1.11 Embed mental and brain health in preventive programs and services

1.13. Strengthen awareness and risk reduction strategies for Alzheimer's disease and other dementias

3.1. Develop mobility-supportive and age-friendly infrastructure:

3.5. Establish frameworks for the prevention of the abuse of older people:

3.7. Expand age-friendly initiatives and strengthen governance:

3.8. Support access to community-based programmes for physical activity:





2.2. Support development and scaling of local solutions and innovations:

2.3. Develop integrated, person-centered care pathways for older adults:

2.4. Diversify and expand care and support services in community-based settings:

2.6. Expand the integrated delivery of health and long-term care services in the home of older people:

2.11. Promote the health and well-being of formal and informal caregivers:

4.1. Work towards elimination of ageism and age discrimination in healthcare:

4.2. Reduce ageist attitudes and practices in health and care settings:

4.10. Expand access to care for older people, by improving affordability and acceptability of services:

4.11. Ensure equity and inclusion in healthy ageing:



Save the Date

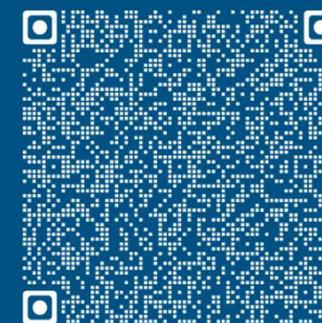
Leadership Course on Ageing is Living:

Unlocking the Potential of Population Ageing

13 - 15

**MAY
2026
BILBAO**

**SCAN THE
QR CODE
FOR MORE
INFO.**





**Thank you for your
attention!**

Don't hesitate to write:
ilincas@who.int
yony@who.int