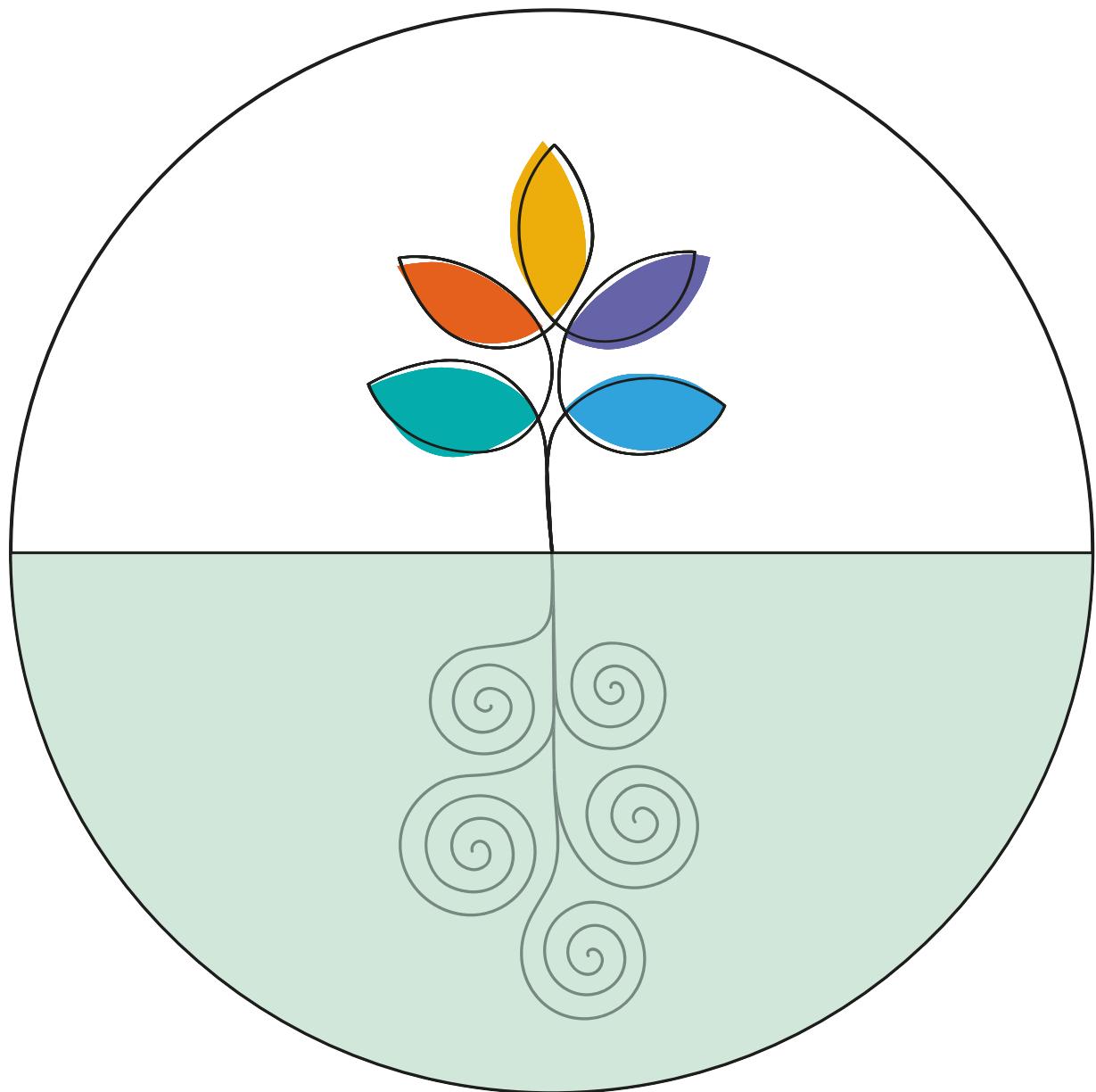


DECADE OF HEALTHY AGEING BASELINE REPORT



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**World Health
Organization**

Decade of healthy ageing: baseline report

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Foreword

Humans now live longer than at any time in history. Global life expectancy has doubled since 1900 and continues to rise, although there remains a wide disparity between the countries with the shortest and longest life expectancy.

But adding more years to life can be a mixed blessing if it is not accompanied by adding more life to years. With birth rates dropping and people living longer, leadership and innovation are needed at all levels and in all sectors to realize the dividends of longevity, and to ensure that these benefits are experienced equitably within and across countries.

In 2016, the World Health Assembly adopted the Global strategy and action plan on ageing and health, with the aim of using evidence-based approaches to maximize the abilities of older persons, grounded in the concept of healthy ageing, a rights-based response to population ageing.

Another goal of the first action plan was to prepare for a “Decade of Healthy Ageing”; a proposal endorsed by the World Health Assembly in August 2020 and by the United Nations General Assembly in December 2020, as the UN Decade of Healthy Ageing 2021-2030. This is a tremendous opportunity to align global, national and local policies, with older people, for older people.

The start of this decade also coincides with the COVID-19 pandemic, which has disproportionately affected older people, especially those with noncommunicable diseases or living in long-term care facilities. Yet we have also seen older people’s ability to contribute to society, such as health workers who have come out of retirement to lend their expertise to colleagues on the front lines, or as community volunteers to support those who are struggling.

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