



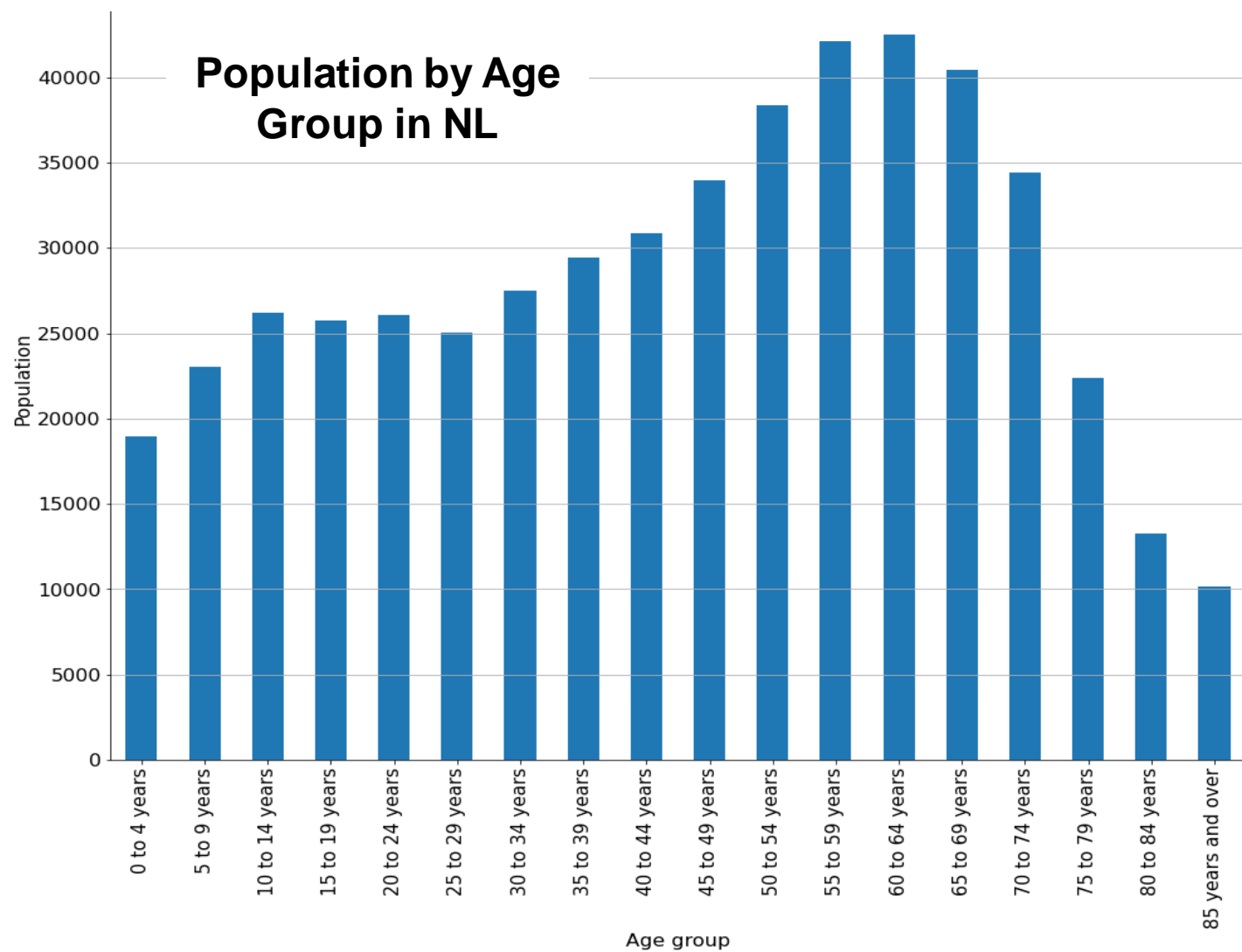
A 10-YEAR HEALTH TRANSFORMATION

Municipalities & Communities:
Drivers of Health Transformation



Evidence: Population Change

- The number of people < 15 years of age dropped from 200,000 in 1971 to 70,000 in 2021
- The number of people > 65 years of age dropped from 30,000 in 1971 to 120,000 in 2021
- There has been significant migration from rural communities to urban communities
- The current health system is no longer suitable for today's population



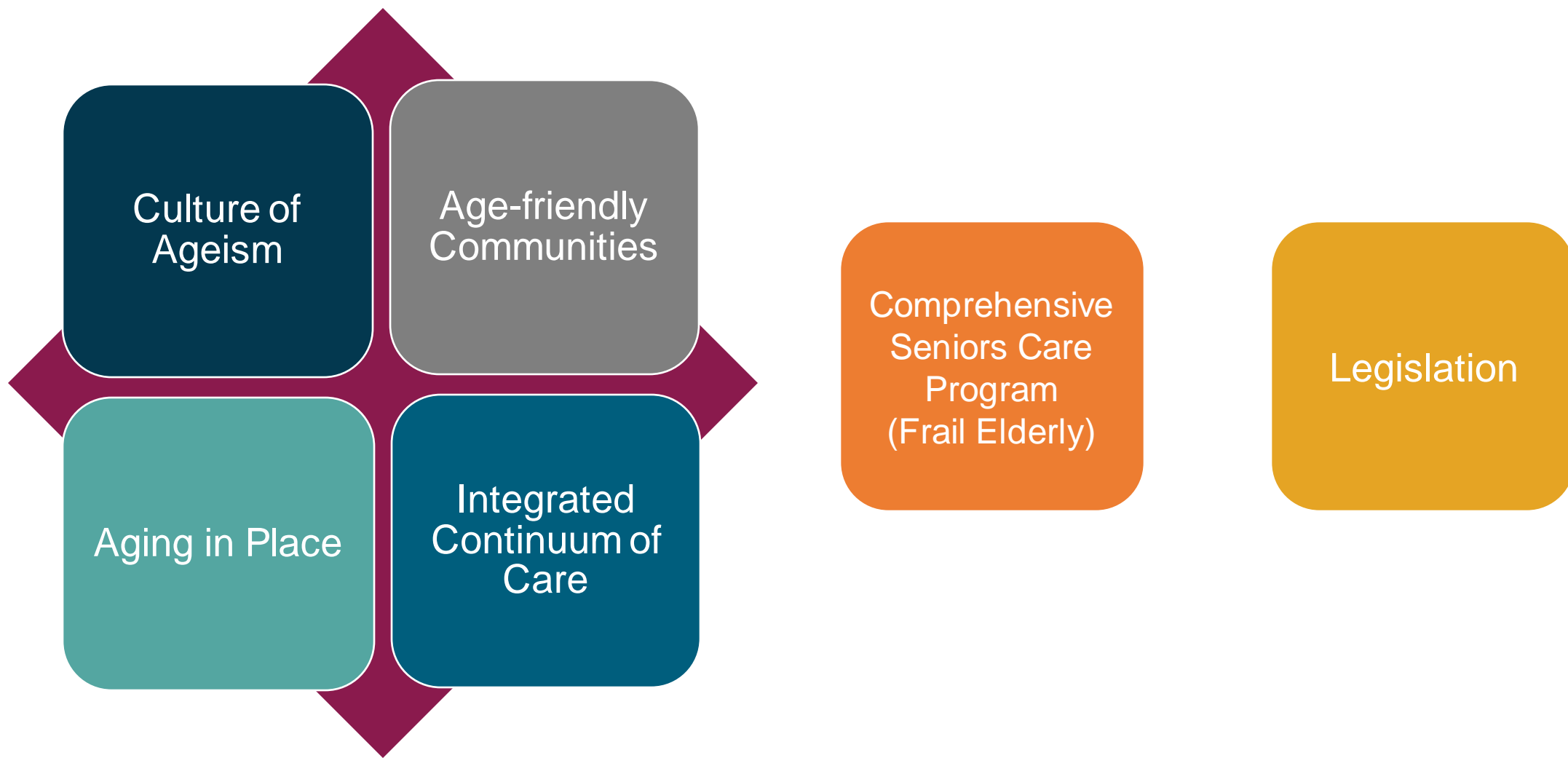


Evidence: Frail Elderly

- Over **1/4 of the population in NL** > 65 years is **considered frail**
- Prevalence of frailty in acute care in this province is **higher than the national average**, with 80% of individuals > 65 years who are admitted to hospitals being vulnerable or frail
- Frail elderly are the **highest users of acute care**
- **20% of all acute care beds (300 acute care beds per day)** are occupied by patients who do not require the level of intensity of services provided



Elements of the Aging Agenda





Call to Action:

Implement and support an integrated continuum of care to improve the effectiveness and efficiency of care delivery, improve health and social outcomes for older adults and older adults with disabilities, and support older adults to age in place with dignity and autonomy.

Call to Action:

Take immediate steps to identify and respond to the ageism in our province, including support for the development of age-friendly communities that enable Newfoundlanders and Labradorians to age positively.

~ Health Accord NL



Age-Friendly Communities

An age-friendly community is a community where the policies, services and physical spaces are universally designed to enable people of all ages to actively age in a secure and accessible environment from both a physical and social perspective.

In an age-friendly community:

- Seniors are supported to age actively, enjoy good health, and remain independent and involved in their communities.
- People of all ages and abilities benefit from safer, barrier-free buildings and streets, better access to local businesses and facilities, and more green spaces.
- Businesses benefit from the increased support and spending power of older customers, and are better able to support older workers.
- The community benefits from the increased participation of older adults in community life.



The 8 Domains of Age-Friendly Communities

~ Adapted from the WHO





The impact of & needed response to ageism

Ageism is defined as prejudice or discrimination on the grounds of a person's age. It is often systemic. **Ageism can appear in multiple areas of everyday life** and includes discriminatory practices in retail, marketing, the workplace, health care, social programming, etc. This discrimination can have **serious negative impacts** on an individual's well-being and can directly impact their health.

Interventions offered through
AF community programming can
help make the shift

Ageism is harmful

Ageism has far-reaching impacts
on all aspects of people's health



Physical
Health



Mental
Health



Social
Well-Being



Ageism takes a heavy
economic toll on
individuals and society

Ageism can be combatted



Policy and Law
can protect human rights
and address age discrimination
and inequality



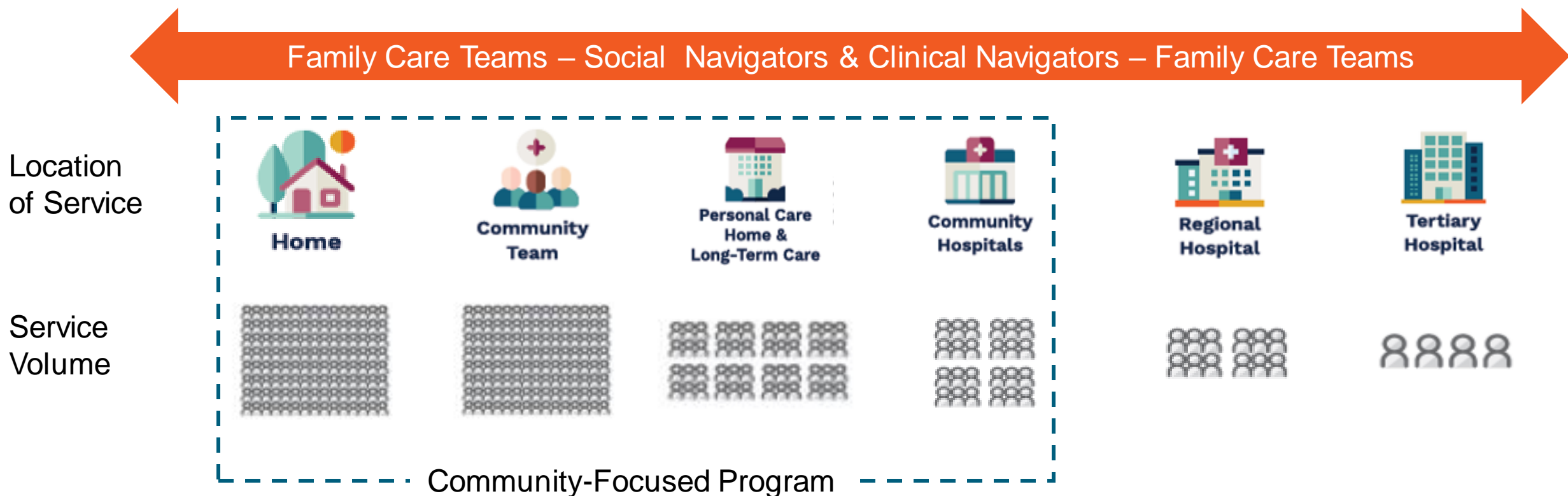
Educational Activities
can transmit knowledge and
skills and enhance empathy



**Intergenerational
Interventions**
can connect people of
different generations



The Components of the Continuum of Care



AF communities can play a big role in the Aging in Place agenda



Aging in Place



Aging in place in age-friendly communities becomes the foundation for care for older persons in their homes, in personal care homes, and in long-term care facilities. Community teams permeate all components of the elder care system.



A Provincial Well-being Approach

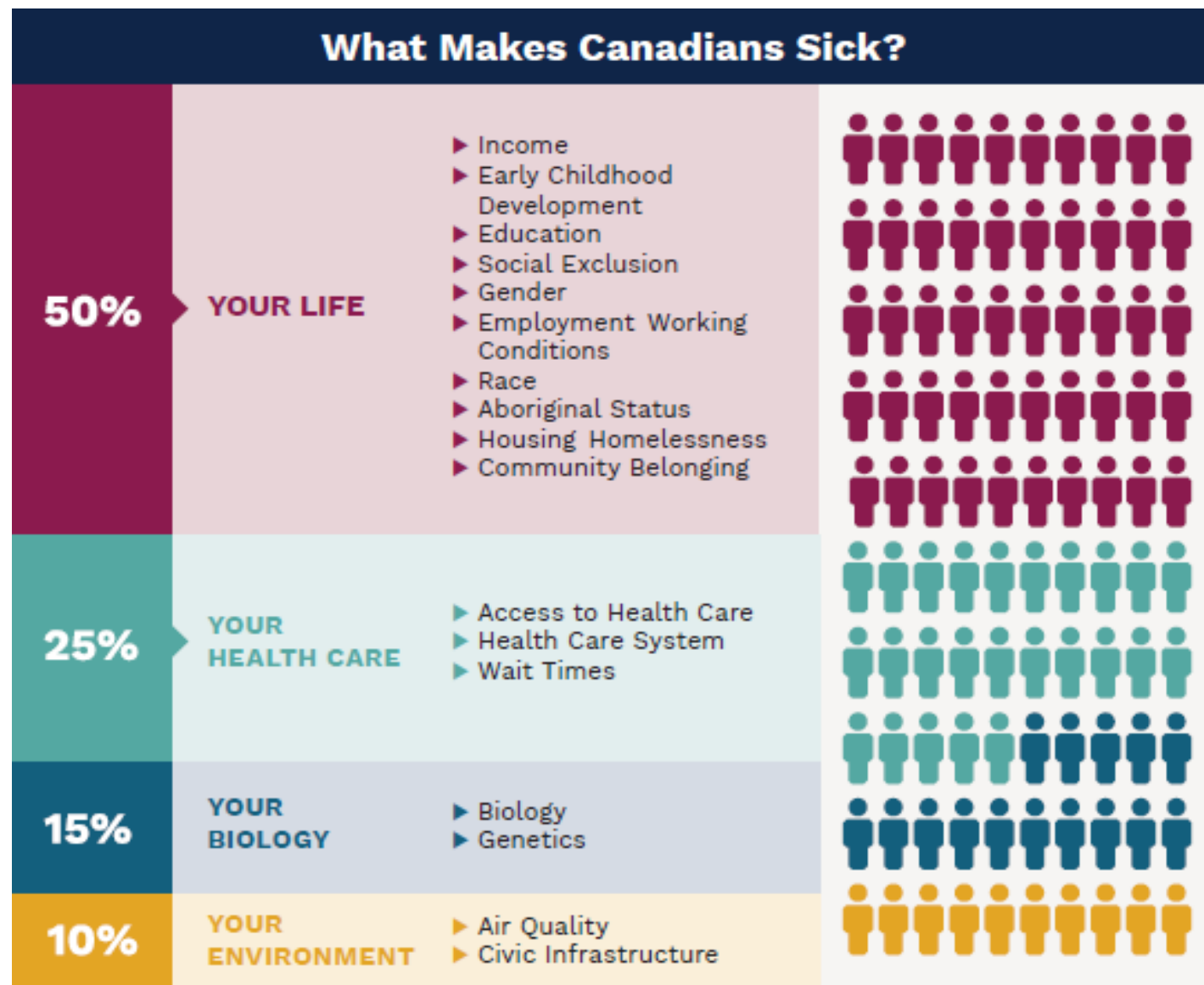
Objective:

To increase awareness and take action on the social determinants of health and disease risk factors that impact our health & well-being



What We Know

Social Determinants of Health
matter much more than
the Health System





Social Determinants of Health

How We Live – Life with Economic Security

Awareness & education
Reduce our footprint
Health impact of climate action

How We Relate – One Inclusive Society

Healthy Students Healthy Schools
Child Health Model
Models of care for children at risk

Livable Basic Income
Food & housing security
Income support

Where We Live – Addressing the Climate Emergency

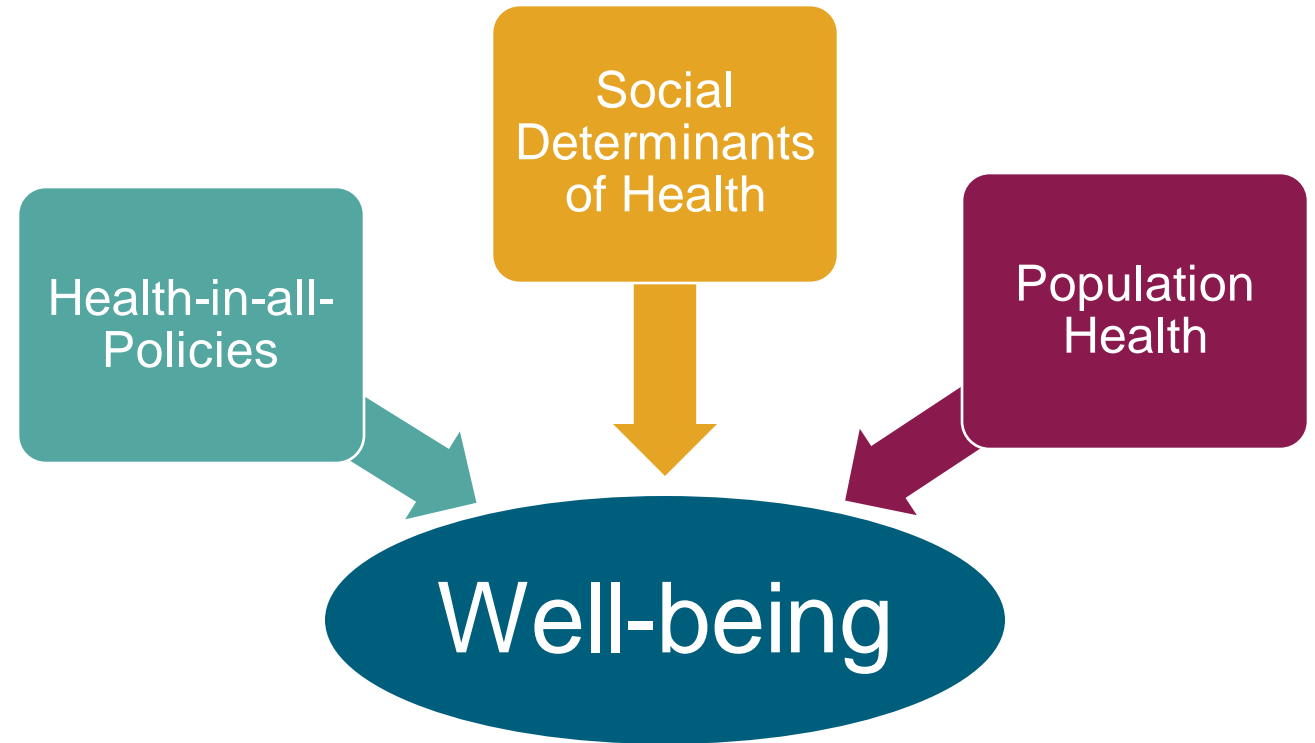
‘Meeting people where they are’ approach
Zero-tolerance policy on racism & exclusion
New inclusion lens
‘Nothing about us without us’

Investing in our future – Early childhood & youth



Using **‘Well-being’** to bring meaning to the social determinants of health

- New Zealand: A Well-being budget
- Scotland: Well-being economy
- Iceland: Future based on well-being
- Wales: Well-being legislation



Let's Face the Facts About Poverty and the Economy

1

Poverty
=
ill health

2

Poverty is
very expensive

3

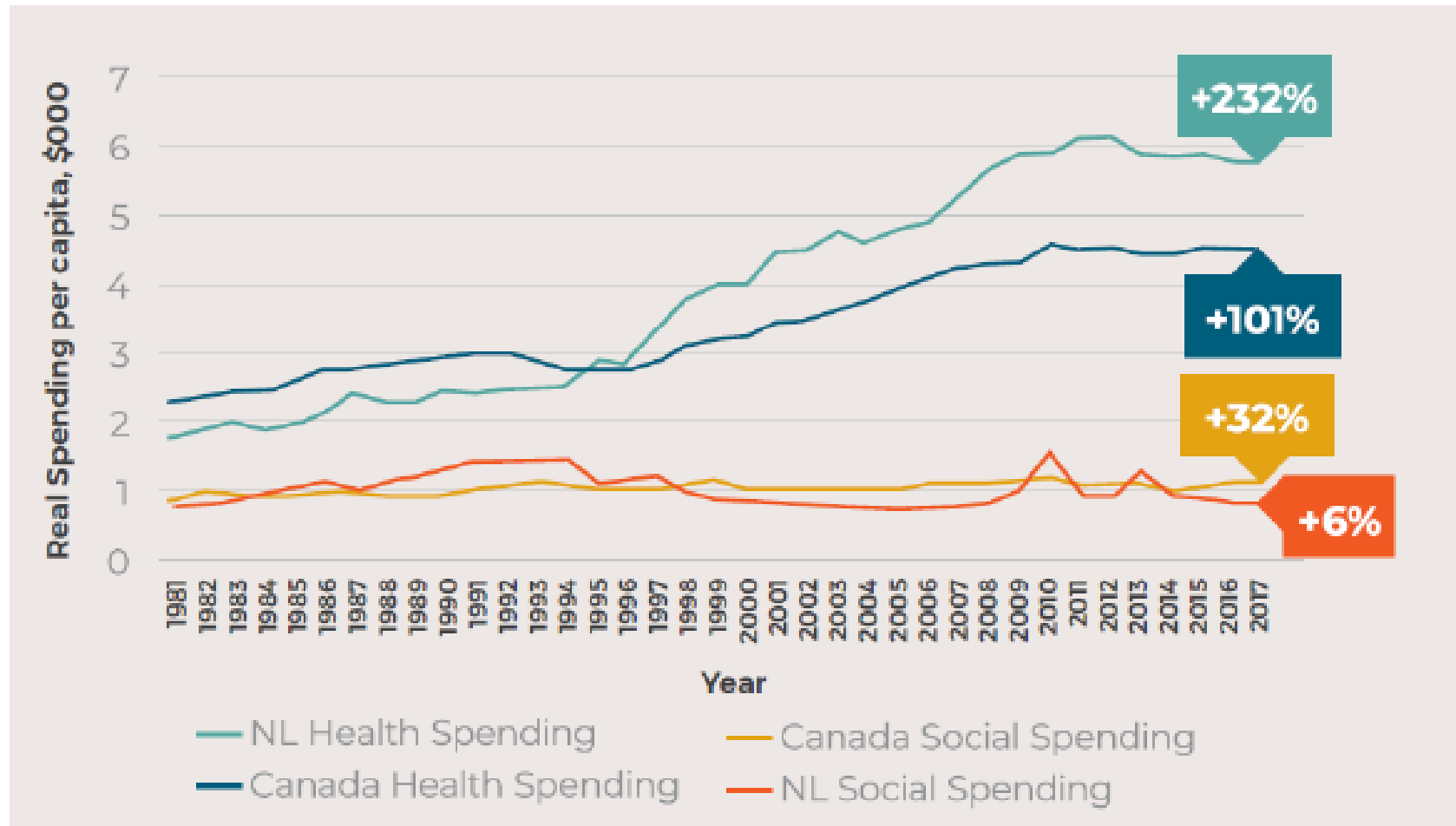
Big public spending
on consequences,
not causes

4

Child poverty is **unjust**.
Its economic and financial
costs **last a lifetime**

5

Economic Development
~
Healthy Society



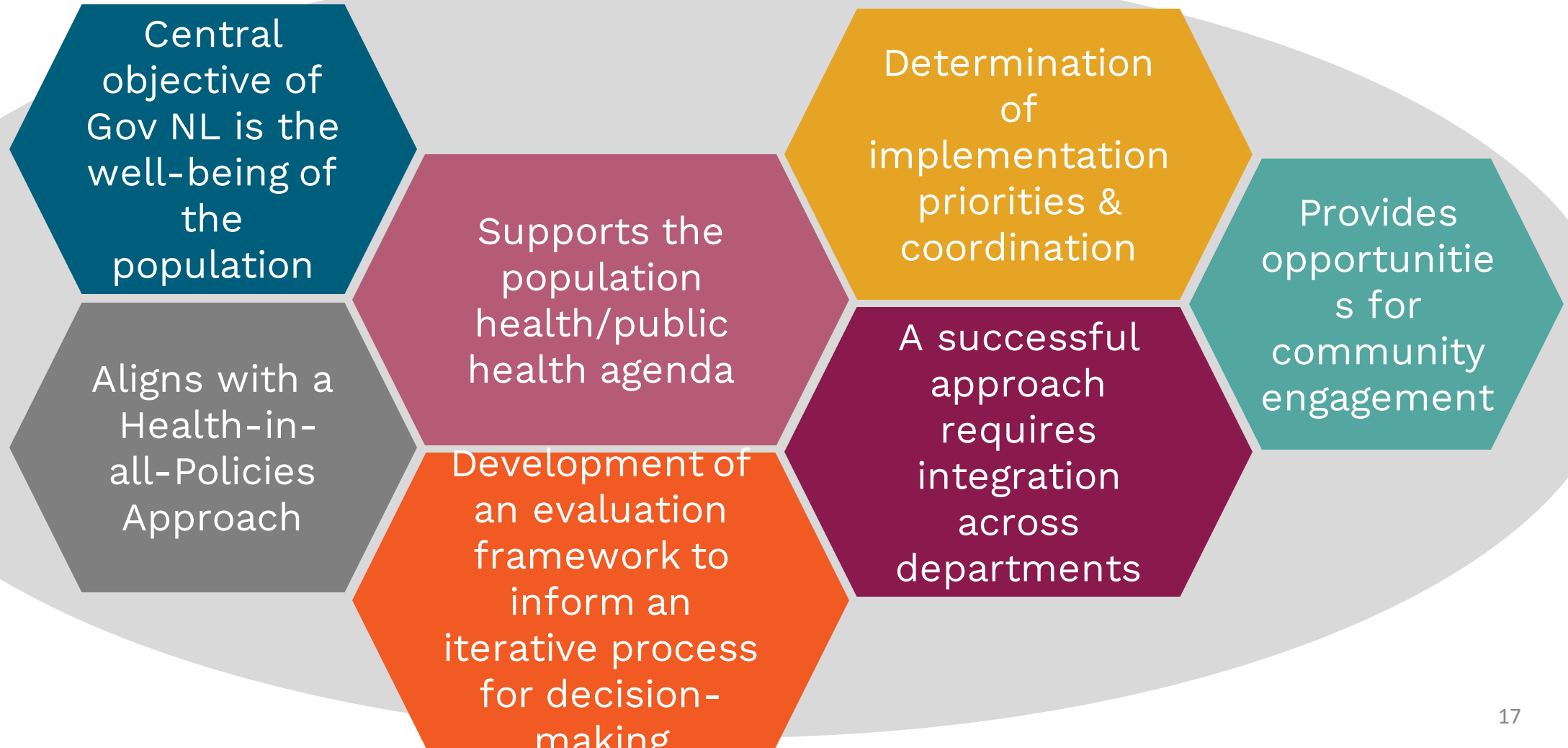
Since 1981:

The amount of money that NL has put into **social spending** has not really changed

The amount of money that NL has put into **health care** spending has gone up 232%
(NL health spending for 2019-20 is \$3,128 billion)

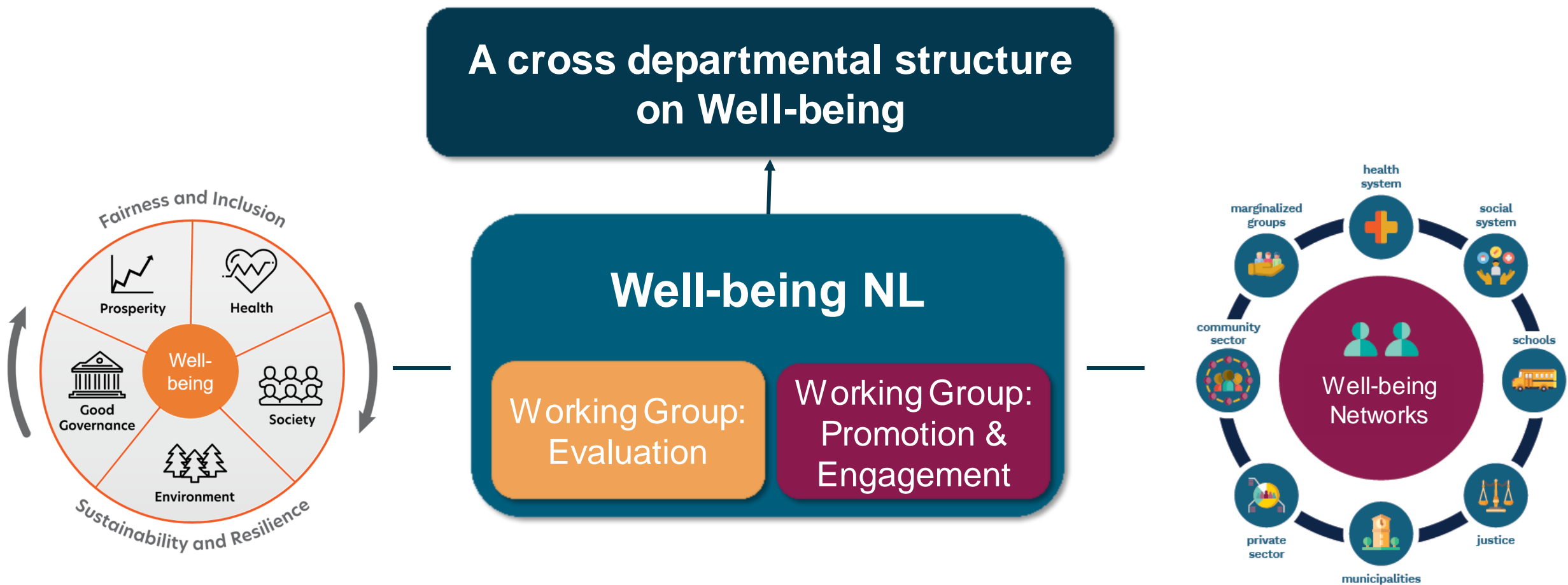


A Focus on Well-being in NL





A Proposed Structure to Align Well-being



- A VP of Well-being in the PHA has been chosen



Well-being Networks

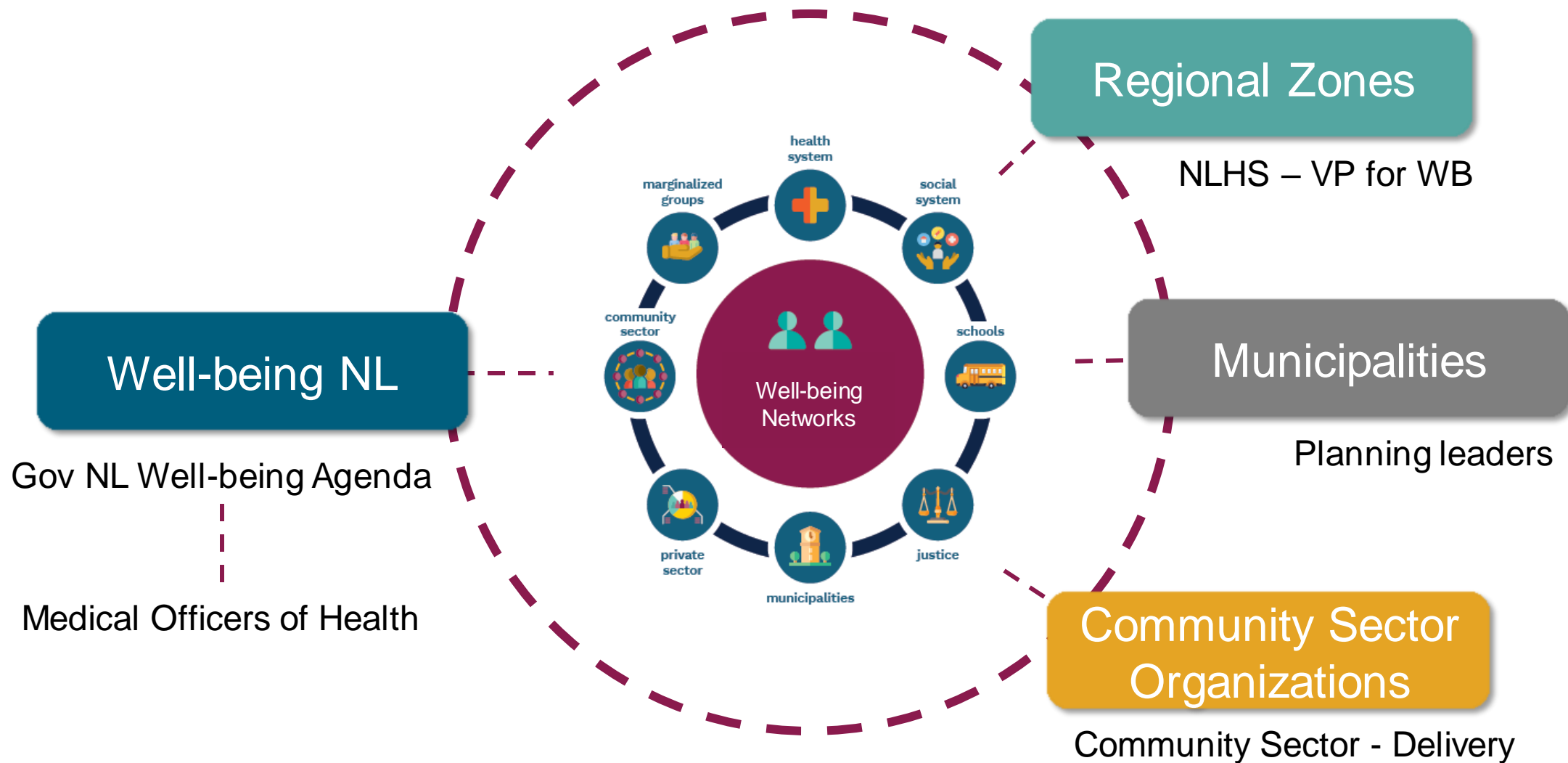
Objective:

To engage & connect with communities to problem-solve region-specific priorities, issues & solutions that impact well-being

Network members are identified by leadership positions they hold as part of their day jobs

Each Well-being Network is supported by a **Field Catalyst** and a **Convener**







A Provincial Week of Well-being

Drive
events
in...

Schools
University, Colleges, Institutes
Private workplaces
Unions
Government
Communities

engaging...

The health system
The social system
The education system
Health providers
Sports associations
Community groups
Individual citizens

through...

Media
Communications networks
Spokespeople
Celebrities
Gov NL announceables





Community/Municipalities

- Sense of belonging, community, & pride of place
- Reaching high risk populations (untouched by the system)
- Community Champions/Alumni(ae)

Arts & Culture

- Traditions, culture, food, visual, music, dance

Education

- Schools, early learning, inclusive, creating good habits

Workplaces

- Occupational health linkages
- Workplace challenges
- Health checks

Recreation & Sport

- Inclusive, for all ages, accessible, affordable
- Parks, trails, appreciation of our outdoor assets

Tourism

- Leveraging our story:
 - What's good for those from away is good for those from here!

