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Active Aging

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What is Active Aging

Active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

(World Health Organization, 2002)



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ActNowBC

ACTIVE AGING

www.activecommunities.bc.ca CONSULTATION REPORT



ACTIVE AGING IN BRITISH COLUMBIA: A CALL FOR COLLABORATIVE ACTION

PREPARED FOR DISCUSSION

March 2007







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Active Aging in British Columbia






-  Improving and Maintaining the Health & Wellbeing of Older British Columbians
-  Supporting the Creation of Age-friendly Communities
-  Coordinating Action & Promoting Partnerships, Collaboration & Commitment
-  Participation & Leadership of Older People



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Improving and Maintaining the Health & Wellbeing of Older British Columbians

-  Physical Activity
-  Healthy Eating
-  Tobacco Reduction
-  Injury Prevention (Falls)
-  Social Connectedness

Healthy Eating for Seniors



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Supporting the Creation of Age-friendly Communities

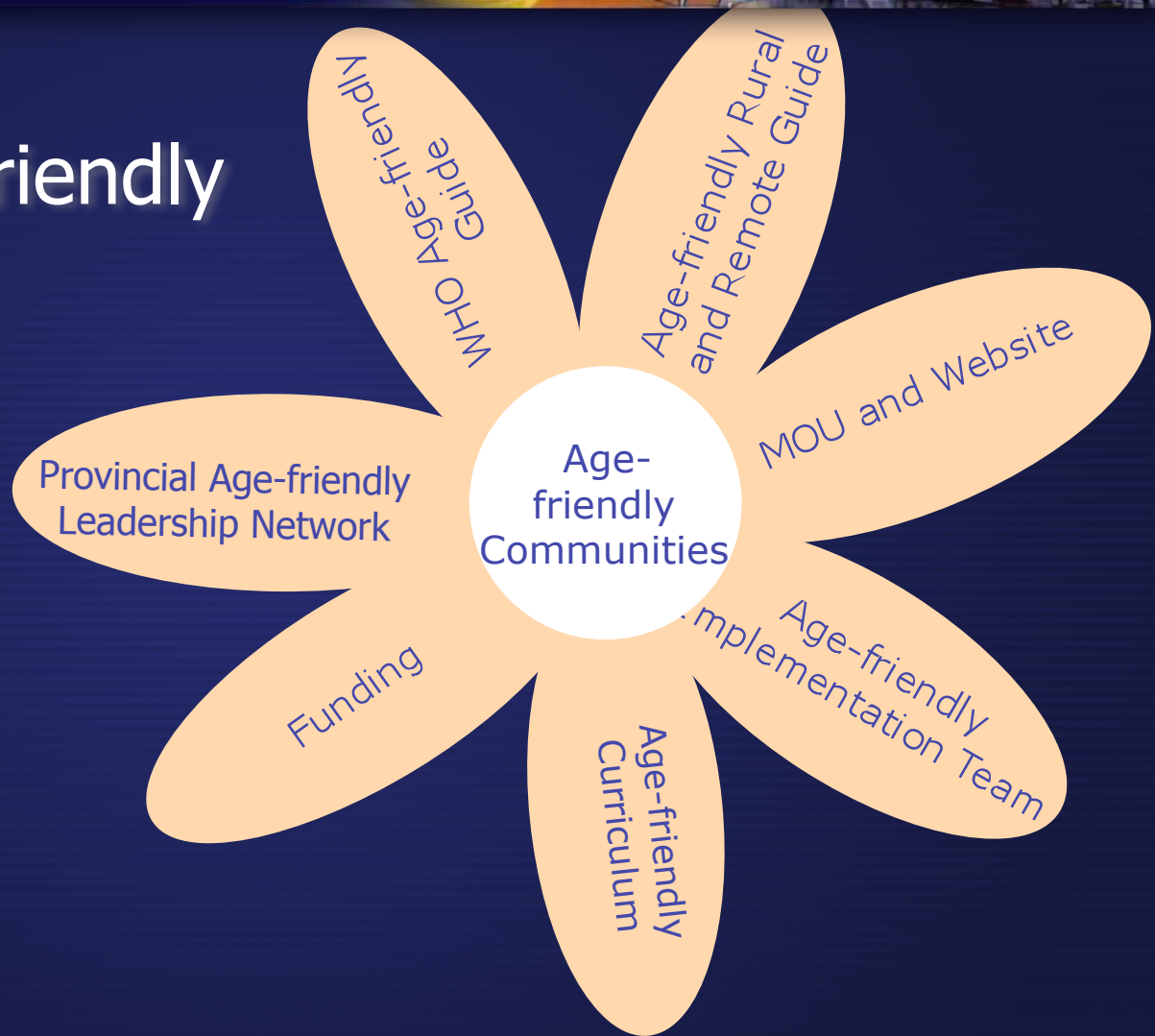
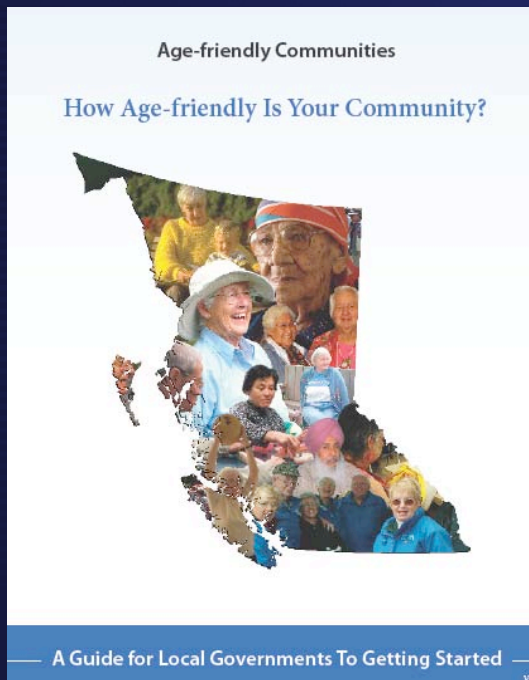




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Supporting the Creation of Age-friendly Communities





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Coordinating Action & Promoting Partnerships, Collaboration & Commitment

ANNUAL ACTIVE AGING SYMPOSIUM (June 5-6, 2008)

Celebration:

- ☀ Sharing good practice
- ☀ Networking
- ☀ Planning for the Future
- ☀ Intergenerational Day in Celebration of BC150

Resources:

- ☀ Community Readiness for an Aging Population
- ☀ Case Studies of Active Aging
- ☀ Promotion of Active Aging Evidence Review
- ☀ Intergenerational Toolkit





Including the Participation & Leadership of Older People

At the 2007 Provincial Active Aging Symposium, participants endorsed the planning principle of *seniors' involvement and leadership* that stated that active aging initiatives should be planned and implemented with the advice, involvement and leadership of older people.





-  Seniors leadership & involvement in 2010 Games
-  Staying Healthy and Safe: The COSCO Health Promotion Initiative
-  Health, Housing and Income in a Global Age-friendly Community
– September 15-16, 2008



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Bringing it all Together

-  The Active Aging Plan
-  Symposium
-  Regional Forums and Regional Coordination
-  Age-friendly Communities – A Community of Practice

Thank You

