

**Building an evidence base for active ageing policies:
Active Ageing Index and its potential
INTERNATIONAL SEMINAR**
Brussels, 16–17 April 2015



Research and
Population Ageing

Study on active ageing at individual level based on Active Ageing Index



Introduction



Ageing of population
Increase of average life expectancy
Ageing of ageing



Political
Social
Economic
Health system
Management } Consequences

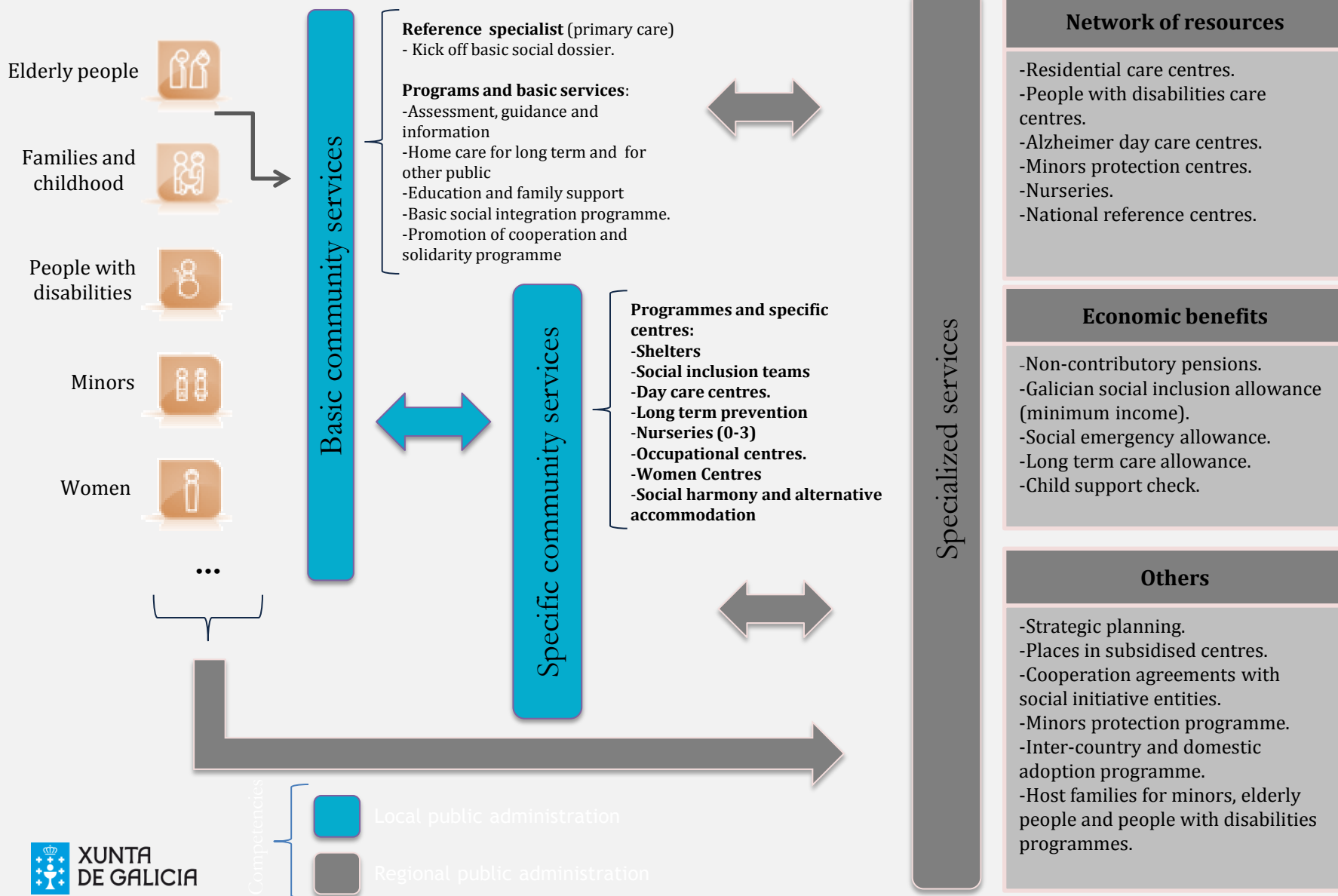


Galicia: 23,7% people over 65 years
Aged rural areas

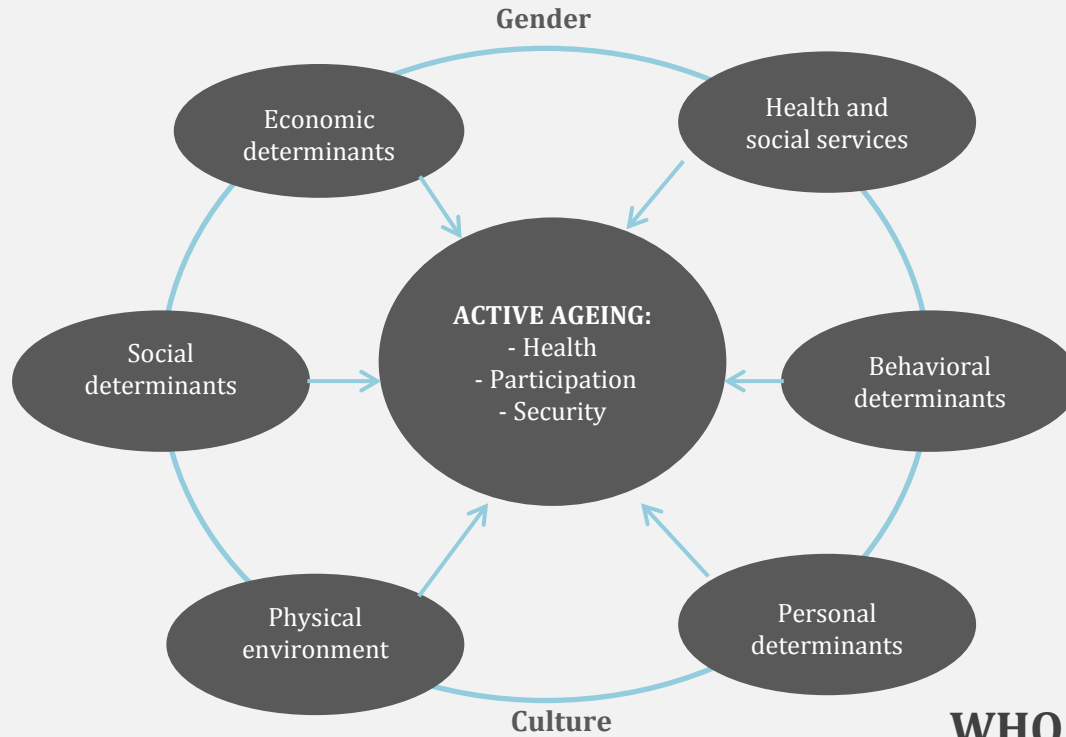


Minimize impact of the phenomenon
Enhance its positive facets - How?

Galician social services system



Active ageing



WHO Model (2002)

Population Approach

Individual Approach

Active Ageing Index

Active Ageing Index (Zaidi et al., 2013)



Active Ageing Index

The Active Ageing Index (AAI) is a tool to measure the untapped potential of older people for active and healthy ageing across countries. It measures the level to which older people live independent lives, participate in paid employment and social activities as well as their capacity to actively age.

Domains



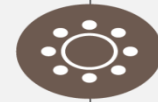
Employment



Participation in society

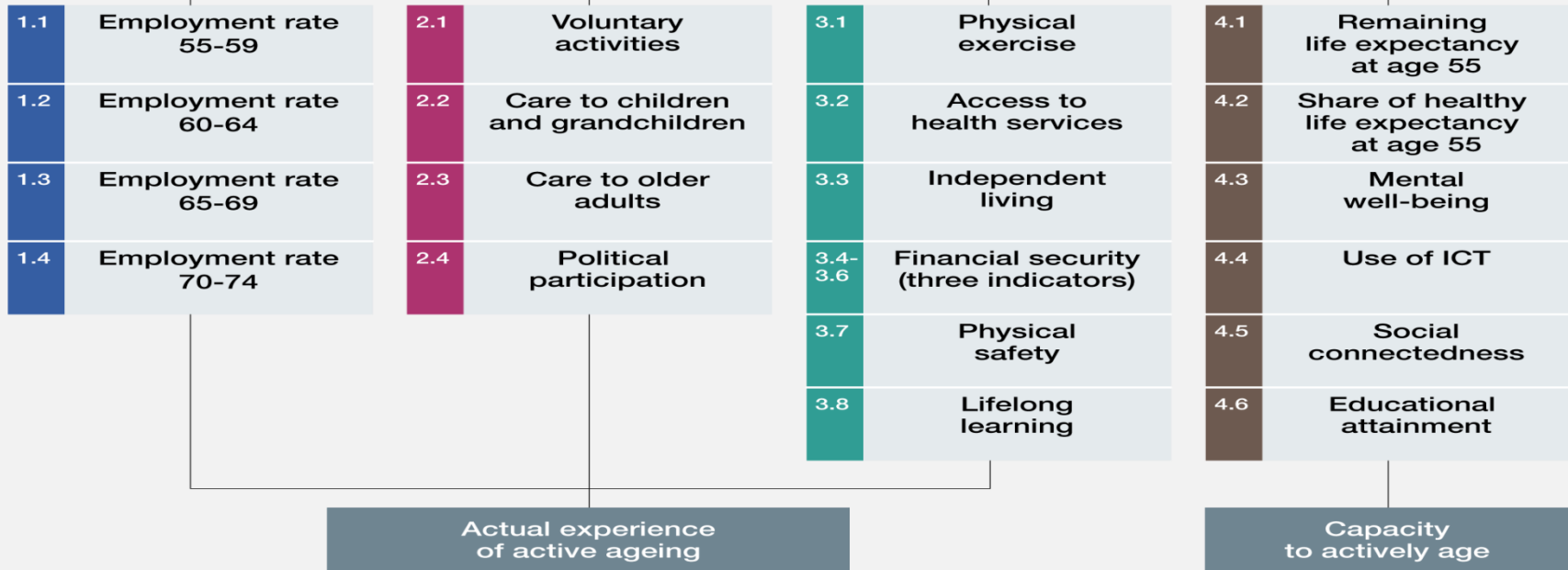


Independent, healthy and secure living

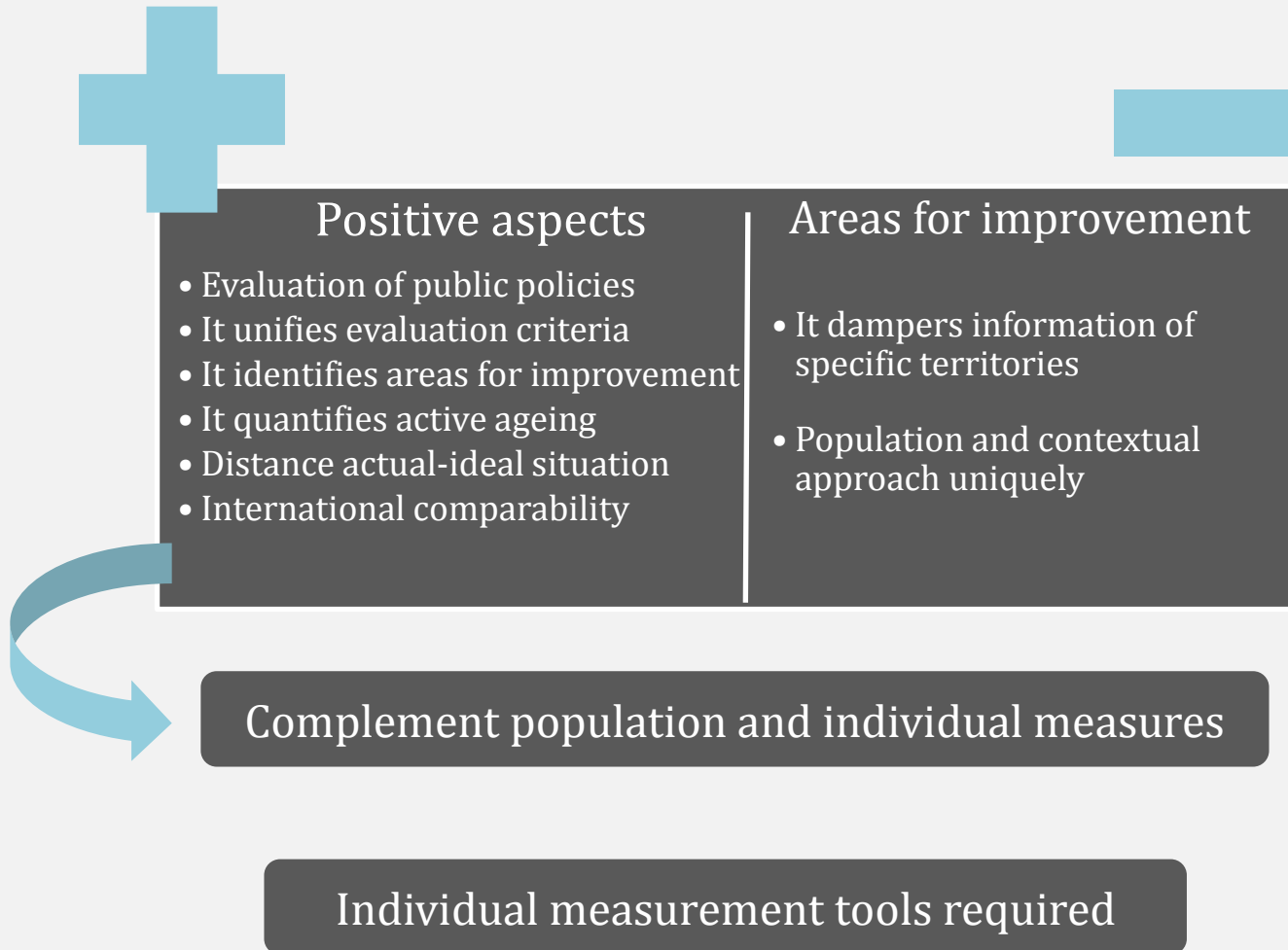


Capacity and enabling environment for active ageing

Indicators



Active Ageing Index



1. Applying Active Ageing Index to Galicia

2. Individual adaptation of Active Ageing Index

3. Comparing both results

Active Ageing Index Galicia

	AAI	AAIGalicia	
Domains and Indicators	Secondary data sources	Secondary data sources	Primary data sources
Domain 1: Employment			
Employment rate age group 55-59	EU-LFS 2010	IGE-INE. Labour Force Survey (2013)	-
Employment rate age group 60-64	EU-LFS 2010	IGE-INE. Labour Force Survey (2013)	-
Employment rate age group 65-69	EU-LFS 2010	-	Personal interview
Employment rate age group 70-74	EU-LFS 2010	-	Personal interview
Domain 2: Participation in society			
Voluntary activities	EQLS-2011	-	Personal interview
Care to children, grandchildren	EQLS-2011	-	Personal interview
Care to older adults	EQLS-2011	-	Personal interview
Political participation	EQLS-2011	-	Personal interview
Domain 3: Independent, healthy and secure living			
Physical exercise	Special Eurobarometer 334 – October 2009	-	Personal interview
Access to health and dental care	EU-SILC 2010	INE. Life Conditions Survey (2012)	
Independent living	EU-SILC 2010	-	Personal interview
Relative median income	EU-SILC 2010	INE. Families Life Conditions Survey (2012)	-
No poverty risk	EU-SILC 2010	INE. Families Life Conditions Survey (2012)	-
No severe material deprivation	EU-SILC 2010	-	Personal interview
Physical safety	ESS 2010	-	Personal interview
Lifelong learning	EU-LFS 2010	IGE-INE. Labour Force Survey (2013)	
Domain 4: Capacity and Enabling Environment for active ageing			
Remaining life expectancy achievement of 50 years at age 55	European Health and Life Expectancy Information System 2009/2010	Eurostat – European Health and Life Expectancy Information System (2012)	-
Share of healthy life years in the remaining life expectancy at age 55	European Health and Life Expectancy Information System 2009/2010	INE. Life Conditions Survey (2012)	-
Mental well-being	EQLS-2011	-	Personal interview
Use of ICT	Eurostat, Information and Communication Technologies Survey 2010	-	Personal interview
Social connectedness	ESS 2010	-	Personal interview
Educational attainment	EU-LFS 2010	-	Personal interview

AAISpain = 32.5
European Average = 33.8

AAIGalicia = 31.8

1. Applying Active Ageing Index to Galicia

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Individual adaptation of Active Ageing Index

Indicators and domains	Modifications	Equivalent indicators	Explicit weight for each indicator (proportion within the domain)	Explicit weight for each domain
Employment rate age group 55-59	Remains	Employment rate 55-59 years	25%	
Employment rate age group 60-64	Remains	Employment rate 60-64 years	25%	
Employment rate age group 65-69	Remains	Employment rate 65-69 years	25%	
Employment rate age group 70-74	Remains	Employment rate 70-74 years	25%	
Domain 1: Employment			100%	35%
Voluntary activities	Remains	Voluntary activities	25%	
Care to children, grandchildren	Remains	Care of children, grandchildren	25%	
Care to older adults	Remains	Care of older adults	30%	
Political participation	Remains	Political participation	20%	
Domain 2: Participation in society			100%	35%
Physical exercise	Remains	Physical exercise	10%	
Access to health and dental care	Modified	Frequency of health and dental care	20%	
Independent living	Improved	Independent living	20%	
Relative median income	Modified	Perceived economic situation	10%	
No poverty risk	Modified	No poverty risk	10%	
No severe material deprivation	Remains	No severe material deprivation	10%	
Physical safety	Remains	Physical security	10%	
Lifelong learning	Modified	Lifelong learning	10%	
Domain 3: Independent, healthy and secure living			100%	
Remaining life expectancy achievement of 50 years at age 55	Removed	-		
Share of healthy life years in the remaining life expectancy at age 55	Modified	No limitation in daily activity	34%	
Mental well-being	Improved	Mental well-being	25%	
Use of ICT	Remains	Use of ICT	11%	
Social connectedness	Improved	Social and familiar support	19%	
Educational attainment	Remains	Educational attainment	11%	
Domain 4: Capacity and enabling environment for active ageing			100%	20%

Psychometric properties

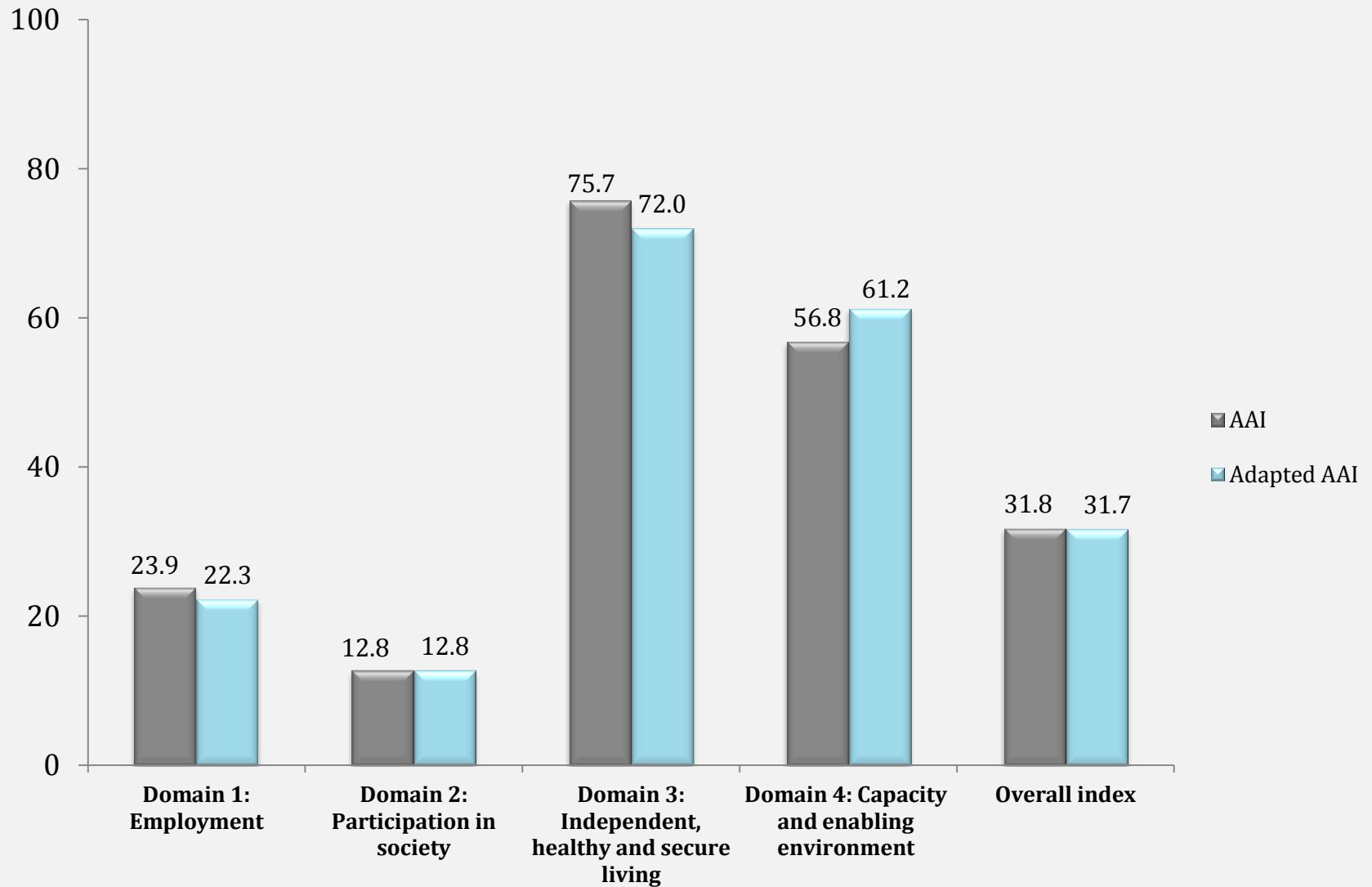
Indicators	Scale	No. items	Factors - AFE	% explained variance	Internal consistency
Independent living	Lawton and Brody Scale (Lawton & Brody, 1969). <i>The Gerontologist</i> , 9(3), 179-186.	8	1	78.5%	Alpha=.94
	Barthel Index (Mahoney & Barthel, 1965). <i>Medical Journal</i> , 14: 56-61.	10	1	55.2%	Alpha=.89
Mental well-being	Affective Balance Scale (Godoy-Izquierdo, Martínez & Godoy, 2008). <i>Clínica y Salud</i> , 19 (2), 157-189.	16	2 Negative affect Positive affect	39.9%	Overall alpha=.42 Negative alpha=.80 Positive alpha=.76
Social and familiar support	Socio familiar Support Scale	11	2 Family Friends	58.3%	Overall alpha=.88 Familiar alpha=.87 Friendship alpha=.79

1. Applying Active Ageing Index to Galicia

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3. Comparing both results

Overall results AAI – adapted AAI

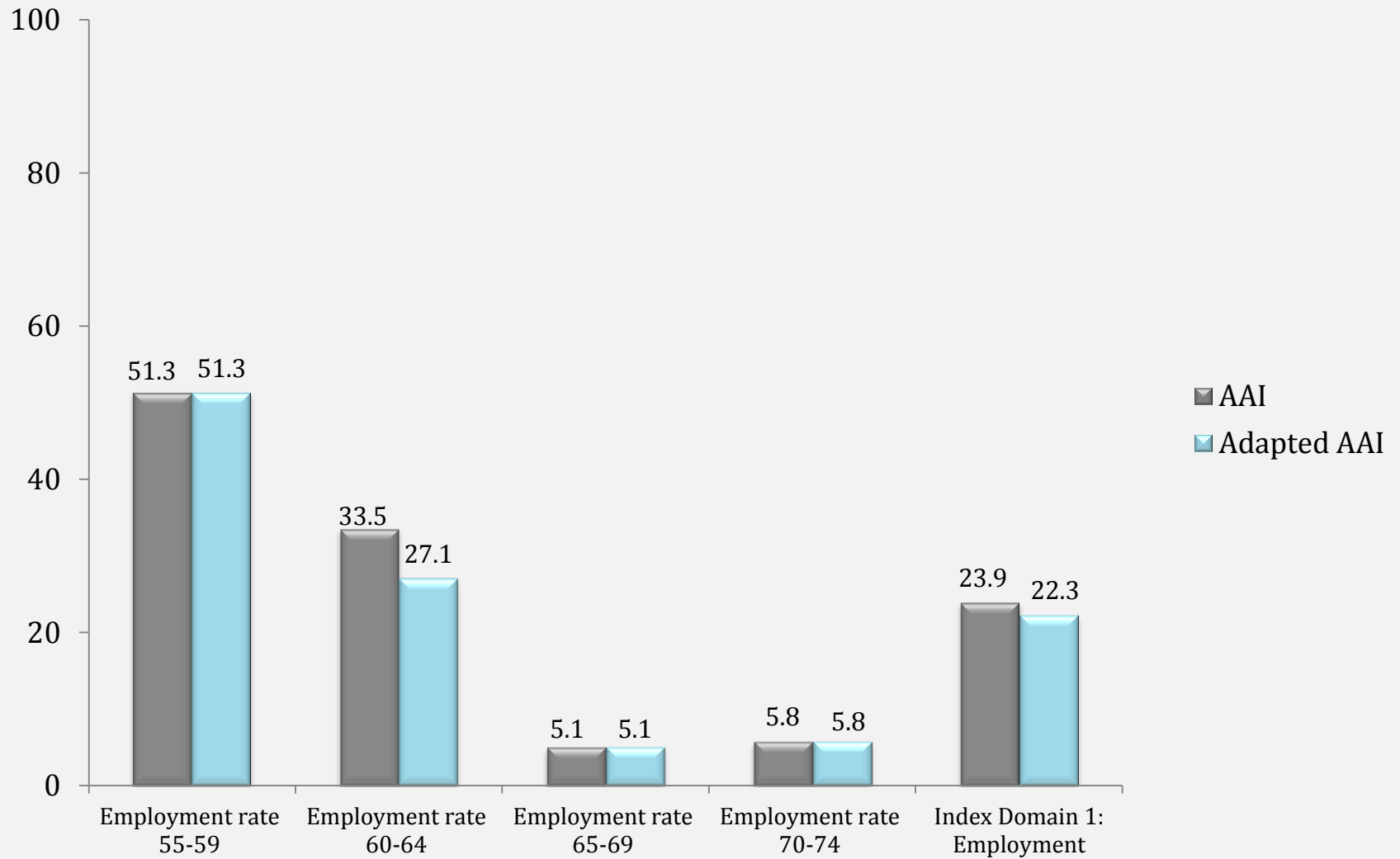


Overall results

Ranking	Score A: Original AAI		Score B: Individual adaptation of AAI	
	Region	Value	Region	Value
1	Sweden	44.0	Sweden	44.0
2	Denmark	40.2	Denmark	40.2
3	Ireland	39.4	Ireland	39.4
4	United Kingdom	39.3	United Kingdom	39.3
5	Netherlands	38.9	Netherlands	38.9
6	Finland	38.8	Finland	38.8
7	Cyprus	36.3	Cyprus	36.3
8	Luxemburg	35.1	Luxemburg	35.1
9	Germany	35.0	Germany	35.0
10	Austria	34.9	Austria	34.9
11	Czech Rep.	34.3	Czech Rep.	34.3
12	France	34.2	France	34.2
13	Portugal	34.2	Portugal	34.2
14	Belgium	33.5	Belgium	33.5
15	Italy	33.3	Italy	33.3
16	Estonia	33.1	Estonia	33.1
17	Spain	32.5	Spain	32.5
18	Galicia	31.8	Galicia	31.7
19	Lithuania	31.6	Lithuania	31.6
20	Malta	31.0	Malta	31.0
21	Romania	30.9	Romania	30.9
22	Slovenia	30.6	Slovenia	30.6
23	Latvia	30.2	Latvia	30.2
24	Bulgaria	30.0	Bulgaria	30.0
25	Greece	29.3	Greece	29.3
26	Hungary	28.2	Hungary	28.2
27	Slovakia	27.7	Slovakia	27.7
28	Poland	27.3	Poland	27.3

	Original AAI
	Individual adaptation of AAI

Employment

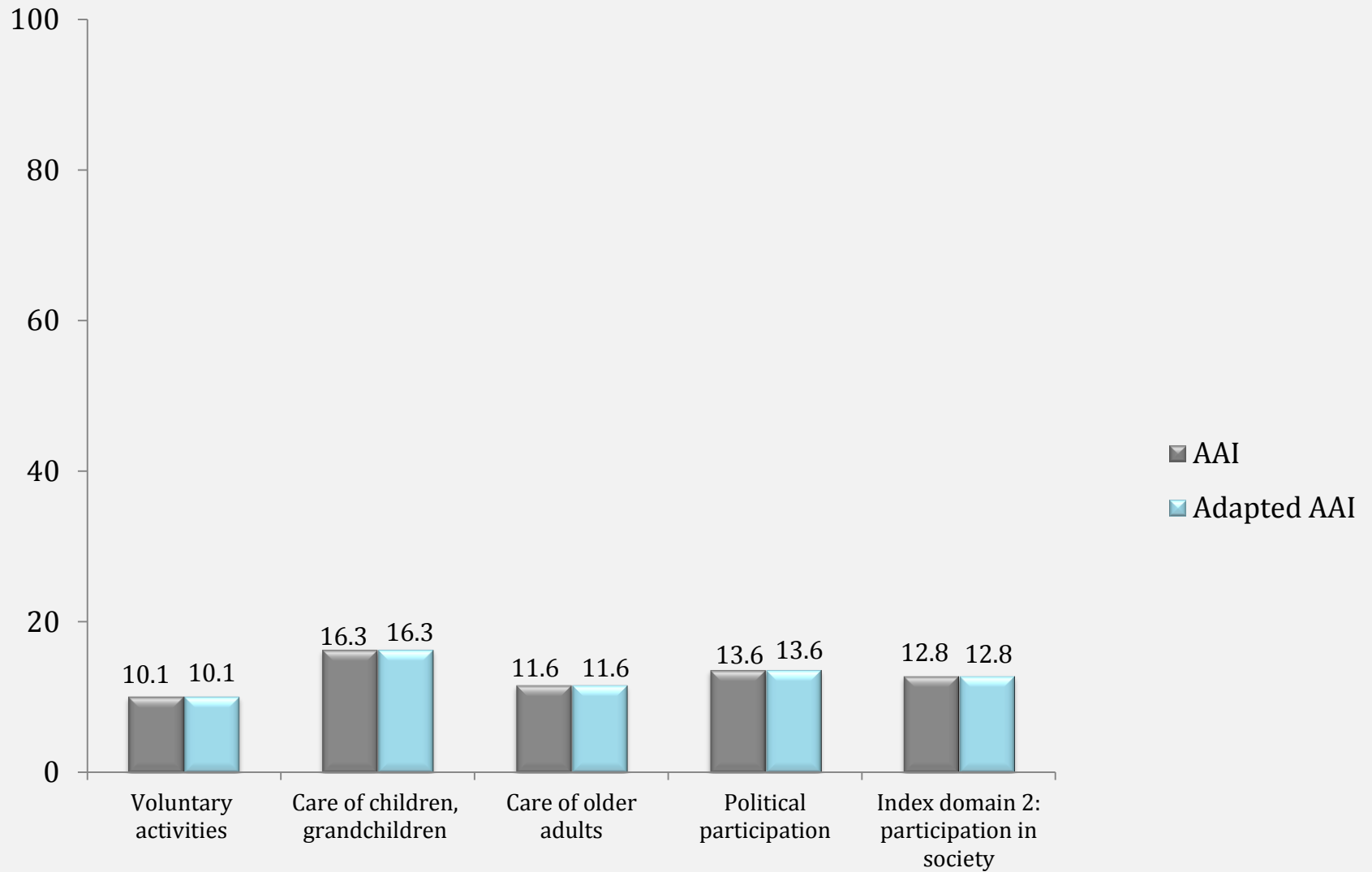


Employment

Ranking	Score A: Original AAI		Score B: Individual adaptation of AAI	
	Region	Value	Region	Value
1	Sweden	41.0	Sweden	41.0
2	Cyprus	36.1	Cyprus	36.1
3	United Kingdom	35.5	United Kingdom	35.5
4	Portugal	35.3	Portugal	35.3
5	Estonia	34.4	Estonia	34.4
6	Denmark	34.0	Denmark	34.0
7	Finland	32.0	Finland	32.0
8	Romania	31.4	Romania	31.4
9	Netherlands	31.4	Netherlands	31.4
10	Germany	31.2	Germany	31.2
11	Ireland	31.0	Ireland	31.0
12	Latvia	28.3	Latvia	28.3
13	Lithuania	27.4	Lithuania	27.4
14	Czech Rep.	26.4	Czech Rep.	26.4
15	Austria	24.6	Austria	24.6
16	Bulgaria	24.6	Bulgaria	24.6
17	Greece	24.4	Greece	24.4
18	Galicia	23.9	Spain	23.3
19	Spain	23.3	Galicia	22.3
20	Slovenia	21.6	Slovenia	21.6
21	Luxemburg	21.1	Luxemburg	21.1
22	France	21.0	France	21.0
23	Italy	20.9	Italy	20.9
24	Slovakia	20.1	Slovakia	20.1
25	Poland	19.8	Poland	19.8
26	Belgium	19.8	Belgium	19.8
27	Malta	18.3	Malta	18.3
28	Hungary	17.8	Hungary	17.8

	Original AAI
	Individual adaptation of AAI

Participation in society

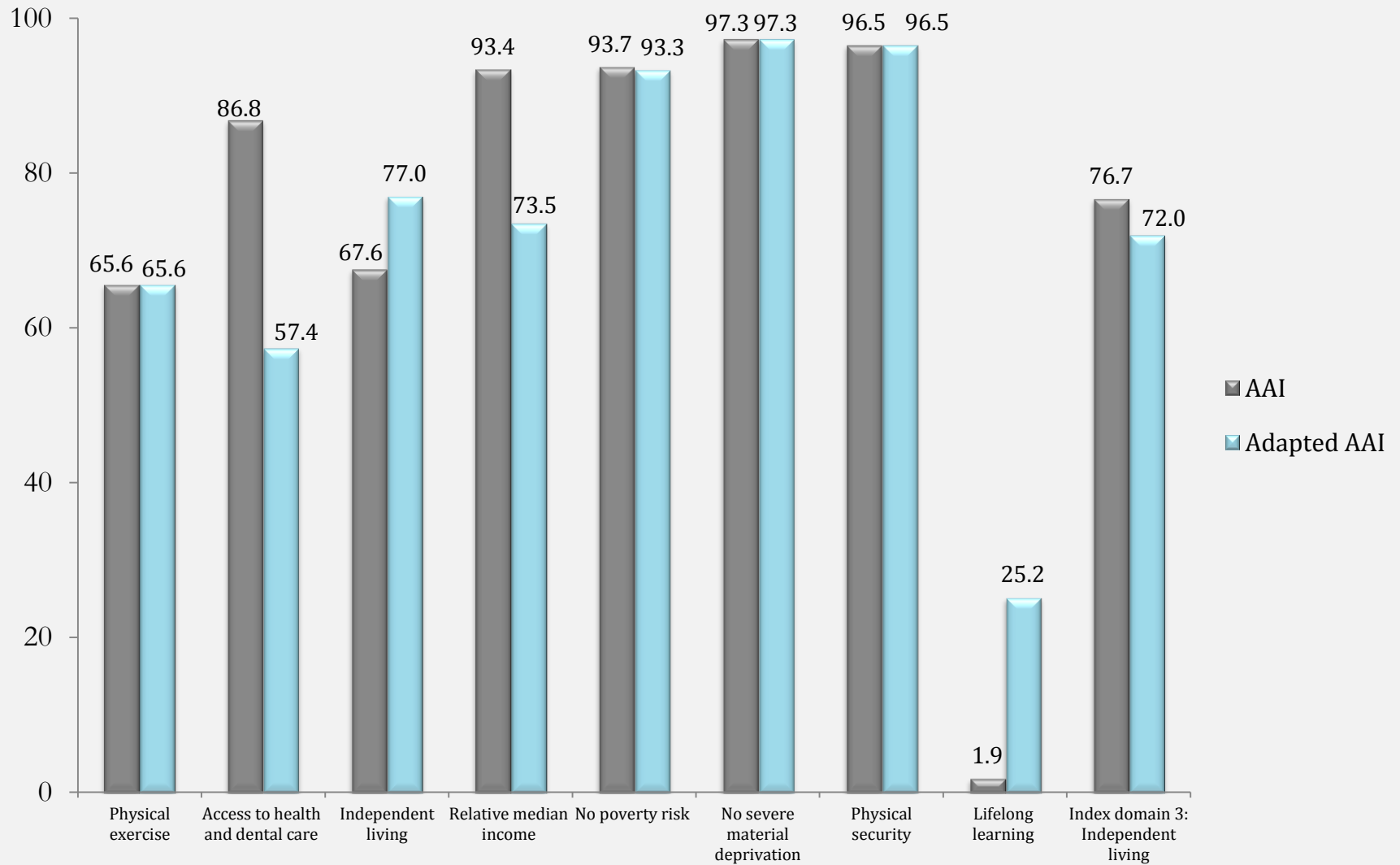


Participation in society

Ranking	Score A: Original AAI		Score B: Individual adaptation of AAI	
	Region	Value	Region	Value
1	Ireland	25.2	Ireland	25.2
2	Italy	24.1	Italy	24.1
3	Luxemburg	22.6	Luxemburg	22.6
4	Sweden	22.6	Sweden	22.6
5	France	22.4	France	22.4
6	Netherlands	22.4	Netherlands	22.4
7	Finland	22.4	Finland	22.4
8	Austria	21.4	Austria	21.4
9	Belgium	20.4	Belgium	20.4
10	Denmark	20.1	Denmark	20.1
11	United Kingdom	20.0	United Kingdom	20.0
12	Czech Rep.	19.4	Czech Rep.	19.4
13	Cyprus	18.7	Cyprus	18.7
14	Spain	18.3	Spain	18.3
15	Malta	18.2	Malta	18.2
16	Slovenia	16.7	Slovenia	16.7
17	Hungary	16.1	Hungary	16.1
18	Lithuania	15.3	Lithuania	15.3
19	Germany	14.9	Germany	14.9
20	Portugal	14.3	Portugal	14.3
21	Greece	14.2	Greece	14.2
22	Latvia	13.9	Latvia	13.9
23	Slovakia	13.7	Slovakia	13.7
24	Estonia	13.3	Estonia	13.3
25	Romania	12.9	Romania	12.9
26	Bulgaria	12.9	Bulgaria	12.9
27	Galicia	12.8	Galicia	12.8
28	Poland	12.2	Poland	12.2

	Original AAI
	Individual adaptation of AAI

Independent, healthy and secure living

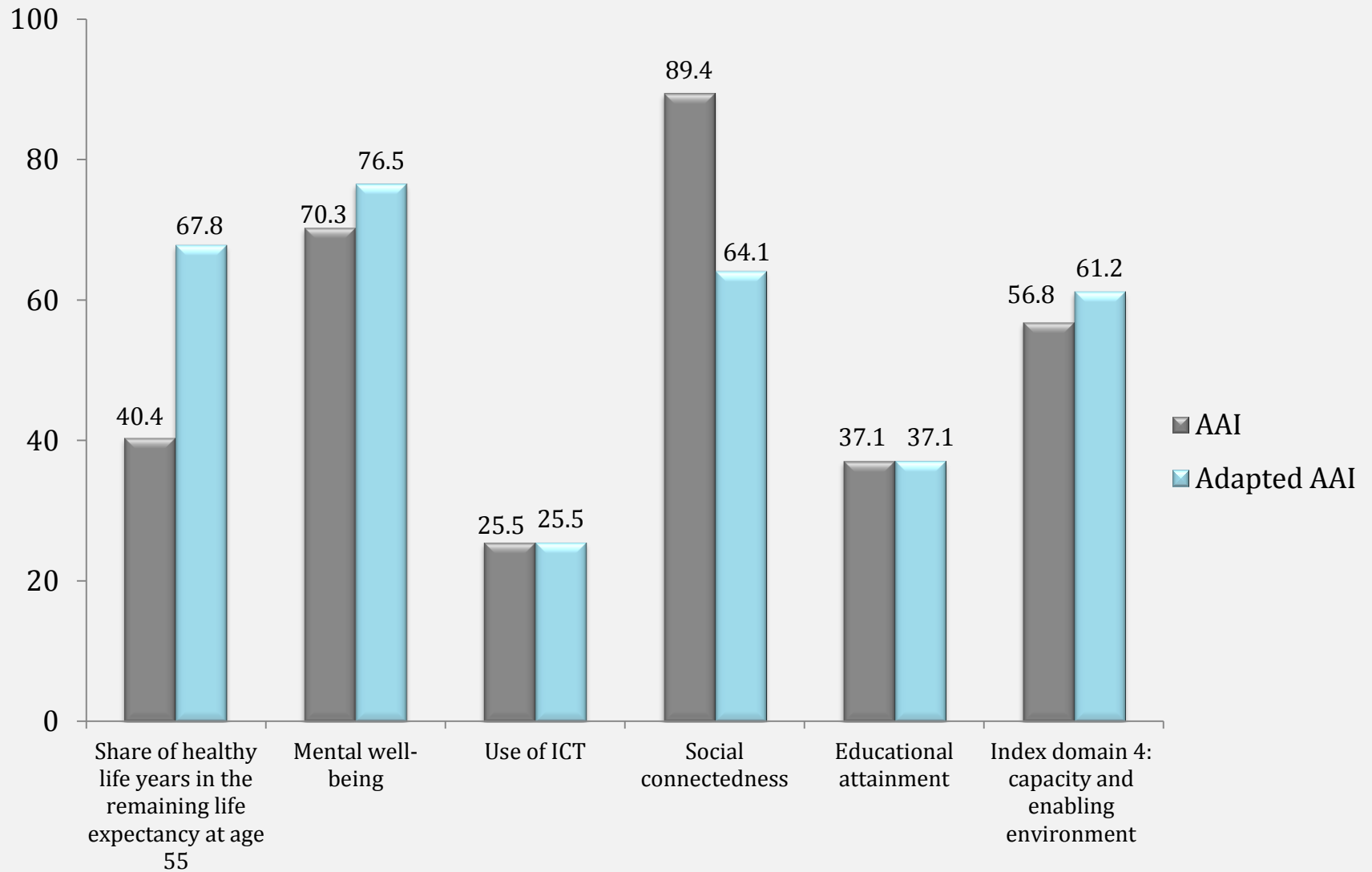


Independent, healthy and secure living

Ranking	Score A: Original AAI		Score B: Individual adaptation of AAI	
	Region	Value	Region	Value
1	Denmark	79.0	Denmark	79.0
2	Sweden	78.7	Sweden	78.7
3	Netherlands	77.7	Netherlands	77.7
4	Finland	76.6	Finland	76.6
5	Germany	75.8	Germany	75.8
6	Galicia	75.7	United Kingdom	75.7
7	United Kingdom	75.7	Ireland	75.7
8	Ireland	75.7	Luxemburg	74.7
9	Luxemburg	74.7	France	74.6
10	France	74.6	Slovenia	74.4
11	Slovenia	74.4	Czech Rep.	73.8
12	Czech Rep.	73.8	Belgium	73.4
13	Belgium	73.4	United Kingdom	73.0
14	Austria	73.0	Galicia	72.0
15	Hungary	71.9	Hungary	71.9
16	Lithuania	70.6	Lithuania	70.6
17	Romania	70.1	Romania	70.1
18	Malta	70.1	Malta	70.1
19	Estonia	70.0	Estonia	70.0
20	Italy	69.9	Italy	69.9
21	Cyprus	69.1	Cyprus	69.1
22	Poland	67.5	Poland	67.5
23	Spain	67.3	Spain	67.3
24	Slovakia	67.0	Slovakia	67.0
25	Portugal	66.7	Portugal	66.7
26	Greece	65.2	Greece	65.2
27	Bulgaria	65.2	Bulgaria	65.2
28	Latvia	63.2	Latvia	63.2

■	Original AAI
■	Individual adaptation of AAI

Capacity and enabling environment for active ageing

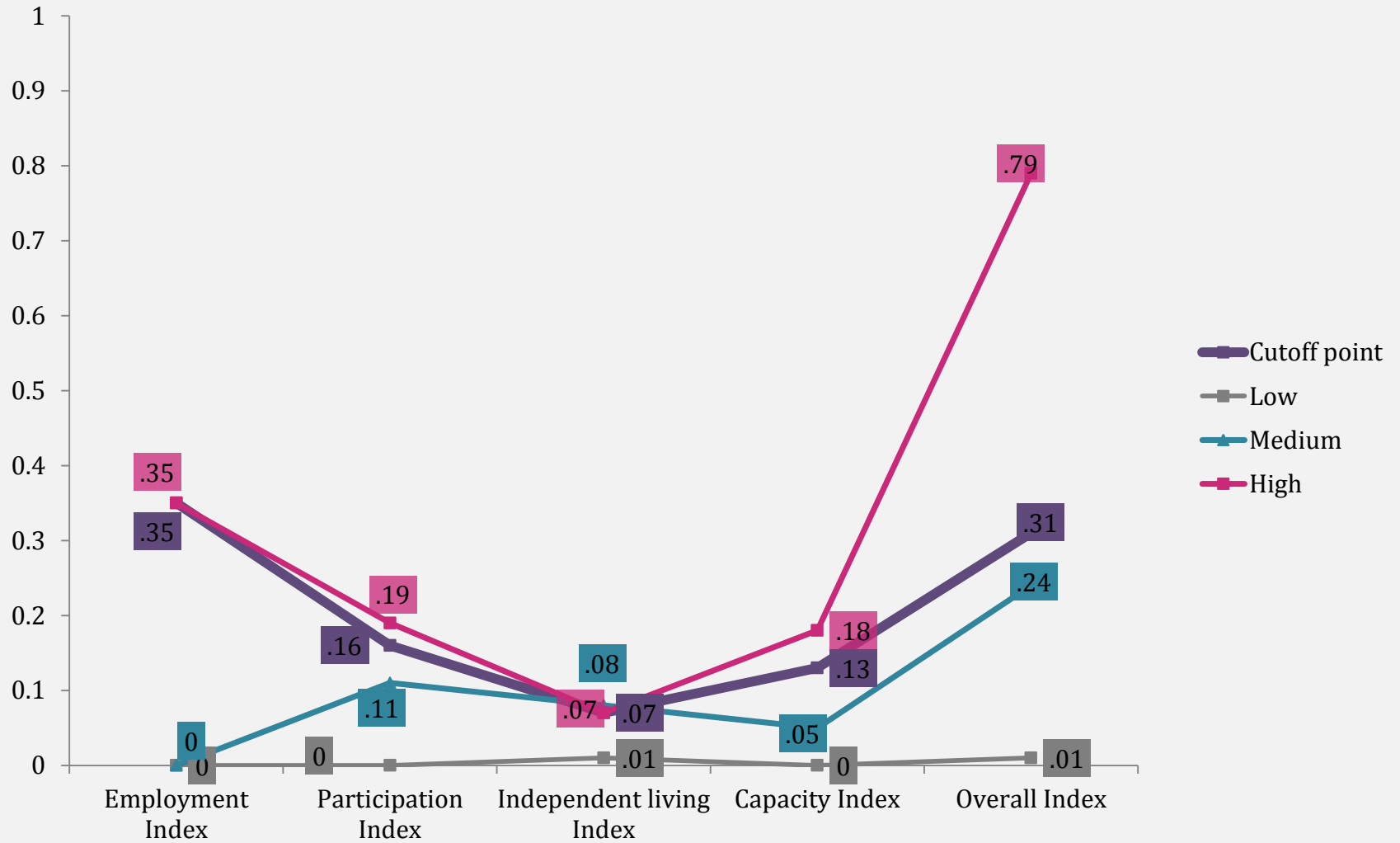


Capacity and enabling environment for active ageing

Ranking	Score A: Original AAI		Score B: Individual adaptation of AAI	
	Region	Value	Region	Value
1	Sweden	69.5	Sweden	69.5
2	Denmark	66.7	Denmark	66.7
3	Netherlands	61.6	Netherlands	61.6
4	Luxemburg	61.6	Luxemburg	61.6
5	United Kingdom	61.4	United Kingdom	61.4
6	Ireland	60.8	Galicia	61.2
7	Finland	60.7	Ireland	60.8
8	Belgium	60.3	Finland	60.7
9	France	57.8	Belgium	60.3
10	Austria	57.5	France	57.8
11	Galicia	56.8	Austria	57.5
12	Germany	56.2	Germany	56.2
13	Spain	56.1	Spain	56.1
14	Malta	56.1	Malta	56.1
15	Czech Rep.	54.4	Czech Rep.	54.4
16	Italy	52.8	Italy	52.8
17	Bulgaria	51.7	Bulgaria	51.7
18	Cyprus	51.1	Cyprus	51.1
19	Portugal	50.8	Portugal	50.8
20	Slovenia	48.8	Slovenia	48.8
21	Lithuania	47.9	Lithuania	47.9
22	Estonia	47.1	Estonia	47.1
23	Poland	46.7	Poland	46.7
24	Greece	46.7	Greece	46.7
25	Slovakia	45.9	Slovakia	45.9
26	Hungary	45.9	Hungary	45.9
27	Latvia	45.4	Latvia	45.4
28	Romania	42.0	Romania	42.0

■	Original AAI
■	Individual adaptation of AAI

Personal profile



Conclusions

Population approach

Galicia: 18th position; AAI Galicia, = 31.8
(2.0 < European Average: 33.8)

Need to promote employment and participation in society

Good results in “Independent, healthy and secure living”

On track – “Capacity and enabling environment for active ageing”

Participation
in society

Employment

Individual approach

Galicia: 18th position;
Adapted AAI Galicia = 31.7

Areas for improvement:

Monitoring
physical and
dental health

Economic
situation

Use of
ICT

Limited daily
activity

Education

Mental
well-being

Sociofamiliar
support

Conclusions: Adapted AAI Tool

Advantages

Awareness of elderly's problematic and needs
Increase of the potential use of AAI
Assessment of any population segments
Personal screening
Rapid and individualized tool
Monitoring assessment
Adaptation of programs
Improve of effectiveness of initiatives

Beta proposal
Weighting indicators

Limitations

Future Lines of Work

Improvement of Personal Index

- Including personal indicators
 - Cognitive state
 - Lifestyles (nourishment, sleep habits, toxic habits, leisure time)
 - Life satisfaction
 - Coping styles

Active Ageing Construct

- Weight's redistribution

Personal Index of Active Ageing

- Different proposals for weighting of indicators
- Personal profile of active ageing
- Observatory: temporal evolution of indicators



Thank you for your attention

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