



Across the world, more people are living longer than ever before.

But for many these extra years are not necessarily healthy years. We don't want to just add years to our lives.

We also want to enjoy our extra years in good health and well-being.





This is healthy ageing:

Adding quality to quantity so that current and future generations can reap the benefits of one of humanity's greatest achievements – longevity.

Healthy ageing is not yet a reality for many around the world. But it can be, if we work together.

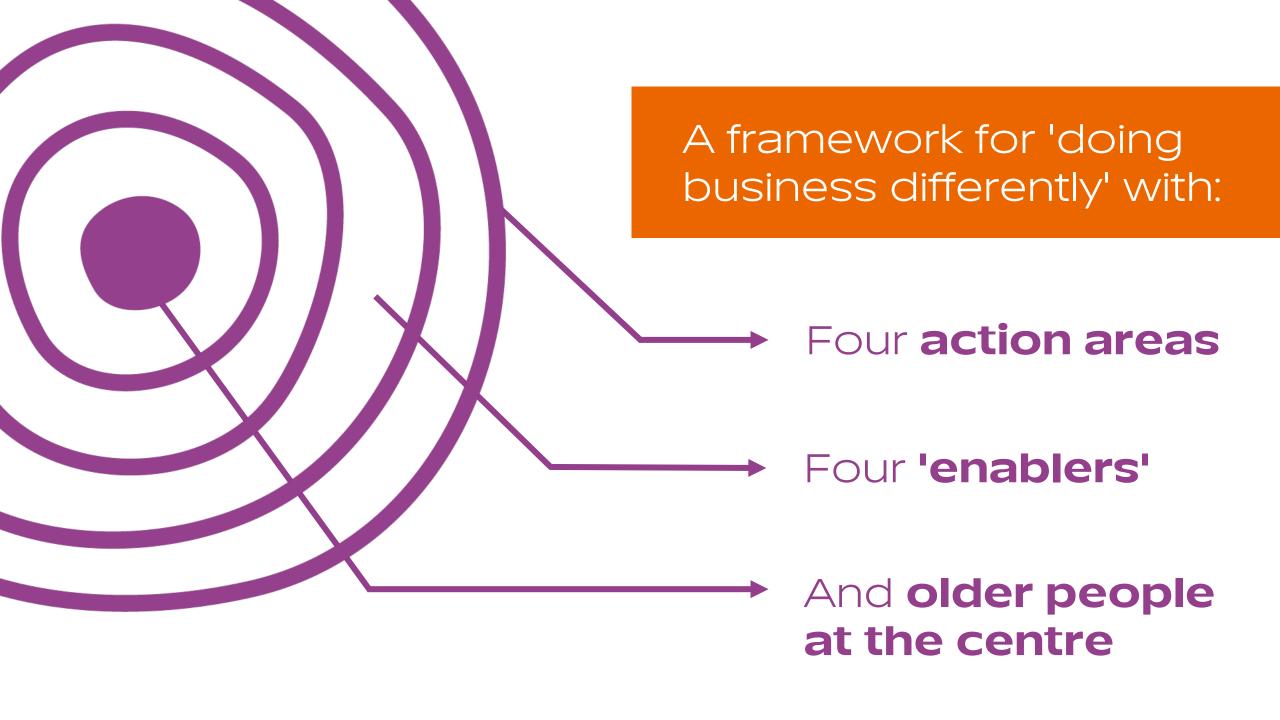
Governments, civil society, researchers, businesses, international agencies, media – we all have something we can contribute.

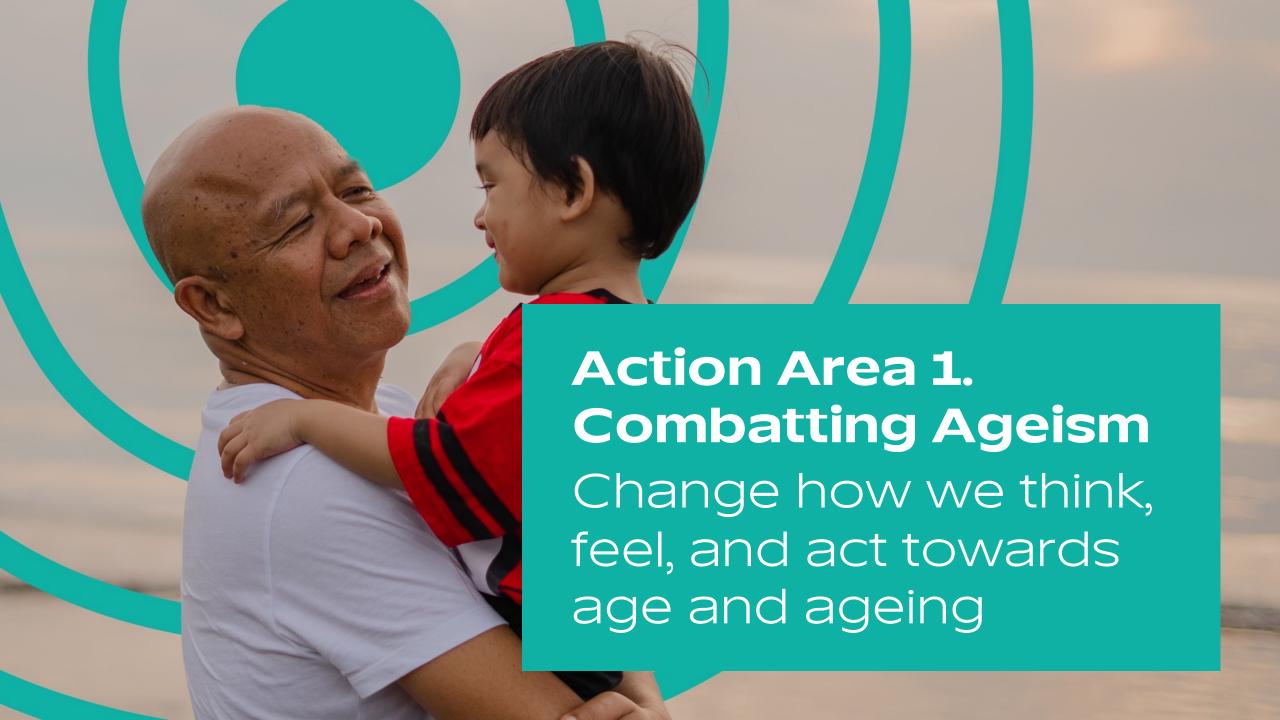




## 2021-2030:

A unique opportunity to work together to transform the world to be a better place to grow older





















The Decade is for everyone – both current and future generations of older people.

Together, we can make every year count. Not by the numbers, but by how we live and grow in between. **#AddingLifeToYears** 

