UN Decade of Healthy Ageing – Core Narrative

Longer lives are one of humanity’s greatest achievements. However, we don’t just want to add years to our lives. We also want to enjoy good health and well-being in later life. This is healthy ageing.

Today, too many people around the world experience much worse health than they should because of unsupportive environments that prevent them from maximizing their later years.

As we age, our physical and social environments should provide us with the basic resources and support needed to lead a healthy life. Access to health care and proper nutrition, opportunities in education and employment, safe housing and supportive communities all become the roots that nourish our development and well-being. If our environment does not sustain us as we grow older, our health declines and we struggle to flourish. Over time, we may become disconnected, unhappy, and a burden to others.

The UN Decade of Healthy Ageing (2021–2030) aims to give everyone the opportunity to add life to years, wherever they live.

The Decade is a transformative collaboration of diverse sectors and stakeholders that focuses on changing how we think, feel and act towards ageing; cultivating age-friendly environments; creating integrated and responsive health care systems and services; and ensuring access to long-term care for older people who need it.

This Decade – by combatting aged-based stereotypes, prejudice, and discrimination, we can improve economic development, harness intergenerational knowledge, and create more equitable, healthier, and happy societies: a world for all ages.

This Decade – by creating age-friendly physical and social environments, we can enable older people to age safely in a place that is right for them, continue to develop personally, be included, and contribute to their communities while retaining their independence and health.

This Decade – by providing integrated care, we can treat the person and not just their individual diseases, so that we can better manage
chronic conditions, maintain physical and mental capacity, and prevent care dependency.

This Decade – by ensuring people get access to long-term care when they need it, we can make sure that we all have the care and support required to live with dignity and rights.

By acting together across these four areas, we can add quality to quantity and give all people the chance to lead a meaningful life, no matter their age. Together, we can make every year count – not by the numbers, but by how we live and grow in between.

#AddingLifeToYears