Age friendly State of São Paulo, Brazil: a focus on health

Anita Liberalesso Neri – State University of Campinas, Brazil
Mônica Sanches Yassuda – University of São Paulo, Brazil
In the last decades, population aging and the increase in longevity have been challenging several Brazilian agencies to provide conditions to improve the quality of life of their older citizens.
BRAZIL (2011)

LIFE EXPECTANCY AT BIRTH

<table>
<thead>
<tr>
<th>Total</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>73.48</td>
<td>69.73</td>
<td>77.32</td>
</tr>
</tbody>
</table>

EXPECTED YEARS AT AGE 60

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>19.63</td>
<td>22.97</td>
</tr>
</tbody>
</table>

Population: 192.3 millions
Aged 60 and above: 11%
Aged 65 and above: 7.4%
Analfabetismo/Illiteracy
Por regiões e por idades - By region and by age

<table>
<thead>
<tr>
<th>Norte</th>
<th>Nordeste</th>
<th>Sudeste</th>
<th>Sul</th>
<th>Centro-oeste</th>
<th>Brasil</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.095</td>
<td>53.500</td>
<td>80.975</td>
<td>27.562</td>
<td>14.244</td>
<td>192.377</td>
</tr>
</tbody>
</table>

Observação: população estimada para 2011 (milhões de pessoas)
Comment: estimated population for 2011 (millions of people)
Elaboração: Oswaldo Colombo Filho - Fonte IBGE/PNAD
<table>
<thead>
<tr>
<th></th>
<th>Frail</th>
<th>Pre-frail</th>
<th>Not-frail</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td>1095</td>
<td>85</td>
<td>7,8</td>
<td></td>
</tr>
<tr>
<td>Females</td>
<td>2280</td>
<td>222</td>
<td>9,7</td>
<td></td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-69</td>
<td>1169</td>
<td>55</td>
<td>4,7</td>
<td></td>
</tr>
<tr>
<td>70-74</td>
<td>1030</td>
<td>77</td>
<td>7,5</td>
<td></td>
</tr>
<tr>
<td>75-79</td>
<td>669</td>
<td>78</td>
<td>11,7</td>
<td></td>
</tr>
<tr>
<td>80 +</td>
<td>507</td>
<td>97</td>
<td>19,1</td>
<td></td>
</tr>
<tr>
<td><strong>Illiterate</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>906</td>
<td>138</td>
<td>15,2</td>
<td></td>
</tr>
<tr>
<td>Not</td>
<td>2430</td>
<td>164</td>
<td>6,7</td>
<td></td>
</tr>
<tr>
<td><strong>Years of schooling</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>682</td>
<td>109</td>
<td>16,0</td>
<td></td>
</tr>
<tr>
<td>1 - 4 years</td>
<td>1688</td>
<td>134</td>
<td>7,9</td>
<td></td>
</tr>
<tr>
<td>5 - 8 years</td>
<td>561</td>
<td>45</td>
<td>8,0</td>
<td></td>
</tr>
<tr>
<td>9 - 11 years</td>
<td>274</td>
<td>14</td>
<td>5,1</td>
<td></td>
</tr>
<tr>
<td>12 years +</td>
<td>169</td>
<td>5</td>
<td>3,0</td>
<td></td>
</tr>
<tr>
<td><strong>Cognitive deficit</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>804</td>
<td>123</td>
<td>15,3</td>
<td></td>
</tr>
<tr>
<td>Not</td>
<td>2569</td>
<td>184</td>
<td>7,2</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at p < 0.05
Aim of this presentation:

To report the experience of the State of São Paulo, the most developed in Brazil, concerning the establishment of a state policy toward older adults, oriented towards the development of good social and health practices addressed to promote the quality of life of elders.
São Paulo: an Age Friendly State
São Paulo State (2010)

- **Population**: 41,262,199
- **Area**: 248,196,960 km²
- **Demographic density**: 166.25
- **Number of cities**: 645
- **Gross Domestic Product**: U.S. 550,000,000 dollar
- **Per capita GDP**: U.S. 14,000 dollar

**Population aged 60 +**: 11%

**Fertility rate**: 1.9

**Life expectancy at birth**
- Total: 74.8
- Men: 70.7
- Women: 79.0
Program
“São Paulo: an Age Friendly State”
Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

“Activity” refers to continued participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force.

Active ageing aims to extend healthy life expectancy and quality of life for all people as they age, including those who are frail, disabled and in need of care.

Adding life to the years, or a good life in old age.

- Independence
- Participation
- Care
- Self-Fulfillment
- Dignity
São Paulo as an Age Friendly State: four pillars

Protection
Investment in facilities in the area of health, leisure, transportation and education.

Education
Investment in continued education, literacy, health education, digital inclusion, attitudes change and social memory rebuilding.

Health
Five strategic actions 2011-2015

Participation
Support and stimulus to representatives of elder affairs.
Health: five strategic actions
2011-2015
A Technical Committee integrated by representatives of Government Secretaries, Universities, Health and Social Services, Justice, and Geriatric and Gerontological Societies gives support and is monitoring the implementation of the five health strategic actions of the health dominium.

Dr. Alexandre Kalache, from the New York Academy of Medicine is our consultant, the brain and hearth of the Program “São Paulo as an Age-Friendly State”.
1. Creation of five Reference Centers on Aging in strategic areas of the State of São Paulo, hosted by its State Universities.
Reference Centers on Aging
• **Regional centers for the promotion of active aging and human resource training centers in Geriatrics and Gerontology.**

• **Beneficiaries:** active and frail elderly (8% of the population, according to Neri et al, 2011 and Yassuda et al, 2011).

• **Services offered:** an average of 6,000 medical consultations, 1,500 interventions targeting social needs and 1,800 dental appointments by month.

• **Goal:** to start services in December of 2014.
In progress: architectural projects are underway to start construction in 90 days.

The universities offer the physical space, management and staff to provide basic services.

Investment: U.S. 13 million dollar in the construction of buildings and U.S. 40 million dollar for annual cost of materials and personnel.
2. Creation of an Adult Day Health Care Center in the East region of the city of São Paulo, hosted by the University of São Paulo.
An Adult Day Health Care Center in Ermelino Matarazzo
• **Partnership between the Secretary of Health, the Secretary of Social Development and the University of São Paulo, East Campus, Gerontology course.**

• **Beneficiaries:** 300 seniors with physical and cognitive limitations and their families, residents in the Eastern area of the city of Sao Paulo, one of its poorest areas, with a HDI = 0.720.

• It will be a teaching and research center for the formation of specialized human resources in Geriatrics and Gerontology.

• Elderly day care center and home care to participants.
Goal: to start services in December 2014.

Construction should begin in 3 to 6 months.

The university offers the physical space, management and staff to provide basic services.

The state will pay for the clinical staff.

3. Implementation of backup services for integrated and continued care for seniors who need acute care and end of life services, in small hospitals (50 beds).
• **Partnership between the Health Department of the State of São Paulo and small philanthropic hospitals, with the capacity of up to 50 beds.**

• **Beneficiaries:** physically and cognitively dependent elders.

• Long-term care hospital for seniors with chronic conditions.

• Two pilot units in the northeastern part of the State in final stages of physical adaptation.
2,5 million dollar have been invested + 1,5 million dollar to be invested annually for cost of materials and personnel.

**Estimated monthly cost of each bed:** U.S. 5,000 dollar.

**Goal:** 40 beds installed in each hospital until December 2012
4. **Creation and implementation of the Age Friendly hospital or nursing home Seal.**
• Hospitals, clinics, nursing homes, primary health care units, community centers and diagnostic centers, public or private, will be accredited as Age Friendly, provided that they meet standards of safety, comfort, guidance and good quality of human services, reflected in number of professionals and skills, service protocols and material resources available.

• **Beneficiaries:** the entire population.

• Four major public hospitals in São Paulo will serve as models.
Program should start within 45 days.

**Investment:** 1.5 million U.S. dollars for three years (2012, 2013 and 2014).

**Goal:** to certify 30 public hospitals in the state until 2014, and in the future, certify private hospitals as well.
5. Creation and implementation of the Age Friendly City Seal.
• **Conceptual basis:** A city that is good for seniors is good for all ages.

• The program has the support of the WHO, John Beard, PhD, Director of the Department of Ageing and Life Course and CEO of the Global Initiative Network of Age-Friendly Cities.

• The seal will entail the certification of **good public practices towards the elderly**.

• The seal will be awarded after evaluation of the requirement by a multidisciplinary committee.
The population will be heard in advance concerning their demands.

**Beneficiaries:** the entire population.

Cities that join the program will benefit from federal funding.

**Investment:** 1.5 million in three years (2012, 2013 and 2014).

**Goal:** certify 20 cities until December 20, 2014, beginning with those which will host the Reference Centers on Aging.
Conclusions

• The State of São Paulo is planning and executing actions which should assist it in facing the challenges and opportunities offered by the aging of our population.

• The program should coordinate a large number of actions and investments towards promoting active ageing in the State.

• It aims at also establishing models for future services and public policy initiatives.

• The State of São Paulo is leading the nation as it has become the first State to declare itself Age-Friendly.
Thanks!

anitalbn@uol.com.br