



LIETUVOS RESPUBLIKOS  
SVEIKATOS APSAUGOS MINISTERIJA

# Physical Activity Policy framework on Healthy Ageing in Lithuania

November 28, 2019

Kaunas

# What is Healthy Ageing?

„The process of developing and maintaining the **functional ability** that enables **wellbeing** in older age“ (WHO).



# There are more than 1 billion people aged 60 years or older



Health Topics ▾

Countries ▾

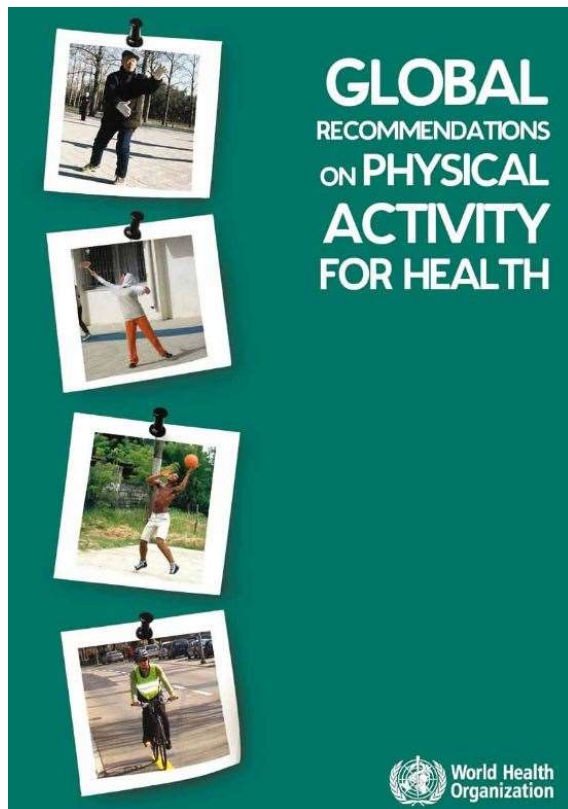
News

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# Physical activity recommendations

WHO



LITHUANIAN



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# 65 years and above

- Recreational or leisure time physical activity
- Walking/cycling
- Household chores
- Games
- Planned exercise
- Daily, family, community activities

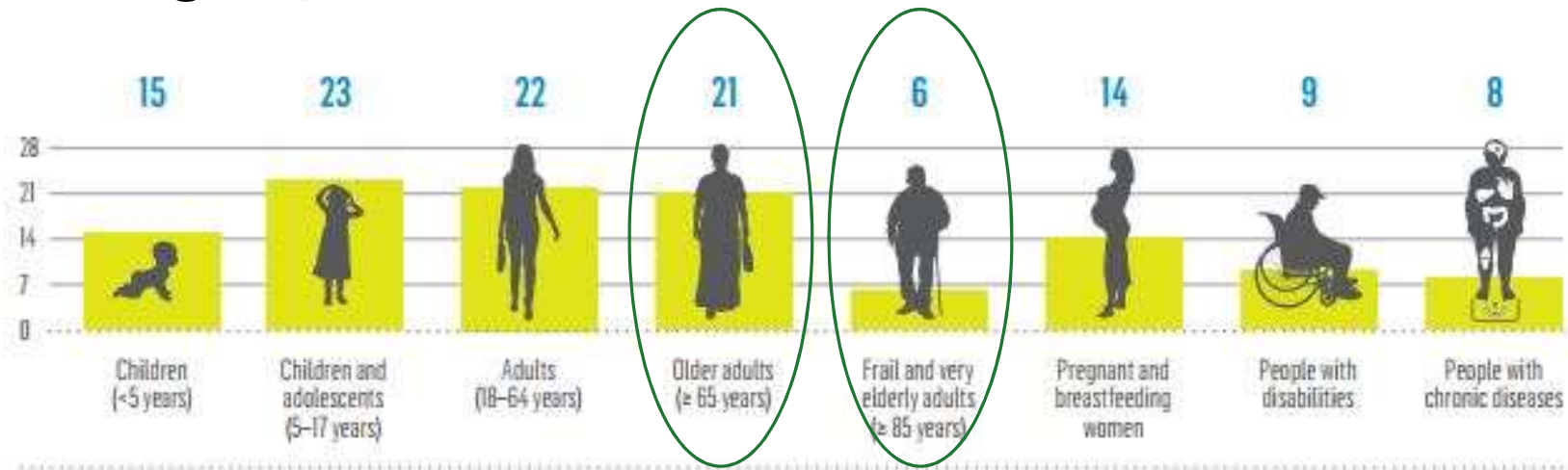


- At least **150 minutes** of moderate-intensity aerobic physical activity throughout the week <...>
- Aerobic activities should be performed in bouts of **at least 10 min.duration**
- Perform physical activity to enhance **balance and prevent falls on 3 or more days per week**
- **Muscle-strengthening activities** – 2 or more days a week
- And other...





## Number of countries in which specific age groups and special groups are covered by national recommendations





# National recommendations on physical activity and health

## National recommendations on physical activity for health

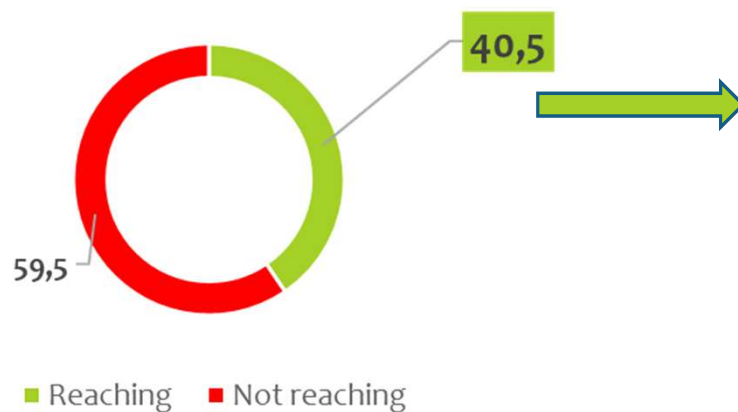
### TARGET GROUPS INCLUDED



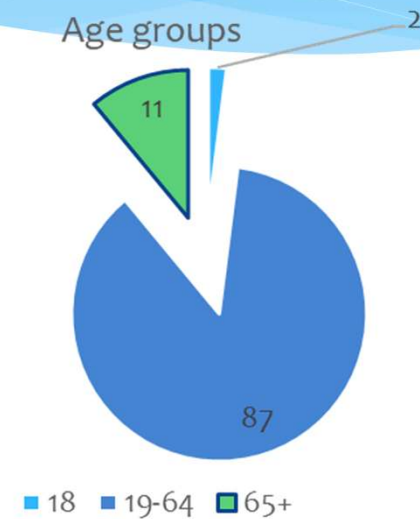
# Physically active adults in Lithuania (18+)

(Institute of Hygiene, 2018)

WHO recommended levels of PA, %



Age groups

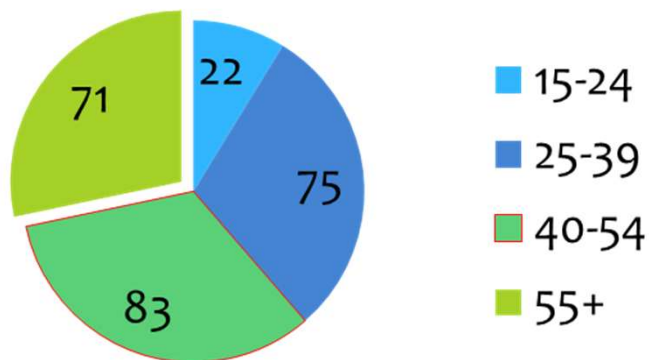




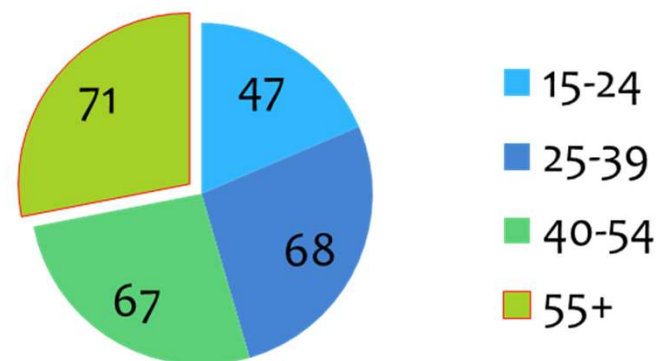
## Physical activity in Lithuania (15+) (Special Eurobarometer on Sport, 2017)

Never do exercise or play sport:

Men



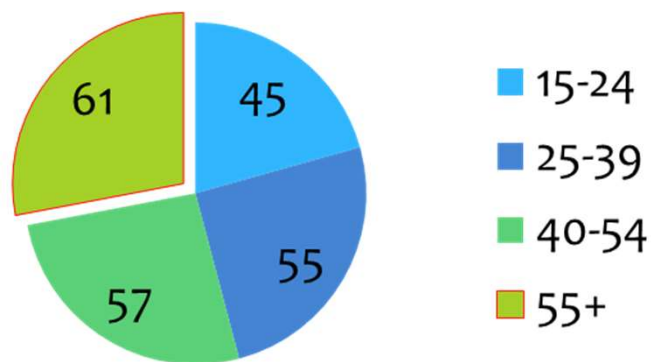
Women



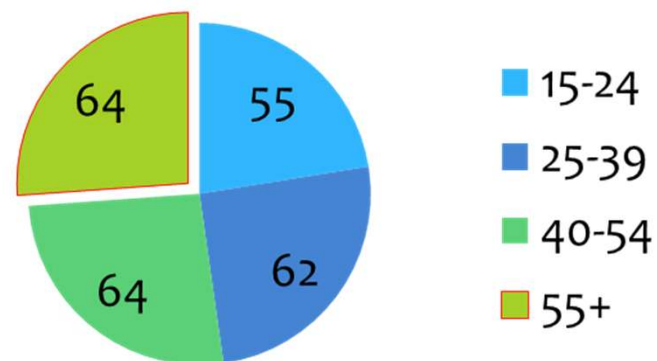
## Physical activity in Lithuania (15+) (Special Eurobarometer on Sport, 2017)

Engagement in other physical activity – cycling from place to place,  
dancing, gardening, etc.:

### Men



### Women



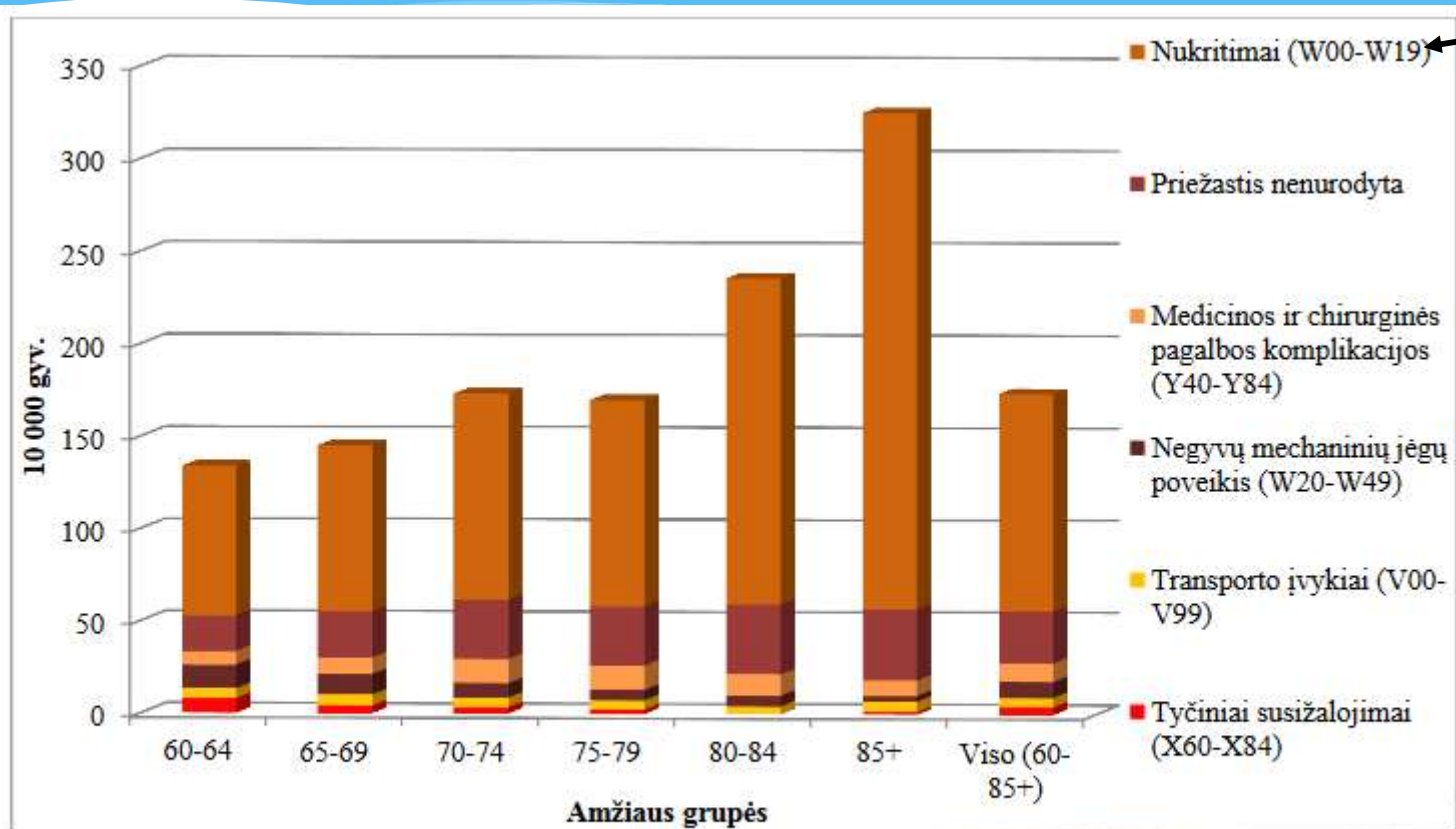
# Issues of concern

**FALLS** - each year an estimated 646 000 individuals die from falls globally, making it the second leading cause of unintentional injury death, after road traffic injuries.

**DIABETES** and related **DEPRESSION** or **COGNITIVE IMPAIRMENT** are more common for older people.



# Most common reasons of injuries in Lithuania



Falls

2.6.2.1 pav. 60 m. ir vyresnio amžiaus stacionaro ligonių dažniausios traumų priežastys pagal amžiaus grupes Lietuvoje 2014 m. (Šaltinis: Higienos instituto Sveikatos informacijos centras)



# National policy actions



# Lithuanian Health Strategy 2014–2025

## Goals

Create safer **social environment**, reduce health inequities and social exclusion

Create health promoting **working and living environment**

**Foster healthy lifestyle and its culture**

Ensure high quality and effective **health care** focused on population needs



# National Action Plan on Healthy Aging in Lithuania 2014–2023

Order of Lithuanian Health Minister

- Spread of information on rational use of medicine for different target groups: healthcare professionals, pharmacists and patients
- Elaboration of new models to improve the quality of healthcare services and access
- Promotional campaigns to raise awareness of elderly people on the topics of fall prevention, weight control, daily physical activity, care of mental health, etc., also involving into such activities the Third-Age Universities.



# National Action Plan on Healthy Aging in Lithuania 2014–2023

Order of Lithuanian Health Minister, 2014

## Falls prevention

- Manuals and guides for the specialists
- Recommendations for general population
- In-service training courses for health professionals
- Open and free events for elderly people, mostly using physical activity means

## Cardio respiratory diseases and diabetes prevention

- Programme by the Health Minister on cardio respiratory diseases and diabetes prevention, free of charge for the risk groups patients: physical activity exercises, discussions on nutrition, mental health, monitoring of body indices and their change, recognising risk factors, etc.





# The main trends of investment

**46.35 mln. EUR:**  
39.4 mln. EUR EU funds  
+ 6,95 mln. EUR co-financing



Healthy lifestyle  
Falls prevention  
Mental health  
Healthy working conditions  
Nursing and geriatrics  
Rheumatology



# EU Health programme



Co-funded by  
the Health Programme  
of the European Union

**advantAGE**  
MANAGING FRAILTY

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**ADVANTAGE, the first European Joint Action  
tackling frailty of older people**

[Read more](#)

Frailty means increased vulnerability of older people. However, since frailty is not an inevitable consequence of ageing, it can be prevented to foster a longer and healthier life. ADVANTAGE JA will build a common understanding on frailty to be used in all the Member States



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# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## **1- Awareness and stakeholders engagement including elderly people empowerment:**

- Organizing a "Healthy Day" conference
- Writing articles, preparation of booklets, participation in TV shows, organization of conferences
- Celebrating Frailty-free Day
- Partnership with professional organizations via conferences and meetings



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## 2-. Commitment to action on frailty (Policy alignment)

Communication with policymakers and government officials:

Discussions on implementation of community-based health promotion and frailty prevention programmes

Support of frailty policies in governmental discussions



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## **3-. Promotion of healthy ageing and frailty prevention**

Promoting physical activity and healthy nutrition in all age groups

Preparation and delivery of the lectures on physical activity and healthy nutrition

Frailty Prevention Approach

Translation of the Frailty Prevention Approach (FPA) into Lithuanian and dissemination of it



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## 4-. Population surveillance, screening and early diagnosis

Frailty screening tool:

Selection and validation of frailty screening tool

Preparation of questionnaire methodology, training of healthcare specialists

Using questionnaire in primary health care and public health services

Systematic and periodical early frailty detection: development of systems in primary care:

Approval of the Ministry of Health of the frailty methodology and management

Creation of frailty screening algorithm

Performance of comprehensive geriatric assessment



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## 5-. Appropriate evaluation and interventions

Systematic and periodical frailty detection: development of systems in primary care and in hospital settings:

Guidelines to manage frailty (early detection and management) at the individual level

Use CGA as the main tool to assess frail people in all settings in order to develop an individual care plan

Use guidelines in specific management aspects: polypharmacy, physical activity, nutrition programmes, falls, immunization

Provide special care for the elderly in hospitals



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

**6. -Guidelines to manage frailty (early detection and management):** Primary care and general hospital care as well as specialised hospital care (surgery, cardiac intervention, oncology):

- Creating a health program for older adults
- Close cooperation with primary care:
- Reduce the risk of falls:
- Development of geriatric care services:
- Integrated care model – ensuring coordination of health and social care
- Coordinate healthcare, social services and community in order to guarantee appropriate management of frailty.





# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## **7- Ensure a sustainable and appropriately trained workforce (education & training)**

- To encourage the embedding of the frailty in medical, nursing, physiotherapy, occupational therapy, social work studies;
- Planning conferences and presenting up-to-date information about frailty
- Training healthcare specialists how to identify and manage frailty;
- Publications about frailty
- Include FPA in training courses of healthcare specialists



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## 8-. Strengthen research capacities on frailty

Research in academic institutions:

- To promote research on frailty in older adults
- Involve doctoral and postgraduate students in research and projects on frailty
- Develop group of frailty experts for research



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## 9- Implementation support (finance, data sharing and ICTs)

Increasing funding for programs for older adults:

In partnership with policymakers and government officials search for better financing of the programmes for older adults

Create online platform to share resources, guidelines, recommendations, best practices, etc.



# „ADVANTAGE“ JOINT ACTION: ROADMAP (draft)

## Monitor the implementation of this Road Map:

- Develop indicators in order to monitor the implementation of this Road Map
- Use indicators to improve health



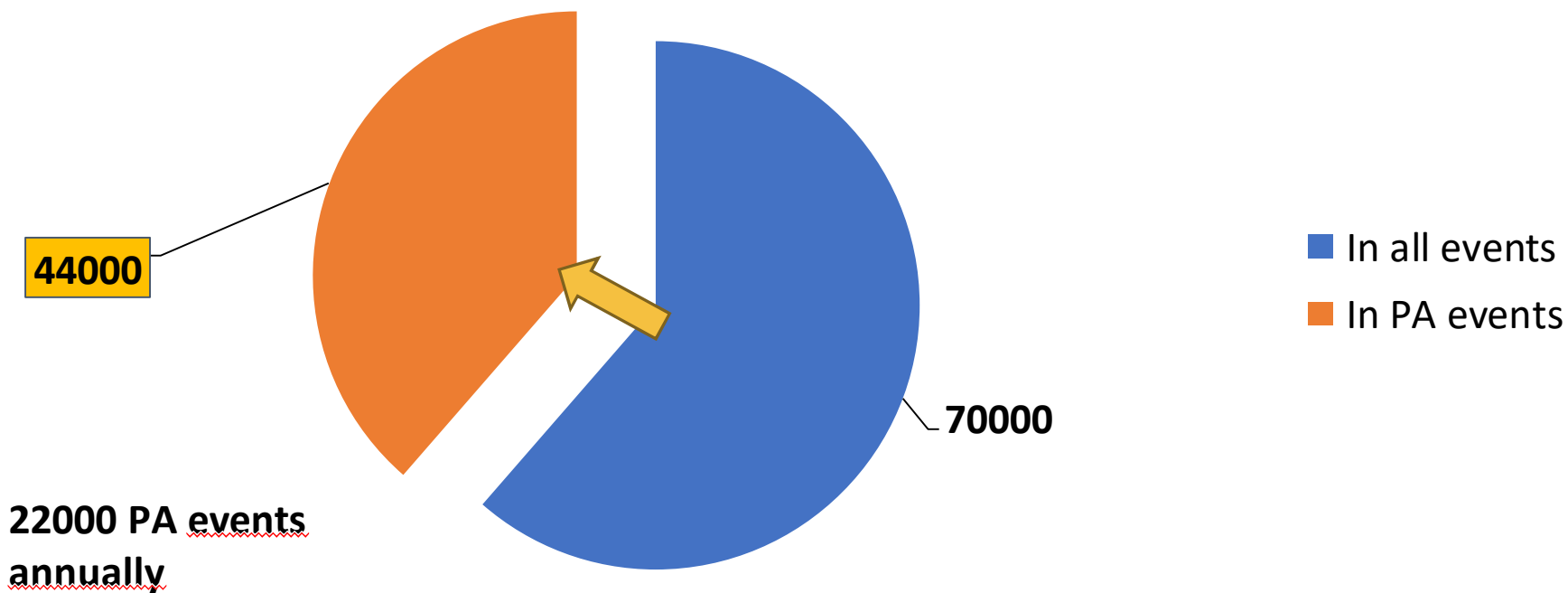
# Policy implementation in local areas



# Physical activities are the most popular



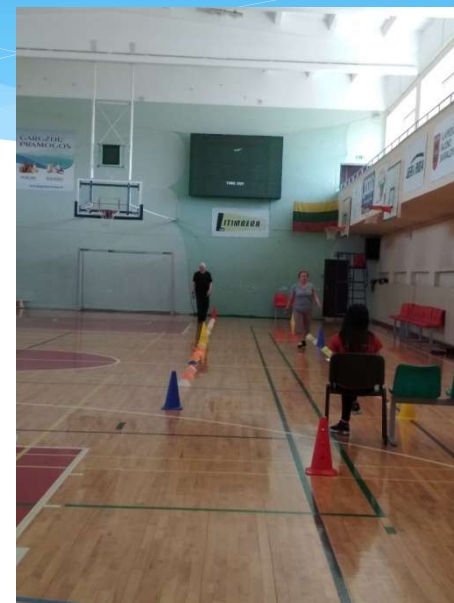
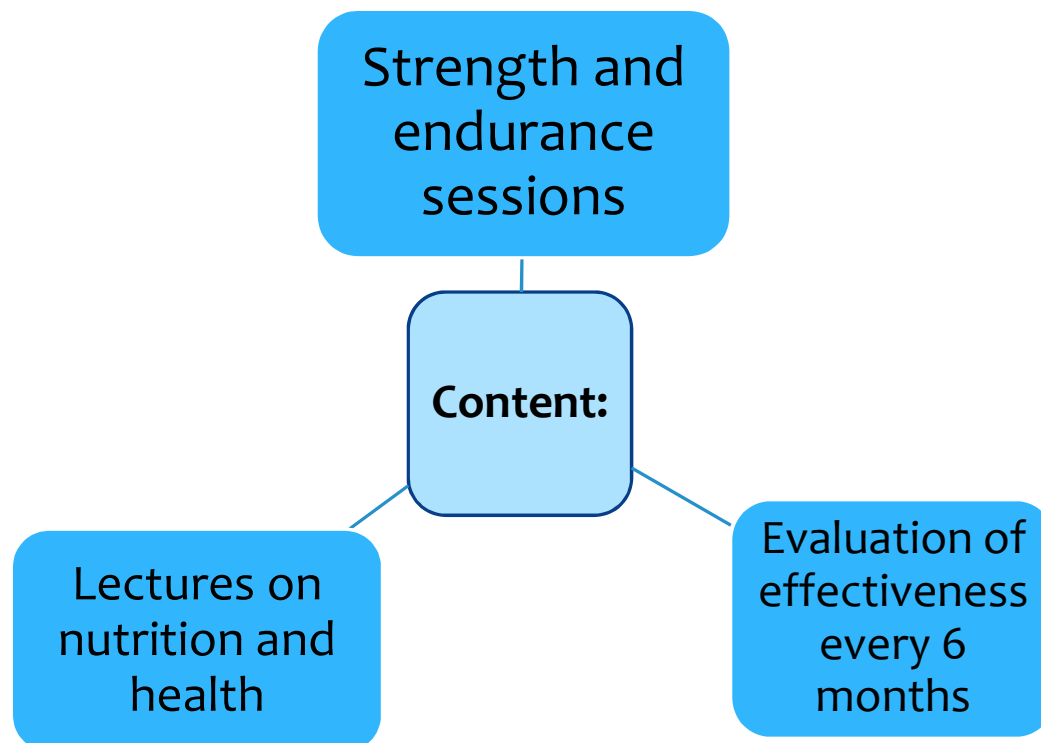
## Participation of 60+ aged people in public health bureaus Physical Activity events:



# International experience

„Multimodal training intervention in Klaipėda city and district communities“

**Aim – to improve and maintain health of old age adults through regular movement.**





# Promotion and methodological support

**SVEIKATOS MOKYMO IR LIGŲ PREVENCIJOS CENTRAS**

Apie mus | Struktūra ir kontaktai | Teisinė informacija | Veiklos sritys | Administracinė informacija | Kaip mus rasti | Klauskite

*„Sveikata – tai fizinė, dvasinė ir socialinė gerovė, o ne tik ligos ar negalios nebuvimas.“*  
Pasaulio sveikatos organizacija

Su mumis galima susisiekti:  
Tel.: (8 5) 270 0107  
Faks. (8 5) 273 7397  
El. paštu [smlpc@smlpc.lt](mailto:smlpc@smlpc.lt)

Kontaktai žiniasklaidai:  
Tel. (8 5) 236 04 99  
Mob. tel. 8 699 40891

Sveikatos mokymo ir ligų prevencijos centras ▶ Metodinė medžiaga ▶

### Metodinė medžiaga

Sužalojimų prevencija

Metodinės rekomendacijos „Tėvams apie įvairaus amžiaus vaikų sužalojimų rūšis“, 2018 m.  
„Sveikatos mokymo senyvo amžiaus pacientams, patyrusiems sužalojimus, programa“, 2015 metai  
„Vaikų mokymo plaukti ir saugaus elgesio vandenyje rekomendacijos“, 2013 metai

**Renginų ir minėtinų dienų kalendorius**

2019 metų lapkritis

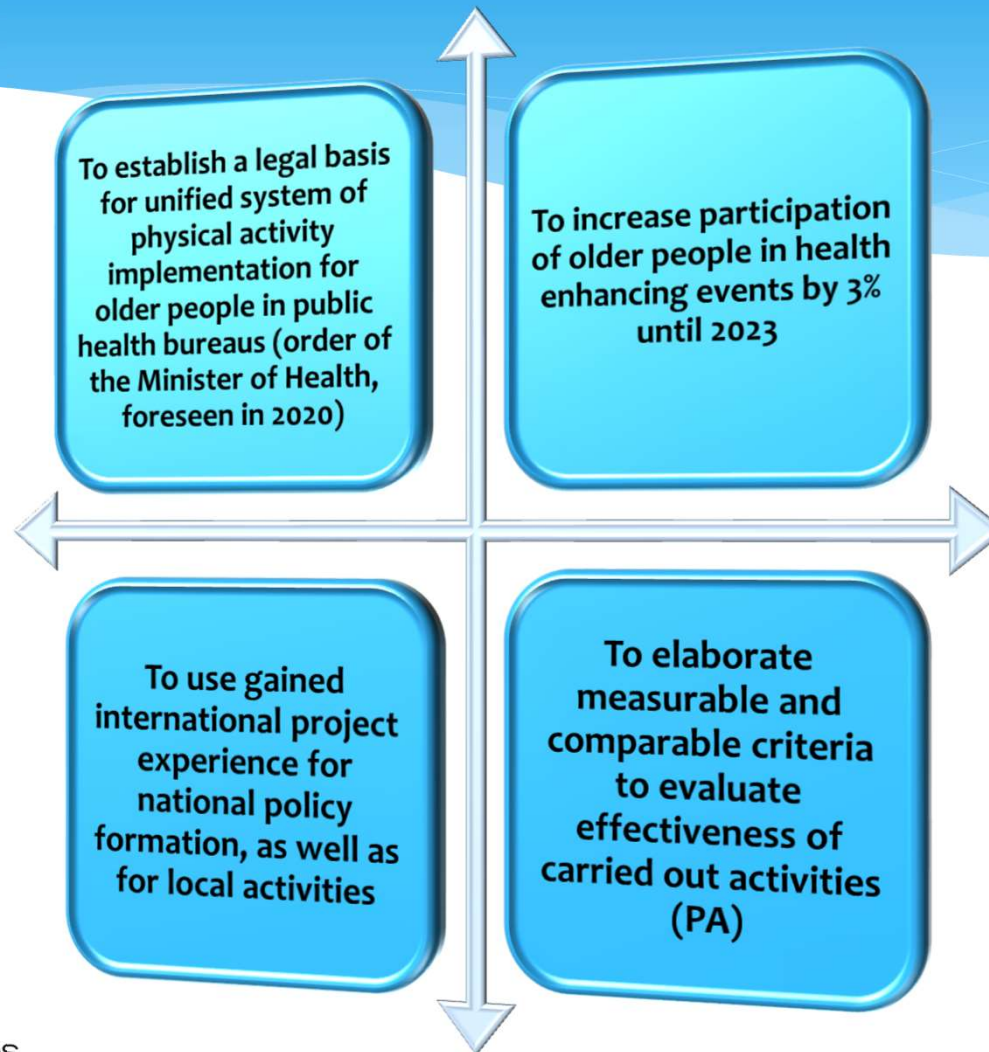
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25	26	27	28	29	30	

Paieška:

Naujienų prenumerata:



# Main tasks for the future:



***Thank you!***  
***Ačiū!***

