

Women's Health Symposium

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Healthy Ageing Priority

What is happening that can be built on?

- Victoria's **Active Ageing Partnership**
 - Supports data sharing across organisations, could be extended nationally
- **This Girl Can** campaign
 - could have a strengthened focus on older women
 - could also extend nationally
- National Heart Foundation's **Living well with heart failure** and **Jump Rope for Heart** recognised as programs that work well
- **Pelvic Floor First** program
- The Alliance for an **Agenda for Ageing** in Victoria
- WHO **Decade of Healthy Ageing 2020-2030**

What can't be done without collaboration?

- Coordinating research instruments and sharing data across organisations
 - combining results from longitudinal studies and other data sources (consider existing scoping report by Kaarin Anstey)
 - shift the research focus and funding processes from being disease-specific to multi-disciplinary
- Support healthy ageing for the aged care workforce
- Cross-government involvement/advocacy
 - align preventive health strategies and promote multi-disciplinary approach
- Collaborate on projects that draw upon links between conditions

What actions can we take now?

- The **PITCH** strategy for dementia developed by NARI, could be modified for other settings, such as continence training
- Linking complementary strategies such as **Age friendly communities** with **20-minute neighbourhoods**
- Address ageism, sexism and stigma through positive modelling, messaging and myth-busting
- Recognise burden of disease for stigmatised conditions
- Use existing health intervention points to relay other information
 - for example, pregnancy 'green books' could include other health check information for women such as heart health risks with gestational diabetes and pre-eclampsia

Who else needs to be involved?

- Primary health networks
- Aboriginal Medical Services and ACCHOs
- Multicultural Centre for Women's Health
- Relevant Centres for Research Excellence
- Older Women's Network NSW
- Health Issues Centre – language around ageing
- Consumers – “Nothing about us without us”

Healthy Ageing – strong messages from the Symposium Session

- Need to do more co-design, be inclusive and take a life course approach, with a focus on 'behavioural activation' beyond behavioural cognitive thinking
 - Preventable deaths in ageing need the same attention as preventable deaths in road safety
 - Current generation of children are less active and eat more than current generations of older people. Principles of healthy ageing need to be implemented in childhood
 - Stigma and barriers affecting women, including older women, needs to be continuously addressed
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