ILC Friday three - 26 May 2023

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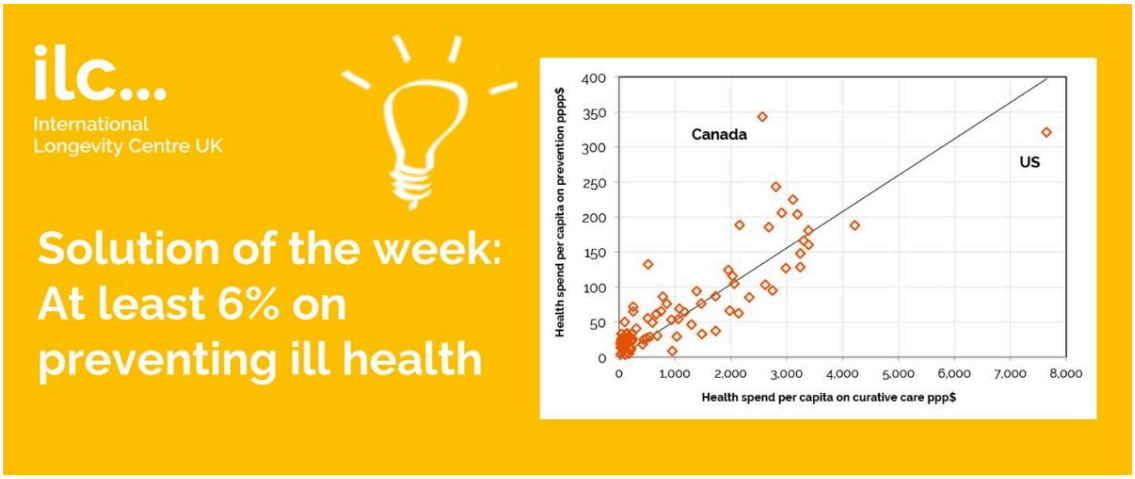
International Longevity Centre UK

Latest news

ILC Friday three

- Solution of the week - spend a higher proportion of health budgets on prevention
- Health Ageing & Prevention Index - what can it teach us?
- Work span - an analysis of average working lives

Solution of the week - at least 6% of health budget on prevention



The graph above taken from ILC's Healthy Ageing and Prevention Index, launched this week, shows Canada and the United States as outliers. Canada spends relatively more on preventative healthcare than curative healthcare and ranks 11th out of 121 countries. In contrast, the US spends much more on healthcare than any other country in the Index but far more of it goes on curative care than on prevention - and the US is 31th on the Index.

Canada spends approximately 6% of its health budget on prevention. As a result it has seen an increase in life expectancy from 79.1 to 82.2 years between 2000 and 2019. This compares with a smaller increase in US life expectancy from 76.7 years to 78.5 years over the same period.

promotion. Since the increased spend Canada showed:

- A steady decrease in the avoidable mortality rate from 150 for every 100,000 citizens in 2000 to 116 for every 100,000 in 2017
- One of the OECD's highest five-year survival rates for lung and breast cancers

Emulating Canada's spending target – 6% of total health expenditure – would be ambitious for some countries, but not unachievable. For the UK in 2021, reaching this target would represent a £2.687 billion investment: that's just 4.5% of the £60 billion the Department of Health and Social Care received for COVID-19 measures.

What do you think? Since the start of the year, we've been highlighting examples of policy and practice which could help us adapt to increased longevity. And we've had a great response, with many of you sending us their solutions - thank you. We will collate ideas into a plan for the next Government and launch it at our Future of Ageing Conference on 7 December 2023. So, what do you think? Do you have different or better ideas? Let us know via events@ilcuk.org.uk

LET US KNOW

What can ILC's Healthy Ageing & Prevention Index teach us?



This week was a big one for the ILC and the culmination of four years of work on encouraging governments across the globe to focus on prevention. We launched the online version of the Healthy Ageing and Prevention Index at the 76th World Health Assembly in Geneva, appropriately, given Switzerland ranks top of 121 countries. The ILC is justifiably proud of the Index and so we have devoted this newsletter to it.

Speaking at the event, the Singaporean Minister for Health, Ong Ye Kung welcomed the focus on outcomes and not inputs, saying "The value in this Index is to benchmark best practice and give policymakers direction" while the Honourable Carolyn Bennett MD, Canada's Minister of Mental Health and Addictions

Like Switzerland, Singapore and Canada both do very well on the Index but as the Singaporean Minister noted, no country "has a monopoly on good health". Singapore, as a small urban country, had more levers than, say, Brazil but he still felt that he was a "Minister for Sickness" rather than health. "60% of health is determined not in hospitals but in day-to-day life. We need to look at health - not sick - care". Carolyn Bennett also urged greater respect for the contributions of older people. It spoke volumes that in Canada, Indigenous communities have “elders” while non-Indigenous communities have “the elderly” and said this difference was clear in the range of community-level responses during the pandemic.

You can watch videos of the launch of the Index here and the roundtable discussion on life-course immunisation that preceded it. Do also spend some time looking at the online Index and feedback any thoughts or comments to us here.

PREVENTION INDEX

Delving into "work span" on the Index - how well do we work?



Country	Life span (years)	Health span (years)	Work span (years)	Income GDP/head ppp ($ 000s)	Environmental performance (0-100)	Happiness (0-10)	Global rank
Scandinavia	82.0	71.4	31.5	58.1	79.3	7.5	1
G7	80.9	69.5	30.5	55.3	64.7	6.7	2
European Union	81.2	70.7	28.6	46.5	72.8	6.6	3
OECD[a]	80.4	69.4	30.4	46.3	63.0	6.5	4
Americas	77.2	66.3	31.3	34.0	50.6	6.4	5
APEC[b]	76.9	67.4	33.2	24.9	43.5	5.6	6
ASEAN[c]	72.2	63.6	33.4	12.8	37.6	5.5	7
G20	75.4	65.4	30.1	21.4	41.4	5.0	8
African Union	66.2	57.6	29.5	5.2	34.3	4.2	9

In the UK, many of us are about to enjoy our third Bank Holiday weekend this month. Yet, if you delve deeper into ILC's Index, UK citizens work, on average, for 31.5 years compared to people in Italy (24.9 years) and France (27.5 years). Comparing political and economic blocs, as in the table above, the EU has the shortest “work span”. This is partly because a high proportion of EU citizens are in education or training for longer. Early retirement, care responsibilities, and illness or disability further reduce EU work spans across older demographics. As a result, the EU’s average work span is shorter than the African Union’s, where many countries are disadvantaged by under-developed labour markets and health systems.

However, on average, the work span for the highest-ranked countries (with an Index ranking of 60 or below) is 31.5 years. This group tends to have more robust welfare

category (>110th). They include fast-growing and populous countries in the world such as India and also several economically successful African countries. In the least economically successful African countries, working lives may be disadvantaged by having shorter lives and poorer health, but also underdeveloped labour markets and health care systems.

As a metric, work span only gives us an indication of the average number of years that an individual will work between the ages of 15 to 65. It doesn't tell us anything about the quality of work or people that work beyond normal retirement or child workers. Work span is affected by many factors, including health, labour market conditions, and the stage of economic development within a country, educational attainment and women's representation in the workforce. It can also be affected by the demographic makeup of a country. For instance, Cambodia, a middle-ranked country, ranks "first" for work span (43.7 years) but 88th for income. Its working-age population is currently growing faster than its total population plus its economy is moving from agriculture to industry and services, but many jobs remain low-paid.

For further information on the methods and developing the Index, you can read our publication below.

READ MORE

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

Future of Ageing 2023 takes place on Thursday 7 December. If you haven't got your ticket yet, please register here.

Please follow us on social media via the links below for our latest news and event updates.

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