

PRO HEALTH 65+

Health Promotion and Prevention of Risk – Action for Seniors

PROJECT GLOSSARY

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The need for Glossary

- ▶ **to facilitate the communication in the multidisciplinary project team**
- ▶ **to enhance the dissemination of project findings and their discussion**

The concept of the Glossary

Part I: General categories of the project
(terms relevant for all WPs)

Part II: Health status of older people (WP 4)

Part III: Health promotion activates – medical dimension (WP5)

Part IV: Institutional dimension of health promotion (WP6)

Part V: Financial dimension of health promotion (WP7)

Part VI: Health promotion policy (WP8)

Definitions in the Glossary

- ▶ definitions developed by others (mostly by international organizations such as WHO, or other researchers)
- ▶ definitions developed by others and modified for the project purposes
- ▶ definitions developed under the project

Other Glossaries

- ▶ *WHO (1998). Health Promotion Glossary. Geneva: WHO.*
- ▶ *WHO (2004). A Glossary of Terms for Community Health Care and Services for Older Persons. Geneva: WHO.*
- ▶ *WHO (2015). World report on ageing and health. Geneva: WHO.*

General categories – Health promotion

The actions undertaken in order to enable people to increase control over and to improve their health addressed both to individuals as well as to communities and populations.

WHO (1986). Ottawa Charter for Health Promotion. Geneva: WHO

Classification of health promotion activities

According to functions:

- Information
- Knowledge building and dissemination
- Education
- Primary prevention and screening
- Motivation and encouragement
- Health advocacy

According to type of activities:

- Physical activity
- Healthy diet and nutrition
- Home safety and warmth
- Healthy and safe workplaces
- Risk prevention: smoking, excessive alcohol drinking, dangerous sex, falls, obesity, social isolation
- Medical treatments (interventions) in the framework of primary prevention: medical consultancy and supervisory (e.g. home visits), vaccinations, rehabilitation
- Social and leisure participation – avoiding loneliness
- Further learning

General categories – Old people

- ▶ 55 / 60–65 / 67 years old (preretirement age)
- ▶ 65 / 67–80 / 85 years old
- ▶ 80 / 85+ years old

General categories – Health ageing, Active ageing, Successful ageing

Healthy ageing

The process of optimizing opportunities for health, developing and maintaining the functional ability that enables well-being in older age.

Adapted from: WHO (2015). Report on ageing and health. Geneva: WHO.

Active ageing

The process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age, and consequently, to ensure that older persons remain a resource to their families, communities and economies.

Adapted from: WHO (2002). Active ageing: a policy framework. Geneva: WHO.

Successful Ageing

The maintenance of physical and mental function, ensuring that individuals have the psychological and physical “reserves” necessary to withstand stressful experiences in later life.

*Oxley H. (2009). Policies for Healthy Ageing: An Overview, OECD Health Working Papers, No. 42, OECD Publishing.
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