

Is our neighborhood elderly-friendly?

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Generalitat de Catalunya
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Urban environment has a decisive influence on people's health, especially elderly's

A Catalunya

Any 2012



19,75% de les dones
tenen més de 65 anys

15,06% dels homes
tenen més de 65 anys

Any 2040



31,00% de les dones
tenen més de 65 anys

25,54% dels homes
tenen més de 65 anys

Índex de sobreenvelliment: 14,3% (2011)

Where we come from?



COMMUNITY

Pla d'inclusió

Taula comunitària

Where we are?

COMSALUT

Community and Health: Primary and Community Health Care

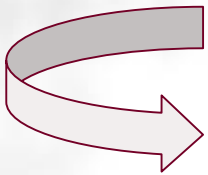
Pla d'inclusió

Taula comunitària



Which is the aim?

To define strategic lines of action to provide environments and opportunities that promote **active and healthy aging** and **reduce inequalities** within the community



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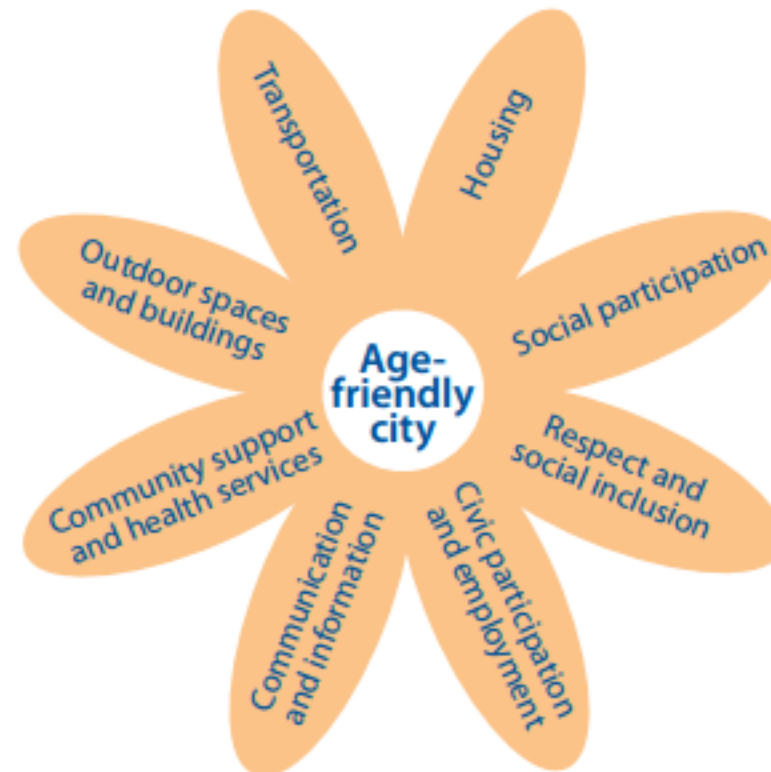
ÀREA BàSICA REUS IV



Metodology

Global Age-friendly cities: A guide. World Health Organization, 2007

Figure 6. Age-friendly city topic areas



The way out...

1. Constitution of the **working team**
2. Preparation of a **common data base**
3. Research of **actives in health**
4. **Health diagnostic**: qualitative and quantitative

The pending way...

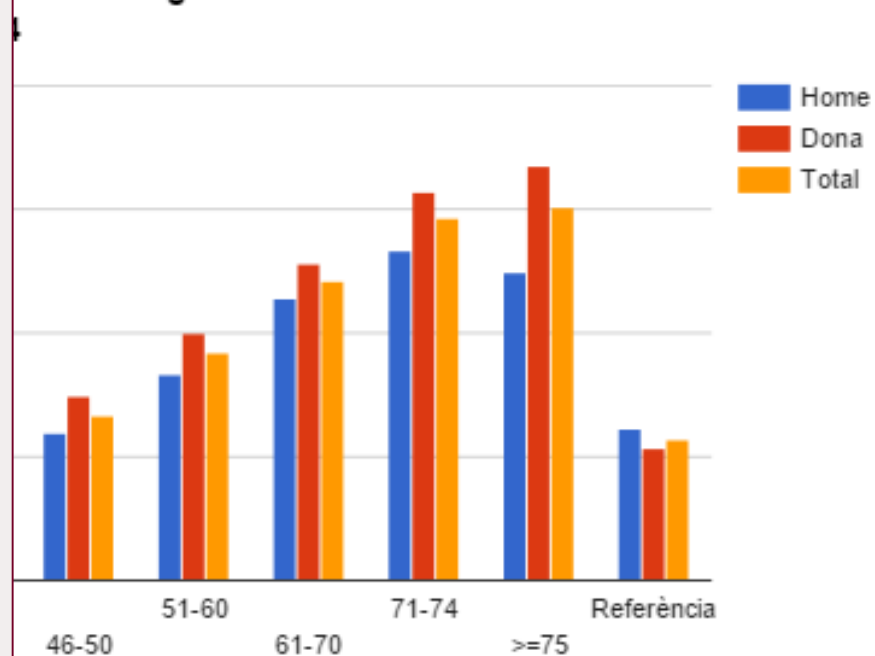
5. **Prioritization** of the detected problems: Communitary forum
6. Establishment of **actions and strategic lines** based on the prioritized problems
7. Creation of a **Health Meeting Point/Health Council**
8. **Visibility and difusion** of the actions of **health promotion** in the neighborhood

Knowing the community

Results

- Obesity
- Cronic diseases
- People living alone

% persones diagnosticades d'Obesitat a l'ABS



Knowing the community

Results

- Obesity
- Cronic diseases
- Mobility/people living alone

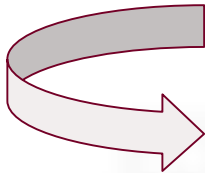
Results

- Mobility/people living alone
- Lack of free activities
- Immigration
- Antisocial behavior and insecurity
- Drugs

Prioritization of the intervention areas

Participation

Participative prioritization: Community forum



• ???

Community actives and resources



<https://pcsantjosep.wordpress.com/>

In summary...

Tranversal action of professionals and institutions, and the **community participation**, offers effective and efficient tools in the detection of needs and the modification of the urban environment, to make the neighborhood more friendly for the people living there.



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MOLTES GRÀCIES!

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