

BECOMING A GRAY HAired COUNTRY

What Needs to Change

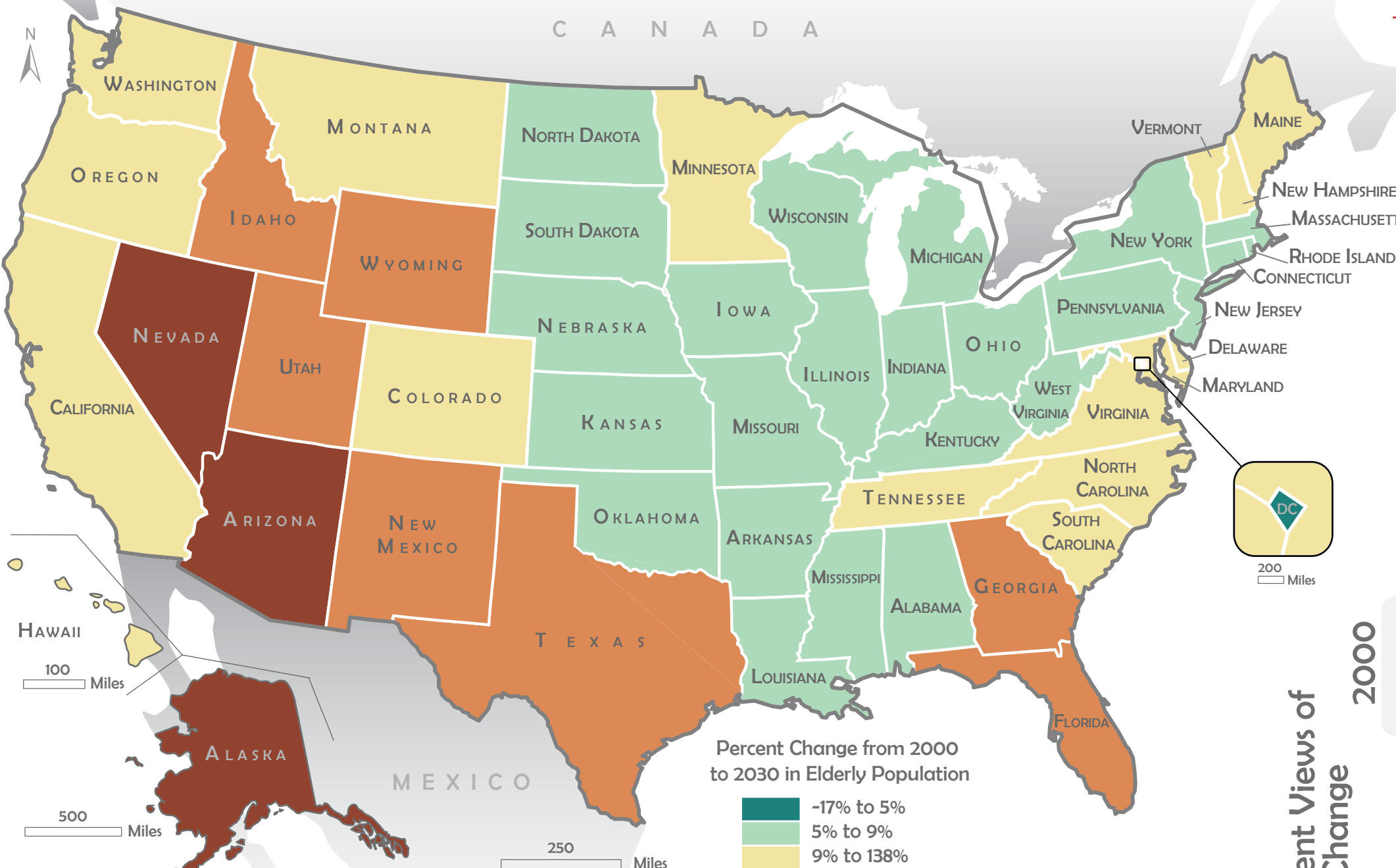
2000 to 2030: The Change

Our population is aging at a staggering speed and we need to increase awareness that more people will be in the retirement age/stage (<65 years old) triggering a change in the structure of the population.

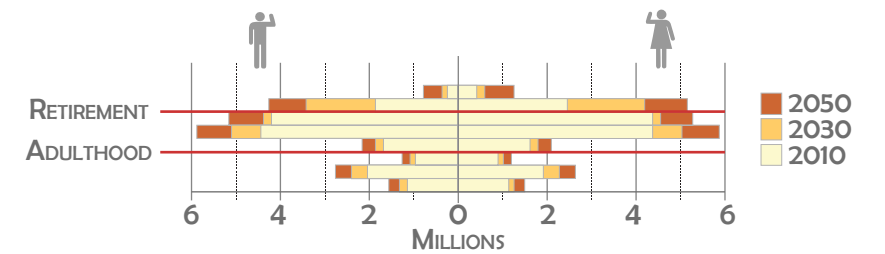
The elderly are at higher risk for chronic diseases, so we need to delay or prevent the incidence of chronic diseases associated with the consumption of tobacco and alcohol, high salt intake, an unhealthy diet and a lack of physical activity. Prevention programs are essential.

We need to change the way in which "Health" and "Public Health" is understood: chronic diseases have no known cures. Therefore, we should try to better understand how to manage these life-long diseases instead of treating individual symptoms, as we do for people with Alzheimer's disease, heart disease and osteoporosis.

We need to challenge the stereotype of aging that exists in today's society and appreciate the value of our elders. It is important to promote elderly participation in the community because their contributions are both valuable to society and can significantly improve their health.



The Population Pyramid Change



People >65 years were 12.4% of the population



1 in 7 were older than 65 in 2012

Percentage of people +65 years old



People >65 years are expected to comprise 19% of the population

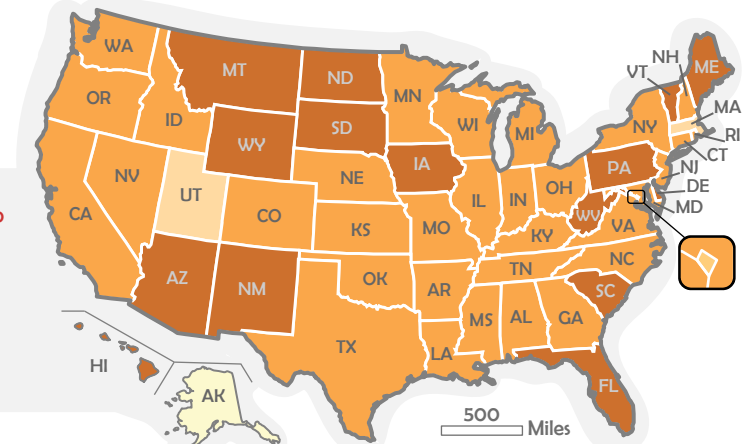
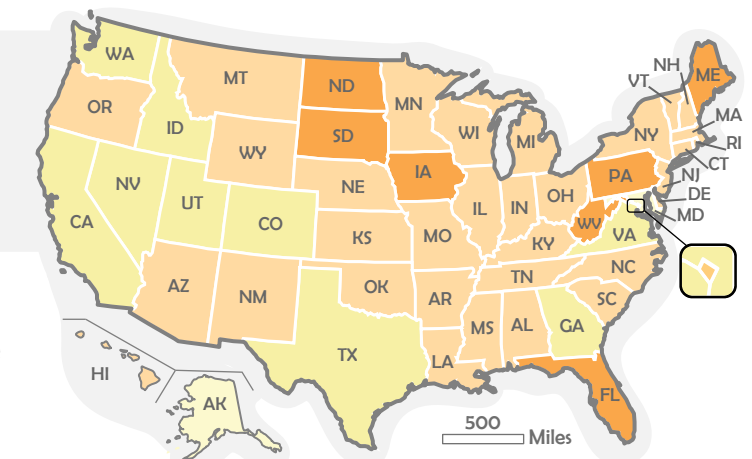


1 in 4 will be older than 65 in 2035

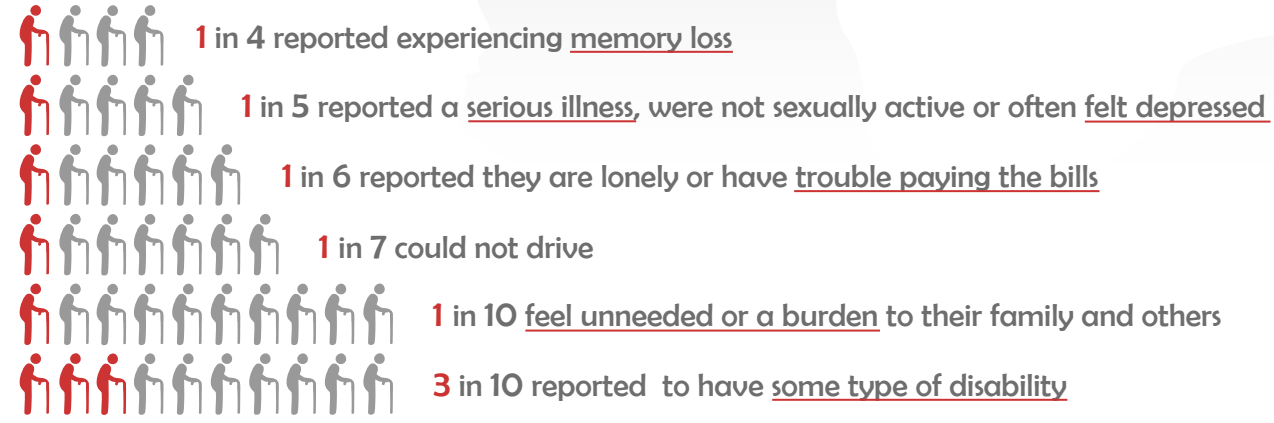
The Different Views of the Change

2000

2030

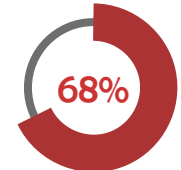


In 2009 People >65 years old...



Today People >65 years old...

Have 2 or more chronic diseases



Have at least 1 chronic disease

