Lifelong learning for health, a key challenge for healthy ageing

Pr. Didier Jourdan
UNESCO Chair and WHO collaborating center in ‘Global Health & Education’
Five ideas to be shared

1. Education as a major determinant of healthy ageing.
2. Where do old people learn what they know about health?
3. Lifelong learning and health
4. Cities and settings as key actors of learning for health.
5. A global dynamic to promote lifelong learning for health.
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Low health literacy of older people is consistently associated with:

- increased hospitalisations,
- greater emergency care use,
- lower use of mammography,
- lower receipt of influenza vaccine,
- poorer ability to demonstrate taking medicines appropriately,
- poorer ability to interpret labels and health messages,
- poorer overall health status
- higher mortality

Improving health literacy will improve the capacity of people to manage their own health, reduce inequities in health, improve concordance with health promotion and disease prevention as well as adherence to medical plans.
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Where do people learn what they know about health?

- School system (preschools and schools)
- Higher education system
- Afterschool programs
- Primary care system (community health centers, local healthcare professionals, pharmacies...)
- Families
- Associations, sports clubs
- Cultural system: museums, libraries...
- Mass media, media on demand, social media
- Hospitals and specialized institutions
- Home help and care

Creating the conditions for learning for health and well-being
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Learning for health and well-being

Health literacy

Enabling people to protect and promote their individual health and that of their family.

Citizenship for health

Provide people with the knowledge, skills and capabilities necessary for actively participating in decisions about health as citizens.

Lifelong learning for health and well-being
A health learning pathway for all serves as the mechanism and process through which LLLH policy is actualized. It involves the assessment of existing materials, financial and human resources, as well as the identification, mobilization and streamlining of potential resources to enact LLLH in an integrated, equitable and inclusive manner. Placing sustainability at its core, this pathway is anchored to the UN Sustainable Development Goals, towards which learning cities continue to strive.
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Thinking about health from a local education policy perspective

Cities as leaders in learning for health

Cities as partners in learning for health

Cities as collaborators in learning for health

Cities as hosts in learning for health

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Towards a health learning pathway for all

A global co-creation process
• A collaborative platform
• A guide
• Three webinars

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