DO NOT INCLUDE THOSE ARE HIGHLIGHTED WITH RED IN THE PRESENTATION!

Health and well-being

• People are living longer and healthier lives than ever before.

Most people nowadays can expect to live into their sixties or beyond. Every country in the world is seeing an increase in the number and proportion of older people in its populations.

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world’s population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

• What are the reasons for this improvement in health and well-being?

Physical and social settings can have an impact on health either directly or indirectly through barriers or incentives that influence opportunities, decisions, and health behavior. Maintaining healthy behaviors throughout life, notably eating a balanced diet, engaging in regular physical activity, and not smoking, all contribute to lowering the risk of noncommunicable diseases, enhancing physical and mental capacity, and postponing care need.

Evidence suggests that the share of life spent in good health has remained roughly constant, meaning that the extra years are spent in bad health. If people can enjoy these additional years of life in good health and in a supportive environment, their ability to do the things they value will be similar to that of a younger person. If these extra years are characterized by impairments in physical and mental function, the consequences for older persons and society are far-reaching.

• What are the challenges to improving global health and well-being?

The most obvious global health concerns are communicable and contagious diseases, but global health factors also include economic and political instability, income and social inequality, a lack of education and employment, a lack of food and medicine, climate change and natural disasters, a lack of access to quality health care, and other issues.

The recent expansion in global communication, trade, and travel has produced benefits, but it has also created issues. People migration promotes the spread of infectious diseases, which can result in epidemics or even pandemics. Consider how the terrible COVID-19 pandemic—a major worldwide health issue—gained traction and spread to every corner of the planet.

• What are governments doing to improve global health and well-being?

It is the role of government to support health and well-being, including to:

* Provide good-quality health services, that are accessible and affordable to all who need them.
* Ensure policies, frameworks and standards for health and well-being are in place and acted on
* Ensure health services are well funded and run by professionals who are well trained
* Ensure roads and infrastructure are in place and in good condition so people can travel to use health and social services
* Make sure the cost of using services do not put people at risk of financial harm
* Give benefits to people who need them as this can help to protect against financial harm
* Enforce laws to protect people from violence and other unfair treatment
* Make sure people have the opportunity to be part of making decisions, such as about health services