

# Active Ageing Index

A legacy of the 2012 European Year of Active Ageing and Solidarity between Generations

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# OVERVIEW

1. Active ageing as a policy approach
2. Key insights from the MOPACT project
3. Introducing Active Ageing Index “**AAI**”
4. Key findings from the AAI for EU countries
5. Conclusions

# **Part 1**

## **Active ageing as a policy approach**

# Active ageing approach

- The active ageing approach rejects the deficit model (projecting older people as passive agents)
- It favours a rights-based approach to recognise equality of opportunity and potential of people of all ages

# Active ageing approach

- The underlying idea is that active and engaged people contribute to their own health, well-being and autonomy as well as to the welfare of the society in which they live.

# Active ageing strategy

- Active ageing strategies operate simultaneously at the individual (lifestyle), organisational (management) and societal (policy) levels and at all stages of a life course

# Linkages between Active Ageing and Sustainable Development

## *I. .... the moral case, to take care of our elders in the development process*

Development strategies must be inclusive of older persons, in improving their well-being and QOL

A bold pledge made in the 2015 Agenda of Sustainable Development

*‘... leaving no one behind...’*

# Active Ageing and Sustainable Development

- I. .... *the moral case, to take care of our elders*
  
- II. .... *the economic case, to tap the fullest potential of older persons*

when empowered, active and engaged older persons contribute to their own health, independence and autonomy and to the welfare of the society in which they live



# Part 2

## Key insights from the European Commissions's MOPACT project

# MOPACT: Key findings

- 1. Active ageing rising**, clear signs of change, as emphasis on and experiences of active ageing are rising across EU Member States.
- 2. Greater challenges for Central European countries**, fast ageing societies, with active ageing low, inequality higher and weaker institutional capacity and enabling environment.

- 3. Greater new risks of economic/ social exclusion**, with rising 1-person families; advances in longevity not keeping pace with healthy life expectancy; greater time spent in health status requiring specialised care and support
- 4. Ageing not inevitably linked to vulnerability and chronic diseases** – instead lifestyle and environments play a major role. Social investments required in earlier phases of life
- 5. EU institutions playing an important role** in disseminating good practices and in incentivising research and innovations

# FIVE Prerequisites for realising active ageing in Europe

- 1. Optimistic paradigm of ageing** – viewing older people as agents of change, with rights.
- 2. Life course perspective** – putting a strong emphasis on active ageing at all ages.
- 3. Heterogeneity recognised**– relevant for all, and not just reduced to elites.
- 4. Multidimensionality** – capture all aspects of AA: LM engagement/ indep living and security.
- 5. Diversity** – account for differential institutional capacities and enabling environments for AA.

# Five Top policy priorities for the EU

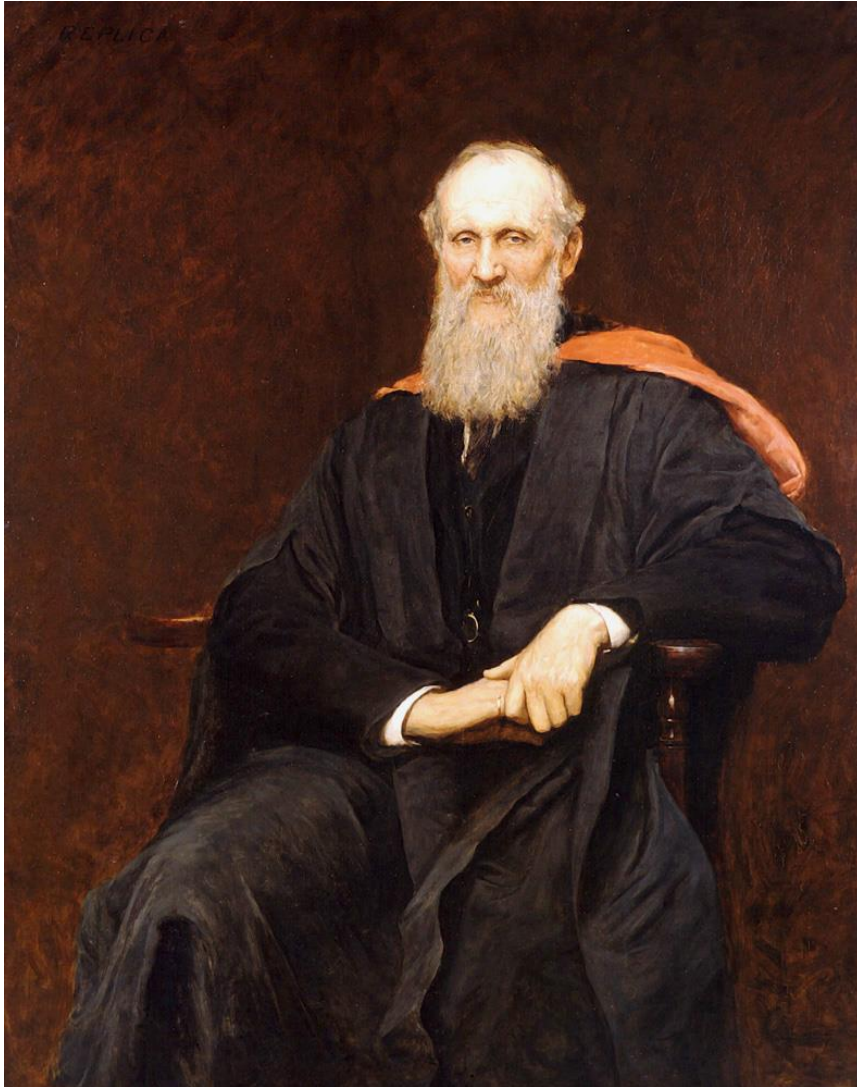
- 1. Maintain pension income adequacy**, alongside improvements of sustainability of public welfare system
- 2. Increase in healthy life expectancy**, so as to keep pace with rising life expectancy
- 3. Longer labour market careers** as well as other non-market activities and social engagements in later life
- 4. Long-term care services** expanded and better coordinated and integrated with healthcare systems
- 5. Changing the way we age**, in conventional strategies (such as healthy diet, exercise, greater savings) and also in adopting new technologies and social innovations.

## **Part 3**

# **Introducing Active Ageing Index (AAI)**

# Philosophy behind the work of the AAI

Building knowledge by using numbers



“When you cannot express it in numbers, your knowledge is of a meagre and unsatisfactory kind”

**Lord Kelvin in 1883**

Mathematician, physicist and engineer, 1824-1907

# Three Objectives of the AAI project

Launched on the eve of the European Year 2012

- I. To produce high-quality, independent, multi-perspective quantitative evidence on active ageing in Europe



# Second objective of the AAI

- II. To highlight the **contributions of older people** in different dimensions of lives of older persons; and help identify the potential of older people

# Third objective of the AAI

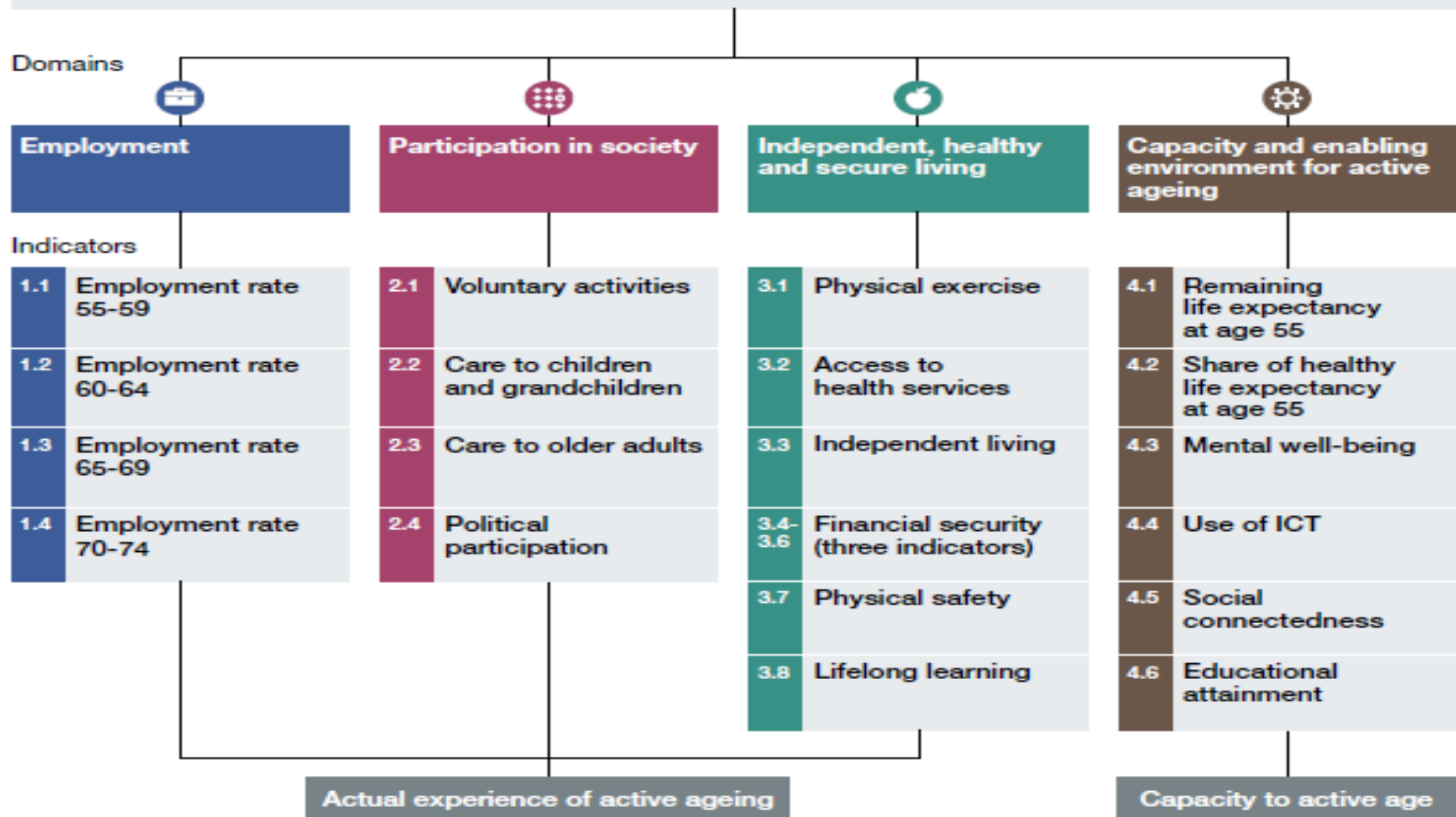
- III. To offer policy makers **comparative evidence** and encourage them to use the AAI for mutual learning and in developing strategies for promoting active and healthy ageing.

# The AAI framework

## 22 indicators to 4 domains to a single number AAI





### Active Ageing Index

The Active Ageing Index (AAI) is a tool to measure the untapped potential of older people for active and healthy ageing across countries. It measures the level to which older people live independent lives, participate in paid employment and social activities as well as their capacity to actively age.



Source: For a discussion on the choice of indicators includes, see Zaidi and Stanton (2015)

# Selection of AA indicators

- Focus on human capital of older people, by **promoting positive paradigms of ageing** (rather than viewing older people as dependent)  ageing and development
- Indicators reflect the **rights as well as responsibilities** of older people (for example, the first domain presents a right to work, as well as a responsibility for longer careers)
- In many instances, low values of AAI indicators will reflect denial of rights of older people
  - Age discrimination  low employment
  - Healthcare services  independent living
  - Social protection  Secure living

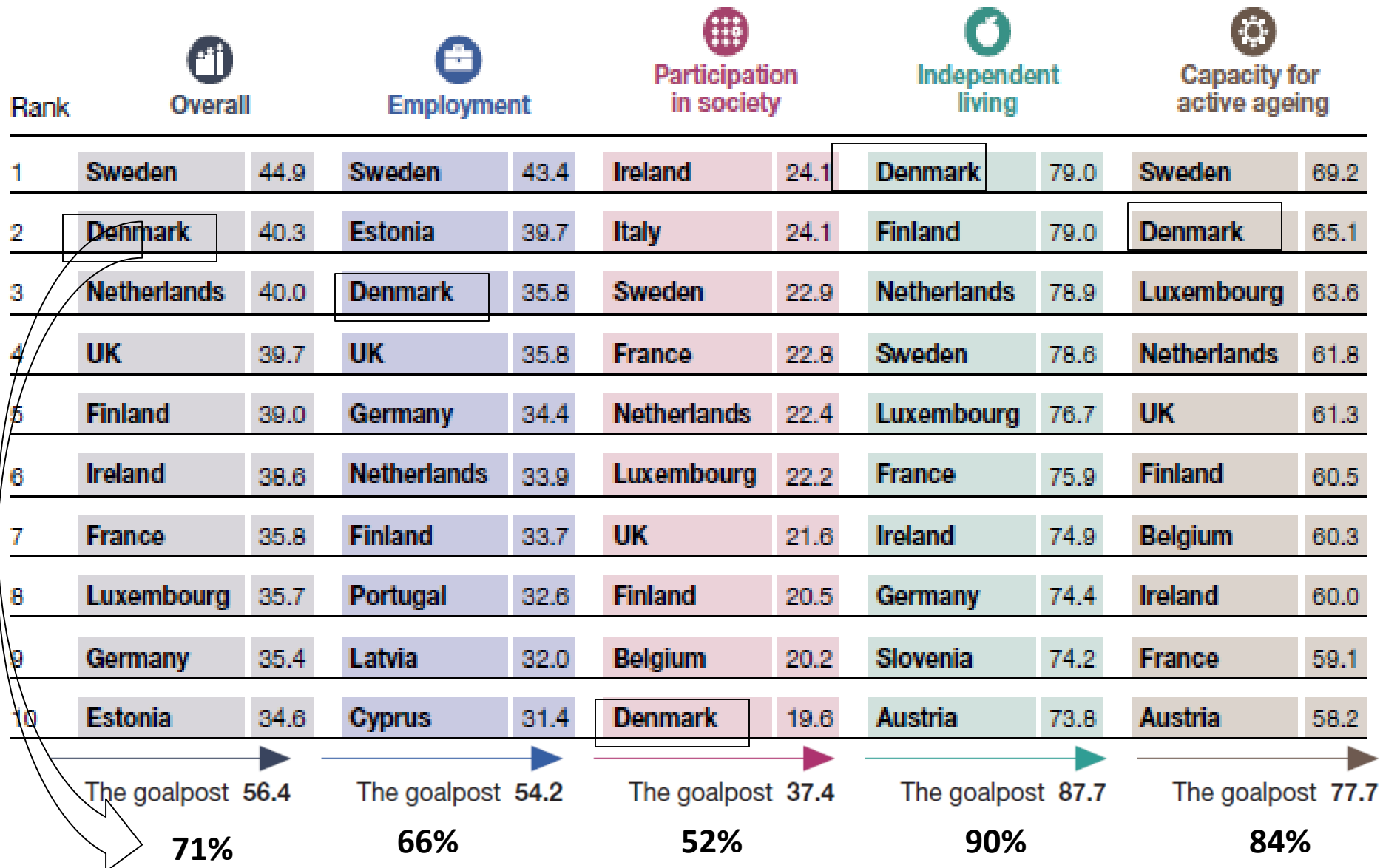
# Part 4

## Key findings of the Active Ageing Index (results for EU countries)

# Affluent EU States in the Northern and Western Europe have had greater overall active ageing



# Key message 2: Top-ranked countries not at top of each domain and indicator, falling short of goalposts



# How does Latvia fare:

Latvia scores among the top countries in employment..  
.. but rather low in other three domains of the AAI

Rank	Employment	Participation in society	Independent and secure living	Capacity and enabling environment for active ageing
1	Sweden	Ireland	Denmark	Sweden
2	Estonia	Italy	Finland	Luxembourg
3	Denmark	Sweden	Netherlands	Denmark
4	United Kingdom	France	Sweden	Netherlands
5	Germany	Netherlands	France	United Kingdom
6	Netherlands	Luxembourg	Luxembourg	Ireland
7	Finland	United Kingdom	Ireland	Belgium
8	Portugal	Finland	Germany	Austria
9	Latvia	Belgium	Slovenia	Finland
10	Cyprus	Denmark	Austria	France
11	Romania	Czech Republic	United Kingdom	Malta
12	Ireland	Croatia	Belgium	Spain
13	Lithuania	Austria	Czech Republic	Germany
14	Czech Republic	Cyprus	Malta	Italy
15	Bulgaria	Spain	Spain	Croatia
16	Austria	Malta	Croatia	Portugal
17	France	Slovenia	Italy	Cyprus
18	Spain	Hungary	Hungary	Czech Republic
19	Italy	Lithuania	Cyprus	Bulgaria
20	Poland	Portugal	Estonia	Slovenia
21	Slovakia	Latvia	Portugal	Slovakia
22	Luxembourg	Greece	Lithuania	Hungary
23	Croatia	Slovakia	Slovakia	Latvia
24	Belgium	Germany	Poland	Greece
25	Greece	Estonia	Greece	Poland
26	Malta	Romania	Bulgaria	Lithuania
27	Hungary	Bulgaria	Romania	Estonia
28	Slovenia	Poland	Latvia	Romania



**Key message 3:**  
**AAI scores for men are higher than women, especially where employment and incomes are involved**

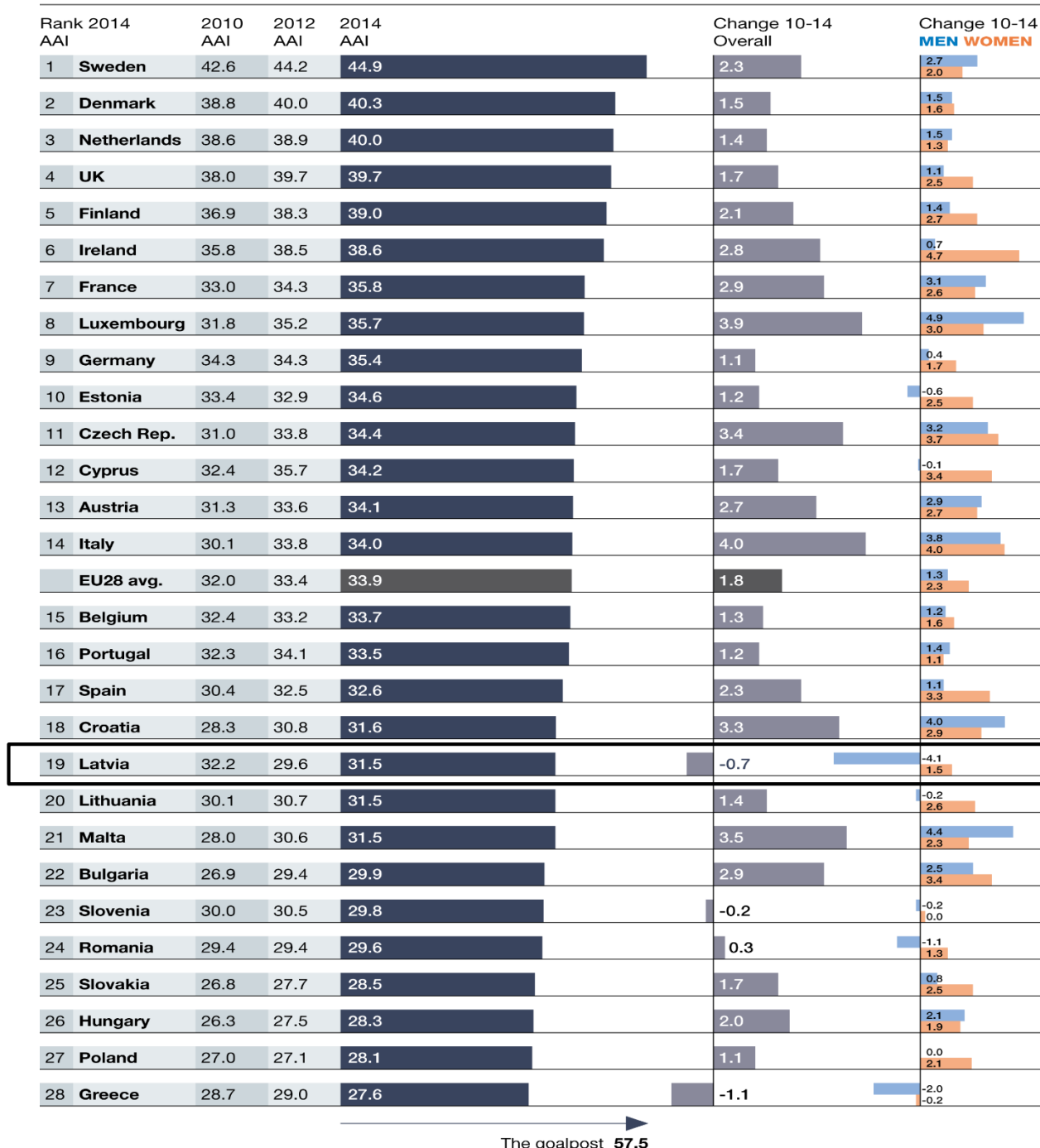
**Gender gap in LV among the lowest!**

Gender gap 2014		Employment	Participation in society	Independent living	Capacity for active ageing
Rank 2014-AAI		+   +	+   +	+   +	+   +
1	Sweden	7.1	0.8	1.9	0.7
2	Denmark	9.1	2.6	0.2	0.5
3	Netherlands	13.8	1.9	2.4	2.1
4	UK	10.6	1.7	1.5	1.5
5	Finland	1.5	3.4	2.2	2.8
6	Ireland	12.3	3.8	3.4	0.3
7	France	3.8	2.1	4.0	1.8
8	Luxembourg	7.6	8.9	2.8	3.0
9	Germany	9.3	1.9	3.3	0.5
10	Estonia	0.8	1.8	3.0	6.1
11	Czech Rep	12.4	4.1	1.7	1.9
12	Cyprus	18.1	1.0	2.8	6.1
13	Austria	11.0	2.1	0.9	1.8
14	Italy	13.1	0.5	2.7	2.6
	EU28 avg	9.5	0.1	2.8	0.5
15	Belgium	7.6	3.0	3.9	1.3
16	Portugal	11.2	0.0	2.5	2.8
17	Spain	8.5	2.2	2.8	1.4
18	Croatia	11.6	1.5	4.5	2.1
19	Latvia	2.4	6.3	3.8	1.2
20	Lithuania	5.3	2.0	1.9	2.6
21	Malta	22.9	1.1	1.2	1.5
22	Bulgaria	6.0	0.4	7.5	0.5
23	Slovenia	9.2	1.7	2.5	0.3
24	Romania	10.5	1.6	4.0	2.9
25	Slovakia	10.6	1.3	2.7	1.1
26	Hungary	6.0	0.6	2.9	1.3
27	Poland	12.5	2.3	3.2	2.0
28	Greece	13.1	3.7	3.4	3.2

# Key message 4: Active ageing has been increasing in the EU, despite economic crisis and austerity measures

On average, an increase of nearly 2 points in the EU, while an increase of nearly 3 points or more in nine EU countries (during 2008-2012).

LV among the exceptions!



# Part 5

# Conclusions



1. The active ageing strategies empower older people helping them fulfil their full potential and improve their quality of life
  - ✓ this becomes one of the key strategies in improving the rights of older persons!
2. The AAI framework helps identify specific priorities for each country to identify where the potential of older people is not realised, and how much?
  - ✓ The AAI framework can be used to highlight where a legislation or its enforcement for the rights of older people remain unfulfilled!



3. The AAI framework provides a detailed cross-country comparisons of domains and individual AA indicators and help identify successful and innovative policy instruments

- ✓ The AAI framework offers us a methodology that can be used to identify good practices in achieving rights of older people!



#### 4. Based on the AAI, the level of active ageing appears to be low in many dimensions (except employment)

- ✓ Social participation domain points to low volunteering and political engagement!
- ✓ Independent living domain shows low median income, insufficient opportunities of lifelong learning, independent living and perceptions of physical safety as other areas of concern
- ✓ Enabling environment domain reflects a particularly low use of ICT among older population, and low healthy life expectancy and mental well-being, especially for women

# Thank you



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