



Every year, World Health Day is celebrated on 7 April to mark the anniversary of the founding of the World Health Organization (WHO) in 1948. World Health Day is a global campaign, inviting everyone, from global leaders to the public in all countries, to focus on a single health challenge with global impact.

Focusing on new and emerging health issues, World Health Day provides an opportunity to start collective action to protect people's health and well-being. It is an opportunity to engage in finding solutions that benefit us all.

The topic of World Health Day in 2012 is Ageing and Health with the theme "**Good health adds life to years**". The focus is how good health throughout life can help older men and women lead full and productive lives and be a resource for their families and communities. Ageing concerns each and every one of us – whether young or old, male or female, rich or poor – no matter where we live.



World Health
Organization



www.emro.who.int/iraq | www.moh.gov.iq

ACTIVE SENIORS: continued **giving contribution** and **growth**

YESTERDAY, TODAY, & TOMORROW

Good health
adds life to years
World Health Day 2012

SUMMARY

Current Situation:

The number of elderly
age 60 and above
= **1,127,536**
they constitute
4% of the population

In 2050:

The number will be
= **4,720,658**

while...

In 1980:

The number was
= **741,814**

*(Directorate of planning & resources development
/ health and vital statistic department)*

Social Care Law No.126 (1980)

aims to
ensure better social care
in the aspects of
residing, financial support and
better health care.

There are 5 governmental homes
for the elderly in 5 governorates

Baghdad: with **120** residents.

Karbala: with **33** residents.

Ninewa: with **37** residents.

Basrah: with **44** residents.

Diwania: with **36** residents.

Continuous urbanization,
destruction of the 'extended
family' system, and immigration
of siblings
are factors that leave elderly
people lonely.

**This creates the need for
special services provided by
different governmental and
nongovernmental organizations,**
such as social services which
cover different aspects of
elderly needs, relating to
financial support as well as
cultural and social values.

PAST ACHIEVEMENTS

mainly during the last 2 bienniums

- 1- Multi sectoral steering committee headed by MoH held many meetings and discussed several issues in relation to health and social care of the elderly.
- 2- Establishment of 18 clinics for elderly care at major hospitals, one in each governorate.
- 3- Capacity building activities:
 - One central workshop to health care providers at elderly clinics, mainly to physicians with focus on referral mechanism.
 - Training of community representatives, mainly: teachers, religious people and media people to raise awareness on the health and social requirements of the elderly, their home care and psychological care.
- 4- Implementation of a rapid assessment of health and socioeconomic status and satisfaction of the elderly in Baghdad/ Al Rusafa governorate. Final report produced.
- 5- Issuance of guidelines on prevention and control of Osteoporosis, with particular focus on prevention of falls.



FUTURE WORK PLAN

- 1- Upgrade knowledge and skills of national program manager and focal point in the governorates through:
 - National multi sectoral meetings/workshops to agree on the social and health service package for the elderly.
 - National training activities to physicians, nurses and social workers on provision of health and social care in collaboration with MOLSA.
 - National Training Activities (NTAs) to PHC workers on health counseling for the elderly, with special focus on women.
- 2- Dissemination of knowledge and strengthening data collection; through
 - Conducting orientation meetings with focal points to improve care of the elderly.
 - Regional workshops to religious, teachers, media and civil society representatives.
 - Production of information, education, and communication materials.
 - Attendance of regional and international workshops.
- 3- Establishment and strengthening of elderly clinics; through:
 - Supporting data management information system in clinics.
 - Study tour to Physicians responsible for elderly clinics.
 - Developing an action plan for prevention and control of Osteoporosis.
 - NTAs to physicians, nurses and social workers on management of Osteoporosis.

RECOMMENDATIONS

for enhancing the elderly health services in Iraq

- 1- Rehabilitation of elderly clinics in hospitals.
- 2- Assignment of one or two of PHCs as elderly friendly, with the PHC in Baghdad Al Larch/AI Rusafa as a pilot experience.
- 3- Raise the public awareness about the needs and care of the elderly .
- 4- Partnership across sectors involved in health and health of elderly, such as the Ministry of Labour and Social Affairs and the Ministry of Women Affairs .
- 5- Capacity building of social workers from MOLSA to provide home care for the elderly .
- 6- Develop programs for prevention of falls of the elderly.
- 7- Develop guidelines for care of elderly health in PHC.
- 8- Provision of education material for the elderly themselves about healthy life style and physical activity.
- 9- Introduction of geriatric care in curriculums of the medical education system.

Good health adds life to years

World Health Day 2012

Eat healthy food

Consume a balanced and varied diet high in fibre and low in animal fat and salt. Reduce your weight if you are overweight. Take care of your teeth and retain your natural teeth for as long as possible.

Be socially involved

Stay involved in your family, your community, clubs and religious organizations. Continue to educate yourself and all your children. Be aware of and speak out against ageism.

Create age-friendly environments and communities

Make public buildings accessible for all people with disabilities, for example: presence of ramps, railings, elevators). Provide accessible and clean toilets in public places and workplaces.

Be active... be healthy

Exercise regularly from the earliest years through to older ages. Walking, climbing stairs, working around the house and playing with children are all effective forms of exercise.

Care for each other

Encourage people, and teach them how to care for themselves and each other as they get older in order to maintain independence for as long as possible.

YESTERDAY

TODAY

& TOMORROW

STORIES FROM THE FIELD



Ghafour is 93 years old.

Ghafour has always taken care of his health by constantly eating healthy food with low fats and lots of fruits and vegetables. Avoiding fats and increasing exercise is the moto for Ghafour.



Sanaa is 63 years old.

Sanaa is a dedicated woman to her job. She believes in living a healthy lifestyle and is happy at what she does and that makes her maintains a content routine.



Mohammad is 67 years old.

Mohammad lives in the mountains away from city life. Ever since he was young, he ate dairy products, fresh fruits and vegetables and few amounts of meat. He always exercised.



Mohammad is 61 years old.

Mohammad is a hard-working employee. He possesses a natural gift for his job where it makes him loves what he does and that's one of the secrets for being happy and healthy.



Hafez is 67 years old.

Hafez maintains a healthy social lifestyle. He lives for serving his patients and believes that anything can be achieved to serve the community.



Ronak is 65 years old.

She is actively involved in her community. As the Secretary of the Women's Union in Kurdistan she has been commended by different International organizations for her work.

