

Uue eakuse
rahvakogu
seminar



Rudi Westendorp

tervisliku vananemise professor

16. novembril 2017

Tallinna Reaalkoolis



Elada vanaks, tundmata end vanana

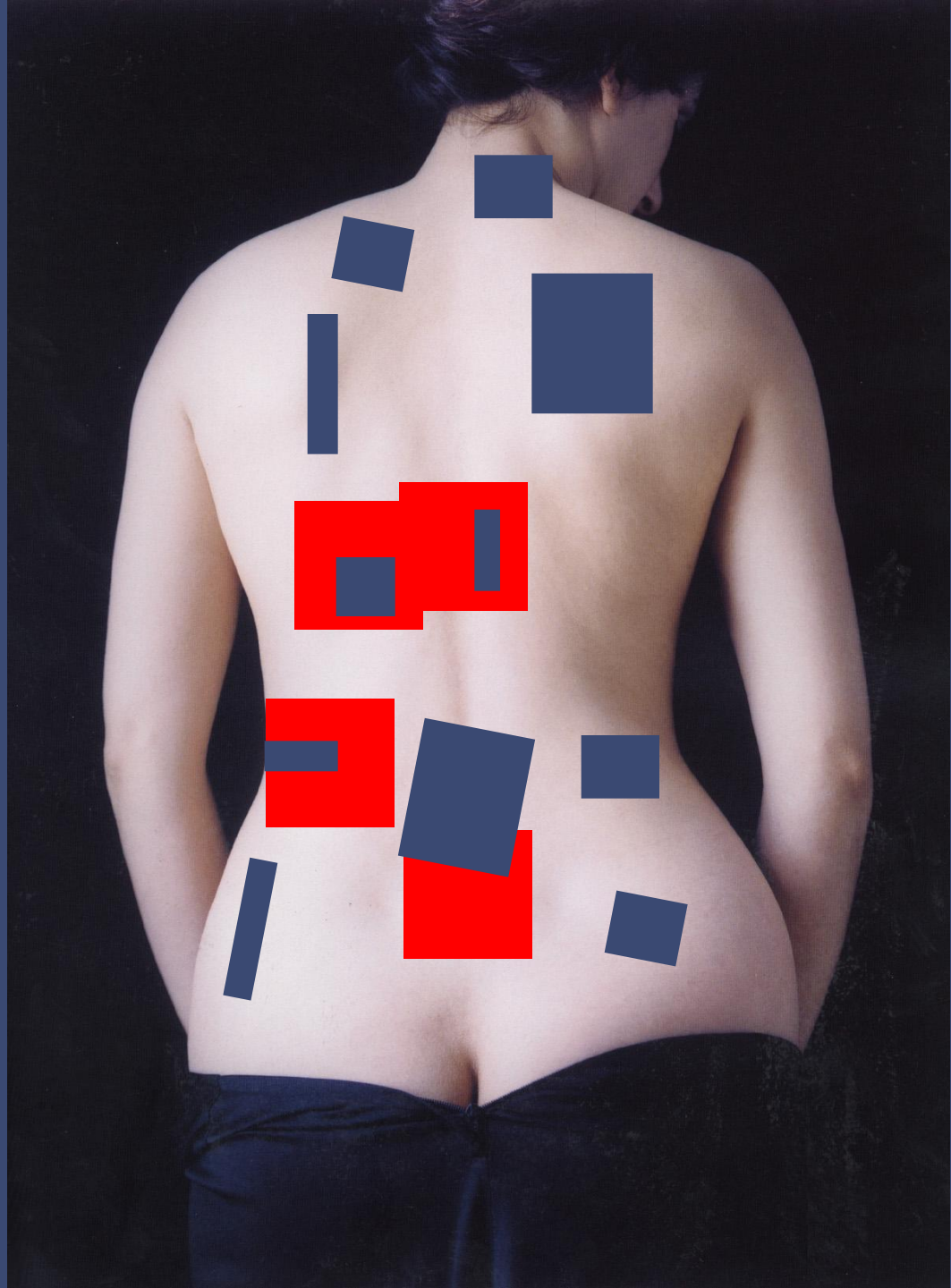
- How and why we age
- Living longer in better shape
- Rethinking our life course



Ron Mueck

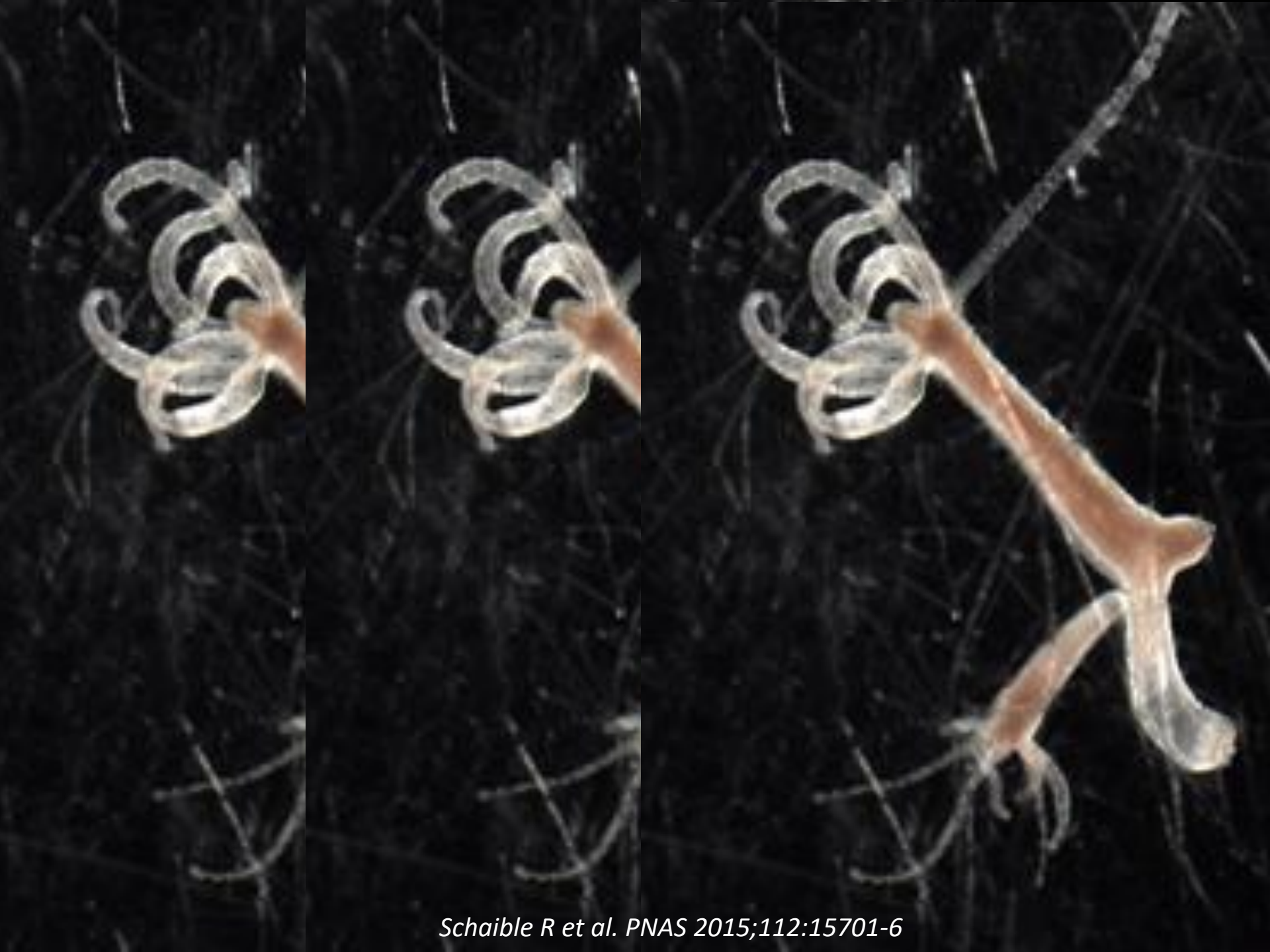


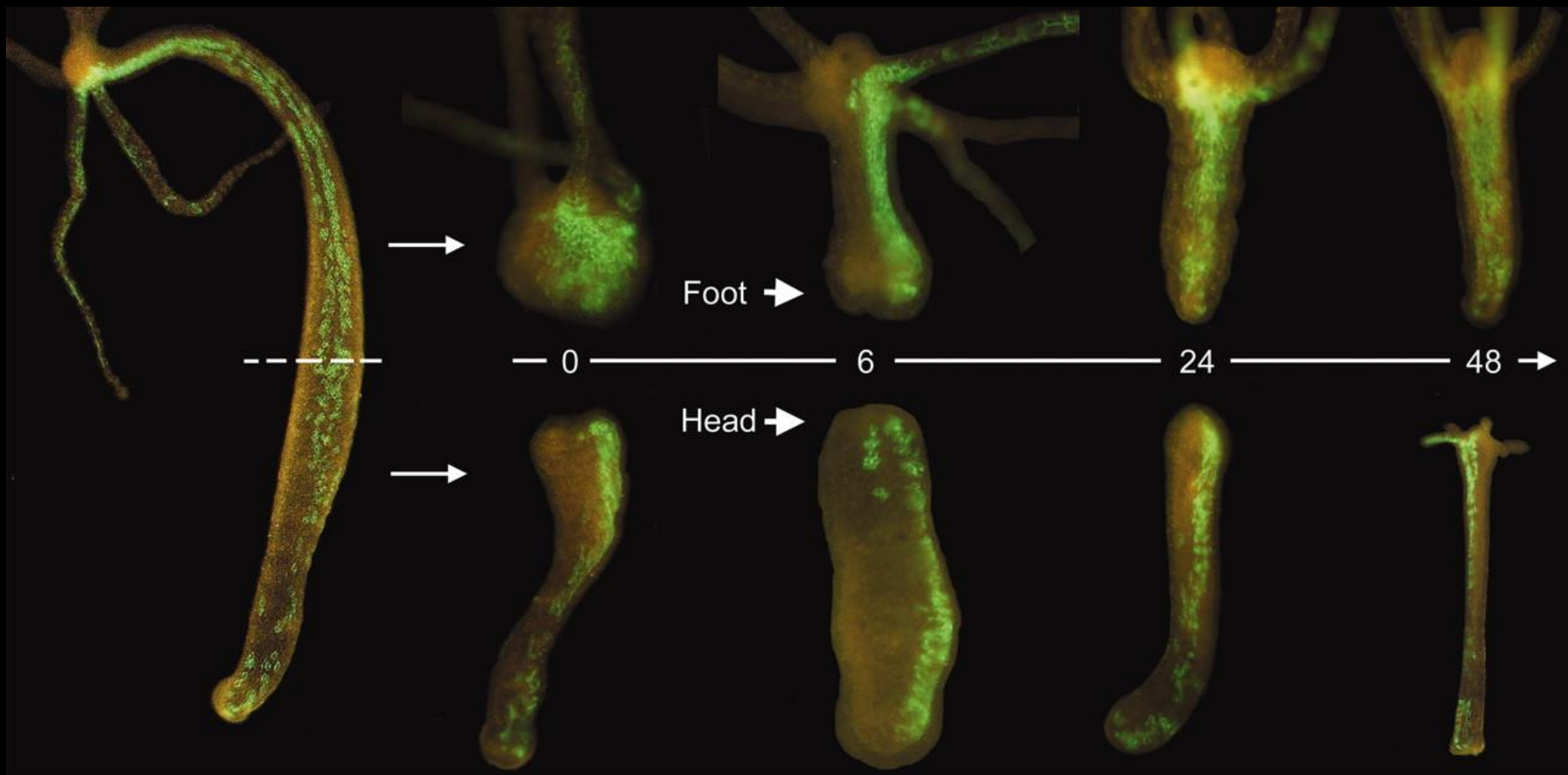
Carla van de Puttelaar



Marrie Bot

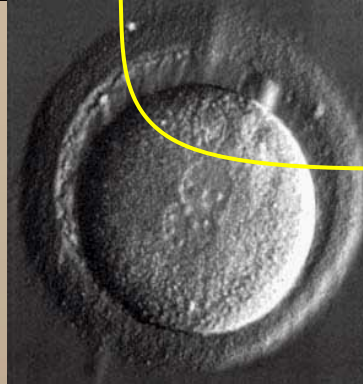
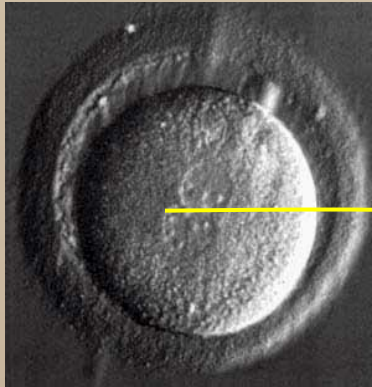




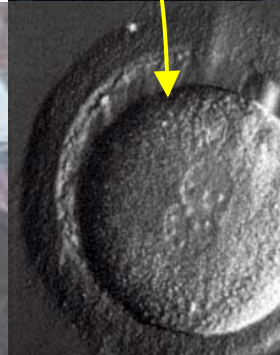
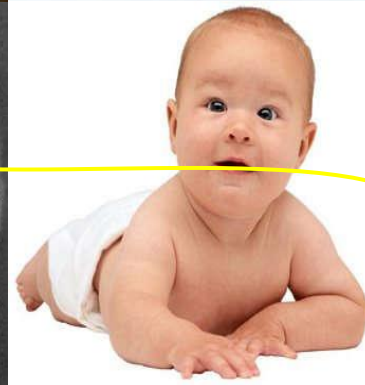
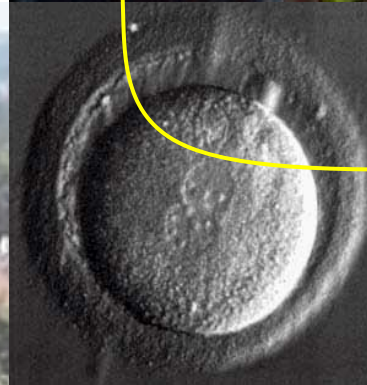
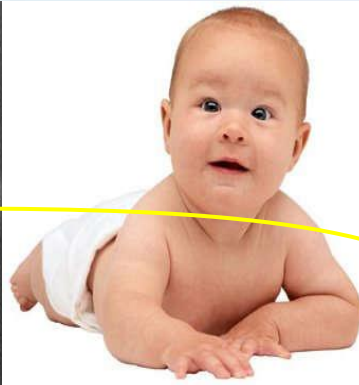
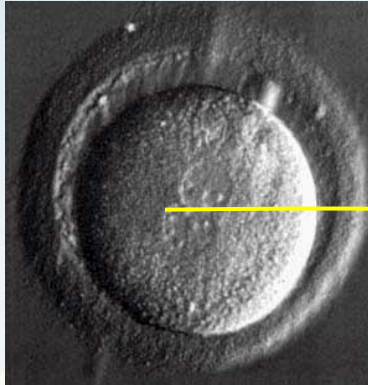




distributing sparse resources



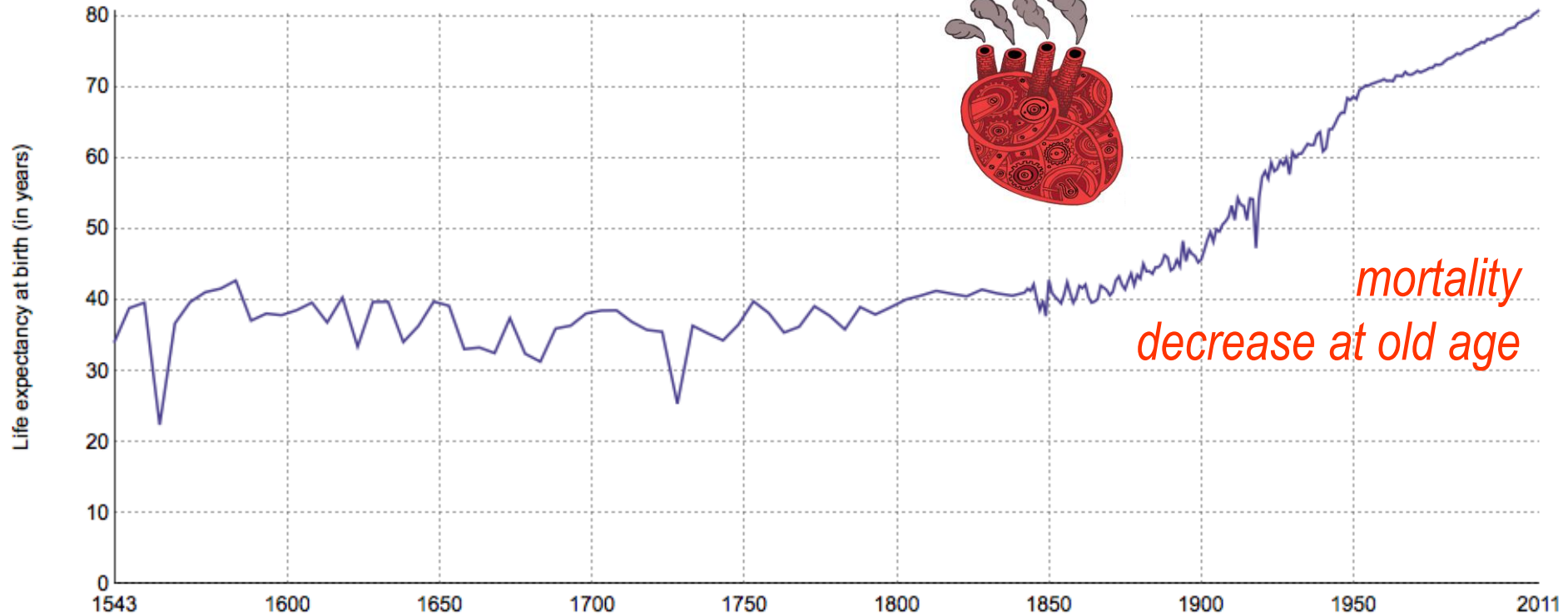
investing extra resources



Longevity revolution

United Kingdom

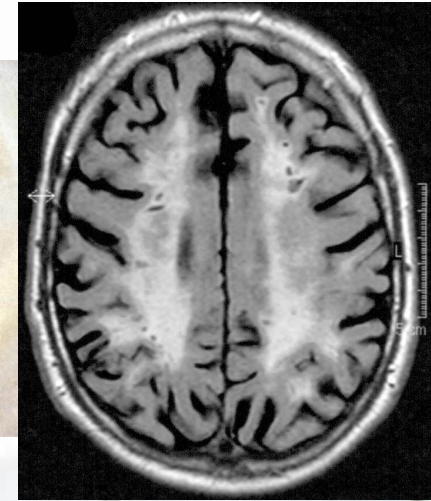
mortality decrease at
young age



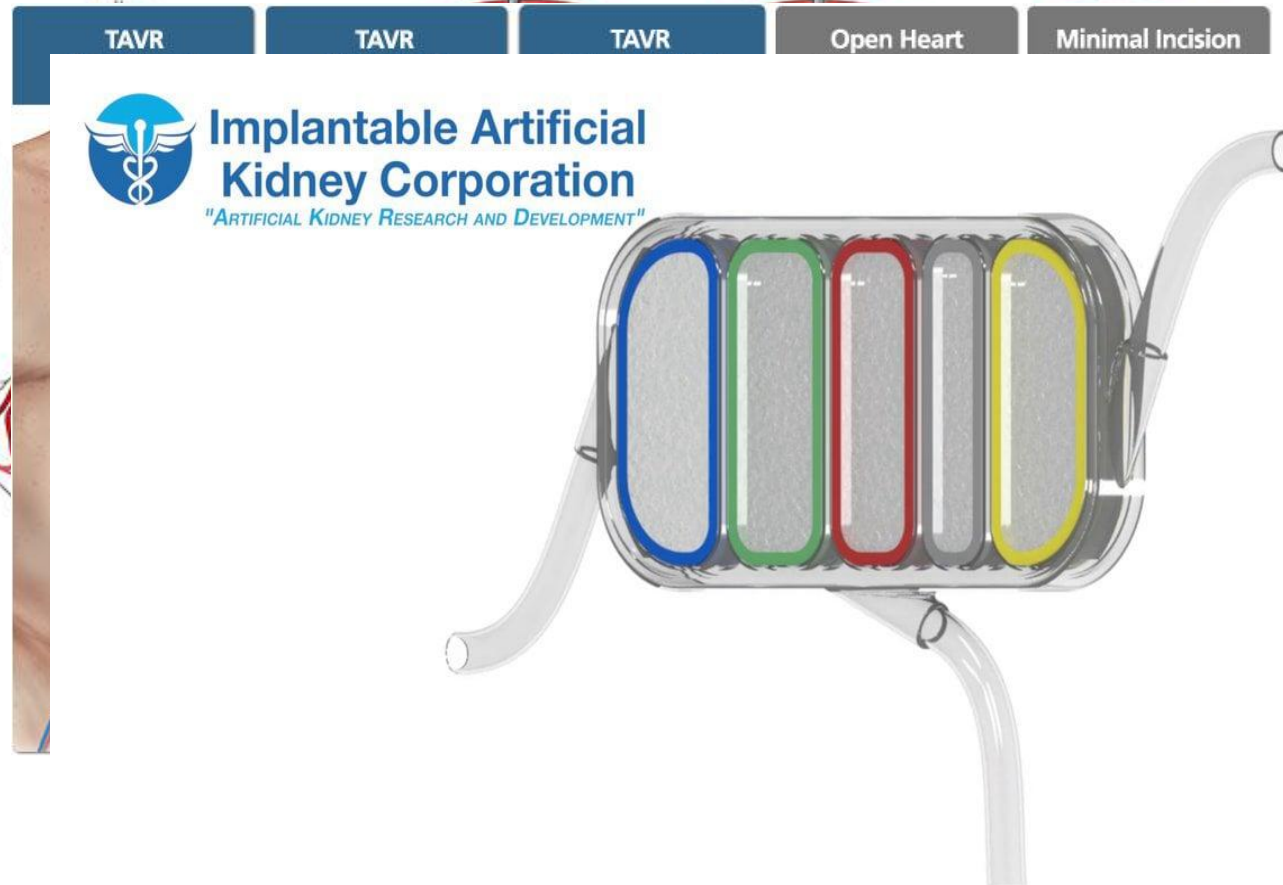
Preventing Damage

diabetes
hypertension

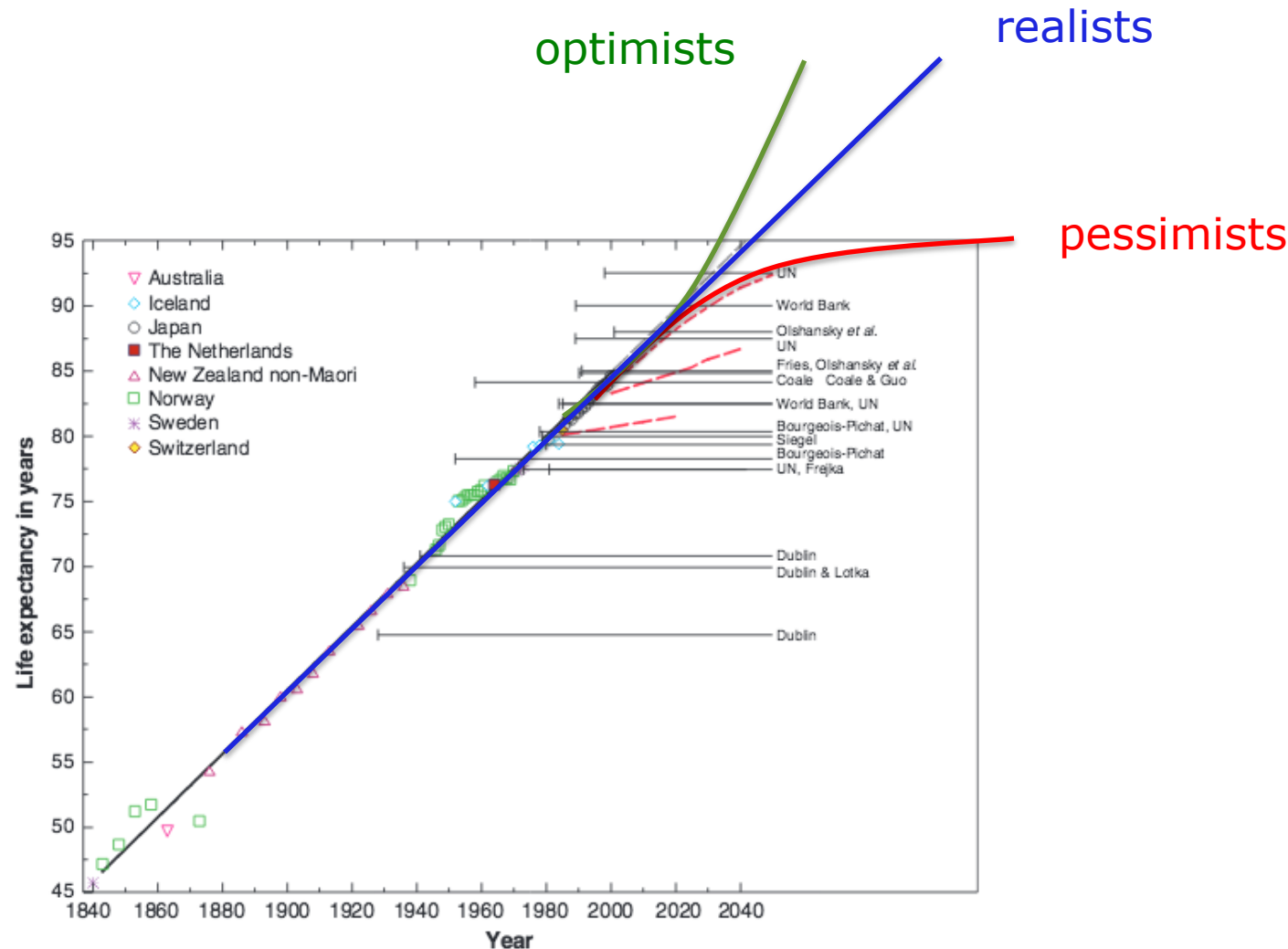
vascular
disease



Incremental Ability to Repair

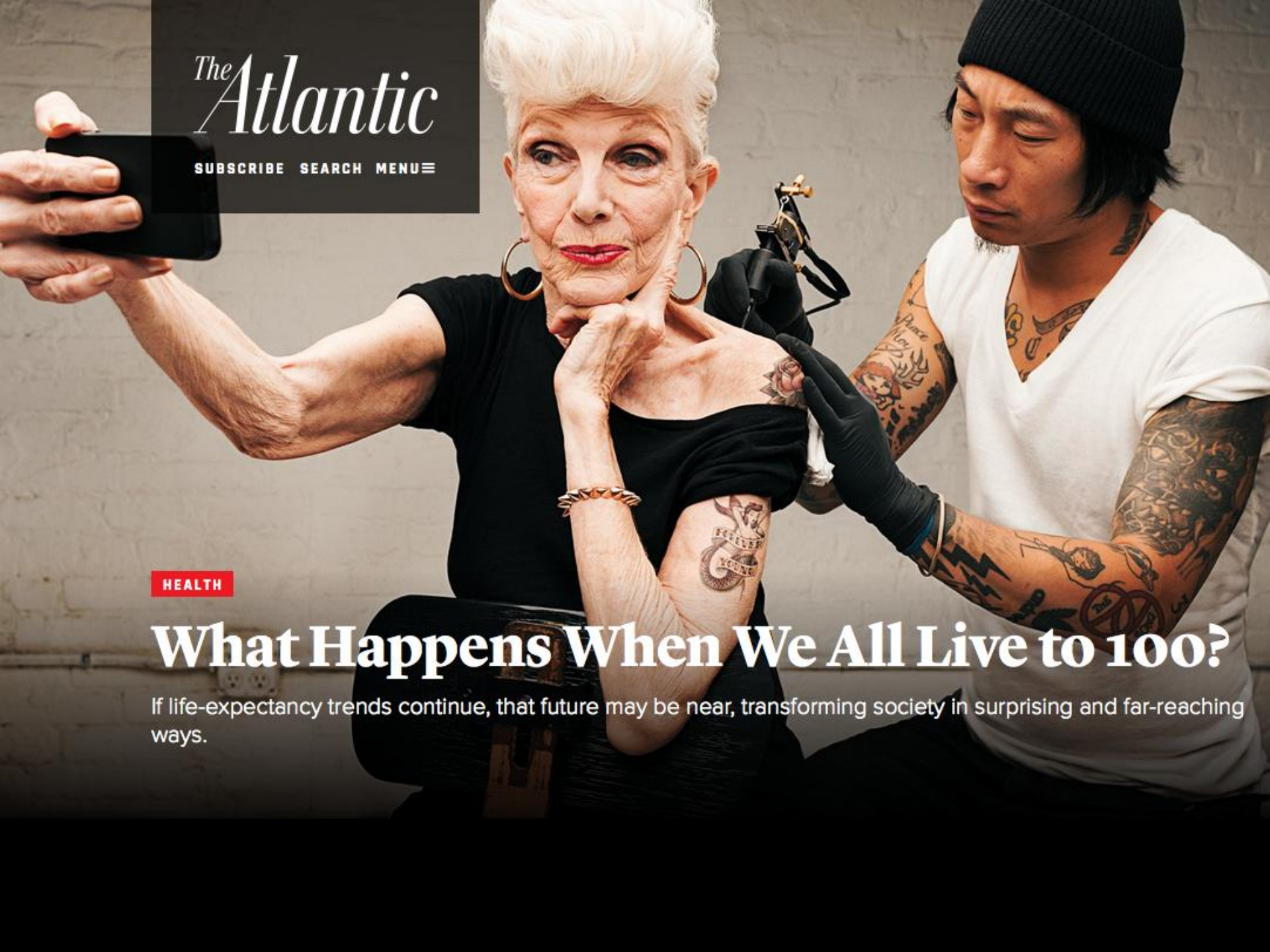


Broken limits to life expectancy



Oldest age at which at least 50% of the birth cohort is still alive

Country	Year							
	2000	2001	2002	2003	2004	2005	2006	2007
Canada	102	102	103	103	103	104	104	104
Denmark	99	99	100	100	101	101	101	101
France	102	102	103	103	103	104	104	104
Germany	99	100	100	100	101	101	101	102
Italy	102	102	102	103	103	103	104	104
Japan	104	105	105	105	106	106	106	107
Netherlands	100	100	100	100	101	101	101	102
United Kingdom	100	101	101	101	102	102	103	103
United States	101	102	102	103	103	103	104	104



The Atlantic

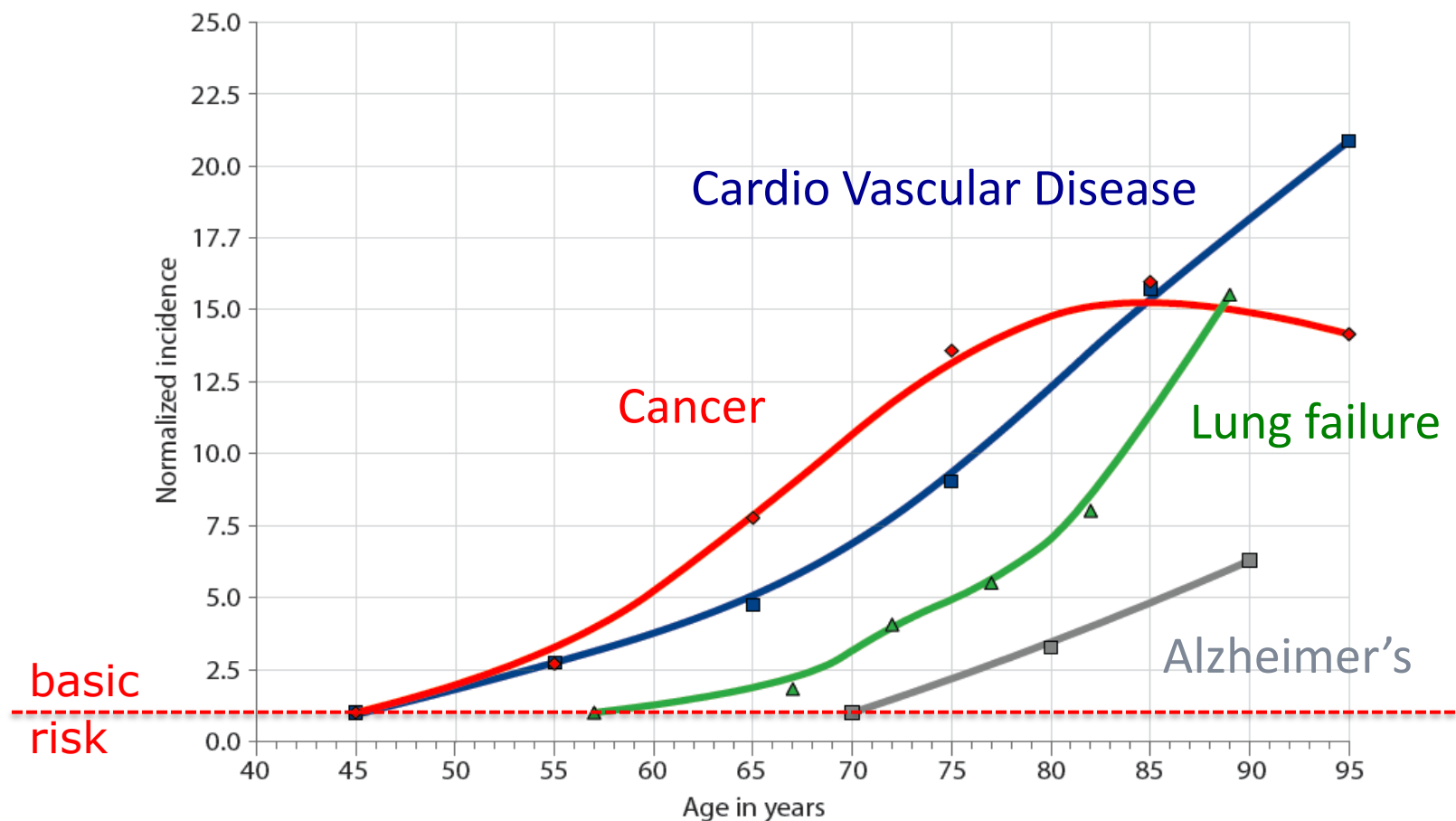
SUBSCRIBE SEARCH MENU

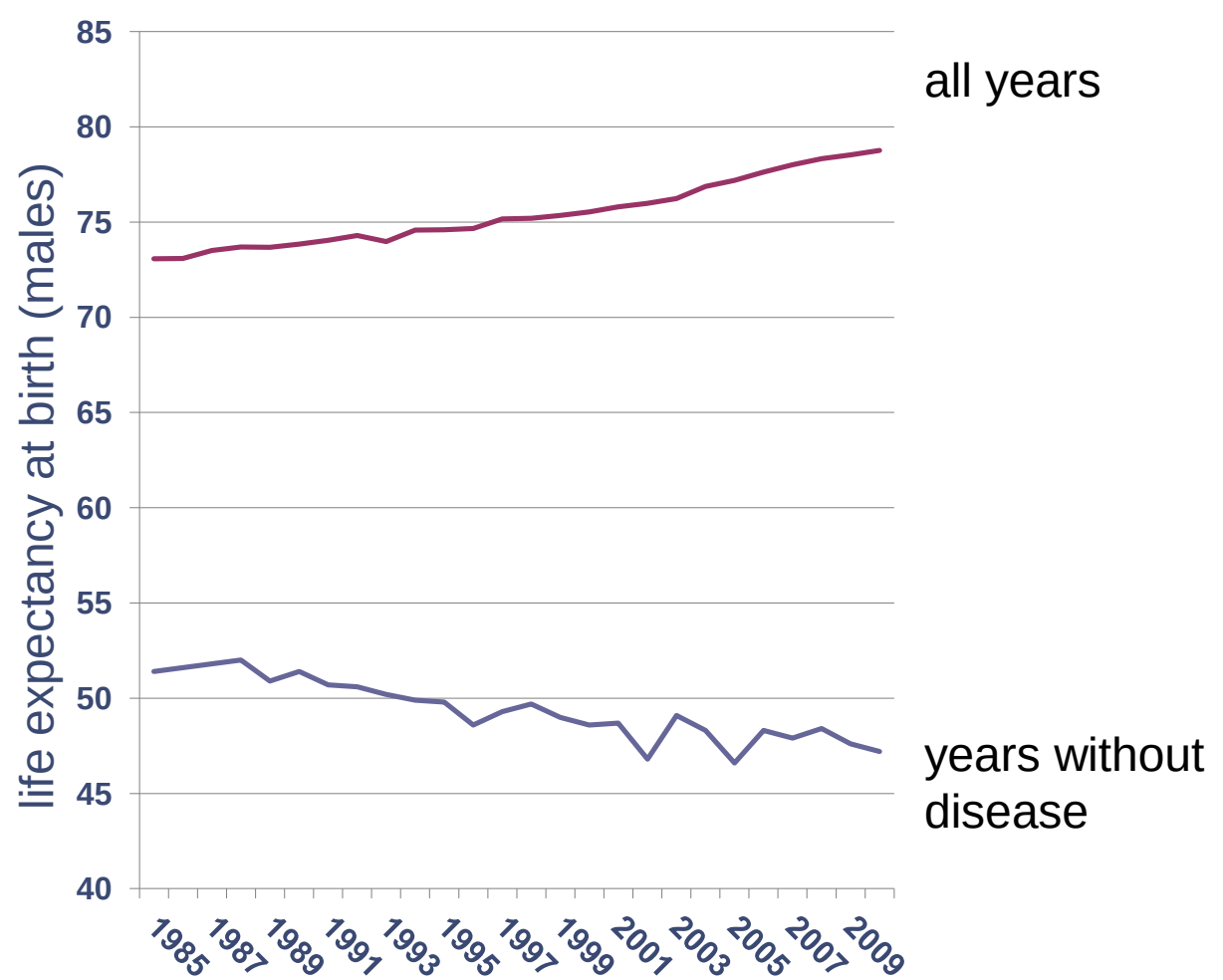
HEALTH

What Happens When We All Live to 100?

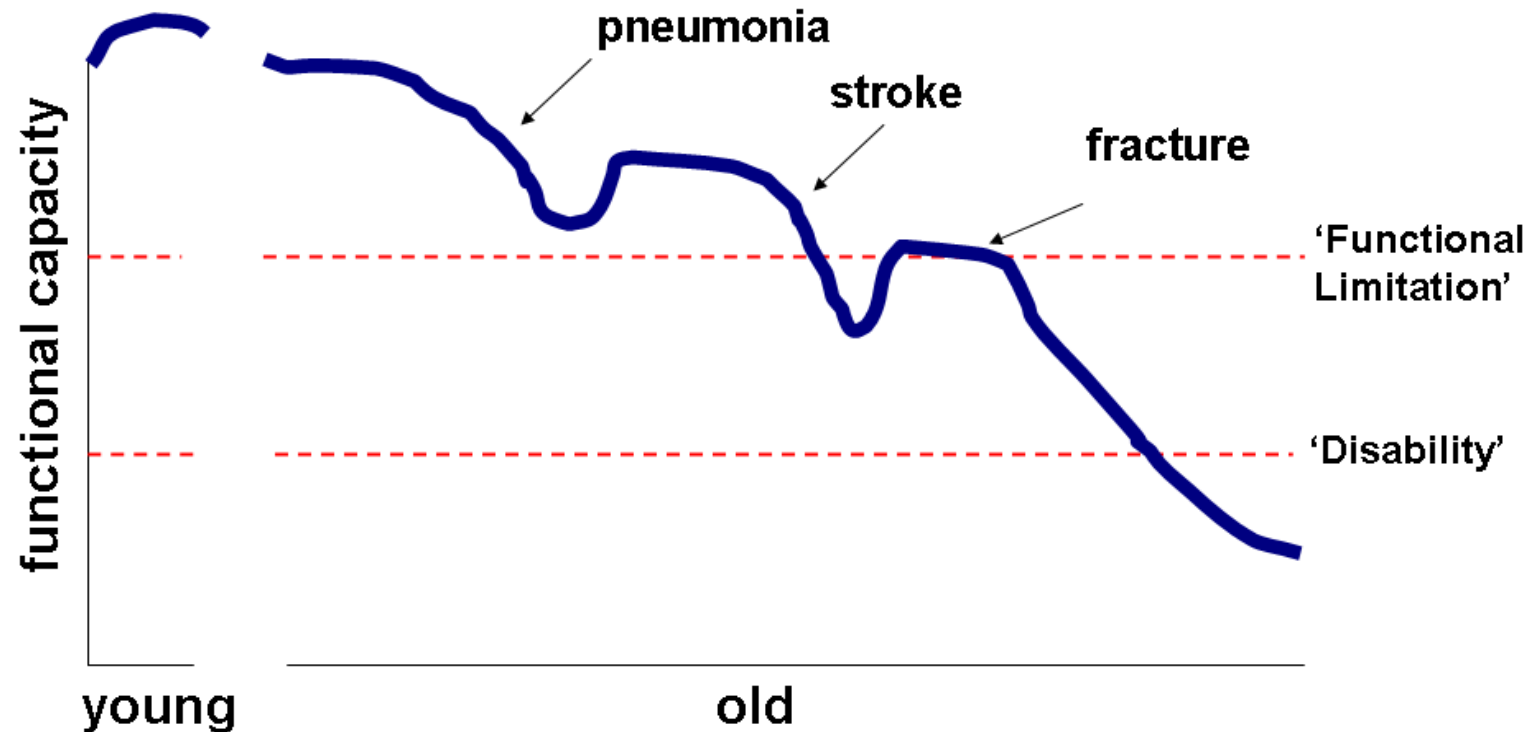
If life-expectancy trends continue, that future may be near, transforming society in surprising and far-reaching ways.

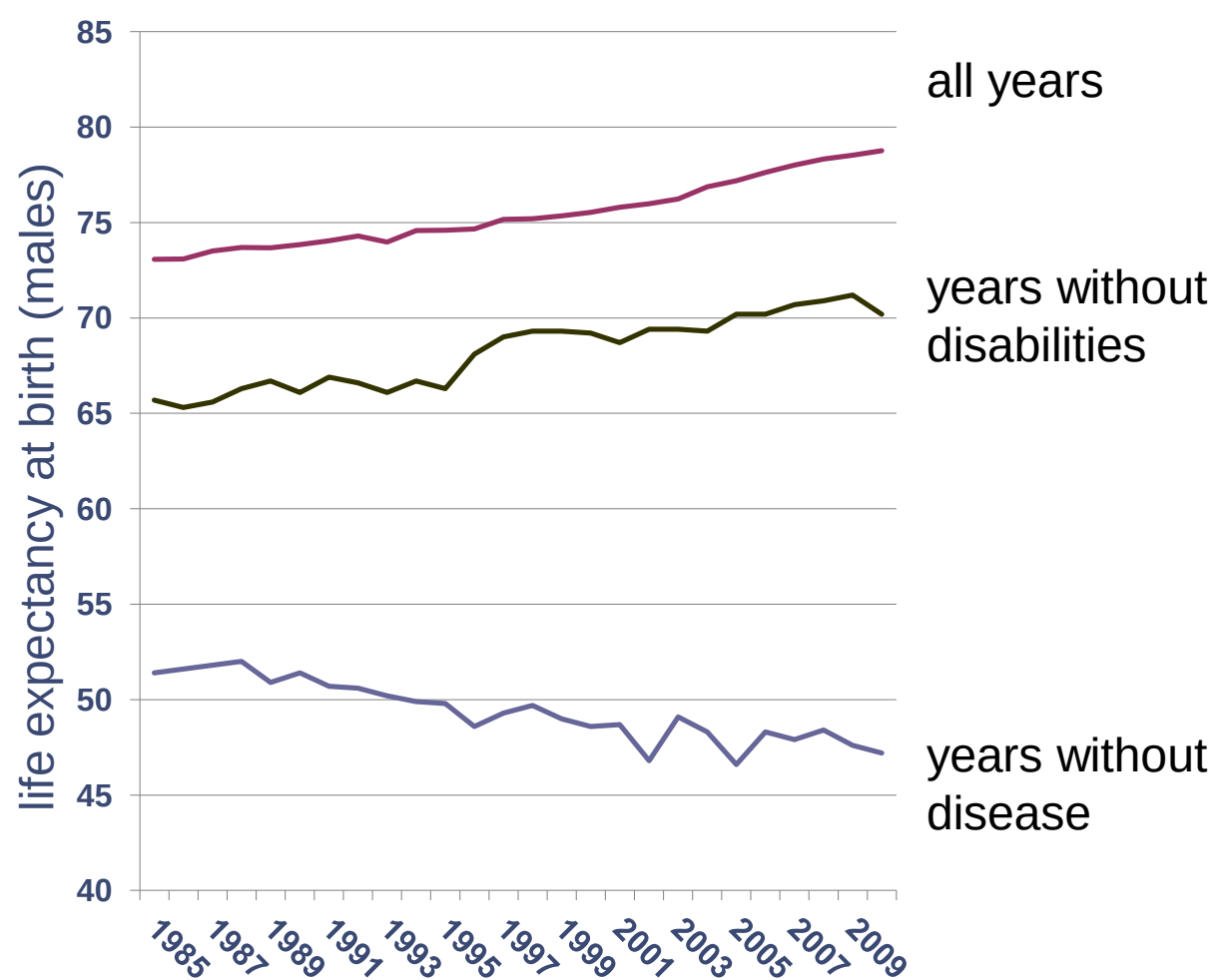
'age' is the strongest single risk factor

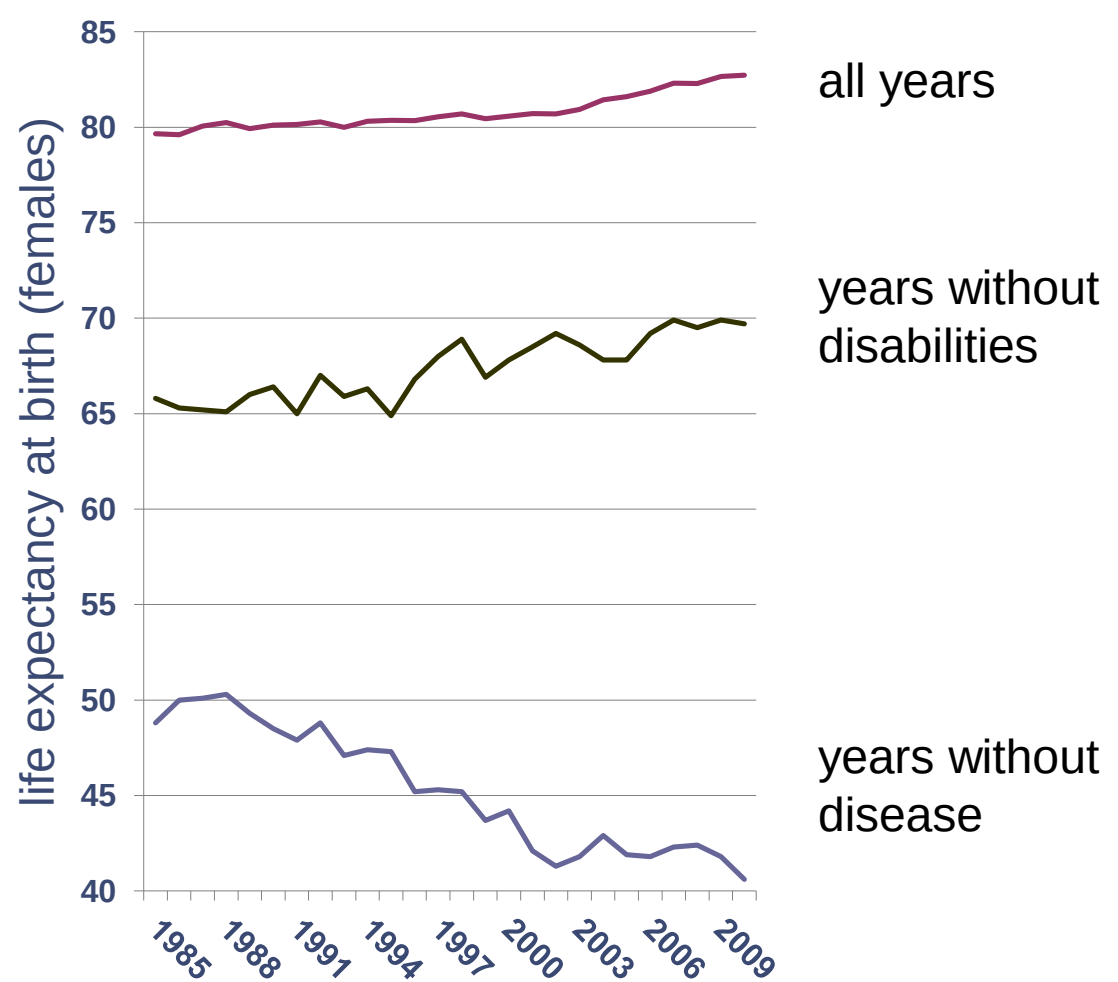




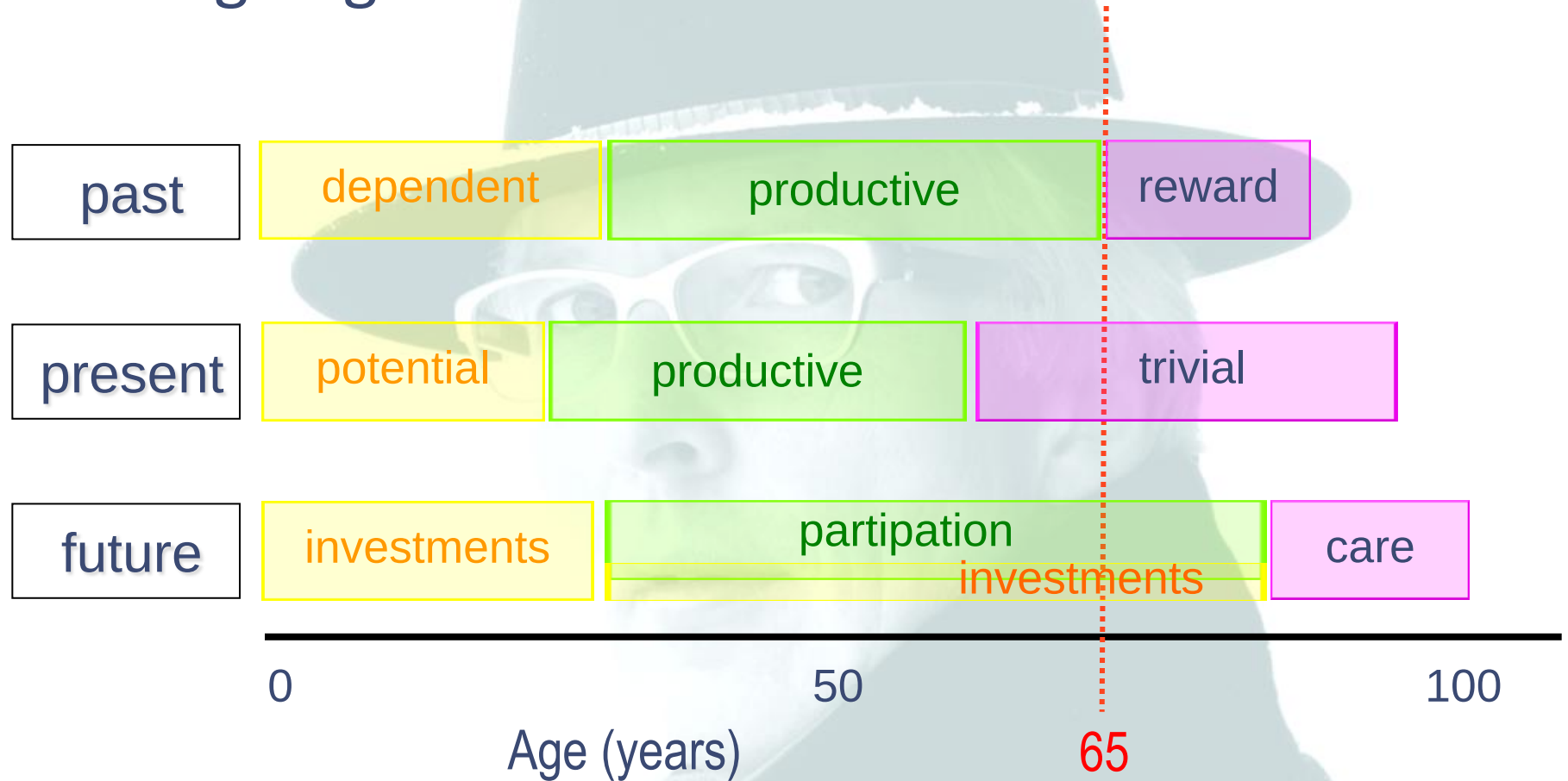
the 'frailty process'



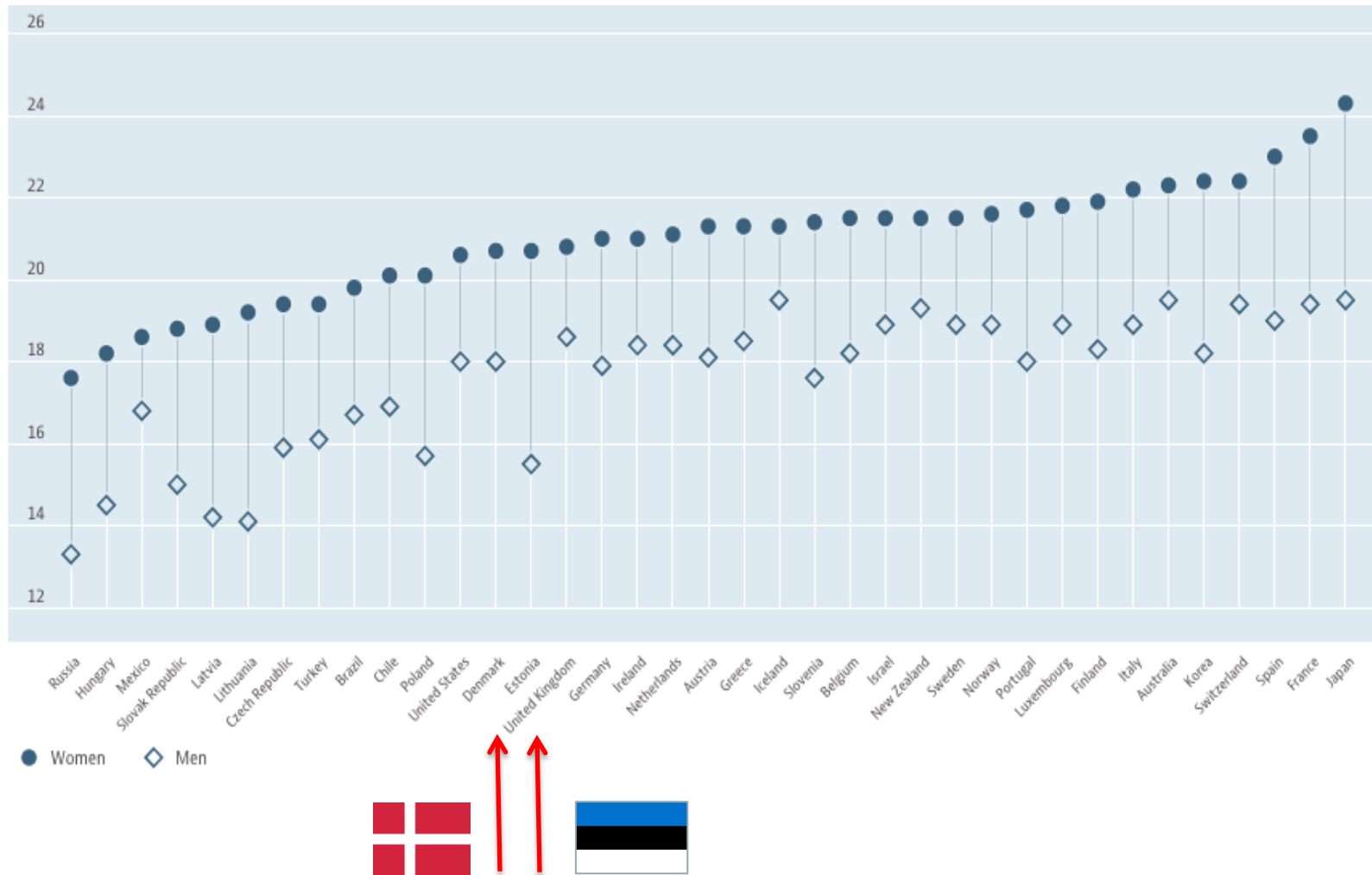




Redesigning our Life Course



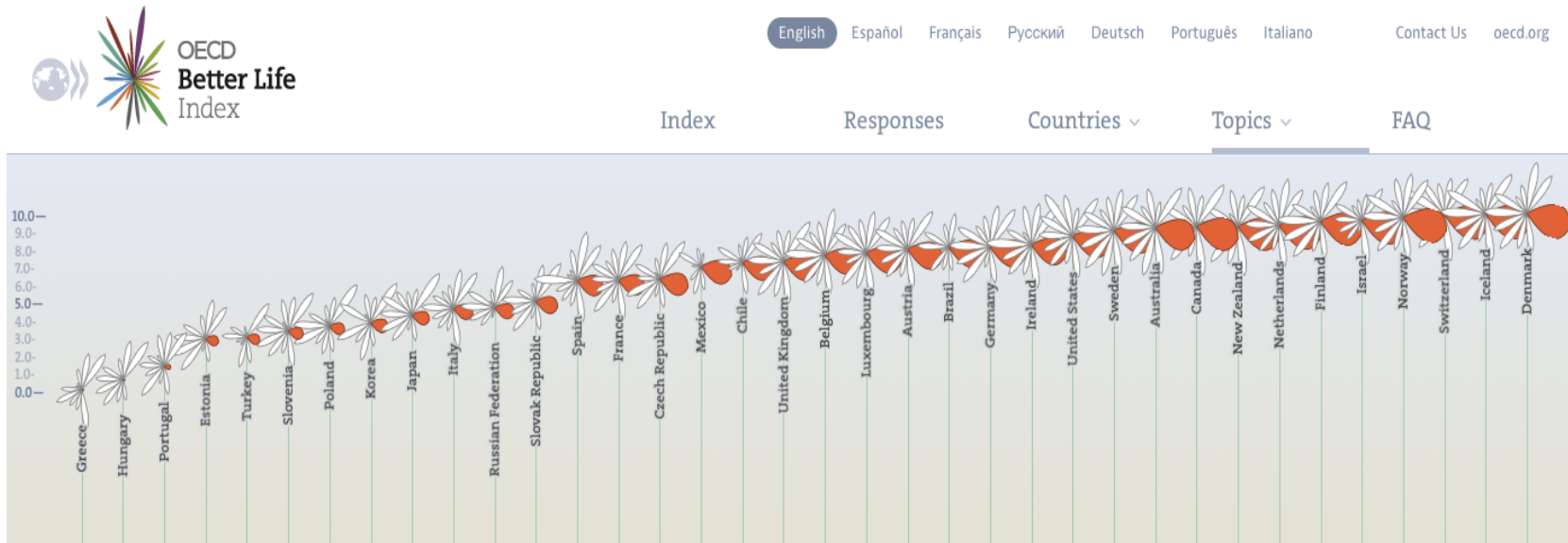
Residual Life Expectancy at Age 65



<https://data.oecd.org/healthstat/life-expectancy-at-65.htm>



Life Satisfaction among OECD Countries



RUDI WESTENDORP

ELADA
VANAKS,
TUNDMATA
END
VANANA

ELUJÕUST JA TARGAST
VANANEMISEST

RUDI
WESTENDORP

—
GROWING
OLDER
WITHOUT
FEELING
OLD

—
ON
VITALITY
AND
AGEING

SCRIBE

RUDI WESTENDORP

GROWING
OLDER
WITHOUT
FEELING
OLD

ON VITALITY AND AGEING

SCRIBE

Kintsugi 金継ぎ – Golden Body Repair



Ben Affleck reveals two gold teeth as he laughs – Daily Mail 10 July 2013



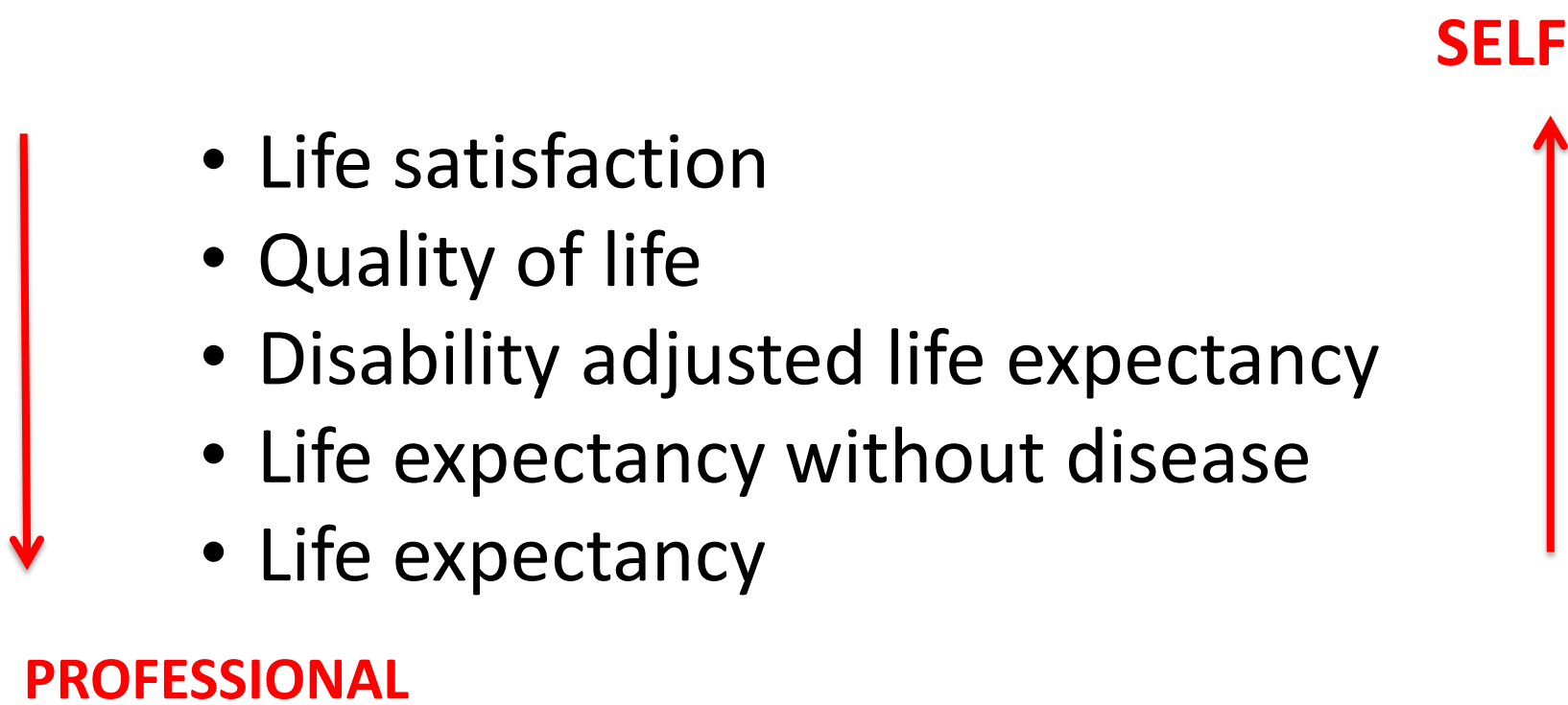
"I dream of being healthy"



lisa bregneagers Fotoudstilling på Kongens Nytorv



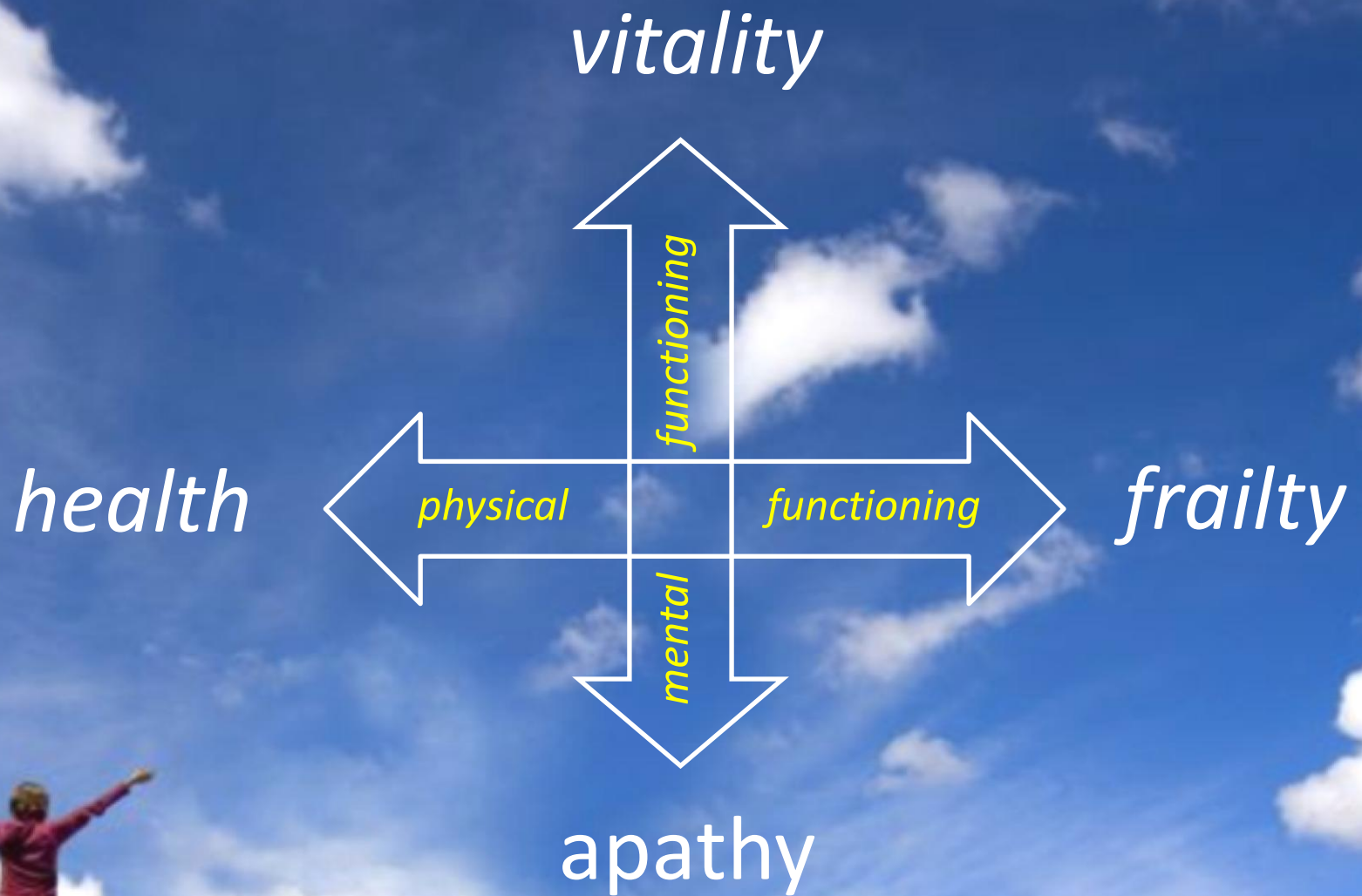
Different measures of 'health'

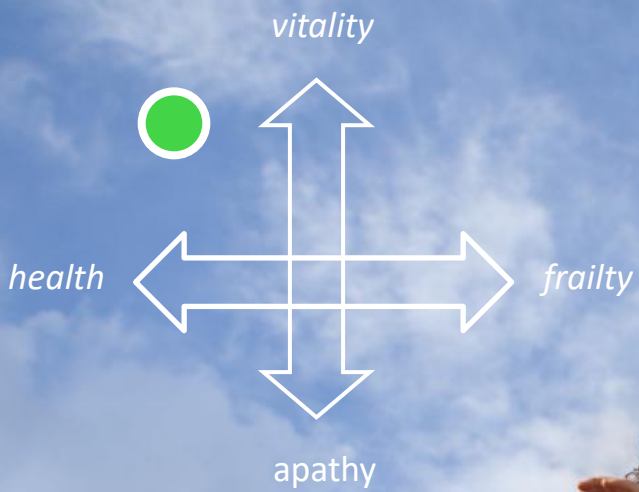
- 
- A diagram illustrating a spectrum of health measures. On the left, a red arrow points downwards from the top of the list to the word 'PROFESSIONAL' in red. On the right, a red arrow points upwards from the bottom of the list to the word 'SELF' in red. The list of measures is centered between these two arrows.
- Life satisfaction
 - Quality of life
 - Disability adjusted life expectancy
 - Life expectancy without disease
 - Life expectancy

PROFESSIONAL

SELF







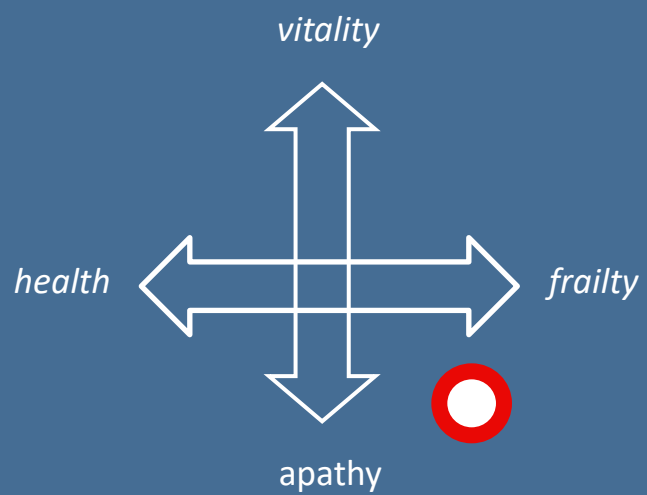
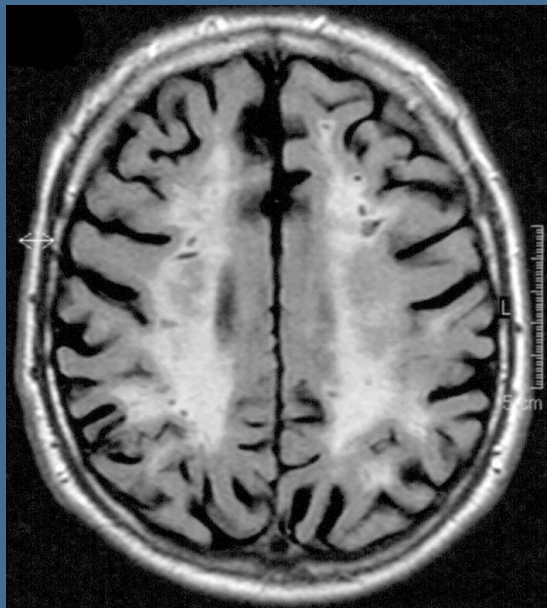


vitality

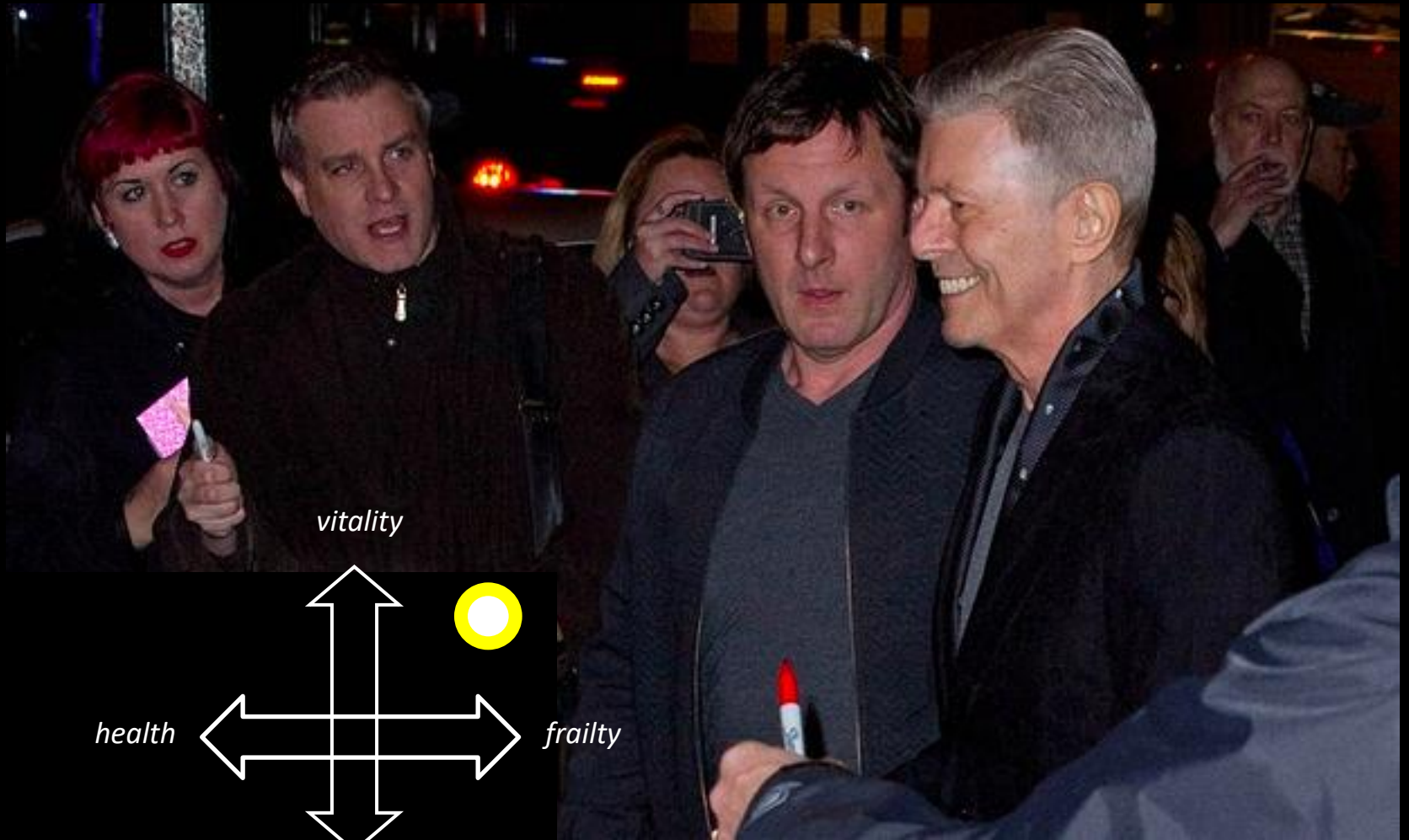
health

frailty

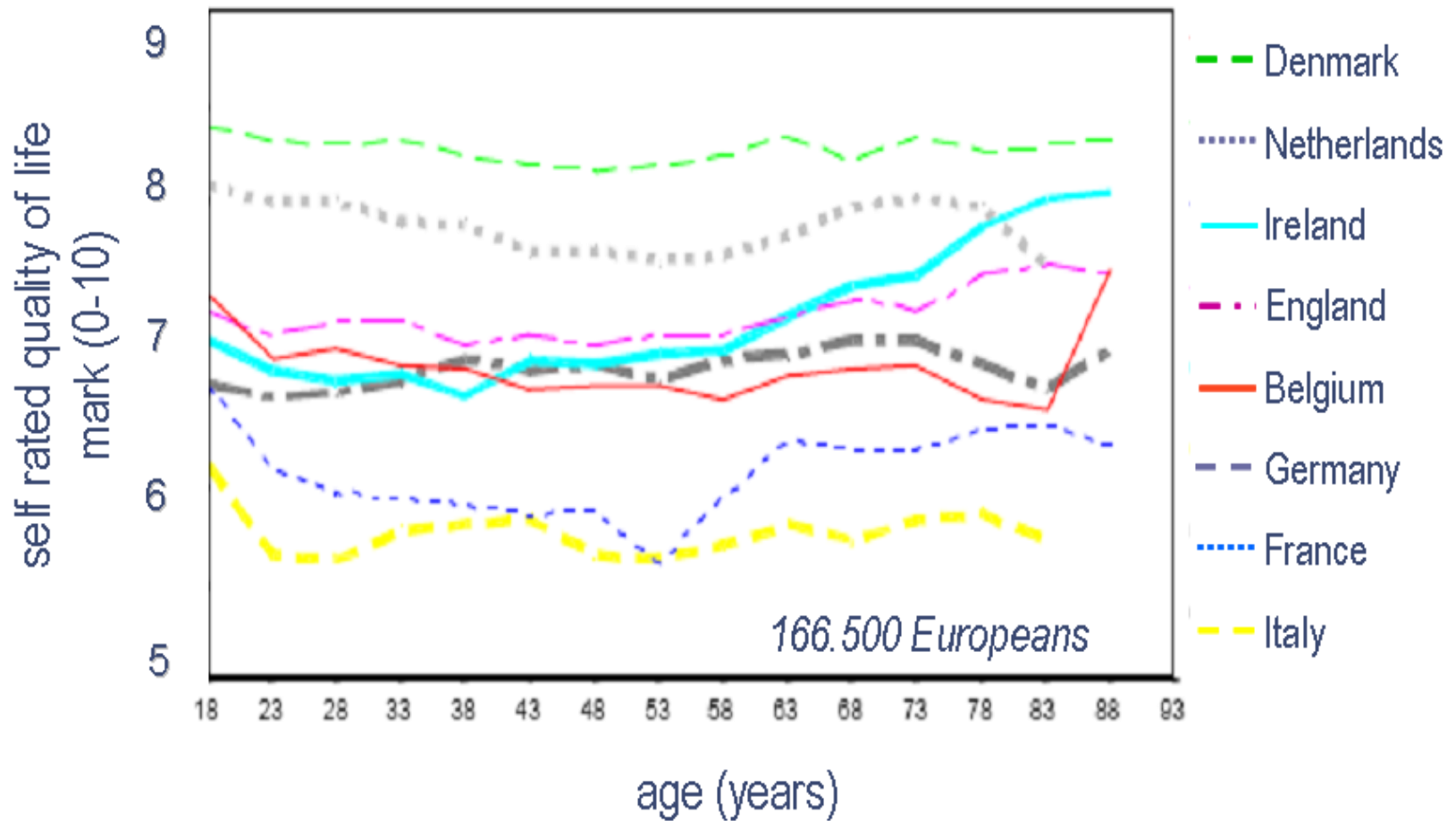
apathy

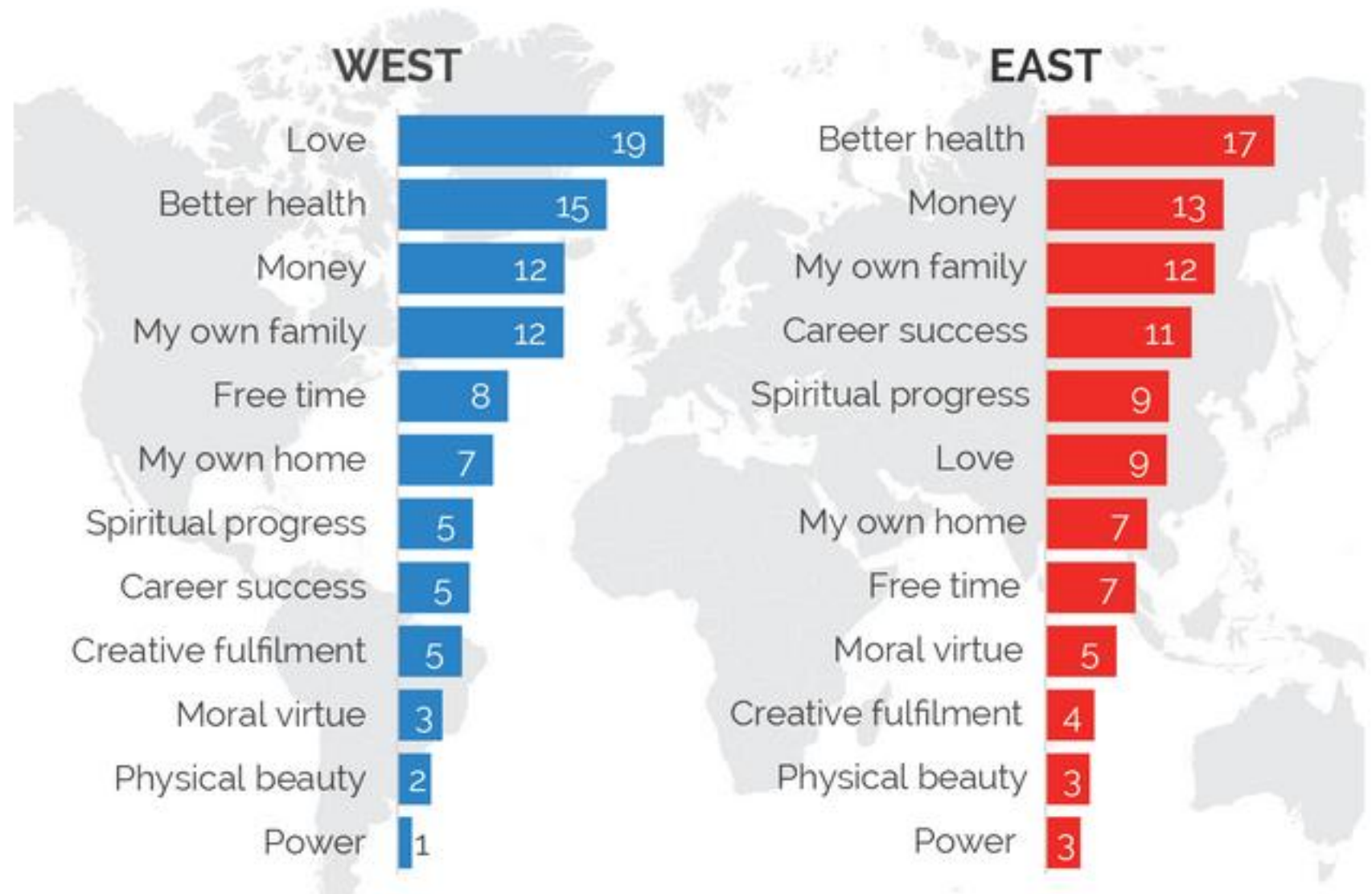


December 8th 2015 David Bowie Arriving at the premiere of LAZARUS



Data from World database of happiness





		Better health	Love	Money	My own family	Success in my career	Free time	My own home	Spiritual progress	Moral virtue	Creative fulfillment	Physical beauty	Power
Germany	24	17	13	8	6	8	6	3	2	5	3	1	
China	23	8	9	12	10	9	6	7	6	3	4	3	
Hong Kong	19	9	13	13	8	9	7	5	5	3	4	3	
Singapore	17	10	14	13	9	8	8	6	4	3	4	2	
Australia	17	16	13	10	6	8	9	7	3	5	2	1	
Finland	17	20	12	10	4	9	7	8	2	4	2	1	
Malaysia	16	10	13	15	10	8	7	8	3	3	3	2	
Indonesia	16	9	11	9	13	5	9	13	6	4	2	3	
Thailand	16	8	18	7	13	7	7	10	4	4	3	4	
UK	15	19	12	12	5	10	7	4	3	5	2	1	
Norway	14	19	11	16	5	9	6	5	3	5	3	1	
France	13	17	19	15	5	7	7	3	4	3	2	2	
UAE	13	10	11	16	11	4	8	11	6	4	3	3	
USA	13	15	11	8	6	6	8	13	5	5	2	1	
Saudi Arabia	12	7	14	12	11	2	8	12	9	4	3	2	
Sweden	12	24	12	11	4	9	8	3	4	5	3	1	
Denmark	10	25	7	19	7	7	6	4	3	5	2	1	

<https://yougov.co.uk/news/2015/12/23/wants/>



		Better health	Love	Money	My own family	Success in my career	Free time	My own home	Spiritual progress	Moral virtue	Creative fulfillment	Physical beauty	Power
Denmark	10	25	7	19	7	7	6	4	3	5	2	1	
Sweden	12	24	12	11	4	9	8	3	4	5	3	1	
Finland	17	20	12	10	4	9	7	8	2	4	2	1	
UK	15	19	12	12	5	10	7	4	3	5	2	1	
Norway	14	19	11	16	5	9	6	5	3	5	3	1	
Germany	24	17	13	8	6	8	6	3	2	5	3	1	
France	13	17	19	15	5	7	7	3	4	3	2	2	
Australia	17	16	13	10	6	8	9	7	3	5	2	1	
USA	13	15	11	8	6	6	8	13	5	5	2	1	
Singapore	17	10	14	13	9	8	8	6	4	3	4	2	
Malaysia	16	10	13	15	10	8	7	8	3	3	3	2	
UAE	13	10	11	16	11	4	8	11	6	4	3	3	
Hong Kong	19	9	13	13	8	9	7	5	5	3	4	3	
Indonesia	16	9	11	9	13	5	9	13	6	4	2	3	
China	23	8	9	12	10	9	6	7	6	3	4	3	
Thailand	16	8	18	7	13	7	7	10	4	4	3	4	
Saudi Arabia	12	7	14	12	11	2	8	12	9	4	3	2	

<https://yougov.co.uk/news/2015/12/23/wants/>



	Better health		Love	Money	My own family	Success in my career	Free time	My own home	Spiritual progress	Moral virtue	Creative fulfillment	Physical beauty	Power
France	13	17	19	15	5	7	7	3	4	3	2	2	
Thailand	16	8	18	7	13	7	7	10	4	4	3	4	
Singapore	17	10	14	13	9	8	8	6	4	3	4	2	
Saudi Arabia	12	7	14	12	11	2	8	12	9	4	3	2	
Germany	24	17	13	8	6	8	6	3	2	5	3	1	
Hong Kong	19	9	13	13	8	9	7	5	5	3	4	3	
Australia	17	16	13	10	6	8	9	7	3	5	2	1	
Malaysia	16	10	13	15	10	8	7	8	3	3	3	2	
Finland	17	20	12	10	4	9	7	8	2	4	2	1	
UK	15	19	12	12	5	10	7	4	3	5	2	1	
Sweden	12	24	12	11	4	9	8	3	4	5	3	1	
Indonesia	16	9	11	9	13	5	9	13	6	4	2	3	
Norway	14	19	11	16	5	9	6	5	3	5	3	1	
UAE	13	10	11	16	11	4	8	11	6	4	3	3	
USA	13	15	11	8	6	6	8	13	5	5	2	1	
China	23	8	9	12	10	9	6	7	6	3	4	3	
Denmark	10	25	7	19	7	7	6	4	3	5	2	1	

<https://yougov.co.uk/news/2015/12/23/wants/>



	Better health	Love	Money	My own family	Success in my career	Free time	My own home	Spiritual progress	Moral virtue	Creative fulfillment	Physical beauty	Power
Denmark	10	25	7	19	7	7	6	4	3	5	2	1
Norway	14	19	11	16	5	9	6	5	3	5	3	1
UAE	13	10	11	16	11	4	8	11	6	4	3	3
Malaysia	16	10	13	15	10	8	7	8	3	3	3	2
France	13	17	19	15	5	7	7	3	4	3	2	2
Hong Kong	19	9	13	13	8	9	7	5	5	3	4	3
Singapore	17	10	14	13	9	8	8	6	4	3	4	2
China	23	8	9	12	10	9	6	7	6	3	4	3
UK	15	19	12	12	5	10	7	4	3	5	2	1
Saudi Arabia	12	7	14	12	11	2	8	12	9	4	3	2
Sweden	12	24	12	11	4	9	8	3	4	5	3	1
Australia	17	16	13	10	6	8	9	7	3	5	2	1
Finland	17	20	12	10	4	9	7	8	2	4	2	1
Indonesia	16	9	11	9	13	5	9	13	6	4	2	3
Germany	24	17	13	8	6	8	6	3	2	5	3	1
USA	13	15	11	8	6	6	8	13	5	5	2	1
Thailand	16	8	18	7	13	7	7	10	4	4	3	4

<https://yougov.co.uk/news/2015/12/23/wants/>





Kintsugi - The art of growing older

- Prevent damage
- Invest in repair
- Exploit your life

