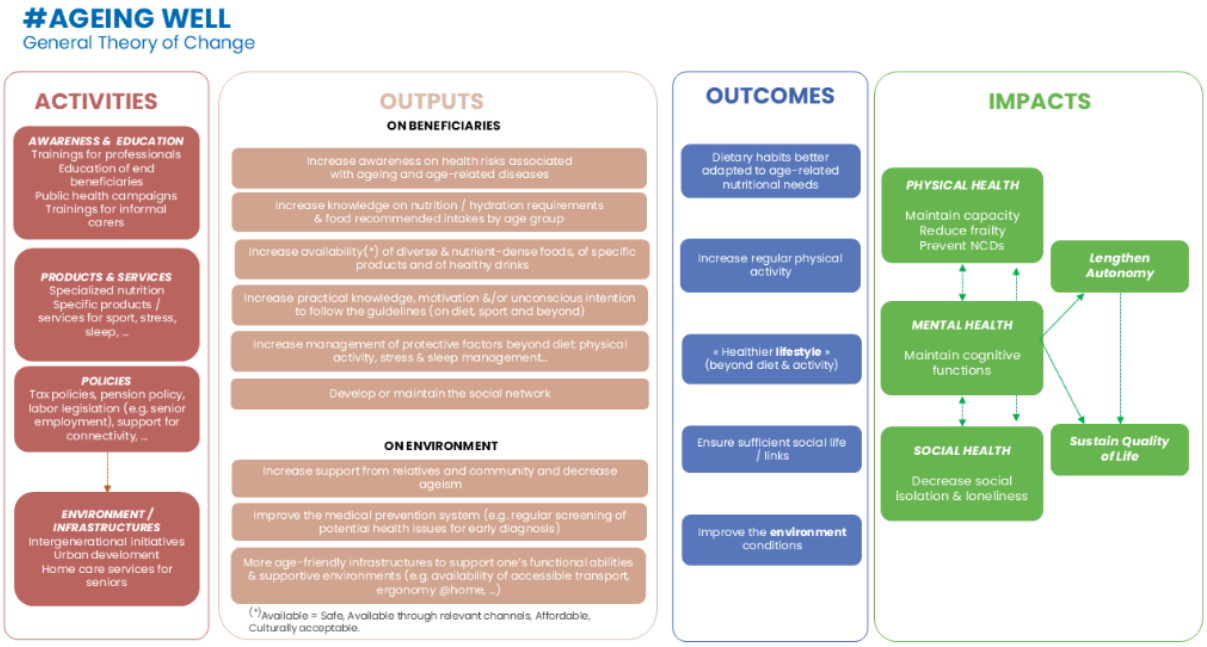
#AGEING WELL
General Theory of Change
ACTIVITIES
AWARENESS & EDUCATION
Trainings for professionals
Education of end beneficiaries
Public health campaigns
Trainings for informal carers
PRODUCTS & SERVICES
Specialized nutrition
Specific products / services for sport, stress, sleep, ...
POLICIES
Tax policies, pension policy, labor legislation (e.g. senior employment), support for connectivity, ...
ENVIRONMENT / INFRASTRUCTURES
Intergenerational initiatives
Urban develoment
Home care services for seniors
OUTPUTS
ON BENEFICIARIES
Increase awareness on health risks associated with ageing and age-related diseases
Increase knowledge on nutrition / hydration requirements & food recommended intakes by age group
Increase availability(*) of diverse & nutrient-dense foods, of specific products and of healthy drinks
Increase practical knowledge, motivation &/or unconscious intention to follow the guidelines (on diet, sport and beyond)
Increase management of protective factors beyond diet: physical activity, stress & sleep management...
Develop or maintain the social network
ON ENVIRONMENT
Increase support from relatives and community and decrease ageism
Improve the medical prevention system (e.g. regular screening of potential health issues for early diagnosis)
More age-friendly infrastructures to support one's functional abilities & supportive environments (e.g. availability of accessible transport, ergonomy @home, ...)
(*)Available = Safe, Available through relevant channels, Affordable, Culturally acceptable.
OUTCOMES
Dietary habits better adapted to age-related nutritional needs
Increase regular physical activity
« Healthier lifestyle » (beyond diet & activity)
Ensure sufficient social life / links
Improve the environment conditions
IMPACTS
PHYSICAL HEALTH
Maintain capacity
Reduce frailty
Prevent NCDs
MENTAL HEALTH
Maintain cognitive functions
SOCIAL HEALTH
Decrease social isolation & loneliness
Lengthen Autonomy
Sustain Quality of Life