

## **Active and healthy aging – a challenge for aging Europe**

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The population ageing, which is an universal process in our times, is a subject of numerous research on the (mostly negative) consequences of the demographic imbalance as well as intellectual concepts on how to deal with the problem. These concepts include silver economy, active and healthy ageing and are a subject of practically oriented projects supported by the EU. Implementation of these concepts is a challenge to all of the fundamental state policies: economic, social and health policy. The MoPact project focused on searching methods of activation of the older generation, concentrating on several types of activation: further labour market activity, participation in learning, social and political participation. The main factors increasing activity were under analysis. One of the preconditions of individual activity is sufficiently good health and functional capacity. The relation is both wise: longer activity is also beneficial for remaining in good health and having functional capacity. Improvement in implementation of the healthy ageing concept is a key factor stimulating increase in activity of older people. At the same time taking care of population health with widely demanded programmes on health promotion and disease prevention constrains increase in health care expenditures on curative health services in longer peoples' life.

In order to assess active ageing policies an index of active aging (Zaidi, UNECE / European Commission 2015) was created, including four domains: (1) further employment (2) participation in society (3) independent, healthy, and secure living, (4) capacity and enabling an environment for active ageing. Ranking of European countries according to the index value shows differences in political responsiveness of different governments. Countries with the highest ageing dynamics in the coming future – including Poland – have not yet undertaken the challenge of implementing active and healthy ageing oriented policy.