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| Course Title | Population Ageing and Health | | | | |
| Course Code | MPH-533 | | | | |
| Course Type | Elective | | | | |
| Level | 2 nd Cycle | | | | |
| Year / Semester | 2 / 3 | | | | |
| Teacher's Name | Prof. Kyriakos Markides Dr Brian Downer | | | | |
| ECTS | 10 | Lectures | 13 | Interactive learning activities | 13 |
| Course Purpose and Objectives | <p>The main objectives of the course are to:</p> <ul style="list-style-type: none"> • Demonstrate deep understanding of the concept of population ageing and describe the demographic transition observed globally and the related challenges observed in different countries and regions around the world. • Demonstrate deep understanding of ageing as a social experience and describe in detail the implications of an ageing society in public health including the current and future anticipated burden of population ageing on disability and the burden of major age-related chronic conditions. • Design programmes aiming at preventing disease and promoting health via sustainable development approaches, which simultaneously tackle health inequalities and promote active and independent ageing. | | | | |
| Learning Outcomes | <p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate deep understanding of the concept of population ageing in a global context. 2. Demonstrate deep understanding of population pyramids and describe the demographic transition observed globally. 3. Describe the demographic challenges observed in different countries and regions around the world. 4. Demonstrate deep understanding of ageing as a social experience and describe the importance of retirement, volunteering, and active social participation for the physical and mental health of the elderly. 5. Demonstrate deep understanding and describe the importance of family ties and close social networks in ageing (including intergenerational ties, maintenance of parents, caring for grandchildren) for the physical and mental health of the elderly. 6. Describe how stigmatization can influence the elderly within a society and the societal impacts of ageing discrimination within a population. 7. Describe how sociodemographic factors such as gender, ethnicity, religious identity, and socioeconomic position, may influence the experience of ageing in different population groups. 8. Demonstrate deep understanding and describe in detail the implications of an ageing society in public health. 9. Describe in detail the burden of ageing in developed countries and | | | | |

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| | <p>discuss the role of this in the epidemiological transition observed over the past few decades.</p> <p>10. Describe in detail the onset of ageing in developing countries and how this may result in a new epidemiological transition.</p> <p>11. Describe the current and future anticipated burden of population ageing on dementia and neurodegenerative disease in developed societies, and the anticipated burden in developing societies.</p> <p>12. Describe the current and future anticipated burden of population ageing on osteoporosis, fractures and related disability in developed societies, and the anticipated burden in developing societies.</p> <p>13. Describe the current and future anticipated burden of population ageing on cardio metabolic and cerebrovascular conditions, such as type 2 diabetes, stroke and CHD in developed societies, and the anticipated burden in developing societies.</p> <p>14. Describe the current and future anticipated burden of population ageing on mental health (depression, anxiety, delirium) in developed societies, and the anticipated burden in developing societies.</p> <p>15. Describe the burden of ageing-related disability, including vision and hearing loss, as well as poor dental health, on the society as a whole.</p> <p>16. Demonstrate deep understanding and describe in detail the concepts of quality of life in ageing, as well as healthy, active, independent ageing and their benefit for the health of the society as a whole.</p> <p>17. Describe the implications public health planning, health care, welfare, and social policy in managing and reducing the burden population ageing on societies.</p> <p>18. Design programmes aiming at preventing disease and disability and promoting health, as well as active and independent ageing, among the elderly, which will in turn help alleviate the societal burden of ageing.</p> <p>19. Devise global interdisciplinary initiatives aiming at tackling the societal impact of ageing in different parts of the world, both in developed and developing countries.</p> | | |
| Prerequisites | MPH-511, MPH- 512, MPH- 513, MPH- 521, MPH-522, MPH-523. | Required | None |
| Course Content | <ol style="list-style-type: none"> 1. Introduction to ageing in a global context 2. Demographic transition and the related societal burden 3. Ageing as a social experience I: social participation and family bonds 4. Ageing as a social experience II: stigma and other societal implications 5. The burden of an ageing society in population health in developed and in developing nations 6. Burden of age-related conditions I: dementia and neurodegenerative disease 7. Burden of age-related conditions II: osteoporosis, fractures and related disability 8. Burden of age-related conditions III: cardiometabolic and | | |

| | <p>cerebrovascular conditions</p> <p>9. Burden of age-related conditions IV: mental health</p> <p>10. Burden of ageing-related disability: vision and hearing loss, and poor dental health</p> <p>11. Healthy, active, independent ageing and the benefit to the health of the society</p> <p>12. Social policy and health care for alleviating ageing -related burden.</p> <p>13. Design of intervention programmes for tackling ageing-related burden in societies and populations</p> | | | | | | | | | | | | | | | |
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| Teaching Methodology | This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities. | | | | | | | | | | | | | | | |
| Bibliography | Required Textbooks / Reading: | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Title</th> <th>Author(s)</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Global Health and Global Aging</td> <td>Robinson M, Novelli W, Pearson CE, Norris L, Butler RN</td> <td>Wiley</td> <td>2007</td> <td>978-0470175835</td> </tr> <tr> <td>Global Population Ageing: Peril or Promise? [ONLINE].</td> <td>John R. Beard, Simon Biggs, David E. Bloom, Linda P. Fried, Paul Hogan, Alexandre Kalache, and S. Jay Olshansky,</td> <td>Geneva: World Economic Forum</td> <td>2012</td> <td></td> </tr> </tbody> </table> | Title | Author(s) | Publisher | Year | ISBN | Global Health and Global Aging | Robinson M, Novelli W, Pearson CE, Norris L, Butler RN | Wiley | 2007 | 978-0470175835 | Global Population Ageing: Peril or Promise? [ONLINE]. | John R. Beard, Simon Biggs, David E. Bloom, Linda P. Fried, Paul Hogan, Alexandre Kalache, and S. Jay Olshansky, | Geneva: World Economic Forum | 2012 | |
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| | Global Health and Global Aging | Robinson M, Novelli W, Pearson CE, Norris L, Butler RN | Wiley | 2007 | 978-0470175835 | | | | | | | | | | | |
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| | | Health, | | | |
| | WHO SAGE Survey Manual: The WHO Study on Global AGEing and Adult Health (SAGE) | World Health Organization | World Health Organization | 2006 | n/a |
| | The King's Fund, Providing integrated care for older people with complex needs: lessons from seven international case studies. [ONLINE] | Goodwin, N, et al. | The King's Fund | 2014 | 978-1909029163 |
| | Campaign to End Loneliness: Promising approaches to reducing loneliness and isolation in later life. [ONLINE]. | Jopling, K. | Age UK | 2015 | n/a |
| | Gauging Aging: Mapping the Gaps between Expert and Public Understandings of Aging in America. [ONLINE]. | Lindland E, Fond M, Haydon A, Kendall-Taylor N. | FrameWorks Institute | 2015 | n/a |
| Assessment | Online quiz (formative) Coursework (1 essay, 1 mini project on the global burden of ageing) – 40% Final Exam – 60% | | | | |
| Language | English | | | | |