



JDC Israel Eshel
Touching Lives, Transforming Communities

The Dashboard

Mapping the Gaps for Optimal Aging in Israel

2021

Indicators of Optimal Aging

Health

Healthy Lifespan

% Years in Good Health

Men: 56% (11.2 yrs)

Women: 47% (10.6 yrs)

Functionality

17% - difficulty with ADL

33% - difficulty with IADL

Meaning

Loneliness

28% feel lonely

Quality of Life

36 pt. (12-48) in CASP

Economic Resilience

Disposable Income


NIS 7,504 (\$2,300)
[21% are <60% of this amount]

Ability to Cope


40% struggle to cope financially

Predictive Indicators for Optimal Aging

Health Management


50% have low health literacy 


Compliance | persistence


- Rehab 
- Medication

Healthy Lifestyle

49.1% good BMI 


Nutrition - Mediterranean 


16.9% smoke 
1.9 | alcohol

Exercise 60%/40% 


Social Lifestyle


28% employment 

39% participate in social activities 

Networking (Support system: family/friends) 

Financial Capability

Low financial literacy 13.7/21 pts 

Income | Assets, savings, suitable employment 



Digital Literacy – a cross-cutting predictor that influences all metrics

Mapping the Gaps for Optimal Aging in Israel

Prevent Decline | Dependency due to

Impact

Health Risk

Social Risk

Personal & Economic Risk

Indicators of Successful Aging

Health

Meaning

Economic Resilience

Healthy Lifespan 

Functionality 

Loneliness 

Quality of Life 

Disposable Income 

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Healthy Management

Quality Employment

Digital Literacy

Social Involvement

Retirement Preparedness

Upgrading Nursing Care

Age Friendly Cities

Affordable Housing

Large Scale Initiative

Cross-Cutting Instruments

Technology | Training | Regulation | Raising Awareness | Behavioral Economics | Data, Research, Knowledge

Thank you



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