



Mapping the Gaps of Successful Aging in Israel

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Exposing the Gaps [A Global Comparison]

Indices of Successful Aging

Health

Functionality



17% - difficulty with ADL

33% - difficulty with IADL

Lifespan



% Years in Good Health

Men: 56% (11.2 yrs)

Women: 47% (10.6 yrs)

Meaning

Loneliness



28% feel lonely very often

Economic resilience

Unforeseen Expenses



46% unable to cover an expense of NIS 3,000 (\$850)

Predictive Metrics of Successful Aging

Health Management

50% have low health literacy



Compliance | persistence

- Rehab
- Medication



Healthy Lifestyle



16.9% smoke
1.9 l alcohol



49.1% good BMI



Exercise
60%/40%



Nutrition -
Mediterranean

Active Lifestyle

28% employment



39% participate in social activities



Networking
(Support system:
family/friends)



Economic Readiness

Income | Assets,
savings, suitable
employment



Low financial literacy
13.7/21 pts



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

Mapping the Gaps for Successful Aging in Israel

Prevent Decline | Dependency due to

Impact

Health Risk

Social Risk



Personal & Economic Risk

Indicators of Successful Aging

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Large Initiative Steps

Healthy/Active Lifestyle

Meaningful Occupation

Digital Literacy

Participation & Belonging

Capable of Managing the New Period of Life (Post-Retirement)

Nursing System to Prevent Dependency

Promote Successful Aging with Urban Spaces

Accessible Housing to Prevent Dependency

Cross-Cutting Instruments

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

Thank you



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