Committee: Social Cultural 'and Humanitarian Committee
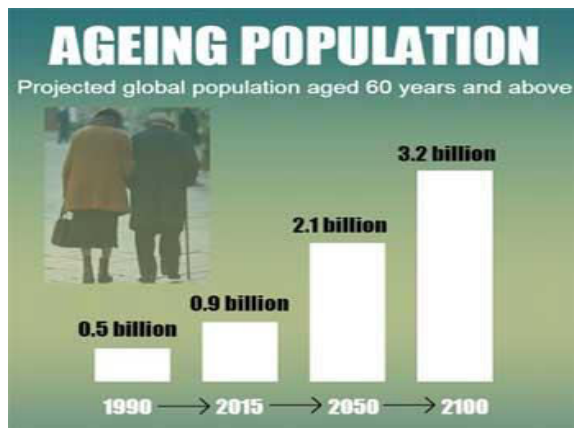
Issue: The contribution of an active and healthy ageing towards the implementation of the 2030 agenda on Sustainable Development Goals

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INTRODUCTION

According to the United Nations (UN) the global population has reached the number of 7.7 billion. Out of these, the number of older people, the ones that have reached 60 years of age or more, is rising. In 2017 the elderly population was an estimated 962 million which compromises the 13% of global population. However, based on many scientific reports this

number is going to transform rapidly in the next 40 years, in which the elderly population is expected to be 1.4 billion in 2030 and 2.1 billion in 2050. It is really important that older people have a healthy ageing so they can remain active in order to achieve social sustainable development. In 2015 the 2030 Agenda was adopted by the 193 UN Member States. The Agenda is a global plan that if

Demographic drivers of population ageing based on the UN.

the goals that it contains are achieved, then poverty, gender discrimination, violations of human rights and climate change will no longer exist in just 15 years from its agreement. The 2030 agenda requires lots of hard work and effort in order for its sustainable development goals to be achieved. Since elderly population compromises a big percent of the global population, healthy ageing is vital for the implementation of 2030 Agenda. Moreover, elderly is a social segment that faces many problems that some of the sustainable development goals are trying to solve. Elderly people face violations of human rights, poverty, health issues and many more. The 2030 Agenda is trying to create a global strategy so that sustainable development for every country and every social segment can be achieved.

Taking into account the complexity and the importance of the issue in hand it is of the outmost importance to understand all aspects of the matter. If any inquires arise please feel free to contact me for further information and explanations at my e-mail address (kattygav@yahoo.gr).

Important note from the chairs' team

In order for the chairs to fully understand the dynamics of the committee, discovering any misunderstanding prior to the debate and for the better preparation of the delegates you are asked to proceed as indicated below;

1) Conduct your chairs via email and informing them about your mun experience so that they can know what exactly to expect of you.
2) Prepare and send your chairs by 11:59 of the 6th of November one position papers for each of the topics you are going to discuss during the conference. You can conduct the expert chair, of each topic for further information concerning your country's policy if needed, and for general guidance when it comes to your position papers (word limit structure etc). You are going to receive general comments during the lobbying for your position papers as well as personal feedback and grades for your papers. The points you will receive will add up to your general score which is one of the factors that determine the best delegate award. If you for any reason fail to send your papers before the final deadline you will not be eligible for any award.

DEFINITION OF KEY TERMS

Healthy ageing

Healthy ageing means that human beings should enjoy a long and healthy life no matter where they live. Healthy ageing is not necessarily connected with someone being free of diseases but with people being able to maintain their needs, be social, make decisions and be active members of the society they live in.

Sustainable Development

The Sustainable Development is described as the development that meets the needs of the present but with allowing the new generations meet their own needs. In order for a country to achieve sustainable development three basic sectors should be harmonized, the economic, social and environmental sector.

2030 Agenda on Sustainable Development

The 2030 Agenda on Sustainable Development contains 17 Goals on Sustainable Development and was adopted by world leaders on September of 2015 and later came into force on January 1st of 2016.l

17 goals on Sustainable Development

The 17 goals are the goals that every country that has signed the 2030 Agenda needs to achieve by 2030. These aim to eradicate poverty, end all forms of discrimination, stop climate change and achieve economic growth. The goals are formed in such a way so every country even the less economical developed ones can take action.

BACKGROUND INFORMATION

Healthy ageing

The World Health Organization (WHO) through 205-2030 is focusing its work on the issue of healthy ageing. Each person has the right to live a long and healthy life. Healthy ageing is a lifelong experience that should start at the beginning of someone's life. However, it is never too late for someone to develop a healthy lifestyle in order to age in a healthy way and remain active for as many years as possible. People should avoid smoking, consuming alcohol and fast food and should instead start exercising and eating in a healthy way in order to avoid dying prematurely. On the other hand WHO supports the opinion that healthy ageing does not have to do with someone being free of diseases only but it has to do with someone being able to maintain a social life, be able to make decisions and remain active no matter its age in order to give back to society. In order for someone to achieve healthy ageing physical health is not the only thing that needs to be achieved but mental health equally important. WHO also stresses out the fact that the environment influences the quality of life that people have. This means the situations that people have to deal with at their personal life, with their friends, family members have a huge impact on the persons' psychology. Moreover, the physical environment, the quality of the air and the water can be responsible for the peoples' health. In order for healthy ageing to be achieved all these sectors are really important.

2030 Agenda

In 1992 the Earth Summit took place in Rio de Janeiro and Agenda 21, also known as Agenda on Environment and Development was adopted by the Member States. After 20 years, in 2012, the United Nations Conference on Sustainable Development was held in Rio. Columbia

proposed the idea of Sustainable Development Goals (SDGs) in July 2011 that was later discussed in the 64th NGO conference in Bonn and the 17 Sustainable Development Goals were developed. Also a resolution named ''The future we want' was developed and contained solutions in order to stop poverty, improve health conditions and solutions on the environment concerning energy and water. In 2014 the 68th Session of the General Assembly was held and the 17 SDGs were proposed and 169 targets. On September 2015 the 193 UN Member States adopted the 2030 Agenda on Sustainable Development. The first goal calls for the eradication of poverty, especially children and women in many countries live under extreme poverty conditions, they experience health issues, lack of education and problems with their nutrition. The second goal focuses on ending hunger all around the world by 2030 and promote sustainable agriculture. The third goal has to do with ensuring healthy lives and promote well-being for every person, everyone should have access to healthcare, vaccines and medicines. This goal also focuses on the mental health of people since due to mental illnesses many people commit suicide. Goal number 4 calls for quality education, both girls and boys all around the world should go to school and Goal number 5 calls for gender quality and the end of all forms of discrimination against women, many traditions that humiliate women such as child marriage should stop existing. The 6th goal calls for countries to have clean water in order to protect citizens from bacteria that cause many illnesses and sanitation. Goal number 7 has to do with the environment and access to affordable and clean energy, this goal calls for use of renewable energy resources. Goal number 8 focuses on industry, innovation and infrastructure, unemployment rated should be decreased and new job opportunities should be created. The 10th goal asks for reducing inqualities and goal number 11 for the creation of sustainable cities. The 12th , 13th ,14th and 15th goals are created in order to help with the protection of environment. The 12th goals, responsible consumption and production, is hoping to eliminate food that is being wasted till 2030 and increase recycling rates. Moreover the 13th goal, climate action, tries to tackle climate change. Since the environment influences the quality of our life. The 2015 Paris Agreement on climate change contains solutions and measures that countries should take in order to help our planet. However the United States, Saudi Arabia, Kuwait and Russia have not signed the document. The 14th SDG, life below water, has to do with maritime pollution. Carbon dioxide and the use of plastic should be reduced by 2030 in order to keep the oceans clear. Goal 6, life on land, calls from the protection of the ecosystems in order to save endangered species. Peace, justice an strong institutions is what the 16th goal is focusing on. By 2030 people in every single country should have access to justice and countries should work in

order to make stronger judicial systems. The las sustainable development goal has to do with partnership in order to achieve all of the SDGs. Countries should all work together in order to achieve these goals and share their knowledge in order for our world to be a better place and achieve ustainable development.

The 17 Sustainable development Goals taht the 2030 Agenda contains.

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Why is healthy ageing vital for the implementation of the 230 Agenda?

In 2015 the 12.3 percent of the global population were people aging 60 years or more with Europe being home to the biggest percent of elderlies (24%-177 million people). Recent scientific researches show that trough years 2015-2030 even Africa, a continent that does not have a demographic issue, especially if someone compares the number of births and deathσ there with other continents such as Europe. In 2030 older people will compromise the 16.5 percent of global population, with this number being increased by 4% comparing to 2015. Through these 15 years elderlies in Africa will compromise 6% of its population and 25% of Europe's and America's population. Moreover, women tend to live longer than men but what really matters is not the years that someone lives but the quality of life that is experiencing. Unfortunately the percent of older women living under extreme poverty conditions is bigger than men. Women face different ways of discrimination, such as not having access to education, not being payed equally and in eastern cultures women do not

have the right to inherit their men's property and have limited access to social life, with them being responsible for children and activities such as cooking and cleaning. The fact that medicine is a sector that develops rapidly and each day new vaccines and medicines are being produced, with most of the countries having access to them, is responsible for life being extended. The rising percent of older people all around the world means shows the importance of healthy ageing so that elderlies can be an active social segment for the society that they live in. For the 2030 Agenda to be implemented in both developing and developed countries 15 years of hard work and dedication are required, during which every citizen no matter the age should try to implement the Sustainable Development Goals. Last but not least we should always keep in mind that the 2030 Agenda is a global plan that includes every country and each person no matter its gender and age. Many of the Sustainable Development Goals can solve some problems that elderlies are facing such as poverty, gender discriminations and health problems due to the environmental pollution. All these lead to the conclusion that healthy ageing plays an important role for the implementation of the 2030 Agenda since elderlies are going to compromise a big present of the global population and since they are facing multiple problems in their everyday life that the Agenda can help solving, they are going to work passionately if they are healthy and this enables them to remain active.

How can older people be part of Sustainable Development?

Older people can be and need to be part in order for societies to achieve Sustainable Development. The increased numbers of ageing population show the power that older people can have if the achieve active and healthy ageing. Older people are contribute to the societies in many different ways. First of all they help with the economic development since many times they stay in the labor force longer, after their retirement. This means that older people pay taxes and also can help new employs by giving them advise and helping them interrogate faster and as a result helping the economy develop faster. There is a small number of older people that after their retirement decides to become entrepreneurs by taking advantage of the new technologies and starting a business at their home. Older people and more specifically older women contribute in the unpaid care work sector, by watching their grandchildren or other relatives that have disabilities. Since public care is not great in every country the governments benefit a lot from the unpaid work of women since they reduce money from the governmental budget. It is well known that by voting people contribute to a political change and they ask for progress and sustainable development to be

achieved by the next government. However, young people tend not to vote is addition to older people, the majority of them votes and in this way they contribute to political participation. A great number of older people, who live in democratic countries, tend to get involved with politics due to their free time and their need to change the world for the younger generations. The contribution of older people in social life with volunteering and keeping younger generations attached to social traditions and the culture of a nation is really important. In order for Sustainable Development to be achieved people need to be active no matter their age, contribute to the society and have to be informed about the past in order not to make the same mistakes.

MAJOR COUNTRIES AND ORGANISATIONS INVOLVED

World Health Organization (WHO)

WHO is deeply involved on the issue of healthy and active ageing. The World Health Organization has submitted numerous documents that examine ageing in the future and has suggested solutions on how states can achieve a healthy and active ageing population. WHO has also given the definition of health ageing. Moreover, WHO has created Healthy Ageing, a policy that replaces WHO''s Active Ageing policy, and it is WHO's main focus for 2015-2030. However both policies focus on creating actions that can help elderly population be an active sector for the society, the economy and their families. So they can help with the Sustainable Development of their country.

United Nations (U.N)

One of the main goals of the UN is for every Member State to achieve sustainable development that's why all of the UN members signed the 2030 Agenda on Sustainable development. Moreover, the Unis trying to inform members states about the rising numbers

of ageing population all around the world and many resolutions have been submitted in order to achieve healthy and active ageing. UN is also trying to protect the human right of the older people, end older peoples' abuse and is trying to make everything possible for the countries to face older people as active members of society. More specifically, UN has conducted a document that is called "Ageing, Older persons and the 2030 Agenda on Sustainable Development" that analyzes how can ageing and older people are important for achieving sustainable development.

European Union (E.U)

With Europe's 1/3 population in 2025 ageing more than 60 years old, European Union is trying to inform European countries about health ageing so they can achieve healthy ageing. EU created a three year healthy ageing project (2004-2007) alongside World Health Organization the European Older People's Platform (AGE) and Euro-Health Net. Moreover, most of the European countries have adopted healthy ageing policies and EU devoted 2012 as the year of promoting active ageing.

Sweden

Sweden is one of the countries that is deeply involved in the issue of healthy ageing. With Sweden being an EU Member State and having realized that countries should frame policies in order for the increasing percent of ageing population to be active and healthy is part of the "Healthy Ageing 2006'' document that was formed by the Swedish National Institute of Public Health, WHO, EU, Age, Euro health-Net, universities and ministers and was reviewing different countries' policies for older people, try to achieve healthy ageing present the findings and make policy makers have access to them. Sweden has implemented many policies such as the health policy for elderly in 2006 and in 2014 the average life expectancy was the highest ever with women reaching 81,.4 ad men 80,4. Sweden has also adopted the 2030 Agenda as well as the Paris Agreement.

TIMELINE OF EVENTS

Date	Description of Event
June 1992	During the Earth Summit in Rio de Janeiro more than 178 countries adopted the Agenda 21, a global strategy for sustainable development for both humans and the environment.
September 2000	The Millennium Summit adopted the Millennium Declaration unanimously in New York and the elaboration of the 8 Millennium Development Goals in order to reduce the number of people living in extreme poverty by 2015.
2002	In South Africa the Johannesburg Declaration on Sustainable Development and the Plan of Implementation adopted by the World Summit on Social Development reassuring the global community's' interest and commitment to eradicate poverty and protect the environment.
June 2012	During the UN Conference on Sustainable Development that took place in Brazil the member states established the UN- High Level Political Forum on Sustainable Development. Member States decided to develop Sustainable Development Goals upon the Millennium Sustainable development goals.
January 2015	The 2030Agenda was adopted with 17 Sustainable Development Goals during the UN Sustainable Development Summit.
2015	The first World Report on Ageing and Health by WHO was released. This document contains a definition of Healthy ageing and some elements of these document are connected with the third Sustainable Development Goal.
1st January 2016	The 2030 Agenda came into force.
May 2016	Global Strategy and Action Plan on Ageing and Health was developed by WHO.

UN INVOLVEMENT: RELEVANT RESOLUTIONS, TREATIES AND EVENTS

- During the 42nd plenary meeting, resolution 47/5 was adopted on 16 October 1992, after taking into consideration the noticeable increase of the ageing population.

- The 62 point Vienna International Plan of Action on Ageing is a document that was adopted by the General Assembly and it contained actions on issues such as health, nutrition, employment, payment, education, environment and housing.

- In 1991 the General Assembly adopted the United Nation's principles for Older Persons which consists of 18 entitlement that have to do with independence self-care and participation on different activities.

- In 2002 the Second World Assembly on Ageing took place in Madrid in order to create an international policy on healthy ageing in the 21st century. During this session the Political Declaration and the Madrid International Plan of Action on Ageing were adopted , in which actions that have to do with the elderly's health and creating a suitable environment for them were included, in order to give priority to elderly population and achieve healthy ageing in the 21st century.

- On 25 September 2015 the General Assembly adopted resolution A/70.1,"Transforming our world: the 2030 Agenda for Sustainable Development". This Agenda is a universal plan for people, environment and prosperity. International security and freedom can be maintained. One of its mains goals is to eradicate poverty so that sustainable development can be achieved. This needs lots of hard work in order to be achieved in the future.

PREVIOUS ATTEMPTS TO SOLVE THE ISSUE

Many actions have been done in order to achieve healthy ageing and implement the 2030 Agenda. Many governments promote a healthy way of living for the citizens, create campaigns about the danger of smoking and alcohol in order to inform their citizens and make them stop or never start smoking. Moreover, the European Union has created many programs that support and promote healthy ageing and achieve sustainable development, many of them are also supported by the World Health organization. However, all these strategies are going to show how effective they are in the future. However, most of the development countries are working hard in order to achieve many of the sustainable development goals.

POSSIBLE SOLUTIONS

- In order for countries to achieve the Sustainable Development Goals till 2030, the active and healthy ageing of people, places a vital role. Healthy ageing is not only related with someone being free of diseases but it calls for someone to remain an active member of society besides its age. However it is really important for all countries to have a healthcare system that will always get updated and include skilled doctors in order to treat patients and make anything possible in order to be healthy. It is also really important to ensure the prevention of diseases by promoting measures that prevent certain health problems. For example, governments should offer free chuck ups for the people in need and should also focus on treating immigrants' health properly, allowing them to have free access on public hospitals and being treated equally. Countries should organize campaigns that have to do with eating healthier, exercising, smoking and alcohol cessation. In this people will develop a healthy lifestyle that will be really beneficial for their health and as getting older their state of health will be better.

- We have already addressed that healthy ageing means that someone should remain social and active for as long as possible. In order to achieve this staying in the labor force longer, even after retirement, is a good solution. Older people can still work, of course for fewer hours. Older workers can help the new ones, explain them how things are being done and giving them advise about their future in the work area. In this way elderly will feel useful for the society and will be motivated. Researches have showed that drastic changes in the everyday life of older people can be harmful for their mental health. Retirement is one of them, the person suddenly feels alone and inactive and this can lead to its isolation. Staying in the labor force

longer is not only beneficial for person but for the society as well since active member can help with the achievement of sustainable development.

- Some older people are sometimes unable to stay in the labor force longer due to health issues or family problems. In that case, governments should promote and reward volunteering. These unpaid activities not only improve the mental health of older people but also the economy, because they reduce healthcare and welfare costs. Older people can sell items to raise money, or prepare and serve food as well as collect clothes for the people in need. In this way the help the government with the solution of social problems and they use their free time productively by being active.

- Older people taking up activities such as music, theatre, painting can help them achieve a healthy and active ageing. These kind of activities are done in groups and this helps older people get social and even create new friendships, preventing social isolation. Moreover, getting involved with arts is a way of education and healthy and active ageing call for lifelong learning. Governments should support financially arts and crafts in social clubs and community centers so that the majority of the elderly can have access.

In conclusion, the ageing population should be healthy and active in order for social development to be achieved. All countries should respect the rights of older people and help them be active members of the society by creating activities specialized for them. Staying in the labor force longer, volunteering and artistic activities can be beneficial for both individuals and society. Policies should be made in a way that the dignity and the autonomy for older people is recognized.

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