

Healthy Ageing: Towards Indonesia Gold Pancasila multicultural nation

**AP Dr Nugroho Abikusno MD, MSc (nutr), DrPH (UHM)
C.DMHA&IP Tripler Medical Center/Matsunaga Institute for
Peace/UHM, C.Gerontol&Geriatr INIA UN-Malta**

Senior researcher/ expert

**Centers for Geriatric & Nutritional Science Studies
(Formerly InResAge/ Indonesia Research on Ageing)
Universitas Trisakti, Jakarta**



Background: The Current Millennium

- **Globalization Issues:**
- **Global Warming and Climate Change**
- **Earth surface and ocean waters rise in temperature causing:**
- **Changes in climate patterns**
- **High intensity compensatory rain falls creating overflow of rivers and flooding in low lands as well as mountainous high land landslides.**
- **Indonesia archipelago located on the ring of fire is susceptible to both volcanic and tectonic earthquakes often followed by high tide inward flow of sea water (tsunami).**



Living with Disaster

- ▶ We have experience in facing both **man-made disaster** during the first decade followed by **natural disasters** such as earthquakes, tsunami, floods, landslides, severe tropical storm (typhoon) and most recently **zoonotic viral infections** such as bird flu, SARS, MERS and presently a **worldwide Pandemic** viral infection and its numerous variants such as Delta (English, Indian, Brazil) and most recently Omicron (South Africa) in the past 2 years.



MDGs into SDGs to reach the finish line in 2030

- **Ultimate Goal: No one on earth will be left behind in the form of:**
- **Poverty alleviation**
- **Prevention and Control of major health problems such as TB, malaria and HIV/AIDS**
- **Entering the last decade or the final sprint to the year 2030 are two strategic action plans implemented at the global and national levels:**
- **Healthy environment**
- **Healthy ageing based on Life Course approach**



Healthy environment

- ▶ **Living with Disasters**
- ▶ **Focus on Disaster Mitigation and Preparedness**
- ▶ **What can we do as resilient families, environment friendly communities and nations?**
- ▶ **Use of environmental friendly energy sources such as solar, electricity and nuclear (with responsibility).**
- ▶ **Use of energy friendly electric vehicles**
- ▶ **Most important at household level is daily recycling of waste into plastic, paper, glass, metal and burying biodegradable waste.**
- ▶ **Development of the recycling industry**
- ▶ **Control of industrial waste to limit carbon emission to control air and water pollution**
- ▶ **Replanting forests in barren mountain and low lands**



Healthy Ageing

- ▶ **The flip side of the coin**
- ▶ **Making the older population an asset and not a liability**
- ▶ **Rapid growth of the Ageing population (60 years and above) and its femininization has caused human rights issues of ageism, inequality, inequity, and elder abuse/violence.**
- ▶ **The older population is a very heterogenous group within each age grouping due to chronological, biological and physical/fitness ageing as well as social isolation caused by degree of cognitive ageing.**
- ▶ **Presently the current cohort of baby boomers have reached the ripe age of their mid 80 years while the young old age groups are just beginning to reach their peak potential in their life career.**

Healthy Ageing (2)

- ▶ It is with this in mind that Indonesia issued the Presidential Regulation number 88 on the National Strategy on Ageing (STRANAS) year 2021 in response to the Decade of Healthy Ageing to reach its SDG goals in 2030.
- ▶ The Pillars of STRANAS consists of:
- ▶ Social security
- ▶ Quality of Life
- ▶ Age-friendly supporting environment
- ▶ Institutionalization
- ▶ Protection of older person rights



Healthy (ageing) lifestyles

- ▶ **Six Keys to Healthy Ageing**
- ▶ **Must be practiced as a whole:**
- ▶ **Balanced diet to fulfill the nutritional needs of older persons**
- ▶ **Adequate daily exercise for older persons**
- ▶ **Enough rest/ sleep**
- ▶ **Brain games**
- ▶ **Social interaction**
- ▶ **Mindfulness**



Key 1: Balanced diet & nutrition

- ▶ **Eat less, but frequent**
- ▶ **East breakfast and lunch and light dinner before 7pm**
- ▶ **No morning snacks, fast between breakfast and lunch (6 hours; reverse intermittent fasting)**
- ▶ **If you feel dizzy take fluids in between of 300 cc water, green tea or fruit juice.**
- ▶ **During lunch eat quarter portion of rice, pasta or noodles**
- ▶ **During dinner eat more fruits, yogurt & low fat milk**
- ▶ **Protein 1g/kg BW or medium slice of meat or 1 small cup of nuts (almonds or cashew)**



Key 1: (2)

- **Eat plenty of colored veggies and fruits: green, orange, red, purple**
- **Drink plenty of fluids to prevent dehydration (2 -2.5 L) includes coffee, tea, plain water.**
- **Drink yogurt or low fat milk especially in the evening**
- **Prepare meals with plenty of herbs: lemon, garlic, ginger & turmeric**
- **Multi nutrient Supplements: especially Omega-3, vitamin D3, vitamin E**
- **Purpose of diet:**
- **Increase our immunity, detoxication, brain & muscle nutrition**



Key 2: Daily routine exercise

- ▶ **Begin the morning with flexibility exercise focused on the perineal muscles using Kegel technique or squatting exercise**
 - ▶ **Routine morning outdoor aerobic walking exercise using light clothing for 10- 15 minutes between 7 – 10 am**
 - ▶ **Indoors sit next to windows with direct sunlight for at least 10 minutes**
 - ▶ **Purpose of exercise:**
 - ▶ **Walking is a cheap exercise provided it is performed routinely**
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Key 2: Daily routine exercise

- **Morning walks for 10 minutes between 7 – 10 am**
- **Exposure to ultraviolet B sunlight rays**
- **Knee joint flexibility**
- **Motor coordination & balance**
- **Stabilizes blood sugar**
- **Increases HDL (good cholesterol) while lowering LDL (bad cholesterol)**
- **Metabolizes vitamin D3 in bone metabolism**
- **Improves blood circulation in the heart, lungs and brain**



Key 3: Enough rest/sleep

- ▶ **Sleep every night for 6-7 hours**
- ▶ **Detoxication occurs between 10 pm to 3 am (best time to sleep)**
- ▶ **Melatonin produced in minute quantity in the pineal gland of the brain is responsible to orchestrate the various hormones involved in detoxication enabling sound sleep and good relieve of toxins in bladder and intestines.**
- ▶ **Sleep maybe intermittent and is common provided it is a complete cycle to include deep sleep the last part of sleep cycle usually where dreams are experienced**
- ▶ **Dreams maybe symbolic or related to familiar or de je vu events often felt by feelings of fear or happiness when we wake up.**



Key 4: Brain games (use it or lose it)

- ▶ **Any activity using our brain will always be of benefit to our overall cognition, memory, attitude and behavior.**
- ▶ **Physiologically it promotes brain metabolism in the form of improving nerve transmission and activating or reactivating neural transmissions and pathways as seen using PET scans.**
- ▶ **Several brain games to routinely be performed are:**
- ▶ **Learning new languages**
- ▶ **Visualization of faces, names, numbers and significant life events**
- ▶ **Listening, reading, taking notes manually, public speaking, storytelling**



Key 5: Social interaction

- ▶ **Any form of social interaction is recommended such as personal, familial and public.**
- ▶ **Topics could be social, recreational, hobby-related and even political.**
- ▶ **Forming social groups both online and in person that crosses all generations such as peers, familial, coworkers all are recommended to achieve intergenerational relationships and solidarity.**



Key 6: Meditation (mindfulness)

- ▶ **Involves Mind, Body and Spirit**
- ▶ **Mindfulness is self acknowledgement of our own physical condition, its strength and weaknesses to live as a human being and recognizing the uniqueness of self.**
- ▶ **Simple exercises can be performed daily whenever the moment arises which basically involves deep breathing exercises.**
- ▶ **It can be performed anytime and for short intervals 3-6 repetitions**



Ageing in Place

- ▶ **Age-friendly homes**
- ▶ **Bed room near the front door on the ground floor with sufficient lighting, ventilation, anti-fall floors, bed and wall railings, and location near bath room. Have emergency light or buzzer near the bed table so the older persons can request assistance to caregiver.**
- ▶ **Bath room toilet with railing, plastic stool and shower facilities.**
- ▶ **Living room near windows with sufficient sun light, avoid all clutter in routes to bed and bath rooms that are usually passed by older persons to prevent falls.**
- ▶ **In the future the new aged will rely more on online services so they must always maintain a certain degree of computer/cellphone literacy.**



Closing remarks

- ▶ **This decade we are living in, has a strategic value of focusing on its population and the environment, so that nobody is left behind, not only for Indonesia but also the global world.**
- ▶ **A nation will only be great if its citizen become one major driving force to reach these goals that had been envisioned by our forefathers when this nation was born. A united nation of multicultural heritage and backgrounds to become one of the champions to uphold peace, harmony and the rights of all its citizen.**
- ▶ **Allow me to reiterate again the fundamental principles that enabled the great nation state of Indonesia to survive each seven decades of its existence within the influencing factors of the global community of nations.**



Pancasila five constitutional principles:

- ▶ **Belief in God**
- ▶ **Humanism Just and Civil**
- ▶ **A United Nation in Diversity**
- ▶ **Democracy based on leadership, governance, wisdom and consensus of representation for the good of all**
- ▶ **Social justice for all**

- ▶ **May God be with us all**

Salam, Mahalo, Namaste





Short Biodata

- **Born in Washington DC, 12 May 1952**
- **Son of Professor RM Imam Abikusno and Grandson of Ir. RM Abikoeso Tjokrosoejoso**
- **Education:**
- **Ethical Culture School New York 1957-1961**
- **SD Pancawardhana II Jakarta 1962**
- **SMP Negeri 7 Jakarta 1963-1995**
- **Frank Anthony School New Delhi 1966-1968**
- **SMA Perguruan Cikini Jakarta 1969**
- **College of Medicine Fakultas Perubatan Universiti Malaya 1971**
- **Universiti Hospital Petaling Jaya Kuala Lumpur**
- **Universitas Trisakti (MD.NB.CMS Universitas Indonesia) 1984**
- **Diploma Community Nutrition SEAMEO-TROPED Universitas Indonesia 1985**



Biodata (2)

- ▶ **MS nutritional science College of Tropical Agriculture and Human Resources University of Hawai'i at Manoa 1991**
- ▶ **MPH & DrPH (pub.health.med) School of Public Health University of Hawai'i at Manoa 1992, 1996**
- ▶ **C. Tropical Medicine and Disease Control Rotterdam University The Netherlands 1996**
- ▶ **C. Nutritional Epidemiology Southampton University (UK) 1997**
- ▶ **C. Disaster Management, Humanitarian Assistance and International Peacekeeping. COE Tripler Medical Center Honolulu/Matsunaga International Institute for Peace University of Hawai'i at Manoa 2004**
- ▶ **C. Gerontology and Geriatrics, International Institute on Ageing, United Nations – Malta 2006**



Appointments

- ▶ **Head of Internship Affairs Universitas Trisakti 1986**
- ▶ **Assistant Dean Academic Affairs 1988**
- ▶ **Head Centre for Community Health and Population Studies 1997**
- ▶ **Head Indonesia Research on Ageing (Population) 1998**
- ▶ **Associate Dean Development and Cooperation 2002**
- ▶ **Vice Chair representing Civil Society/ Member National Commission for Older Persons (Ageing) Republic of Indonesia 2004-2014**
- ▶ **Expert Group National Commission for Older Persons (Ageing) Republic of Indonesia 2009-2014**
- ▶ **Author of numerous international publications on Ageing since 1998.**



Appointments (2)

- ▶ **Associate Professor in Community Nutrition 2004**
- ▶ **Interim Professor in Gerontology/ Geriatric Nutrition 2010**
- ▶ **Adjunct professor in Geriatric Nutrition SEAMEO-TROPMED University of Indonesia 1997 -2007**
- ▶ **Adjunct professor in Nutrition during Human Emergencies HELP/East-West Center/University Hawai'i at Manoa 2004**
- ▶ **Acting Regional Advisor/ Temporary International Professional in Nutrition, Food Safety and Ageing WHO/SEARO Delhi India 2007-10**
- ▶ **Expert for various Ageing related Government Ministries such as Social Affairs, Health, BKKBN, women empowerment, BAPPENAS since 1997**
- ▶ **Consultant representing UNFPA, World Bank, USAID, AUSAID, HelpAge International, ADB, WHO since 1997**