



Lebanese HealthCare Management Association

الجمعية اللبنانية للإدارة الصحية

LEBANESE
EPIDEMIOLOGICAL



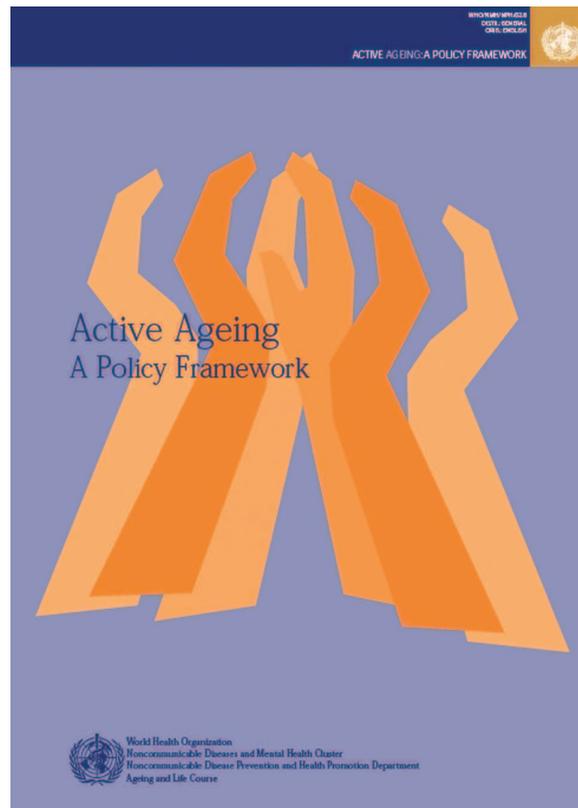
ASSOCIATION

A workshop on “Ageing in Lebanon: Research and Policies”

The Bristol Hotel

Beirut, Lebanon

September 3 and 4 2007



Background

Over the past three decades, declines in fertility, improved health care and better socio-economic conditions in Lebanon have created a compressed demographic transition together with a rapid increase towards survival into later life. Recent projections suggest that the population over 65 years of age will constitute more than 10 percent of the population by the year 2025 (Sibai, 1998; Sibai, Sen et al., 2004). These numbers are likely to be augmented further by the dramatic levels of migration of younger people currently taking place in response to the several waves of wars and political conflict in the country, the most recent of which is the July war of 2006.

However the substantive changes taking place to the structure and composition of the population is unmatched either by awareness among policy makers of the need for support measures for older people or through health and social security measures. (Kronfol, WHO-INTRA study 2001, Chemali et al., 2007). This means that older people are likely to be increasingly dependant, economically and socially, on extended family support, at a time when family structures are at risk of weakening and disintegration.

Moreover from a health status perspective, it is also becoming increasingly evident that, in many parts of the developing world, including Lebanon, functional ageing occurs at an earlier age than 65 years (Kalache and Sen, 1999). In the case of Lebanon this is compounded by the experience of several decades of instability and conflict.

Unfortunately the health, economic and psycho-social implications of ageing in Lebanon and in the region as a whole are yet to be acknowledged despite the rapidity of the ageing process (WHO EMRO report, Bahrain Regional Meeting, 2005). Few governments in the region have implemented policies to support the need of the old. There is thus an urgent need for advocacy in order to highlight issues facing the older population in Lebanon and in the Region as a whole.

In order to highlight the issues facing old age in Lebanon, this national workshop is held over a period of 2 days on September 3-4, 2007. The overall aim of the workshop is to disseminate the findings of several research studies undertaken recently and encourage dialogue with national and international experts and policy makers, at the first instance in Lebanon. The workshop will also serve to attract the attention of policy makers, the media and the Press in preparation to the International Day for the Old (October 01st).

Objectives of the workshop

1. To raise awareness on ageing issues in the Lebanon targeting researchers, policymakers, the major donors and service providers in public, private and the non-profit sectors
2. To advocate for the Rights of Older Adults and Elderly People and to ensure that policy makers and service providers are fully aware of the demographic trends and of the major health, social and economic implications of these trends.
3. To encourage the adoption of measures to make cities and towns age-friendly (WHO Vancouver recommendations) in Lebanon.

Organization

This workshop is organized by a working group¹ in collaboration with:

- The Ministry of Public Health (MOH) – Lebanon
- The Ministry of Social Affairs (MOSA) – Lebanon

This workshop has been supported (sorted alphabetically) by:

- HelpAge International
- Help-The-Aged United Kingdom
- MedNet Lebanon
- United Nations Population Fund (UNFPA)
- World Health Organization (WHO)

¹ The working group includes professionals involved in research and policy development on Ageing in Lebanon and the Region (Sibai, Kronfol, Sen, Naja, Houry, Chawareb, Abi Habib, Ghanem)

PROGRAM

>> Monday September 3rd 2007

Opening Ceremony

Moderator: Dr Nabil Kronfol, on behalf of the Working Group

- 05:30 **“The Older population in Lebanon: A situation Analysis”**
Dr Abla Mehio Sibai
- 06:00 Keynote message by HE Dr Mohamad Khalifeh, Minister of Public Health
- 06:15 Keynote message by HE Ms Naila Muawwad, Minister of Social Affairs
- 06:30 A message from the community of seniors, Mrs Emily Nasrallah
- 06:40 A message from Help-the-Aged UK
- 06:50 A message from HelpAge International
- 07:00 A message from the World Health Organization
- 07:10 A message from the UN Population Fund UNFPA
- 07:30 *Reception*

>> Tuesday September 4th 2007

08:30 – 09:00 Registration

Session 1 **Chair:** Dr Walid Ammar, Director-General, Ministry of Health, Lebanon

- 09:00 Dr Louise Plouffe, World Health Organization, Geneva
“The International Age Friendly Cities Project”
- 09:20 Dr Maral Tutelian, Director-General, Central Administration for Statistics
“Conditions de vie des personnes âgées au Liban»
- 09 :40 Dr Nabil Kronfol, President LHMA, Researcher
« On the health care aspects of the older population in Lebanon »
- 10:00 Mr David Clark, Help-the-Aged UK
“Nothing about us without us: involving older people to influence research, policy and practice”
- 10:20 Mr Heywood Hadfield, HelpAge International
- 10:40 Discussion
- 11:00 *Coffee Break*

Session 4 **Chair:** Dr Rafic Baddoura, USJ, LEA

- 11:20 Mr Ibrahim Muhanna, President Muhanna Actuarials
“Financing HealthCare for the Old in Lebanon”

- 11:40 Me Ziad Baroud, Attorney-at-Law
"Legislation for the older population- Lebanon"
- 12:00 Mr Azzam Houry, National Committee on Ageing
"Long term health facilities for the older population"
- 12:20 Dr Laurie Abi Habib, University of Balamand, **"Voicing elderly concerns about health and care: Integrating elderly as partners in community interventions"**
- 12:40 Ms Maguy Ghanem, Nour Association
Responsiveness of Lebanese NGOs, Social Clubs and Clinics in the Provision of Services to Seniors in Lebanon During and After the July 2006 War
- 13:00 Dr Kathryn Mary Yount, Emory University
"Ageing in Arab Societies"
- 13:20 Discussion
- 14:00 *Lunch*
- Session 3** Workshop on the establishment of the proposal for the establishment of a Center for Research and Policy on Ageing in Lebanon – By invitation
- 03:00 – 04:15 Organizational Meeting
Moderator: Dr Salim Adib, USJ
- 04:15 – 04:30 *Coffee Break*
- 04:30 – 05:30 Organizational Meeting (Cont'n)
Moderator: Dr Walid Ammar, Director-General, MOH
- 05:30 Recommendations



CENTRE FOR RESEARCH AND POLICY ON AGEING IN LEBANON AND THE ARAB REGION

A proposal

Mission

To advocate for the Rights of Older Adults and Elderly People as Citizens in order to ensure that policy makers and service providers are aware not only of demographic trends but also of the major health, social and economic costs of ignoring a significant demographic transformation.

Aims and Objectives

- > To raise awareness of ageing issues in the Lebanon in particular and in the wider Arab world, targeting researchers, policymakers, the major donors and service providers in public, private and the non profit sectors
- > To collect documentary evidence of the demographic, economic, social and cultural aspects of old age in the Lebanon and for comparative purposes, in the Arab world
- > To develop manuals for health and social care in old age, for use in the training of health and social care workers with cultural and social context and health state as their focus
- > To promote short courses in geriatrics and gerontology for the training of health professionals in order to raise awareness of age specific health and social needs while promoting a life course perspective to ageing
- > To encourage a multidimensional approach towards age and ageing research being undertaken in public and private sector institutions
- > To advocate evidence based policy on ageing in the Lebanon with a focus on the health and social sectors; to utilise the evidence base as a means of influencing social and health policy in other parts of the MENA.
- > To encourage the adoption of measures to make cities and towns age-friendly to reduce the isolation experienced by elderly people in an often rapidly changing and hostile environment (WHO Vancouver recommendations)
- > To establish a hub for research, policy formulation, education and training on Ageing in Lebanon and the Region.
- > To integrate and mainstream issues of the older population across various sectors

Activities

1. To establish a sound data and documentary base as a virtual library with a focus on ageing in Lebanon and in the Region
2. To promote issues on ageing through high level discussions and debates in the media and among wider teaching and research institutions in the Lebanon
3. To create guidelines for good practice in the care of older people for training health workers with an emphasis on primary care and prevention, psycho-social support (including support and respite care for family members where needed)
4. To actively involve adults and older people in the seminars and discussions
5. To promote ageing networks within Lebanon and between Lebanon and the rest of the Arab world for the purposes of promoting advocacy, raising awareness and sharing a data knowledge base
6. To organise a major conference in the autumn of 2007 inviting keynote speakers from the region and Europe to launch the Centre for Research and Policy in Lebanon
Year One (infrastructural activities)

Year One (infrastructural activities)

1. Undertake the legal steps for the establishment of the Centre
2. Nomination of the Founding Members
3. Employment of an Office Administrator F/T
4. Establishing Website and contact base (virtual)
5. Conference- (60 - 70 persons) of whom some 1015- would be international participants and up to 20 from the region (to include researchers, policymakers and practitioners)
6. Establish an international Advisory Board and key representatives
7. Establish an international network to support and promote ageing issues and related life course events

Year Two (lobbying and advocacy)

1. Drafting of national guidelines targeting the older population
2. Preparation of draft legislation for issues affecting the old
3. Lobbying through Media, Parliament and stakeholders
4. Preparation of training modules on health promotion of the old
5. Promote Public meetings and Lectures
6. Media representation of issues and to influence image of ageing
7. Generate networking at national and regional level
8. Regional workshops

Year Three (Promote evidence based policy on and for Older people)

1. Commissioning research into economic, social and health dimensions of ageing in Lebanon
2. Developing guidelines for care of older people in health and social sector
3. A national framework of good practice to be adopted by the Ministries of Health and Social Affairs
4. Advocate good policies on pensions and on employment
5. Raise the issues related to health insurance coverage for the old
6. Support activities, studies and research projects that promote the welfare of the older population
7. Seek support micro-credit schemes for older people where appropriate and relevant.

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This draft proposal has been submitted for support in March 2007 to the following institutions (sorted alphabetically):

- HelpAge International
- Help-The-Aged – UK
- Public Health Agency of Canada
- United Nations Population Fund UNFPA
- World Bank
- World Health Organization

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Sibai AM, Ghanem, M: "Assessment of the Responsiveness and Preparedness of centers providing services to seniors in Lebanon during and after the July 2006-War", unpublished manuscript, December 2006.



Brief biographies of the speakers

(sorted alphabetically by first name)

Dr Abla Mehio Sibai

Abla Mehio-Sibai is Associate Professor and Chair at the Department of Epidemiology and Population Health, Faculty of Health Sciences, American University of Beirut. She holds a degree in Pharmacy (AUB), an MSc in Epidemiology and Biostatistics (AUB), and a PhD in Epidemiology from the London School of Hygiene and Tropical Medicine (1996). She is a member of the Lebanese Epidemiological Association and has been involved in a number of major research projects on population health. She was the scientific Coordinator of the multi-centre European Commission funded research in Lebanon, Palestine, UK and France (2000), as well as the National Burden of Disease Study including the Utility of Verbal Autopsies (2003).

During the past 15 years, Dr. Sibai has focused mainly on ageing issues. Much of her research was collaborative with researchers from the UK and the US. She is a member of the WHO-Geneva Expert Advisory Panel on Ageing and Health since 1997 and has been a member Advisory Board, National Committee on Ageing in Lebanon (1998-1999) and a consultant for the Ministry of Social Affairs, Policies and Strategies Sub-Program. She has been on several advisory committees, national and international, to support the establishment of a data base structure for the reporting of morbidity and mortality statistics and for policy formulations in the country. Dr. Sibai is the author of several national reports and scientific papers published in refereed journals

Mr Azzam Houry

Mr. Azzam Houry, an Engineer, is the Director of the Dar Al-Ajaza Al-Islamia Hospital in Lebanon and is a member of the National Commission for Older Adults in Lebanon since 1998. He is also a member of the Hospital Syndicate and founder member and secretary at the National Fund for Mutual Health since its creation in 1995. Mr. Houry has been the Editor in Chief of 'Hospital and Health' magazine for the Hospitals' Syndicate in Lebanon since its inception in 1996 till 2003.

Mrs Emily Nasrallah

Mrs Emily Abi Rashed Nasrallah was born in Kfeir village, South Lebanon. Emily started her formal education in the elementary public school of Kfeir. She followed her secondary education in Shouefat National College, near Beirut, and went on to university at the Beirut University College (now the Lebanese American University) and on to the American University of Beirut where she received her B.A. Degree in Education in 1958. In 1957, She married Philip Nasrallah, chemist from Zahle, Lebanon, and they raised a family of 4 children: Ramzi, Maha, Khalil, and Mona.

Mrs Nasrallah is a well known novelist, journalist, freelance writer, teacher, lecturer, women's rights activist, are some of the activities she has successfully engaged in. She started her journalistic and writing career while still at college level.

Her first novel, *Birds of September*, was published in 1962, and won her, three Arabic literary prizes. This novel is now in its tenth edition. It was followed by seven novels, four children's books, and seven short story collections which explore themes such as family roots, Lebanese village life, the war in Lebanon and the struggle of women for independence and self-expression. She is one of a number of Lebanese women authors known as the Beirut decentrists, who stayed in Beirut, shared the experience of the war and wrote about the conflict.

She participated in the 1988 International Olympics Authors Festival in Calgary (Canada), and was a panelist and guest reader at the 1989 PEN International Congress in Toronto and Montreal. She has participated as panelist and lecturer in conferences in Germany, Denmark, Holland, Switzerland, Egypt and USA.

Her works are quoted in Miriam Cooke's "War's Other Voices: Women Writers on the Lebanese Civil War" (Cambridge University Press). Her novel, *Flight Against Time*, 2nd edition, was published in English in 1998 by the University of Texas.

Mr Ibrahim Muhanna

Ibrahim Muhanna established i.e. Muhanna & co. (Actuarial Services) in 1986; Omnilife insurance company in the UK in 1988; The Muhanna Foundation in 1994; & i.e. Muhanna & co. (Rating Services) in 2000.

He graduated from the University of Michigan (1976) with a MSc in Actuarial Mathematics. Since 1986 he has advised 52 insurers, 29 governments and other clients in 41 countries. He has written several papers & delivered over a 200 presentations on actuarial and insurance issues.

Since 1995 Mr. Muhanna has been a member of the IAA Council. He is also a member of the IAA Executive Committee. Mr. Muhanna is Chairperson of the Members Services Committee and he is Vice-chairperson of the Advice and Assistance Committee and of the IAA Health Section. Mr. Muhanna's other roles include being the first Chairman of the Cyprus Actuarial Association, is member of the Swiss Association of Actuaries and he is the President of the Lebanese Association of Actuaries.

Dr Jacqueline Doumit

Dr Jacqueline Doumit is an Assistant Professor of Biology in the Faculty of Natural and Applied Sciences at NDU (Notre Dame University), Lebanon. Dr Doumit was graduated with a Ph.D. in Biomedical Engineering, Option: Biochemistry, from the Medical School, Université de Saint-Etienne, France (1996), having earned a DEA (Master's Degree) in Biomedical Engineering earlier in 1994. Dr Doumit holds a License (B.S.) in Biology from the Lebanese University (1984). Her research interests are on biology, nutrition, protein synthesis in vivo, well-being of adults and epidemiological research on elderly.

Dr. Kasturi Sen

Dr Kasturi Sen is a senior researcher, a social scientist by background. She has undertaken multi-center studies on behalf of the European Commission in South Asia and the Middle East for the past decade on older adults. The studies are intended to enhance collaboration between scientists in Europe and countries of the South on issues of older adults' access to health care. She has also published several edited collections on health systems research as well as articles in peer-reviewed journals.

Dr. Kathryn Mary Yount

Dr Kathryn Mary Yount is a social demographer with expertise in gender, health, inter-generational investments, and ageing in the Middle East. She was the principal investigator on an Emory-funded secondary-analysis project on family power, intergenerational support, health, and use of health care among older women and men in Egypt and Tunisia. Dr Yount was also the principal investigator of an Emory-funded data-collection project to explore why adult children place their parents in long-term care in Cairo. She is a collaborator on a national survey of Kuwaitis ≥50 years funded by the Kuwait Foundation for the Sciences, and has analyzed with Lebanese colleagues (Dr. Abla Sibai) the effects of marital status and living arrangements on all-cause and CVE mortality in Beirut.

In 2004–5, she received the Faculty Research Award in Sociology at Emory University and the Nobuo Maeda International Research Award from the Gerontological Section of the American Public Health Association for the support of leaders in international research and policy. Because of her expertise on ageing in the Middle East, she was invited by Dr. Peter Uhlenberg to contribute (with Dr. Abla Sibai) a chapter on Ageing in Arab Societies for the forthcoming Handbook on the Demography of Ageing. Currently, she is collaborating with researchers from Lebanon, Egypt, Tehran and USA on a multi-country study on 'Labor supply, childbearing, and women's welfare in old age'

Dr Laurie Abi Habib

Laurie AbiHabib is the Director of the Program of Public Health and Development Sciences, and the Program of Health Promotion, at the Faculty of Health Sciences of the University of Balamand. She received her PhD in Social Anthropology from the University of Manchester, UK and taught at the University of Toronto before coming to Lebanon.

Dr. AbiHabib's research interests are in: cross-cultural perceptions of health and illness; social/cultural determinants of health; developing social science curricula in medical and allied health education programs; community development; and cultures of the Mediterranean and Middle East. Her most recent research has been on the elderly in Lebanon.

Dr Louise Plouffe

Louise Plouffe is the lead researcher for the International Age Friendly cities project at the World Health Organization in Geneva. Prior to being seconded to WHO, Dr Plouffe was the Manager of the Knowledge Development Unit - Division of Ageing and Seniors, Public Health Agency of Canada.

Dr Plouffe completed a BA in Religious Studies, an MA and a PhD in Psychology, all at the University of Ottawa. Her doctoral thesis focused on memory changes in older adult life. She began her career as a psychometrist at the Royal Ottawa Hospital, and then worked as a research and counselling psychologist with the Public Service Commission of Canada. Upon completion of her doctorate, she became tenured at the Université du Québec à Hull where she taught gerontology and was a lecturer in the psychology of aging at the University of Ottawa. In 1989, she joined the staff of the National Advisory Council on Ageing as a research and policy analyst. Her work largely involves the transfer of data and research on ageing to inform the development of federal policies and programs for seniors and an ageing society. Louise is a member of the Advisory Board of the CIHR Institute of Ageing. She has served as Chair of the Psychology Division of the Canadian Association on Gerontology, Chair of the Gerontology Section of the Canadian Psychological Association and Book Review Editor for the Canadian Journal on Aging/Revue canadienne du vieillissement. Dr Plouffe has many publications to her credit.

Ms Maguy Ghanem

Ms Maguy Ghanem has a background in Nursing Sciences and holds a degree of Superior Studies in Home Care. In 2006, Ms. Ghanem earned a Masters degree in Public Health, and since has focused her interest on older adults. She was the lead coordinator for the UNFPA-funded study assessing the preparedness and responsiveness of centers providing services to older adults in Lebanon during and after July-2006 war Ms. Ghanem also assisted in the preparatory phase of the WHO-UNFPA funded project on needs assessment of older adults during the July-war. Ms. Ghanem has been recently appointed as the coordinator of NOUR Association coordinating the launching of the book «Old Age: a life style» in Lebanon and the region.

Dr Maral Tutelian-Guidanian

Dr Tutelian is the Director-General of the Central Administration of Statistics in Lebanon, a position she holds since 2000. Dr Tutelian is a member of the committee of directors for the Euro-Mediterranean cooperation program for Statistics (Medstat II), as well as a member of the Board of Directors of the Arab Institute of Training and Research in Statistics. Dr Tutelian is the Vice President of the Executive Board of the International Comparison Program of the World Bank, and a member of the National Commission for Women in Lebanon. Dr Tutelian is the author of several published studies. Dr Tutelian holds a doctorate in Social Sciences and lectures at the Lebanese University and the University of the Holy Spirit Kaslik, Lebanon.

Dr Nabil Kronfol

Dr Kronfol is the President of the Lebanese HealthCare Management Association., a professional not-for-profit association that aims at the further development of the science of Management in the health sector and of the health care delivery systems in Lebanon and the Region, with a special emphasis on health sector reforms. Dr Kronfol earned his MD degree from the American University of Beirut in 1969, and his Masters and Doctorate in Public Health from Harvard University, USA in 1973 and 1979 respectively. Dr Kronfol's career has been in academia, service and research with national, regional and international organizations and professional associations, throughout the Region.

In the area of Ageing, Dr Kronfol has carried the INTRA project in Lebanon and the Region, participated in the small group to prepare the draft for the "Active Ageing" document for the UN Conference on Ageing in Madrid 2002. In 2007, Dr Kronfol has completed the research project of the "Age Friendly Cities" in Tripoli, Lebanon, in cooperation with the "Azm Wa Saada Philantropic" Association in Tripoli. Dr Kronfol has just finished a joint research project with Dr Sibai on "Seniors in Emergencies: The Lebanon experience 2006". Dr Kronfol contributed to the WHO international project on "Falls Prevention in the older population".

Me Ziad Baroud

Me Baroud is a professor of Law at the "Universite Saint Joseph" in Beirut and the Managing Partner at "Haddad, Baroud, Daher and Tohme Law Firm" in Beirut. Me Baroud supervises the long and short term consultancies and legal advice in various legal disciplines, including: public and administrative law, civil law, educational law and syndicate law.

Me Baroud is an active member of several professional civil society associations, including the Lebanese Transparency Association. Me Baroud is the Secretary-general of the Lebanese Association for Democratic Elections and the Retainer legal counselor for the World Bank's office in Beirut. He is also a Lecturer of Public, Labor and Syndicates Law at the Universite Saint-Joseph de Beyrouth in Beirut.

Me Baroud received his Master in Law from Universite Saint-Joseph in 1992, and his Diploma in Conflict Resolution from Lebanese American University in 1996

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WHO Publications on “Active Ageing”

1. Active ageing: a policy framework
2. Active ageing makes the difference
3. Ageing: exploding the myths
4. Elder abuse fact sheet
5. Global embrace handbook
6. Global survey on geriatrics in the medical curriculum
7. Growing older staying well: ageing and physical activity in everyday life
8. Heidelberg guidelines on physical activity in older age
9. Keep fit for life: meeting the nutritional needs of older persons
10. Missing voices: views of older persons on elder abuse
11. Physical activity and older people, fact sheet
12. The role of physical activity in healthy ageing
13. Toronto declaration on the global prevention of elder abuse
14. Towards age-friendly primary health care
15. Towards policy for health and ageing, fact sheet

WHO Projects on Ageing

1. **Falls Prevention in Older Age**
Unintentional falls are one of the most costly and complex health issues facing older persons in the world.
2. **Global age-friendly cities project**
With collaborators in many parts of the world, WHO is developing a guide to help cities become more age-friendly.
3. **Age-friendly standards**
This project aims to determine what makes community-based health care services «age-friendly».
4. **Impact of HIV/AIDS on older people in Africa**
There is growing evidence that older people are increasingly being infected by HIV/AIDS.
5. **Integrated response to rapid population ageing**
Developing the knowledge base required to assist developing countries faced with rapid population ageing in guiding future actions and policies towards integrated health care systems.
6. **Prevention of elder abuse**
Abuse of older people has only recently been recognized as a global problem.
7. **Teaching geriatrics in medical education**
In light of world-wide population ageing, it becomes clear that the education of tomorrow's medical doctors is important because they will increasingly deal with older patients.

WHO External partners on Ageing issues

1. Age Concern, United Kingdom
2. Age Action, Ireland
3. Age Concern, New Zealand
4. Age & Opportunity, Ireland
5. BAGSO, Germany (site in German only)
6. Center for Ageing Studies (CAS), Flinders University of South Australia
7. Centers for Disease Control and Prevention (CDC), ageing activities, USA
8. Councils on the Ageing (COTA), Australia
9. European Federation of Older Persons (EURAG)
10. Geneva International Network on Ageing (GINA)
11. Help the Aged, Canada
12. Help the Aged, UK
13. HelpAge International
14. International Association of Gerontology
15. International Longevity Centre (ILC), United Kingdom
16. International Network for the Prevention of Elder Abuse
17. Institute of Geriatrics and Gerontology, Brazil
18. National Institute on Aging, USA
19. World Heart Federation

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