

Aging, Health, and Social Policy in Europe: Insights from SHARE and ATHLOS-Mic Analysis

Authors

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INTRODUCTION

Population aging is a significant challenge for health and social policy in Europe. Using data from the SHARE project (Survey on Health, Ageing, and Retirement in Europe) and the ATHLOS-Mic microsimulation model, our research examines health trajectories and socioeconomic factors affecting older adults across different European countries.

OBJECTIVE

To analyze the impact of population aging on health and social policies in Europe, focusing on health disparities, educational effects, and potential policy interventions.

METHODOLOGY

We utilized:

SHARE Data: Comprehensive data on health, demographics, and socioeconomic status of individuals aged 50+ across 20 European countries.

ATHLOS-Mic Model: A dynamic microsimulation model integrating biomedical, demographic, and behavioral factors to forecast health trajectories.

RESULTS

Current Trends

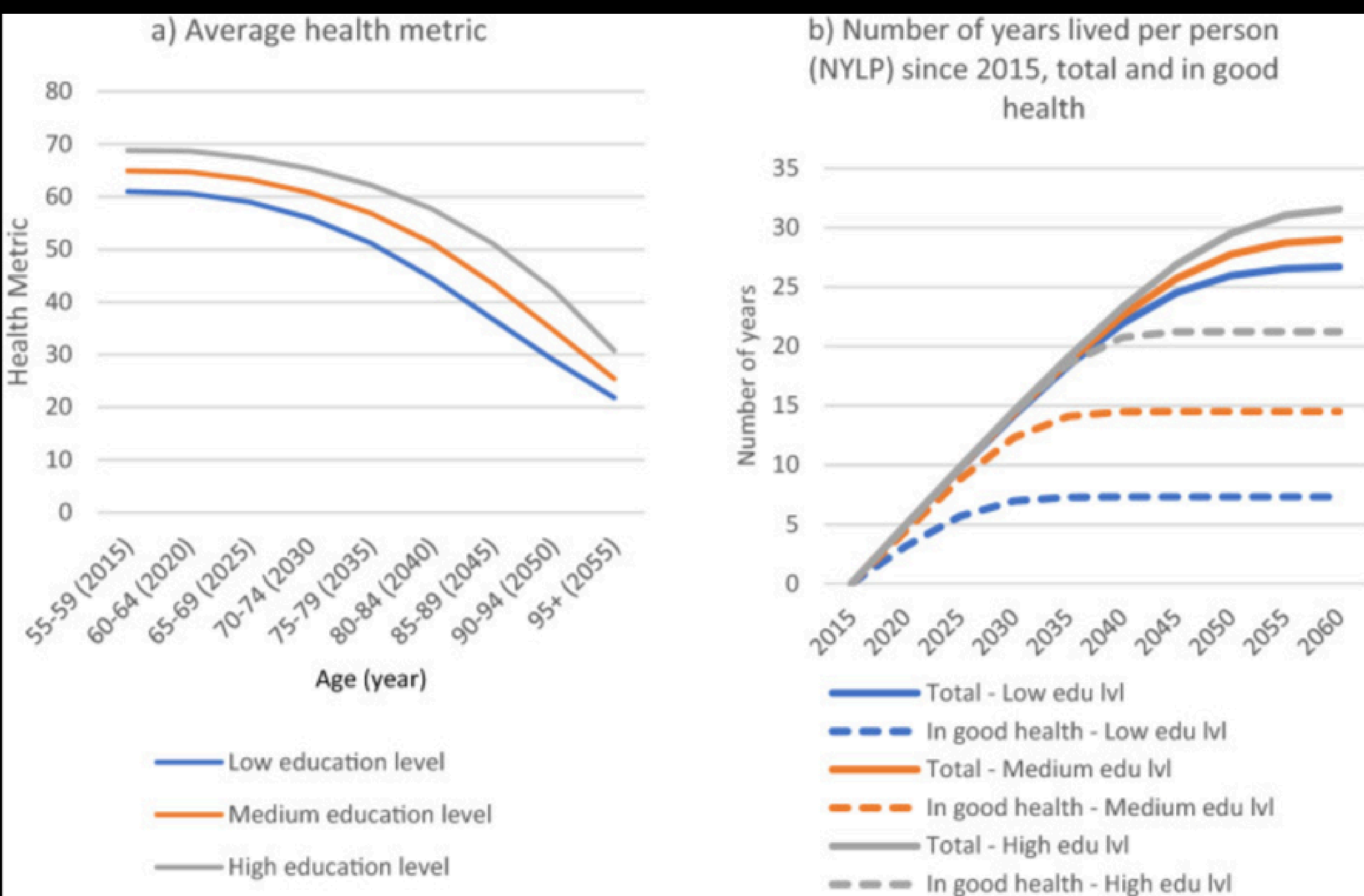
- Older adults in Poland show lower levels of social and educational engagement compared to their Western European peers.
- Cognitive and health test results highlight significant disparities across countries.

The Role of Education

- Higher education significantly improves quality of life and health outcomes in later years.
- Eliminating low education levels could improve population-wide health and increase life expectancy.

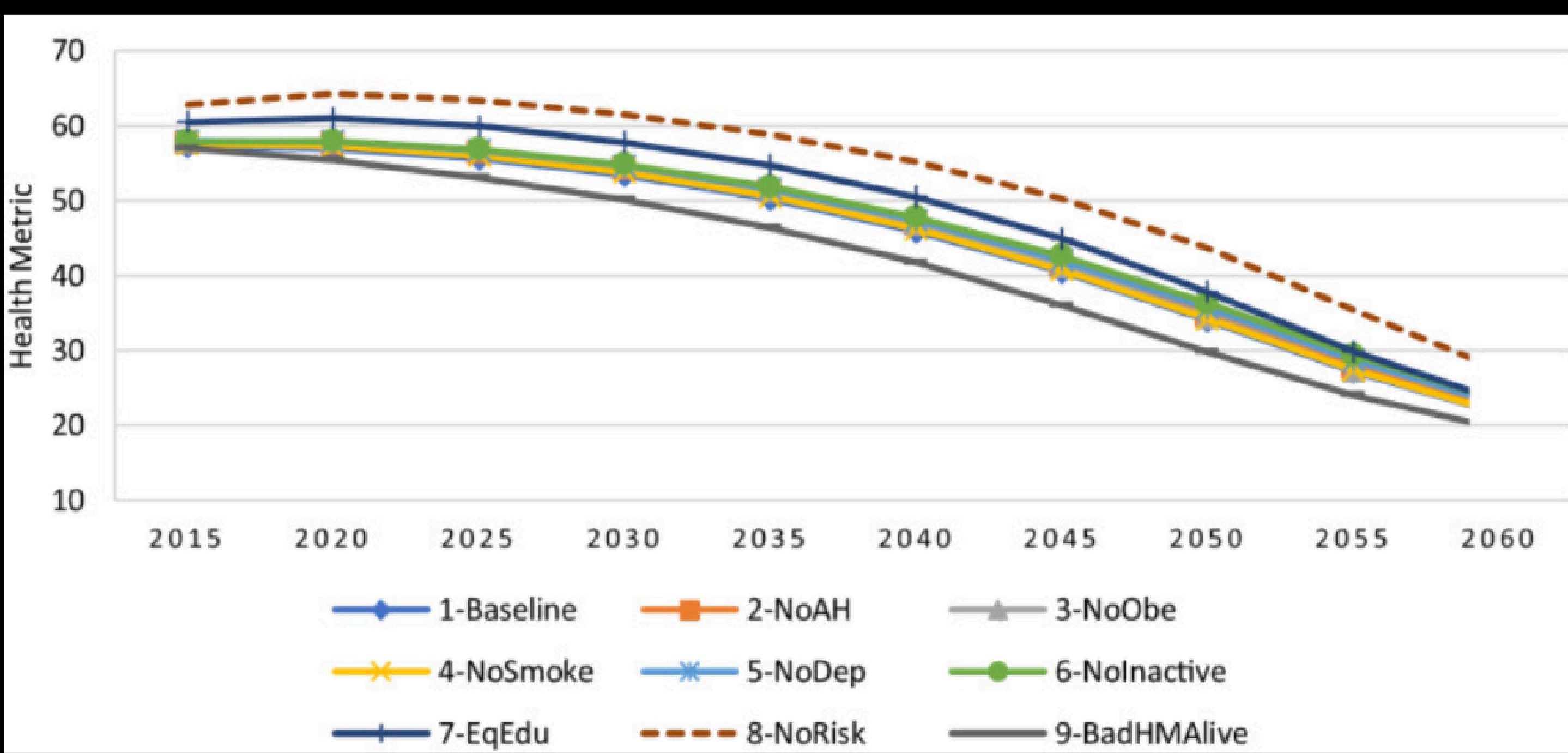
Health Projections

- By 2060, each successive generation of seniors will be healthier.
- Total life expectancy is predicted to increase by 18 years, but only 5 of these years will be in good health.



<https://pubmed.ncbi.nlm.nih.gov/33469046/>

Projected average health metric and NYLP by education level for the cohort 1956–1960 under the baseline scenario.



<https://pubmed.ncbi.nlm.nih.gov/33469046/>

Projected average health metric for cohorts 1916–1960 under different scenarios.

CONCLUSION

Key strategies for addressing aging populations include:

- Lifelong Learning:** Increasing access to educational programs for older adults.
- Health Promotion:** Encouraging healthy lifestyles and earlier risk intervention.
- Intergenerational Support:** Strengthening family and institutional support networks.
- Healthcare Adaptation:** Expanding access to health services tailored to aging populations.

REFERENCES

- SHARE Project: Multinational data on aging in Europe.
- Marois, G., Aktas, A., "Forecasting Health Aging Trajectories in Europe Using Microsimulation"
- Educational Research Institute: "Portrait of the 50+ Generation in Poland and Europe" (Warsaw 2014).