

EFOP-5.2.2-17-071

ALL-LOCAL:
EFFECTIVE KNOWLEDGE TRANSFER
AND COMPETENCE DEVELOPMENT
IN THE SENIOR COMMUNITY

HEALTHY LIVING AND LIFESTYLE, AS A
WAY OF LEARNING IN POLAND
AND AT NAVICULA.M

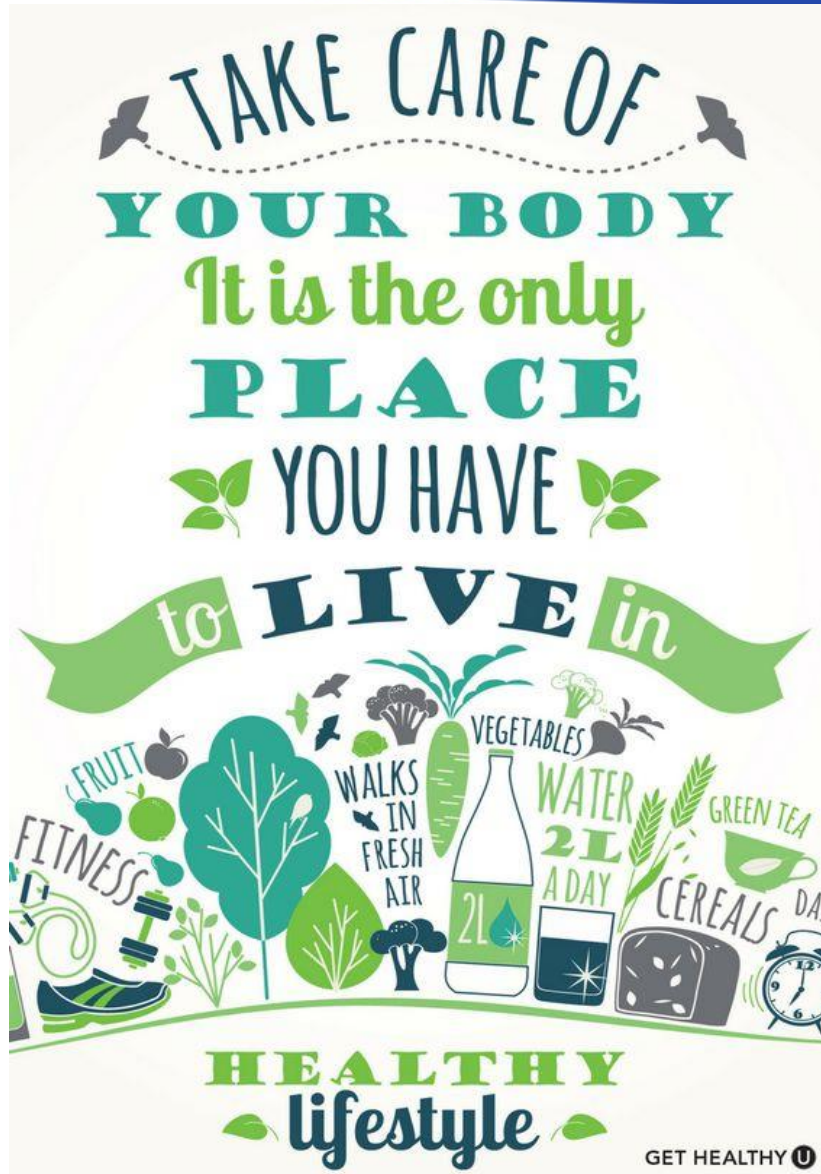


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Healthy Lifestyle
It's your choice

GENERAL VIEW OF THE SENIORS SITUATION IN POLAND

- At the end of 2016, the population of Poland was 38.4 million, of which over **9 million were people aged 60 and over (almost 24%)**.
- The results of population prognosis for 2014-2050 indicate that this process is deepening. The population of people aged 60+ will increase to 13.7 million and will account for over 40% of the total population of Poland.

GENERAL VIEW OF THE SENIORS SITUATION IN POLAND

- Almost 18% of the elderly are people aged at least 80.
- Among the elderly population, the majority are women - almost 59%. **There are 141 women per 100 men.**
- In the age group 60-64 years, women represent more than 53%
- In the 85+ age group, over 72% are women; there are 263 women per 100 men.

The most common causes of deaths among people aged 60+:

- cardiovascular disease
- cancer
- respiratory diseases

Other causes of death of the elderly include: diabetes, pneumonia, diseases of the genitourinary (including nephritis), stomach ulcers and duodenal ulcers and chronic liver disease.

OCCUPATIONAL ACTIVITY OF OLDER PEOPLE

- In 2016, the working population at the age of 60 and more had 1143 thousand, of which 1,105 thousand. are working people (ie 96.7%).
- Occupationally active people aged 60 and more accounted for 6.6% of all occupationally active people aged 15 and more.

THE STUDY " HEALTH AND PRO-HEALTH BEHAVIOR OF POLES " - SELF-ASSESSMENT OF HEALTH

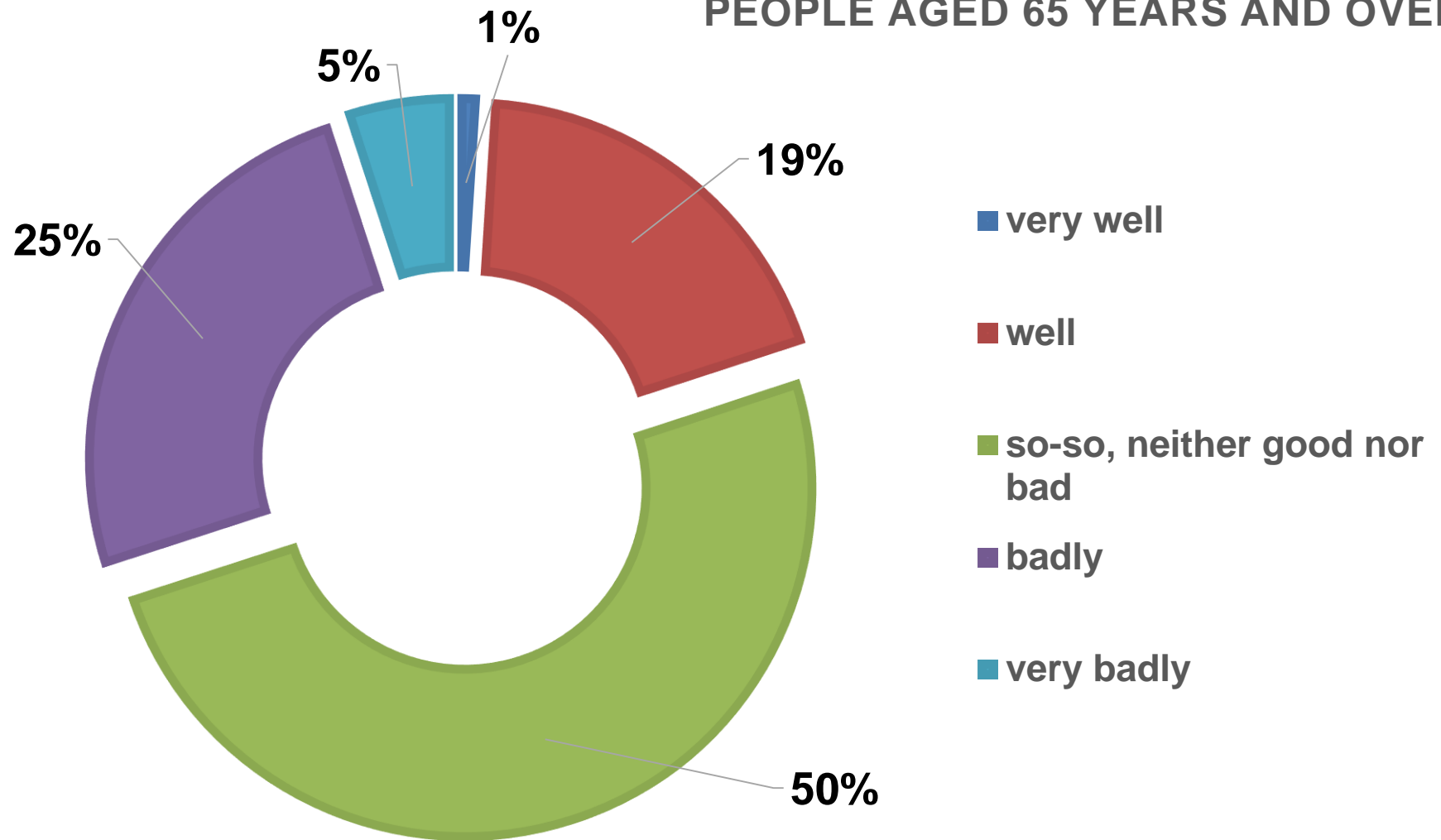
Age of the respondents	How, in general, do you assess your health?		
	well	so-so	badly
18 - 24 years	85%	15%	0%
25 – 34 years	80%	18%	1%
35 – 44 years	69%	25%	6%
45 – 54 years	55%	40%	4%
55 – 64 years	38%	45%	18%
65 years and over	25%	57%	18%

QUALITY OF LIFE OF ELDERLY PEOPLE IN POLAND - BASED ON SURVEY RESULTS SOCIAL COHESION 2015

- Realised by the Polish Central Statistical Office (Warsaw, 2017)
- Below we present selected information about the quality of life of older people in Poland.
- In accordance with the EUROSTAT and OECD standards, it has been assumed that the elderly are people aged 65 and over. Data on this group were compared with analogous data covering a population of people who were at least 16 years of age.
- The presented data come from a household survey under the name "Study on social cohesion", carried out by the Polish Central Statistical Office in the first half of 2015, on a representative sample of almost 14 thousand inhabitants of Poland, at least 16 years old.

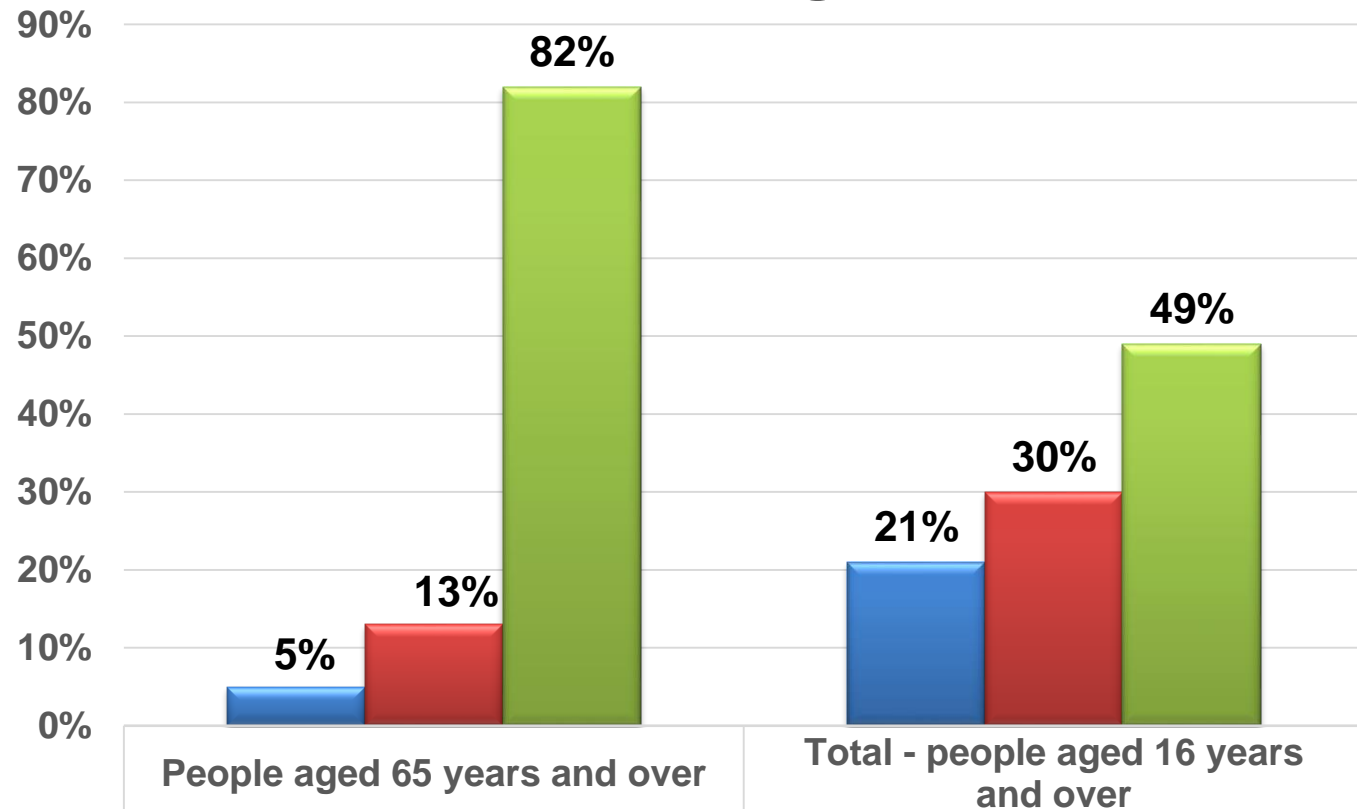
SELF – ASSESSMENT OF HEALTH

PEOPLE AGED 65 YEARS AND OVER



FORMS OF SPENDING A FREE TIME

Going to a cinema



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

5%

13%

82%

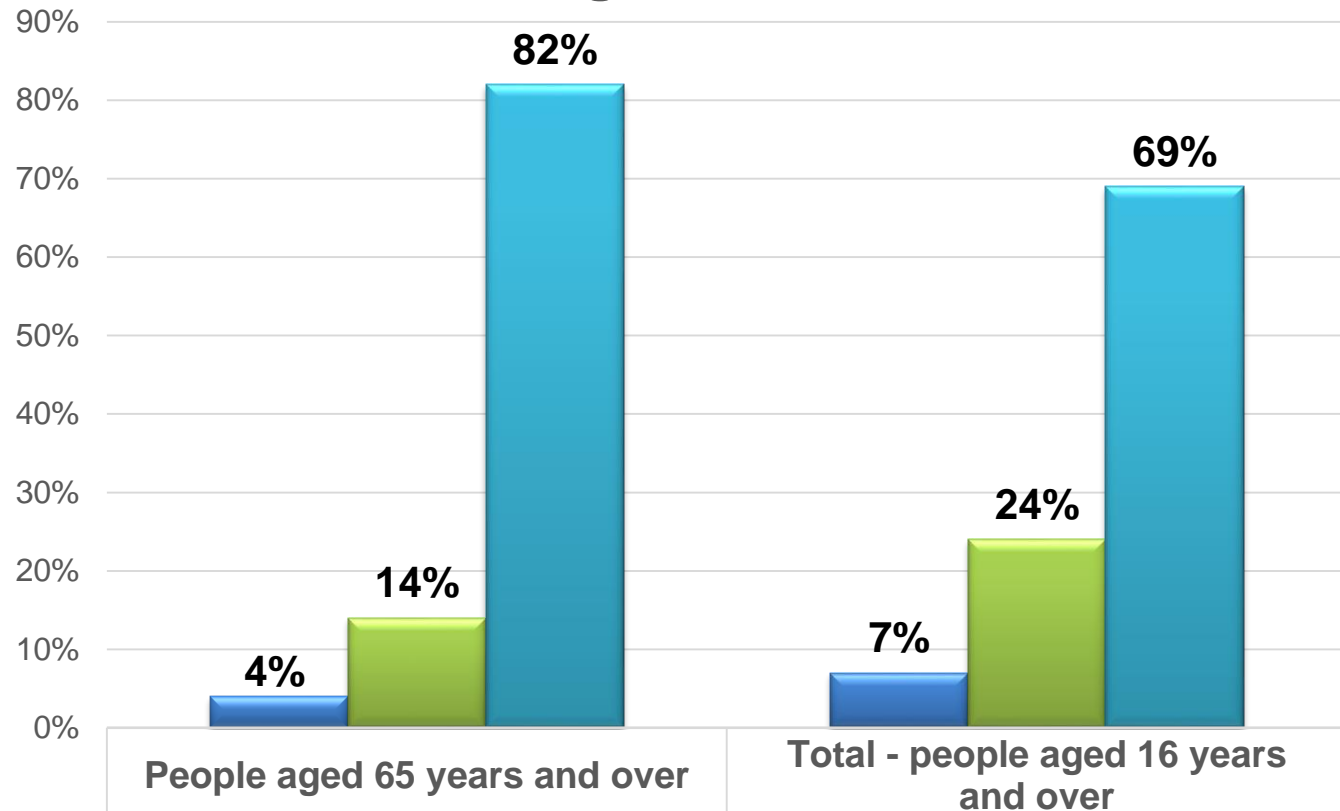
21%

30%

49%

FORMS OF SPENDING A FREE TIME

Going to the theater or concerts



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

4%

14%

82%

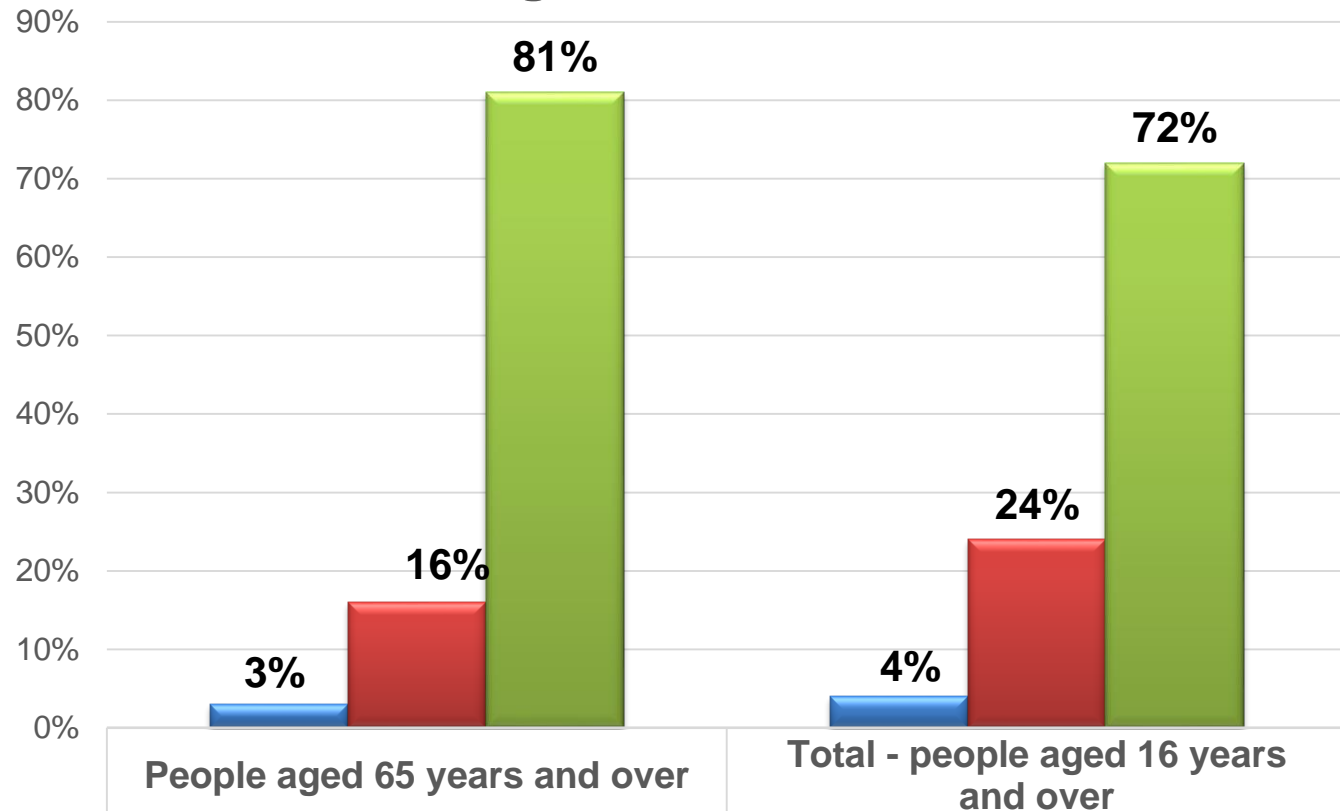
7%

24%

69%

FORMS OF SPENDING A FREE TIME

Visiting museums or art exhibitions



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

3%

16%

81%

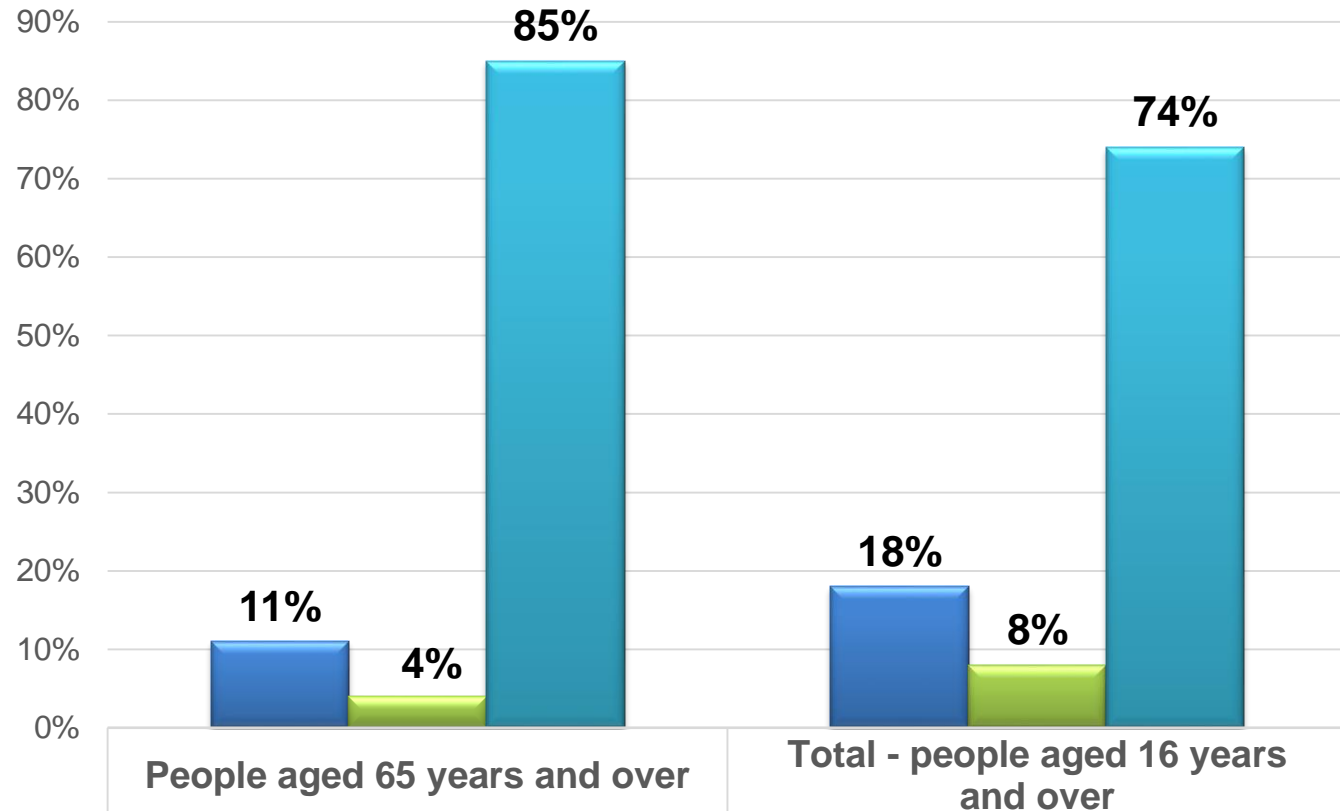
4%

24%

72%

FORMS OF SPENDING A FREE TIME

Going to the reading room, library



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

11%

4%

85%

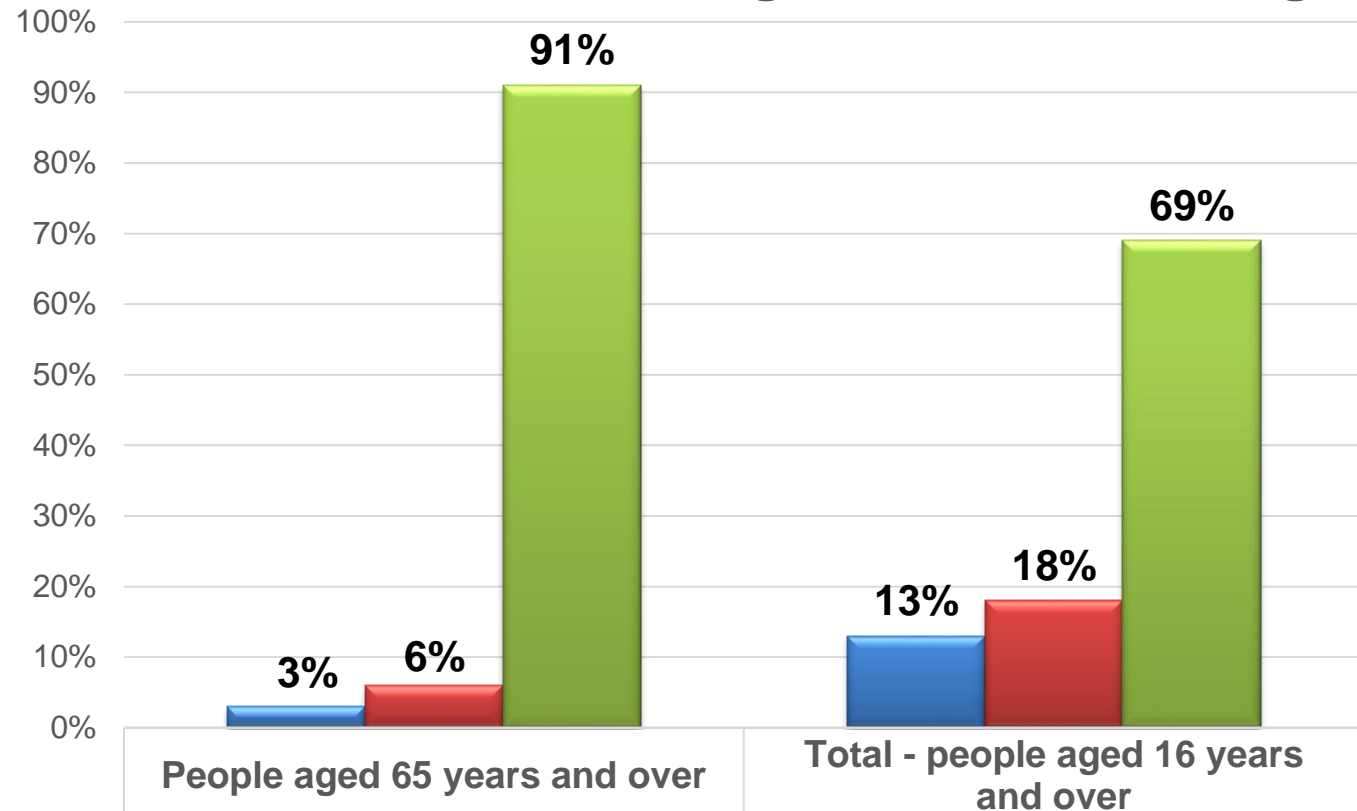
18%

8%

74%

FORMS OF SPENDING A FREE TIME

Going to a disco, dancing



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

3%

6%

91%

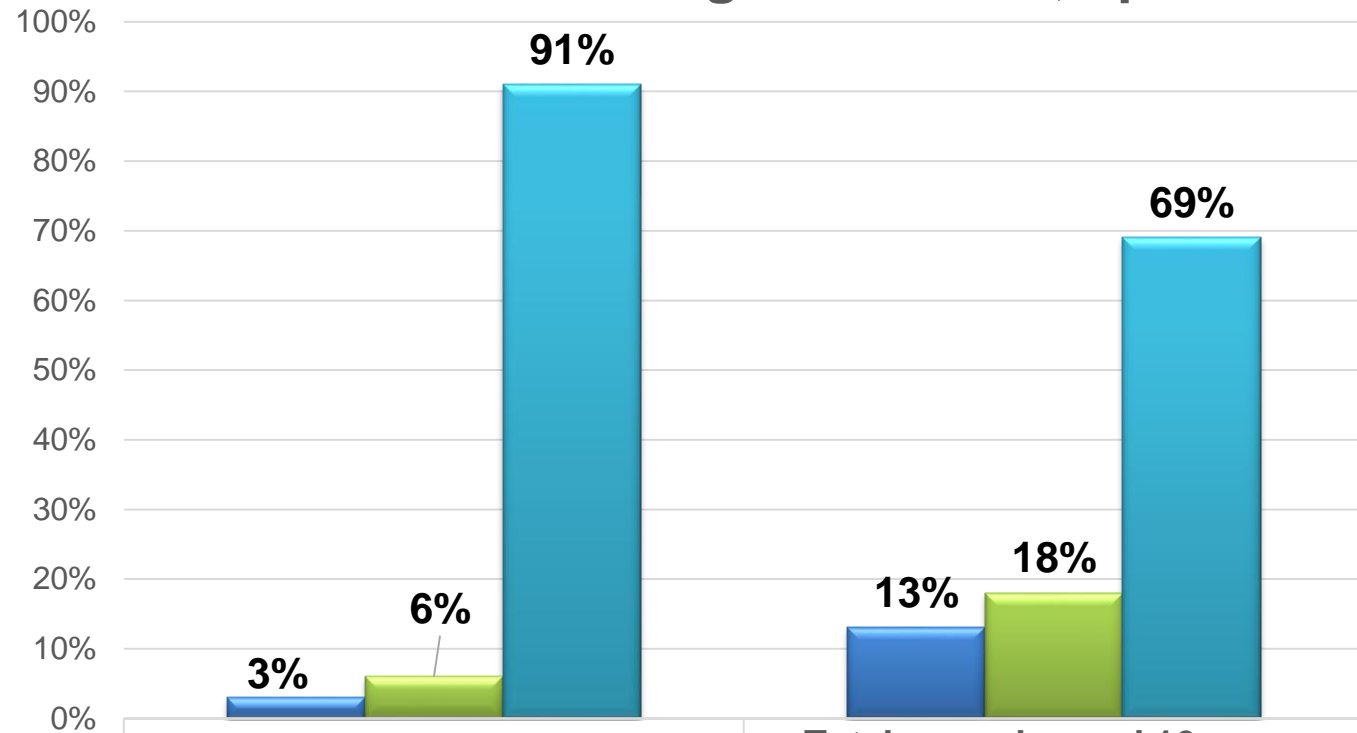
13%

18%

69%

FORMS OF SPENDING A FREE TIME

Going to matches, sports



■ Once every 2-3 months or more often

■ Less often than once every 2-3 months

■ Never or almost never

People aged 65 years and over

3%

6%

91%

Total - people aged 16 years and over

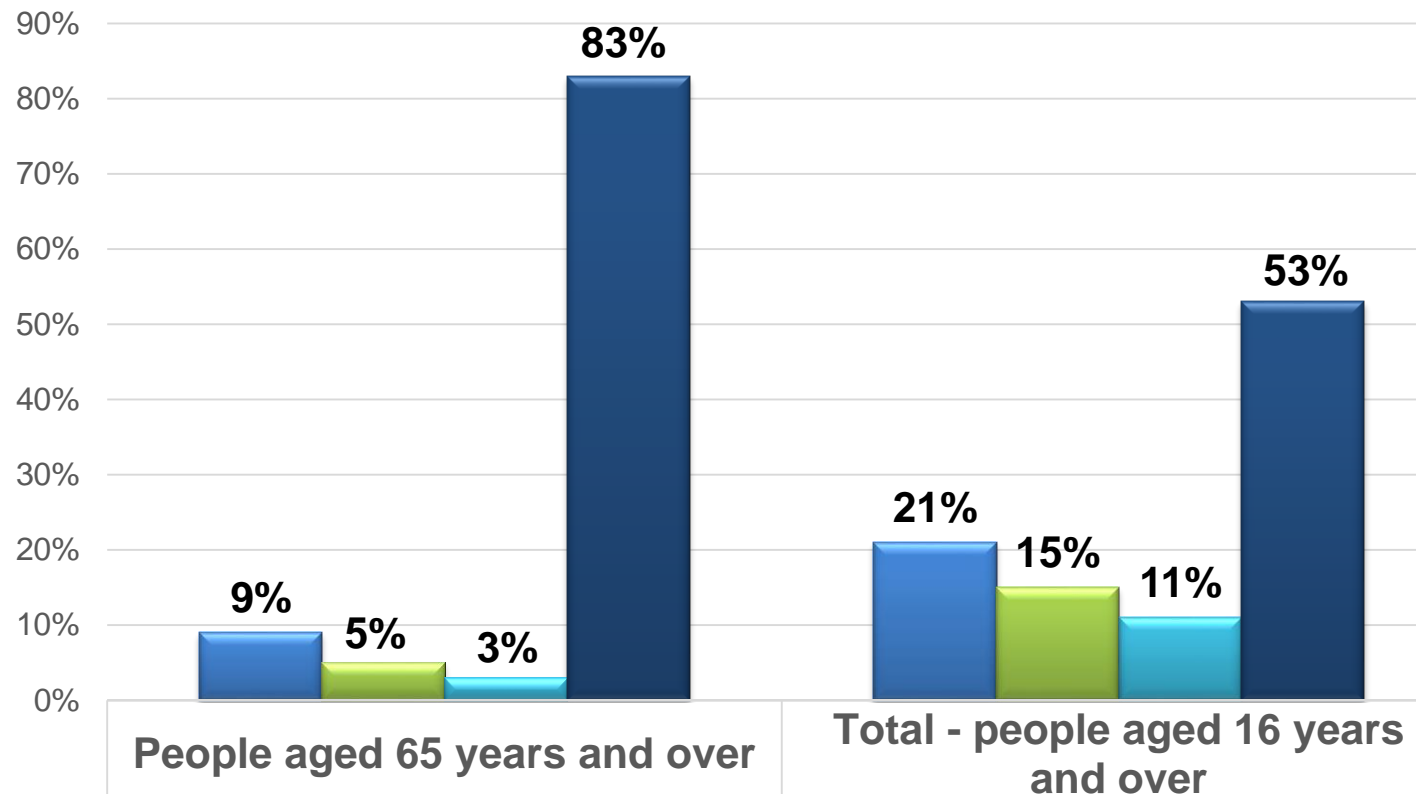
13%

18%

69%

FORMS OF SPENDING A FREE TIME

Playing sports (eg. jogging, cycling, playing football, gym, fitness)



- Once a week or more
- 1-3 times a month
- Less than once a month
- Never or almost never

9%

5%

3%

83%

21%

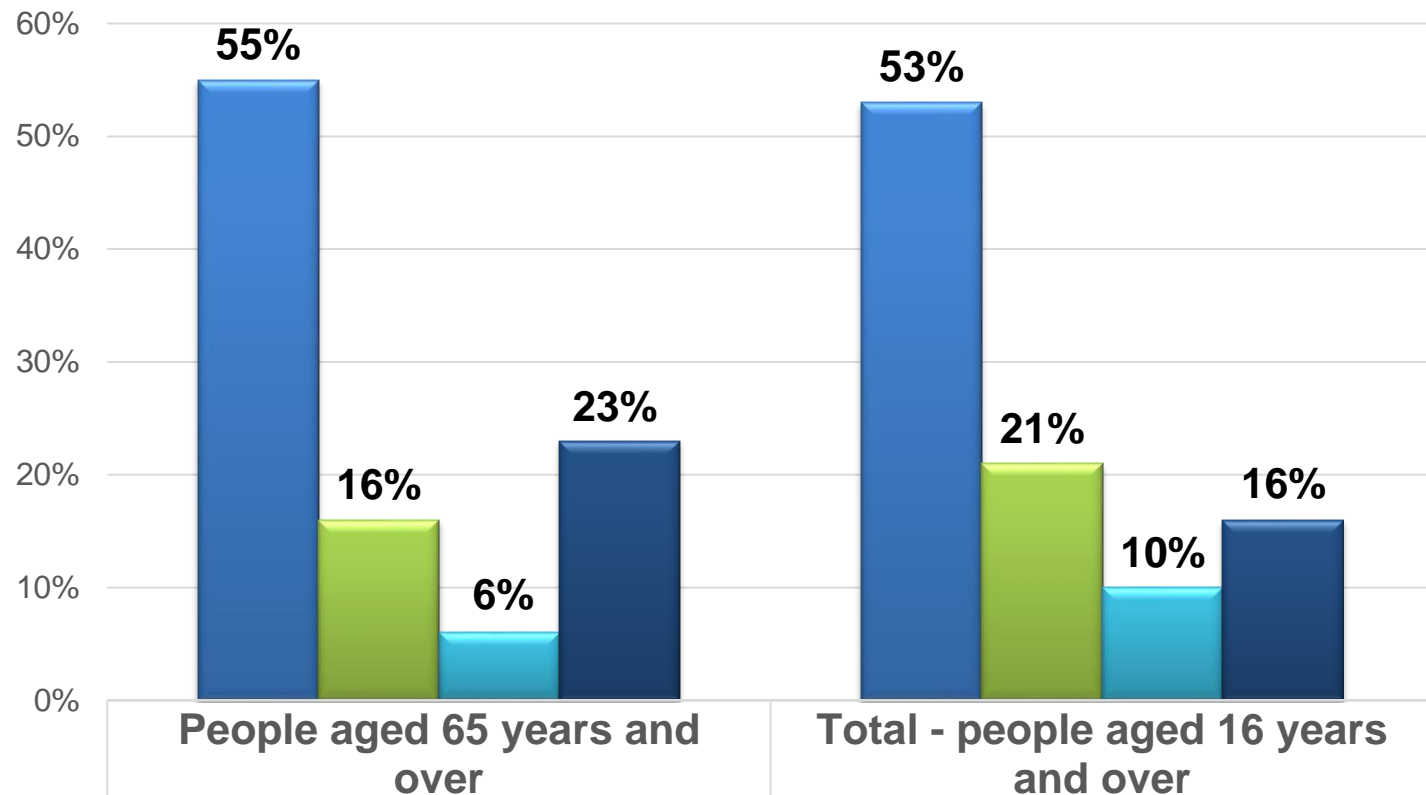
15%

11%

53%

FORMS OF SPENDING A FREE TIME

Going for walks, taking a rest outdoor



- Once a week or more
- 1-3 times a month
- Less than once a month
- Never or almost never

55%

16%

6%

23%

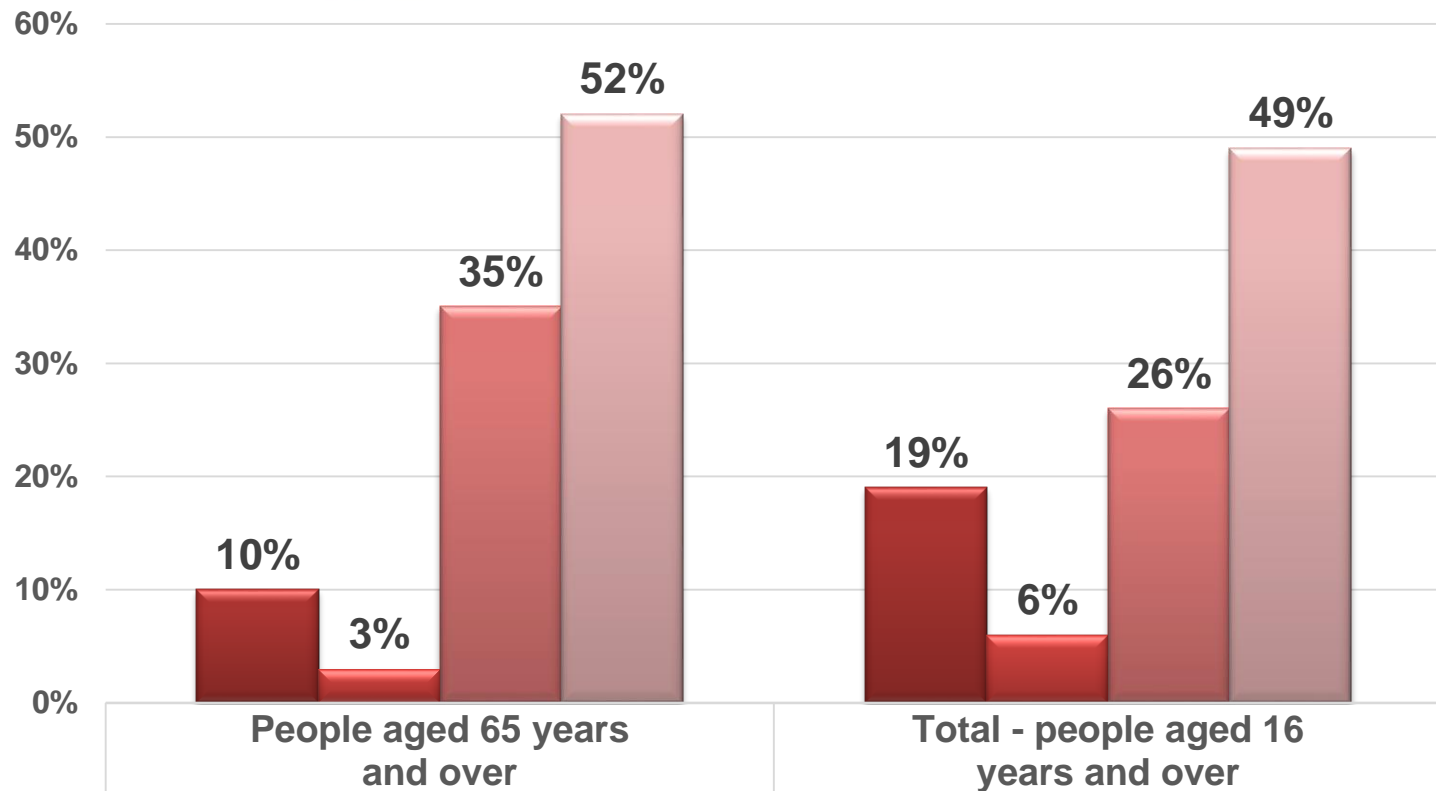
53%

21%

10%

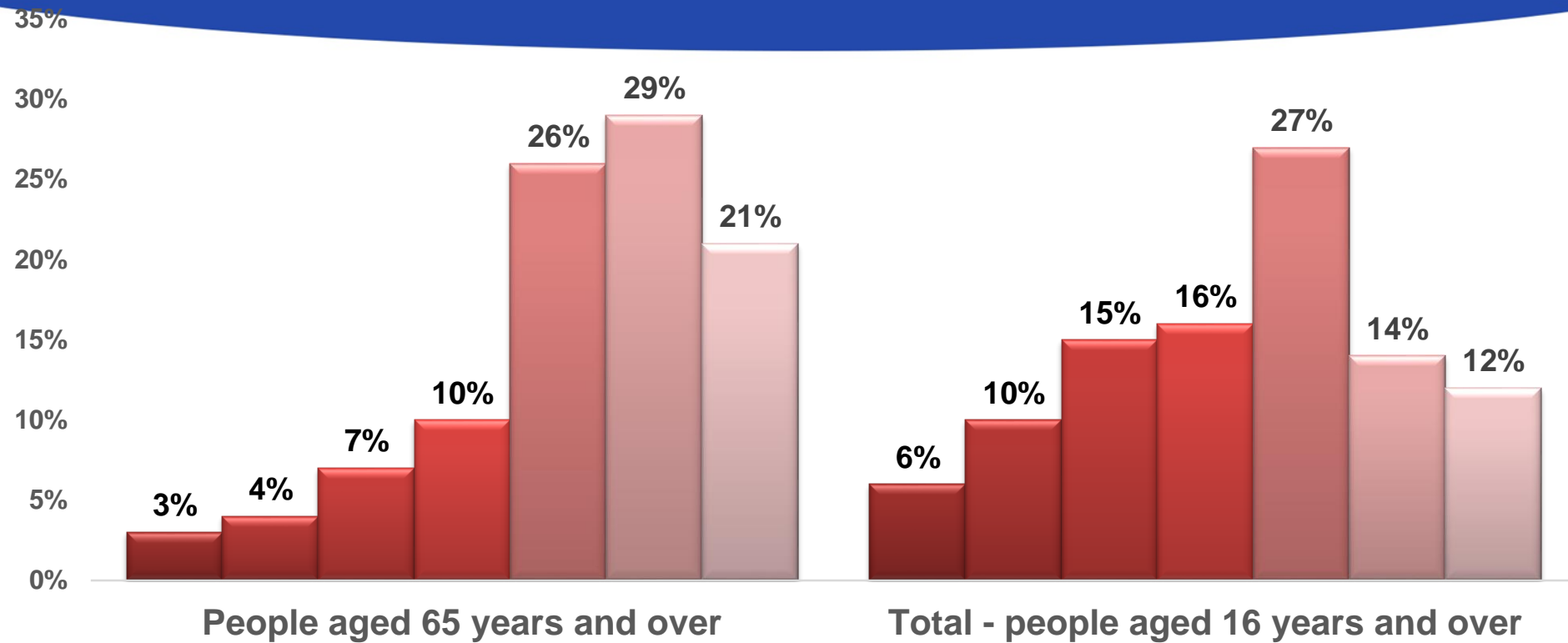
16%

STIMULANTS - SMOKING



■ Yes, everyday	10%	19%
■ Yes, occasionally	3%	6%
■ No, but I've smoked in the past	35%	26%
■ I never smoked	52%	49%

STIMULANTS - DRINKING



■ 3-4 days a week or more

■ 1-2 days a week

■ 2-3 days a month

■ Once a month

■ Less than once a month

■ I have not been drinking alcohol in the last 12 months, although I used to drink

■ Never or just a few sips or trials throughout life

THANK YOU FOR YOUR ATTENTION!

SZÉCHENYI 2020



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