Harnessing the Demography Dividends to Transform the Indonesian Health System and Public Health Resilience

Presented By **Prof Asnawi Abdullah**, SKM, MHSM, MSc.HPPF, DLSHTM, Ph.D. Ketua Umum PP AIPTKMI Priode 2022-2025 Direktur Pascasarjana Universitas Muhammadiyah Aceh

National Coneference on Public Health Research and Community (NiCe PHResComS) Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Semarang 30 Agustus 2023 Memanfaatkan Bonus Demographi Untuk Transformasi Sistem Kesehatan dan Ketahanan Kesehatan Masyarakat Indonesia

Presented By **Prof Asnawi Abdullah**, SKM, MHSM, MSc.HPPF, DLSHTM, Ph.D. Ketua Umum PP AIPTKMI Priode 2022-2025 Direktur Pascasarjana Universitas Muhammadiyah Aceh

National Coneference on Public Health Research and Community (NiCe PHResComS) Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Semarang 30 Agustus 2023 **To convince** all of you why now is a **golden opportunity** to transform Indonesian health system become a **healthier health system**;

and to discuss some **challenges** and **conditions** should be prepared as well as competencies should be developed (**DiPH Competencies**)

THE OBJECTIVES



Home / Papers / What we need is health system transf...

Overview Full-text References (25) Related Papers (5)

3 Journal Article • DOI •

Full-text 🔻 ⊰ Trace 🔲 🎵

What we need is health system transformation and not health system strengthening for universal health coverage to work: Perspectives from a National Health Insurance pilot site in South Africa

Janet Michel¹, Brigit Obrist¹, Till Bärnighausen² +4 more • Institutions (4) ∨

03 Sep 2020 - South African Family Practice (AOSIS) - Vol. 62, Iss: 1, pp 15



Health system resilience,

known as the ability for health systems to absorb/mitigate, adapt or transform to recover/maintain essential functions when stressed or shocked

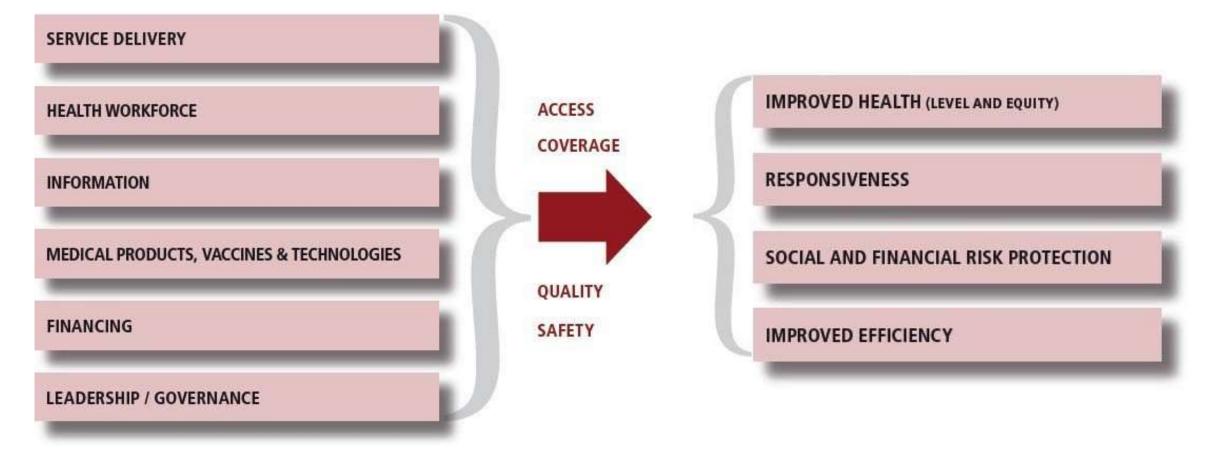
Public health resilience is

the ability of a public health system to protect and promote the health of the population, even in the face of shocks and stresses. (WHO, 2020)

- Public Health Resilience: A Framework for Action" (2016) by the World Health Organization. This paper provides a framework for understanding and promoting public health resilience.
- The Resilience of Public Health Systems to Disasters: A Review of the Literature" (2018) by the Centers for Disease Control and Prevention. This paper reviews the literature on the resilience of public health systems to disasters.
- Building Public Health Resilience: A Guide for Local Health Departments" (2020) by the National Association of County and City Health Officials. This guide provides practical advice for local health departments on building public health resilience.

W H O , 2 0 2 0 HEALTH SYSTEM BUILDING BLOCKS

OVERALL GOALS/OUTCOMES





- AKSES
- MUTU
- EFEKTIF
- EFISIEN
- PEMBIAYAAN
- NEEDS
- KEPASTIAN HUKUM
- KETAHANAN NASIONAL

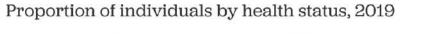
Hak (Ps. 4) dan Kewajiban (Ps. 5) Masyarakat, Pemerintah Pusat, Daerah, Desa diatur cukup detail. Hak dalam 5 Ayat, dengan rincian dalam 23 butir; Kewajiban dirincikan dalam 3 ayat (9 butir).

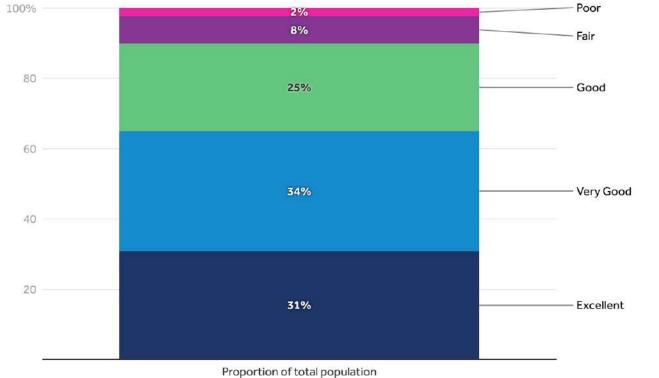
Setiap orang berhak mendapatkan lingkungan yang sehat bagi pencapaian derajat Kesehatan; mendapatkan pelindungan dari risiko Kesehatan.

dan Berkewajiban menghormati Hak orang lain, Hak orang lain untuk hidup Sehat

Sayang sekali, energi dan fokus perdebatan UU Kesehatan **digiring** pada isu-isu curative orang sakit, melupakan 75% orang sehat*, perdebatan strategi menjaga orang sehat tetap sehat lebih produktif, jangan mereka jatuh sakit kurang mendapatkan liputan dan diskusi.

*https://www.bps.go.id/indicator/30/222/1/persentase-penduduk-yang-mempunyai-keluhan-kesehatan-selama-sebulan-terakhir.html



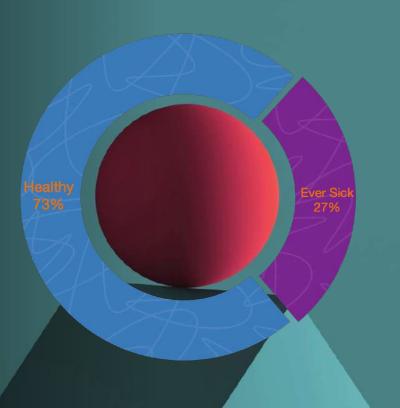


Peterson-KFF

27% Health System Tracker

Source: KFF analysis of 2019 Medical Expenditure Panel Survey data

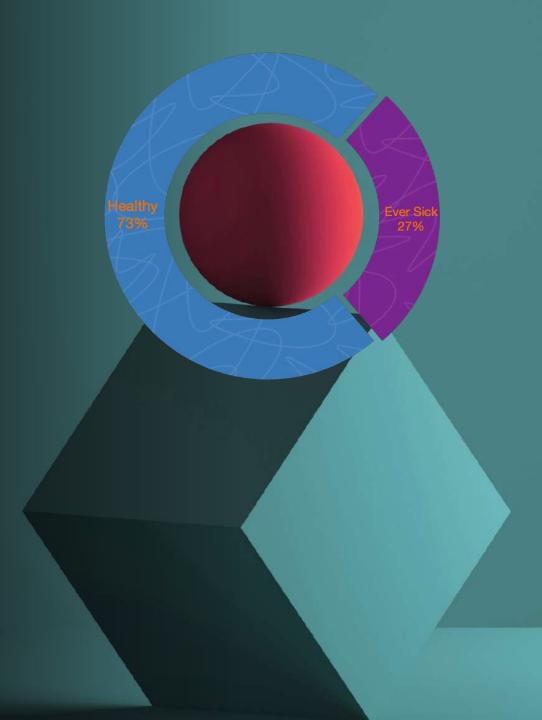
We need to transform our health system become a healthier health system





Focus on Promotive & Prevention How to Prevent People are not Getting Sick

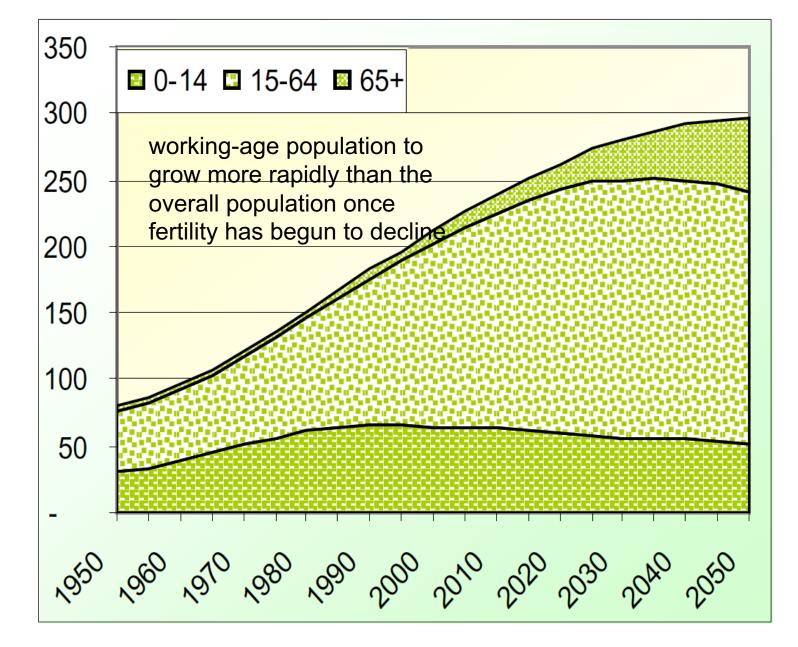
We Need to Prepare a Healthy Population to Harvest Demographic Dividends



BOEE822 18 years remaini Indonesian demographic dividends (2012 - 2)*based on the population projection for 2020-2050 (trend scenario), Indonesia's demographic bonus will end in 20 Five years longer than the previous projection (which ended in 2036).

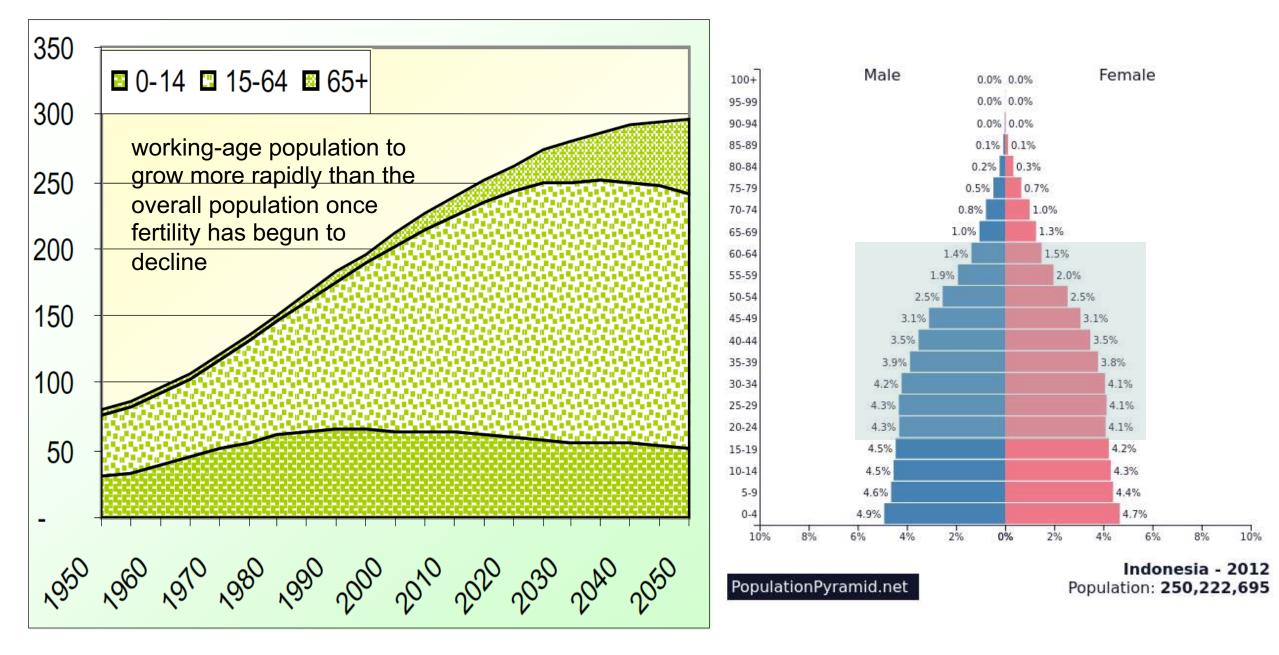
Who determine demographic dividend?

Who are the main contributors?



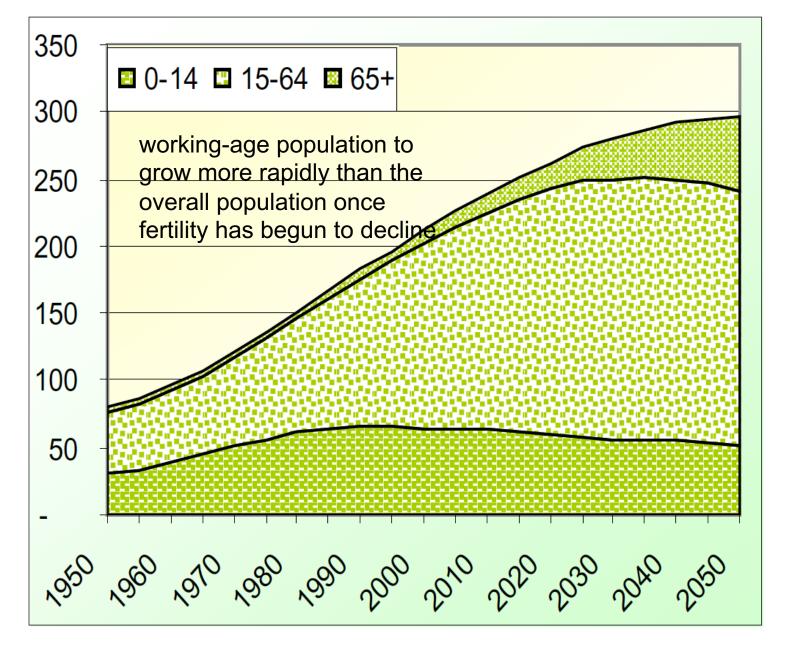
Source: United Nations 2009.

Note : Based on Medium Projection.



: United Nations 2009.

Based on Medium Projection.



Higher Proportion Millennials and Z Generation

- e: United Nations 2009.
- Based on Medium Projection.

	Who are the main Contributors Demographic Bonus 2012-2041													
Age	0	Ŋ	0	15	20	25	30	35	40	45	50	55	9	
Year	1980	1985	0661	1995	2000	2005	2010	2025	2020	2025	2030	2035	2040	
	- M		nnia - 1995	ls	G e 1 1995	n Z -2010								→

They are Digital Natives

Regarded as people born into the digital era, **digital natives** know only a world with technology.

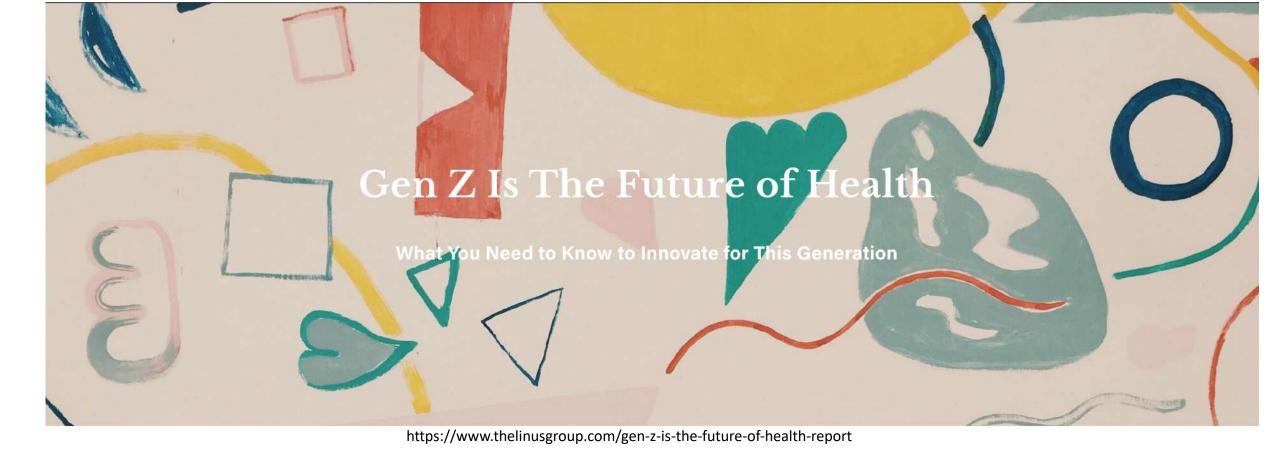


In general, they are Healthier than the previous Generations (Digital Immigrants)

Regarded as people who were not born into the digital era, **digital immigrants** have had to adapt to technologies over time.



https://us.norton.com/blog/how-to/digital-generations



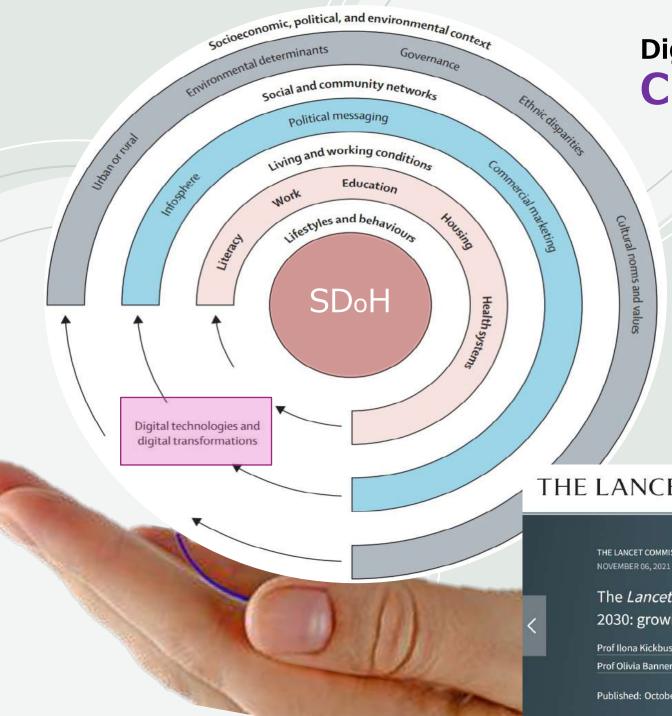
About this study

In March of 2021, we surveyed 1,200 Gen Zers (between the ages of 18-24) in a nationwide study, followed up by conversations with 15 Gen Zers at the same age range via Zoom about their views on health and wellness.

SDoH are different from the previous Generations

Social Determinants of Health





Digital Technology CREATE NEW SDOH

The social determinants of health (SDH) are the non-medical factors that influence health outcomes.

They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems

shaping the conditions of daily life.

THE LANCET

THE LANCET COMMISSIONS | VOLUME 398, ISSUE 10312, P1727-1776,

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P0F \bigcirc PDF [2 MB] Figures

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lumX Metrics

The Lancet and Financial Times Commission on governing health futures 2030: growing up in a digital world

Prof Ilona Kickbusch, PhD Dario Piselli, MSc Prof Anurag Agrawal, PhD Prof Ran Balicer, PhD Prof Olivia Banner, PhD Michael Adelhardt, MD et al. Show all authors Show footnotes

Check for updates Published: October 24, 2021 DOI: https://doi.org/10.1016/S0140-6736(21)01824-9

The Outcome of these generations (healthy or sickness) are highly determined by Di technology

The Disease of 21st Century: Digital Disease

Olkan Betoncu¹, Fezile Ozdamli²

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²Near East University, Computer Information Systems, Nicosia, Cyprus, Mersin 10, Turkey

Abstract - Constantly changing and developing technological life eases life on one hand, and creates new risks on the other. In the 21st century which is termed as "the age of technology", computer and internet usage have become indispensable elements of life. Internet addiction has recently emerged as a new type of addiction which came to the agenda with technological developments. Failing to impose restrictions on internet usage, continuing to use it despite its social and academic damages and suffering from excessive anxiety when access to internet is

extremely important [1]. Technology makes life easier and allows for easy communication, and it is highly important for the people of our age. With technology being adapted to every moment of our lives, digital media, telephone, television etc. merged with new generation technological development and our life improved and changed with these innovations [2]. The changes and developments in technology reflected on communication tools and new communication means added to the literature

- 1. Nomophobia: The fear of being without your mobile phone.
- 2. Technoference: The interruption of our lives by technology.
- **3.** Phantom ring: The sensation that your phone is ringing or vibrating when it is not.
- 4. Cyberchondria: The excessive use of the internet to search for medical information.
- 5. The Truman Show Delusion: A rare condition in which people believe that their lives are being secretly filmed or monitored.
- 6. Internet addiction disorder: A condition in which people become so preoccupied with using the internet that it interferes with their daily life.
- **7. Gaming disorder:** A condition in which people become so preoccupied with playing video games that it interferes with their daily life.
- 8. Infobesity: The excessive amount of information that we are exposed to on a daily basis.
- Digital eye strain: A condition that can be caused by prolonged use of digital devices.
 10.Sleep deprivation: A condition that can be caused by excessive use of digital devices before bed.

11. Text neck: A pain in the neck and shoulders caused by looking down at a smartphone or tablet for extended periods of time.

- **12.Computer vision syndrome:** A group of eye problems caused by prolonged use of computers and other digital devices.
- **13.Addiction to social media:** A condition in which people become so preoccupied with using social media that it interferes with their daily life.
- **14. Internet trolling:** The act of posting inflammatory or offensive messages online with the intent of provoking a reaction.
- **15.Cyberbullying:** The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- **16. Data privacy concerns:** The worry that our personal information is being collected and used without our knowledge or consent.
- **17. Techlash:** A backlash against the tech industry, driven by concerns about privacy, addiction, and the impact of technology on society.
- **18.FOMO** (fear of missing out): The anxiety that one might miss out on something exciting or important.

19.Social comparison: The tendency to compare oneself to others, often negatively.20.Digital addiction: A broad term that encompasses all of the above conditions.

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WORK: IN PROGRESS | HOW WE WORK

Are Gen Z the most stressed generation in the workplace?



(Image credit: Getty Images)



https://www.bbc.com/worklife/article/20230215-are-gen-z-the-most-stressed-generation-in-the-workplace

Self-hatred, Society & Sickness Related to Di Technology

Proportion of self-hatred, sickness society might increase Sedentary lifestyle and obesity will be a common phenomenon

NOMOPHOBIA ON THE RISE

Nomophobia is the fear of being without your mobile phone. People with nomophobia may experience anxiety, panic attacks, or even physical symptoms such as sweating or nausea when they are not able to access their phone.

66% of the population suffers from nomophobia

Just four years ago, only 53% of people said they were afraid of losing or being without their phones

70% of women have mobile phone separation anxiety, compared to 61% of men





70%

66%

53%

no-mo(bile) phone-phobia

1. The fear of being out of cell phone signal range. 2. The anxiety relating to the sudden loss of a cellular connection.

https://www.trendhunter.com/trends/nomophobia







72% of people report being within five feet of their smartphoner the majority of th

> Semergen. 2018 Oct;44(7):e117-e118. doi: 10.1016/j.semerg.2018.05.002. Epub 2018 Jul 24.

[Nomophobia: Disorder of the 21st Century]



[Article in Spanish] I Asensio Chico ¹, L Díaz Maldonado ², L Garrote Moreno ² Affiliations + expand PMID: 30054209 DOI: 10.1016/j.semerg.2018.05.002

SMARTPHONE ADDICTION IS LINKED TO:

-UNPLEASANTNESS

-IMPAIRED

THINKING

ANXIETY

https://www.wcnc.com/article/life/family/if-my-parents-only-knew/nomophobia-im-addictedim-not-going-to-lie/275-439403154

Technoference

Technoference is the interruption of our lives by technology. This can include things like being interrupted by text messages or social media notifications while we are trying to have a conversation, or being unable to focus on work because we are constantly checking our phones.

https://www.itstimetologoff.com/2021/12/11/technoference-what-it-is-and-how-to-stop-doing-it/

Protocol Open Access Published: 17 March 2022

Impacts of parental technoference on parent-child relationships and child health and developmental outcomes: a scoping review protocol

Lyndsay Jerusha Mackay, Jelena Komanchuk, K. Alix Hayden & Nicole Letourneau

Systematic Reviews 11, Article number: 45 (2022) Cite this article

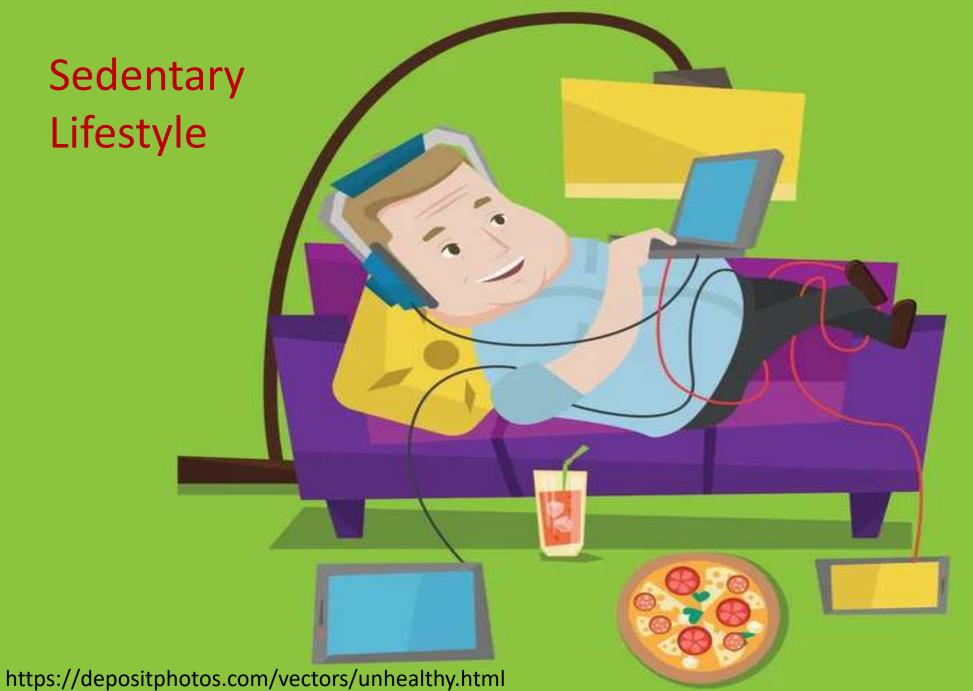
6398 Accesses 3 Citations 2 Altmetric Metrics



Infobesity is the excessive amount of information that we are exposed to on a daily basis. This can lead to anxiety, stress, and difficulty making decisions.

Infobesity

Sedentary Lifestyle







https://cartoonmovement.com/cartoon/sound-obesity

How Health System should be Developed, then?

OUR HEALTH SYSTEM SHOULD BE DEVELOPED ACCORDING TO PECULIARITY CHARACTERISTICS OF THESE GENERATIONS

The second

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We need to create a healthy and productive society; it is condition to harness demographic dividend

We need to build a Strong and Healthy Health System that able to tackle and modify NCD Risk Factors effectively

Cardiovascular diseases

Chronic respiratory diseases

There are four main life style or behavior that are significantly contributed to increasing NCD around the world That Indonesia also should dealt with We do a massive investment

Cancer

Unhealthy eating

W



Stress &

Excess alcohol



Diabetes

Tobacco use

3

We need start from early age we need to create as new norm and new culture PA is important part of our life, Environment and infrastructure should be provided and assessable Smoking habit is our history If this condition can not be controlled NCD will deteriorate demographic dividend

Massive policy transformation and investment required to change a High-Risk Behavior to a Healthy Lifestyle society

Obesity prevalence and all obesity related diseases should be adequately addressed by our health-care reform in the future.

TheJakartaPost

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2 | HEADLINES **Burden from NCDs strains budget**

Dyaning Pangestika

THE JAKARTA POST/JAKARTA

A recent study shows that the ourden of noncommunicable disases (NCDs) in Indonesia is on he rise despite an increasing life xpectancy in the country.

Commissioned by global reearch body the Institute for ealth Metrics and Evaluaon (IHME), the research highhts poor dietary habits, tocco use, high blood pressure d high blood sugar as some of major risk factors that have alated the NCD epidemic in

onesia. ormer health minister Naf-Mboi, the lead author of study, said Indonesia's raprogress in the health sector

Life expectancy has increased by eight years to 71 in three decades

Poor dietary habits, tobacco use, high blood sugar pose health risks for most

in our efforts to drive down the rates of communicable diseases and ailments that affect mothers and infants. At the same time, we need to prevent and treat noncommunicable diseases, which is an expensive endeavor," Nafsiah said during a media briefing to discuss the IHME's recently published research in Jakarta

on Friday. Facing a double burden, Nafsiah said Indonesia must tackle ernment needs to bear, NCDs account for 70 percent, while the remaining 30 percent is for infectious diseases," she said. Hence, it is important for health authorities to put more effort into campaigning to prevent NCDs.

The study was published in The Lancet under the title of "On the road to universal health care in Indonesia, 1990-2016: A systematic analysis for the Global Burden of Disease Study". The report can be accessed through the journal's official website.

In its research, the IHME examined 333 causes of death and disability in Indonesia and seven other countries for comparison from 1990 to 2016.

Over the past 27 years, the study said, the health condition assessed across many indicators in Indonesia had shown some im-

At the same time, the total number of disability-adjusted life years (DALYs), a measure for years lost because of disease, also rose as a result of NCDs. The study found that three leading causes of DALYs in 2016 were ischemic heart disease, cerebrovascular disease and diabetes.

Nafsiah said one of the major challenges in treating NCDs was persuading patients to change their unhealthy lifestyles.

"In many cases, people who suffer from diabetes, for example, find it difficult to restrain themselves from eating foods doctors have told them to avoid, although they are fully aware that those foods can make their condition worse," Nafsiah said.

Khairunnisa Liummah, a 22-year-old freelancer from Bandung, West Java, is among who have been

ovarian cyst, Khairunnisa had to change her dietary habits after her doctor recommended she stop consuming gluten, as well as junk and processed foods.

"At first, it was quite difficult for me to change my entire dietary habits, especially because I used to eat gluten products every day. However, as time goes by, I feel like I'm becoming healthier thanks to my new diet plan," she said on Sunday.

As a way to prevent NCDs, the

Health Ministry initiated a campaign titled "Healthy Citizens Movement" (GERMAS) in 2017 Through this movement, th ministry calls on all citizens to e gage in physical activity, increase healthy food and vegetable int and get routine health check-

"It would be a good ide health authorities could als crease their campaigns to

NCDs are responsible for 73% of deaths

National Institutes of Health (.gov)

https://www.ncbi.nlm.nih.gov > articles > PMC9532265

Evidence from the 2018 Indonesian Basic Health Research

by H Arifin \cdot 2022 \cdot Cited by 5 — **NCDs** are responsible for 73% of deaths in **Indonesia** and the proportions are: cardiovascular disease (35%), cancer (12%), chronic respiratory ... Introduction \cdot Results \cdot Discussion \cdot Conclusion



SCHOOL OF PUBLIC HEALTH

Department of Global Health and Population



COMMITTED TO IMPROVING THE STATE OF THE WORLD

Economics of Non-Communicable Diseases in Indonesia

If Indonesia does not invest adequality and effectively to reduce NCD related risk factors, it might jeopardize the whole health system.

Aging population

A country is said to have an aging population if the proportion of the population aged 60 years and over exceeds 10 percent.

Indonesian Aging population

the proportion of elderly people in Indonesia in 2022 has reached 10.7%, and will increase to 21.90 % (72.03 million people) in 2050.



benefits of the demographic bonus will be maximize if the elderly are able to remain healthy and productive and less burden on the productive-age group



The millennials and members of Generation Z, would form the pre-ageing and ageing populations. We should develop a healthy lifestyle society

EARLY PREPARE FOR HEALTY AGING POPULATION



A LIFE COURSE APPROACH TO healthy ageing

Edited by Diana Kuh Rachel Cooper Rebecca Hardy Marcus Richards Yoav Ben-Shlomo

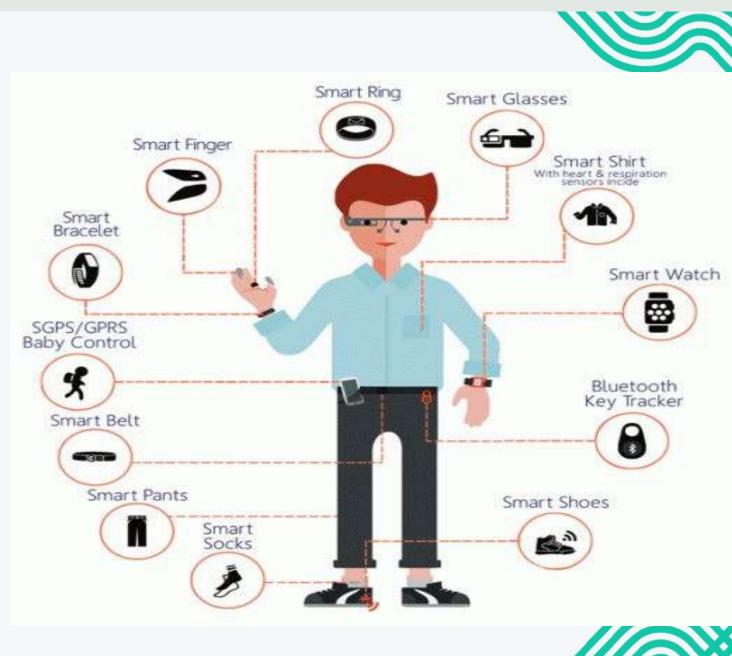
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They are growing old with digital world

Potential using DiPH Promoting Health Preventing Disease

https://www.google.com/url?sa=i&url=https%3A%2F%2Faging.maryland.gov%2FPages%2Fhealth-promotion.aspx&psig=AOvVaw3DTIu0PvEz4kkI6vexsuVE&ust=1672316679417000&source=images&cd=vfe&ved=0CBAQjRxqFwoTCKD89Z6nnPwCFQAAAAAAAAAAAAABBA



Wearable Devices can be used for early detection of health risks?

https://medium.com/@manasim.letsnurture/rise-of-wearables-and-future-of-wearable-technology-1a4e3

MAX UTILIZING DI TECHNOLOGY TO CREATE HEALTHY SOCIETY As ditech as part of gen Y & Z lifestyle R



BLUEPRINT OF DIGITAL HEALTH TRANSFORMATION STRATEGY

2024

BOEFR We still have 18 years remain F3F546 (we need to build a strong foundation and need to invest and focus moreFonl NCD prevention)

Normally, a demographic dividend may occur only once during a demographic transition and lasts for just a few decades (Mason, 2002; Bloom et al, 2003)

If a window of **opportunity** appears, don't pull down the shade.

~Tom Peters



Investing and Creating Healthy Society also create another opportunity to maximize gain of a 2nd and even 3rd Demographic Bonus in the future

creating health into the oldest ages could lay the basis for a third demographic dividend resulting from the societal benefits from the generative social capital of older adults.

on top of the second demographic dividend's savings associated with longer lives.



The Gerontologist cite as: Gerontologist, 2016, Vol. 56, No. S2, S167–S177 doi:10.1093/geront/gnw035

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Literature Review

Investing in Health to Create aThird Demographic Dividend Linda P. Fried, MD, MPH*

Mailman School of Public Health, Columbia University, New York.

*Address correspondence to Linda P. Fried, MD, MPH, Mailman School of Public Health, Columbia University, 722 West 168th Street, 14th Floor, New York, NY 10032. E-mail: If2296@cumc.columbia.edu

Received June 26, 2015; Accepted January 20, 2016

Decision Editor: Peter Lloyd-Sherlock, PhD

Abstract

creating health into the oldest ages could lay the basis for a third demographic dividend resulting from the societal benefits from the generative social capital of older adults

PERLU KOMPETENSI 5.0

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Digital Public Health

DipH is The Future of Public Health

say hello to a new career in digital Public Health

Be DIGITAL PUBLIC HEALTH Pro-

CERTIFIED DIPH

https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.ibat.ie%2Fcourses%2Fprofessional-diploma-in-digital-marketing.html&psig=AOvVaw14i4abJqHSs2ffBwM8BF_L&ust=1670638204286000&source=images&cd=vfe&ved=0CBAQjRxqFwoTCIjC3om-6_sCFQAAAAAdAAAABAD



Update our Digital Public Health Literacy

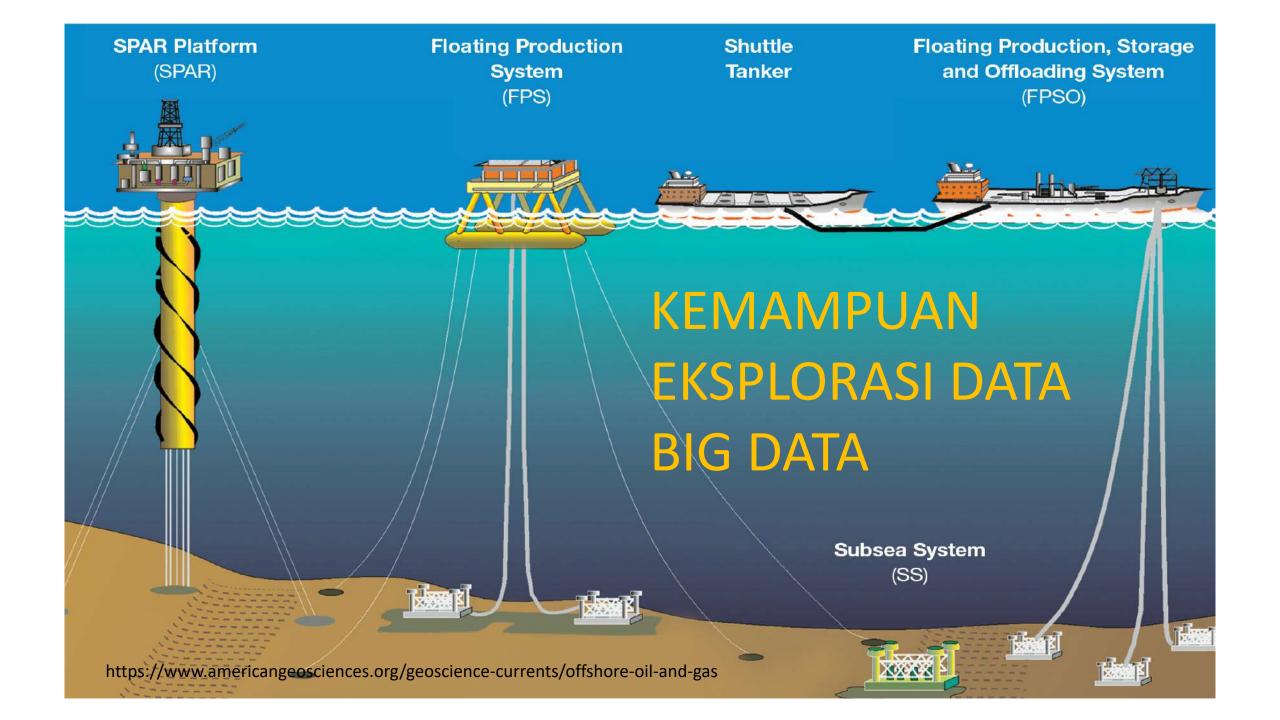
Cultivating Digital Literacy

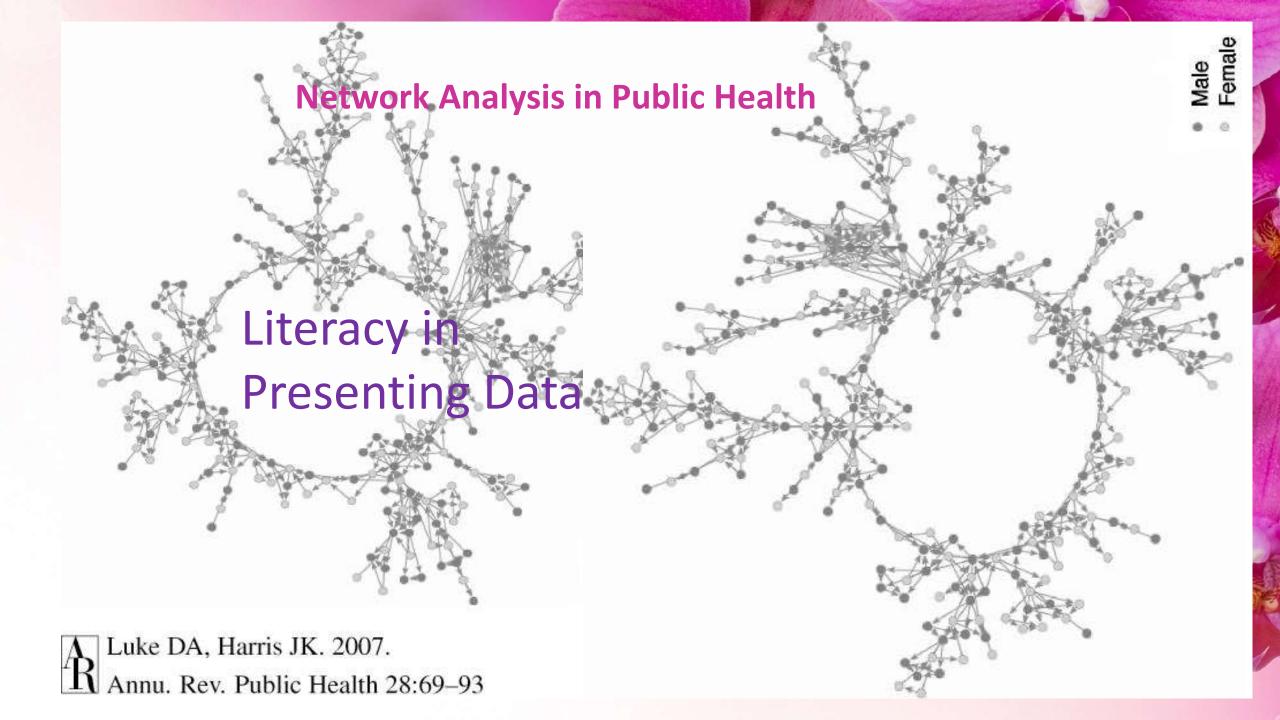
How colleges and universities can teach essential skills for success in the age of automation and digital transformation.

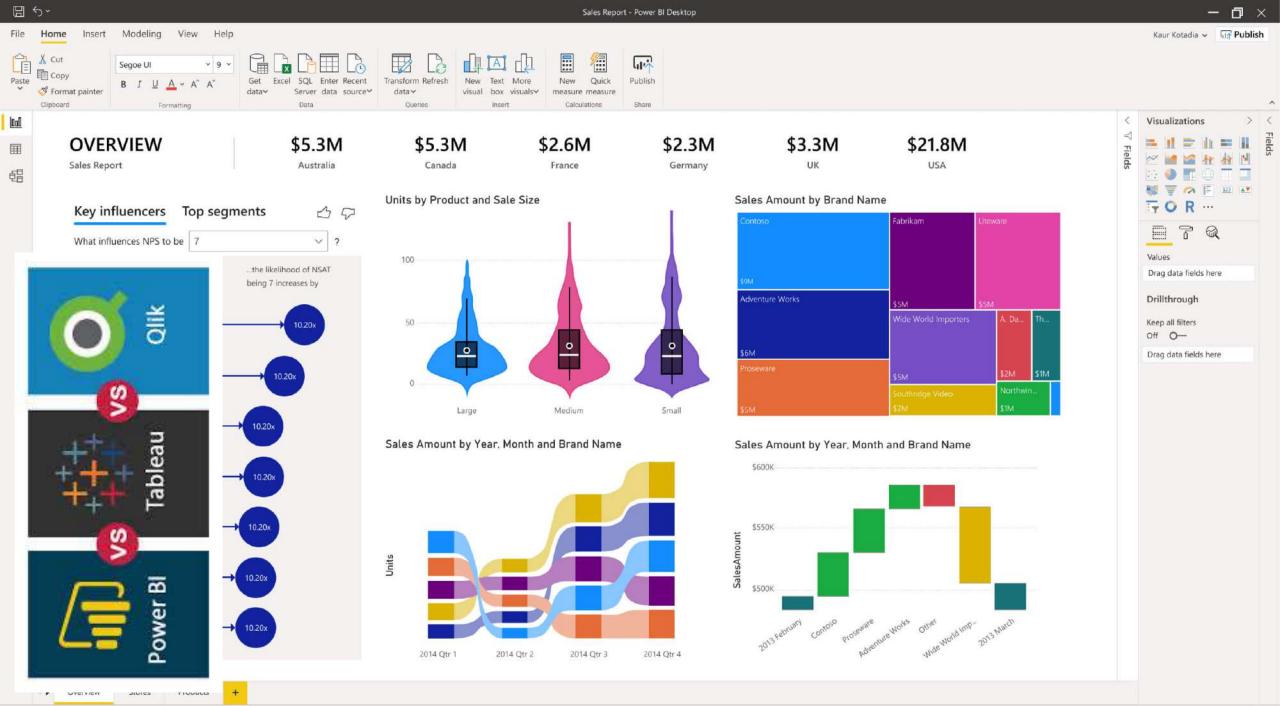
digital health literacy

the National Institutes of Health is "the ability to seek, find, understan and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem."

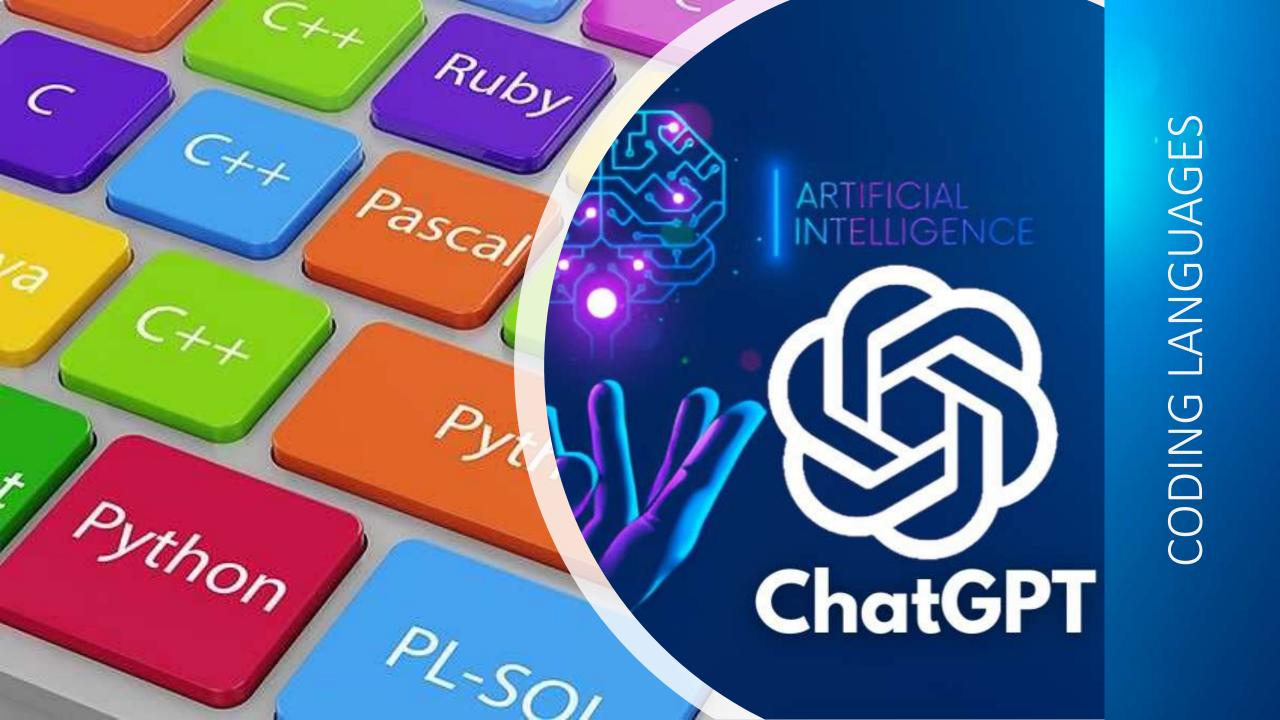
https://patientengagementhit.com/features/digital-health-literacy-why-its-important-and-how-to-improveit#:~:text=According%20to%20the%20National%20Institutes,or%20solving%20a%20health%20problem.%E2%80%9D







PAGE 1 of 1





PUBLIC HEALTH PROFESSIONAL BE FASTER LEARNER

https://www.litmos.com/blog/blended-learning/7-top-blended-learning-benefits-for-corporate-training

be Faster

https://motocrossactionmag.com/how-to-be-faster-by-next-weekend-in-ten-easy-lessons/

-

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curiosity

learn something new

https://play.google.com/store/apps/details?id=com.curiosity.dailycuriosity&hl=en_AU





WORKING KNOWLEDGE

Business Research for Business Leaders

Topics ✓ Sections ✓ Browse All

RESEARCH & IDEAS

Curiosity, Not Coding: 6 Skills Leaders Need in the Digital Age

14 FEB 2022 | by Linda A. Hill, Ann Le Cam, Sunand Menon, and Emily Tedards

Transforming an organization starts with transforming its leaders. Data from 1,700 executives by **Linda Hill** and colleagues reveals the most important skills and traits leaders need now.



Mudah2an Mencerahkan

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