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

Presented By

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Ketua Umum PP AIPTKMI Priode 2022-2025
Direktur Pascasarjana Universitas Muhammadiyah Aceh

National Conference 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

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The Objectives

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)
JARGON

Health System Strengthening

Health Care Reform

Health System Resilience

Public Health Resilience

Health System Reform
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 Michel, Brigit Obrist, Till Bärnighausen +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.
WHO, 2020
HEALTH SYSTEM BUILDING BLOCKS

ACCESS
COVERAGE
QUALITY
SAFETY

OVERALL GOALS/OUTCOMES

IMPROVED HEALTH (LEVEL AND EQUITY)
RESPONSIVENESS
SOCIAL AND FINANCIAL RISK PROTECTION
IMPROVED EFFICIENCY
UU NO 17. TAHUN 2023

- AKSES
- MUTU
- EFEKTIF
- EFISIEN
- PEMBIAYAAN
- NEEDS
- KEPEMILIKAN 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.

Proportion of individuals by health status, 2019

- Excellent: 31%
- Very Good: 34%
- Good: 25%
- Fair: 8%
- Poor: 2%

Healthy: 73%, Ever Sick: 27%

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
18 years remaining*

Indonesian demographic dividends (2012-2041)

*based on the population projection for 2020-2050 (trend scenario), Indonesia's demographic bonus will end in 2041. Five years longer than the previous projection (which ended in 2036).
Who determine demographic dividend?

Who are the main contributors?
the working-age population to grow more rapidly than the overall population once fertility has begun to decline.

Note: Based on Medium Projection.
working-age population to grow more rapidly than the overall population once fertility has begun to decline.

PopulationPyramid.net

Based on Medium Projection.
higher proportion of millennials and Z generation working-age population to grow more rapidly than the overall population once fertility has begun to decline.
Who are the main Contributors

Demographic Bonus

Year | Age
---|---
1980 | 0
1985 | 5
1990 | 10
1995 | 15
2000 | 20
2005 | 25
2010 | 30
2012 | 32
2015 | 35
2020 | 40
2025 | 45
2030 | 50
2035 | 55
2040 | 60
2041 | 61

Millennials | 1980-1995
Gen Z | 1995-2010
They are **Digital Natives**

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

**Millennials**
Born between 1980–1995

**Gen Z**
Born between 1995–2010
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.
Gen Z Is The Future of Health
What You Need to Know to Innovate for This Generation

https://www.thelinusgroup.com/gen-z-is-the-future-of-health-report

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
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 Outcome of these generations (healthy or sickness) are highly determined by Di technology.
The Disease of 21st Century: Digital Disease

Olkan Betoncu ¹, Fezile Ozdamli ²

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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.
9. **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.
Are Gen Z the most stressed generation in the workplace?
Related to Di Technology

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

https://www.trendhunter.com/trends/nomophobia
Nomophobia: Disorder of the 21st Century
SMARTPHONE ADDICTION IS LINKED TO:

- UNPLEASANTNESS
- IMPAIRED THINKING
- ANXIETY

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/
Impacts of parental technoeference 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.
Sedentary Lifestyle

https://depositphotos.com/vectors/unhealthy.html
How Health System should be Developed, then?
OUR HEALTH SYSTEM SHOULD BE DEVELOPED ACCORDING TO PECULIARITY CHARACTERISTICS OF THESE GENERATIONS
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.
There are four main lifestyle or behavior that are significantly contributed to increasing NCD around the world. That Indonesia also should dealt with. We do a massive investment.
Massive policy transformation and investment required to change a High-Risk Behavior to a Healthy Lifestyle society.

We need to start from early age, we need to create a new norm and new culture. PA is an important part of our life. Environment and infrastructure should be provided and assessable. Smoking habit is our history. If this condition cannot be controlled, NCD will deteriorate our demographic dividend.
Obesity prevalence and all obesity related diseases should be adequately addressed by our health-care reform in the future.
Burden from NCDs strains budget

Dyning Pangestika

A recent study shows that the burden of noncommunicable diseases (NCDs) in Indonesia is on the rise despite an increasing life expectancy in the country. Commissioned by global research body the Institute for Health Metrics and Evaluation (IHME), the research highlights poor dietary habits, tobacco use, high blood pressure and high blood sugar as some of the major risk factors that have contributed to the NCD epidemic in Indonesia.

Former health minister Nafsiah Mboi, the lead author of the study, said Indonesia’s rapid progress in the health sector needed 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 improvement 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 non-communicable 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 both simultaneously 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 non-communicable diseases, which is an expensive endeavor,” Nafsiah said during a media briefing to discuss the IHME’s recently published research in Jakarta on Friday.

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 these foods can make their condition worse,” Nafsiah said.

Khairunnisa Laummah, a 22-year-old freelancer from Bandung, West Java, is among people who have been trying to change their dietary habits after she was diagnosed with diabetes. She said she wanted to eat gluten-free 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, the ministry calls on all citizens to engage in physical activity, increase healthy food and vegetables intake and get routine health check-ups.

“It would be a good idea if health authorities could also increase their campaigns to change dietary habits,” Khairunnisa said.
NCDs are responsible for 73% of deaths in Indonesia and the proportions are: cardiovascular disease (35%), cancer (12%), chronic respiratory ...
If Indonesia does not invest adequacy 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 HEALTHY AGING POPULATION
They are growing old with digital world
Potential using DiPH
Promoting Health
Preventing Disease
Wearable Devices can be used for early detection of health risks?

MAX UTILIZING DI TECHNOLOGY TO CREATE HEALTHY SOCIETY
As ditech as part of gen Y & Z lifestyle
BLUEPRINT OF
DIGITAL HEALTH TRANSFORMATION STRATEGY
2024
We still have 18 years remaining

(we need to build a strong foundation and need to invest and focus more on 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 2\textsuperscript{nd} and even 3\textsuperscript{rd} Demographic Bonus in the future. 

\textbf{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.
Literature Review

Investing in Health to Create a Third Demographic Dividend

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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
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
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, understand, 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-improve-

#:~:text=According%20to%20the%20National%20Institutes%20of%20Health%2C%20digital%20health%20literacy%20is%20"the%20ability%20to%20seek%2C%20find%2C%20understand%2C%20and%20appraise%20health%20information%20from%20electronic%20sources%20and%20apply%20the%20knowledge%20gained%20to%20addressing%20or%20solving%20a%20health%20problem."
KEMAMPUAN EKSPLORASI DATA BIG DATA
Network Analysis in Public Health

Literacy in Presenting Data

be Faster

curiosity
learn something new

From Curious to Competent
by Claudio Fernández-Aráoz, Andrew Roscoe, and Kentaro Aramaki

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
THANK YOU