



Centre for Applied Research & Evaluation
International Foundation

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Careif Essay Prize Competition 2015

Careif Global Essay:

**Ageing: The health, social, economic and cultural challenges of the 21st Century:
a new demographic reality.**

1st Prize £500

2nd Prize £300

3rd Prize £100

Careif is an international mental health charity with a special focus on protecting and promoting the health and well-being of young people living in culturally diverse societies around the world. Each year, we have held a highly successful essay prize competition to encourage 'state of the art' essays on key mental health themes. These are published on our website and in the lay and academic press. The essays aim to bring together a wide range of disciplinary perspectives, integrating the academic research, theoretical, conceptual, and public health perspectives.

The world is ageing. This is a cause for celebration. Increased longevity is a triumph for public health. In part it reflects our successes in dealing with childhood disease, maternal mortality, helping women achieve control over their own fertility and the result of social and economic development

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The ageing of the world's population - in developing and developed countries - is an indicator of improving global health. Between 2000 and 2050, the proportion of the world's population over 60 years of age is predicted to double from about 11% to 22%. The absolute number of people aged 60 years and over is expected to increase from 605 million to 2 billion over the same period; more people will live to see their 80s or 90s than ever before. Low- and middle-income countries will experience the most rapid and dramatic demographic change. ([WHO Global Health Ageing](#))*

However, along with these benefits come special health challenges for the 21st century, many individuals will face, as they age, the risk of having at least one chronic disease, such as hypertension, diabetes and osteo-muscular conditions. As people live longer, worldwide, there will be a dramatic increase in the number of people with forms of dementia such as Alzheimer's disease. The risk of dementia rises sharply with age with an estimated 25-30% of people aged 85 or older having some degree of cognitive decline.

Older people make important contributions to society as family members, volunteers and as active participants in the workforce. The wisdom they have gained through life experience makes them a vital social resource. We all generally value and respect the older people we love or know well. But our attitudes to other older people within the broader community can be different. In many traditional societies, older people are respected as "elders" people with knowledge, and wisdom. However, in other societies, older women and men may be less respected.

Population aging is a powerful and transforming demographic force. We are only just beginning to comprehend its impacts at the national and global levels. As we prepare for a new demographic reality

You are invited to submit, in open competition, an original essay on '*Ageing: the health, social and economic challenges of the 21st Century*' and to explore its demographic reality, cultural meaning, socio-economic context, and its association with the illnesses of old age. The essay should include an incisive and synoptic literature review, focusing on improving knowledge about the ethno-aetiology of ageing together with clues to prepare health providers and societies to meet the specific needs of older populations. This could include training for health professionals on old-age care; preventing and managing age-associated chronic diseases; designing sustainable policies on long-term and palliative care; and developing age-friendly services and settings. An exploration of contrasts between low income and high income countries are of particular interest and are very welcome.

The prize is open for all people, from any organisation and professional discipline that has engaged or interested with issues relating to ageing and older people. We expect prize applicants to have written the essays themselves, rather than have them prepared as part of a team. However, one essay application may be submitted by two co-authors where their respective roles are carefully set out. Prizes will be awarded by a panel of experts.

Entries must be no more than 4000 words, excluding references, should be referenced using the Harvard reference style, and submitted by email to essay15@careif.org by **21st December 2015**. Applicants will be notified by **21st February 2016**. The judges reserve the right not to award a prize if none of the entries meet the required standards.

Authors must include their full name, address, country, email, and occupation on the title page- but this must not be counted as part of the 4000-word submission.

Thank You and Good Luck

Dr Imran Ali
Trustee of careif
Consultant Psychiatrist

Professor Dinesh Bhugra CBE
Trustee of careif
Professor of Mental Health and Cultural
Diversity
President of the World Psychiatric Association

CAREIF - Centre for Applied Research and Evaluation International Foundation - is an International Mental Health Charity

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* http://www.who.int/ageing/publications/global_health/en/



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