

# Adult Vaccination Mentorship Program at IFA Project ECHO

The connection between adult vaccination  
and healthy ageing

Post-session Resources

14 September 2021



**Summary of didactic:**

Dr. Jean-Pierre Michel's lecture provided context on the benefits of vaccination in fostering healthy ageing. In summary, the World Health Organization (WHO) defines healthy ageing as "the process of developing and maintaining the functional ability that enables wellbeing in older age."<sup>1</sup> Vaccines prevent deaths and enable function throughout life, fostering healthy ageing. Annually, vaccines prevent more than 2.5 million deaths from communicable diseases according to the WHO's Global Vaccine Action Plan 2011-2020.<sup>2</sup> On an individual level, vaccines reduce morbidity and mortality due to communicable disease and protect against functional decline which commonly occurs post-infection. Additionally, vaccines have been shown to decrease the incidence of non-communicable diseases including type 1 diabetes,<sup>3,4</sup> cardiovascular disease,<sup>5</sup> stroke<sup>6</sup> and dementia.<sup>7</sup> At a population level, vaccination protects the health of the community via herd immunity and by reducing antimicrobial resistance.

**Summary of case presentation:**

A case presentation by Dr. Michael Moore, past president of the World Federation of Public Health Associations, described the work of the International Policy Taskforce on Immunization which aimed to improve vaccination rates globally, while recognizing that successful vaccination programs depend on good policy and effective strategies. To address these goals, the taskforce launched official statements on immunization and peer-reviewed publications, provided advocacy support for public health associations and increased education via webinars, media and social media coverage.

**Summary of recommendations:**

- Vaccine hesitancy, misinformation and disinformation are problems unique to vaccination, exacerbated by a lack of education and health literacy. As champions of adult vaccination, educating and increasing awareness amongst healthcare providers and the public is a key responsibility.
- Education and investment in health promotion and prevention strategies is an important priority to ensure robust immunization programs.
- As advocates, consistency in messaging about the benefits of vaccines is important to combat misinformation and vaccine hesitancy.
- Addressing and ending immunization inequity begins with developing interventions and messages which are specific and targeted to the most at-risk populations.

**Resources from this session:**

The following global agendas may be harnessed to advocate for vaccination throughout the life course as a key action in fostering healthy ageing.

1. [United Nations Decade of Healthy Ageing](#)
2. [World Health Organization's Immunization Agenda 2030](#)
3. [NCD Alliance Framework](#)

## References

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- <sup>1</sup> World Health Organization. Ageing: Healthy ageing and functional ability. (2020). Retrieved from <https://www.who.int/westernpacific/news/q-a-detail/ageing-healthy-ageing-and-functional-ability>
- <sup>2</sup> World Health Organization. Global Vaccine Action Plan 2011 - 2020. (2013). Retrieved from [www.who.int/immunization/global\\_vaccine\\_action\\_plan/GVAP\\_doc\\_2011\\_2020/en/index.html](http://www.who.int/immunization/global_vaccine_action_plan/GVAP_doc_2011_2020/en/index.html)
- <sup>3</sup> Rogers, M. A., Basu, T., & Kim, C. (2019). Lower incidence rate of type 1 diabetes after receipt of the rotavirus vaccine in the United States, 2001–2017. *Scientific reports*, 9(1), 1-8.
- <sup>4</sup> Perrett, K. P., Jachno, K., Nolan, T. M., & Harrison, L. C. (2019). Association of rotavirus vaccination with the incidence of type 1 diabetes in children. *JAMA pediatrics*, 173(3), 280-282.
- <sup>5</sup> Fountoulaki, K., Tsiodras, S., Polyzogopoulou, E., Olympios, C., & Parissis, J. (2018). Beneficial effects of vaccination on cardiovascular events: myocardial infarction, stroke, heart failure. *Cardiology*, 141(2), 98-106.
- <sup>6</sup> Klaric, J. S., Beltran, T. A., & McClenathan, B. M. (2019). An association between herpes zoster vaccination and stroke reduction among elderly individuals. *Military medicine*, 184(Supplement\_1), 126-132.
- <sup>7</sup> Verreault, R., Laurin, D., Lindsay, J., & De Serres, G. (2001). Past exposure to vaccines and subsequent risk of Alzheimer's disease. *Cmaj*, 165(11), 1495-1498.