

## INTEGRATED APPROACHES TO AGING: SOCIOEPIDEMIOLOGICAL ANALYSIS AND POLICY IMPLICATIONS IN A BRAZILIAN MUNICIPAL CONTEXT

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### Abstract

**Background:** The global aging population has significantly impacted health systems and public policy formulation, particularly in Brazil, where the elderly population is steadily increasing. Municipalities face the challenge of adapting services to meet the specific needs of older adults, ensuring quality of life and dignity. Understanding the sociodemographic and epidemiological profile of this population is crucial for developing effective interventions that promote healthy aging and social inclusion. **Purpose:** This study aimed to analyze the sociodemographic and epidemiological profile of older adults in a municipality in the interior of São Paulo and to evaluate existing interventions across the public, private, and third sectors to support this population. A secondary objective was to assess the alignment of these interventions with national aging policies, focusing on the promotion of autonomy, health, and social participation. **Methods:** Data were collected from primary and secondary sources, including national statistical databases, municipal reports, scientific articles, and local government websites. The methodological approach involved descriptive analysis of sociodemographic and epidemiological data, alongside a qualitative review of municipal interventions targeting older adults, with a focus on health, social assistance, and community engagement programs. **Results:** The municipality has approximately 16,700 older adults, with a higher proportion of women. Chronic conditions such as hypertension and diabetes are prevalent, managed through free medication provided by the public health system. About 1,839 older adults with disabilities and 1,084 receiving social benefits were identified, alongside 90 cases of confirmed or suspected violence. Health services include 17 public health units offering vaccinations and clinical care. Social programs promote inclusion through community activities, though specific sports programs for older adults are limited. Participation in regional events like the "Jogos da Melhor Idade" fosters social engagement. **Conclusion:** The study highlights a growing elderly population with significant health and social needs, addressed through municipal programs aligned with national aging policies. However, gaps in accessible information and specialized sports initiatives for older adults were identified. Future research should explore strategies to enhance program visibility and develop tailored physical activity interventions to further promote autonomy and well-being. **Implications:** The findings underscore the need for integrated policies that enhance health, social inclusion, and autonomy for older adults. Practical implications

include improving the dissemination of municipal programs and expanding professional training in geriatrics and gerontology. These efforts can inform public policy and management, fostering innovative approaches to longevity that prioritize dignity and active societal participation for older adults.

**Keywords:** elderly health; active aging; public health.