

Embracing All Ages - UPF and the UN Decade of Healthy Ageing (2021 to 2030)

Tageldin Hamad
December 21, 2025



The [United Nations](#) launched the [2030 Agenda for Sustainable Development](#) to advance dignity and wellbeing for all. Within that framework, the [Decade of Healthy Ageing](#) (2021 to 2030), led by the [World Health Organization \(WHO\)](#) in collaboration with the United Nations system and partners worldwide, outlines actions that enable older persons to live healthy, secure, and connected lives within their communities, while strengthening the resilience of families and societies. As we pass its midpoint, this collective effort requires accelerated action to fulfill the promise of the 2030 Agenda and the vision set out in [Our Common Agenda](#).

The [Universal Peace Federation](#) approaches healthy ageing through a clear social insight: stable and peaceful societies depend on strong relationships across generations. Its founders, [Dr. Hak Ja Han](#) and [Dr. Sun Myung Moon](#), consistently emphasized the public value of honoring elders and maintaining continuity between generations. Dr. Hak Ja Han emphasizes that in a completed family, elders hold a position of honor and spiritual authority, reflecting God's love and wisdom. This principle translates into a social ethic where honoring elders becomes a cornerstone of community health and peacebuilding.

A central priority of the Decade is addressing age-based exclusion, including stereotypes that limit participation and opportunity. This objective advances the implementation of [Sustainable Development Goal 3](#) on good health and well-being and [Sustainable Development Goal 10](#) on reducing inequalities, particularly where social isolation undermines mental and social health. In practical terms, age-friendly communities remove barriers to participation, expand access to essential services, and create everyday environments in which older adults are visible, respected, and actively engaged.

Across countries, UPF [Ambassadors for Peace](#) worldwide initiate community-based programs such as

[intergenerational gatherings](#), home visits to isolated seniors, and [digital literacy](#) workshops that help people in later life access communication technologies, reinforcing a shared culture of service and mutual responsibility. In several regions, this approach is reflected in UPF-supported Peace Road activities, where older adults participate alongside youth and families in public community events, demonstrating healthy ageing through active civic engagement.

UPF also convenes dialogue on public policies that shape how societies age, including social protection systems, inclusive urban planning, accessible public spaces, and lifelong learning. Through forums and its [International Association of Parliamentarians for Peace \(IAPP\)](#), UPF convenes policymakers to discuss social protection systems, inclusive urban planning, accessible public spaces, and lifelong learning - key elements of healthy ageing that advance [Sustainable Development Goal 11](#), which calls to make cities and human settlements inclusive, safe, resilient and sustainable, and [Sustainable Development Goal 8](#) on decent work and economic growth, thereby also contributing to [Sustainable Development Goal 4](#) and [Sustainable Development Goal 10](#).

The Decade of Healthy Ageing also draws attention to the need for long-term care and sustained support for family caregivers. Here, UPF and its affiliated organizations mobilize community networks to provide practical, community-based support. The [Women's Federation for World Peace \(WFWP\)](#) plays an important role in this effort by mobilizing community networks to provide practical support, including volunteer visitation and respite for family caregivers. This agenda aligns with broader UN discussions on future-ready social systems, including the [Pact for the Future](#). Healthy ageing is a measure of a society's inclusiveness and resilience, reflecting its capacity to ensure that no one is left behind at any stage of life. Inclusive urban planning and effective social protection systems are essential to ensure that older persons remain fully integrated into community life.

As 2030 approaches, progress will depend on consistent local action, realistic policy choices, and social attitudes that recognize older persons as full participants in society. These efforts echo the spirit of the UN International [Day of Older Persons](#) (1 October), transforming principle into local practice. UPF calls upon its Ambassadors for Peace and all partners to model intergenerational solidarity through simple, concrete actions in their communities, from improving accessibility in shared spaces to creating opportunities for seniors to contribute their skills through mentoring and service.

Our vision of One Family under God affirms that recognizing the dignity of every stage of life reflects a shared responsibility for the common good. Healthy ageing begins in families and communities that cherish wisdom passed from generation to generation.

Dr. Tageldin Hamad

President, Universal Peace Federation