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Increased Demographics, Urbanism and the Right to Food for Older Persons

13 November 2025

9:30 EDT
15:30 CET

5 FREE EVENTS
4th Round!
JUNE-DECEMBER 2025

ROUNDTABLE SERIES

MAINSTREAMING KNOWLEDGE ON AGEING

Bridging paths towards strengthening protection and participation

With the support of:

WHO Global Network for Age-friendly Cities and Communities

hpod Harvard Law School Project on Disability

INPEA

ILC GLOBAL ALLIANCE INTERNATIONAL LONGEVITY CENTRE Designing the Future of Ageing

NGO Committee on Ageing GENEVA

GIA Global Initiative on Ageing

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BACKGROUND INFORMATION

"By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million." [1]

Increased demographics and urbanism intersect with the right to food for older persons by shaping how to grow and access adequate, nutritious, and affordable food within rapidly changing urban environments.

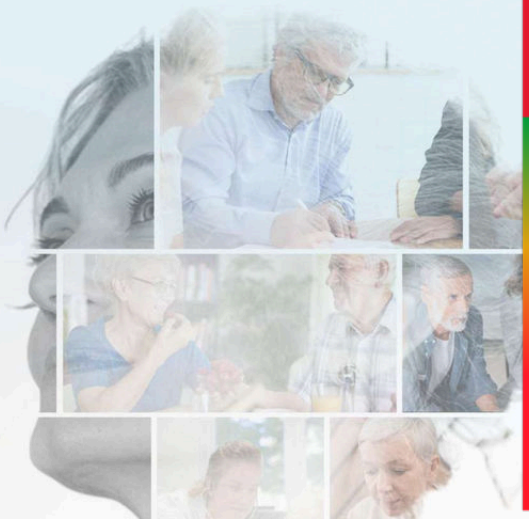
The world's population is ageing at an unprecedented rate, with the number of older persons projected to surpass that of younger populations in many regions by mid-century. This demographic shift is not merely a statistic, it represents a profound social transformation that challenges how societies organise resources, infrastructure, and rights. As more people live longer, ensuring their well-being and dignity becomes a central concern. Older persons are not a burden but a valuable segment of society whose experience, knowledge, and contributions strengthen communities. Recognizing their rights, particularly in relation to food security, is essential to upholding the principles of equality and human rights for all generations.

Urbanisation further complicates this dynamic, as cities expand rapidly and resources become increasingly strained. While urban areas can offer better access to services, they often fail to meet the specific needs of older persons, especially those living on fixed incomes or in marginalized neighbourhoods. Likewise, limited access to affordable, nutritious food, inadequate transportation, and unsafe living conditions can exacerbate isolation and malnutrition among older populations. Sustainable urban planning must therefore integrate age-friendly principles, ensuring that food systems, public spaces, and social services are inclusive and accessible to people of all ages. Building such environments benefits not only older residents but also creates more resilient and equitable cities for everyone.

The right to food is a fundamental human right that does not diminish with age. Yet many older persons face barriers that prevent them from enjoying this right fully, ranging from economic insecurity and rising food prices to physical or social limitations that restrict access to healthy meals. Policymakers, communities, and families must work together to promote food justice and nutritional security for older persons. This means supporting local food initiatives, ensuring access to social protection programmes, and recognising that adequate nutrition is vital to maintaining health, independence, and dignity in later life. Addressing the intersection of demographic change, urbanism, and the right to food is not just about caring for the elderly —it is about building societies that value and protect all stages of life.

OBJECTIVE

To raise awareness about the impact of urbanisation on food security for older persons and to promote sustainable policies that ensure access to nutritious food for them in all settings.



[1] Source: WHO Fact Sheet - Ageing and Health

TARGET AUDIENCE

The event is open to different actors interested in ageing and the rights of older persons, including:

- Public sector officials, policy makers and practitioners
- International Organizations
- Civil Society
- National Human Rights Institutions
- Academia
- Private sector

This event as well as the upcoming ones from the virtual roundtable series are open and free to All.

FORMAT

Online. These events will be celebrated online with the spirit of inclusion to allow participants from different parts of the world to join us.

SPECIAL NOTES

1. Participants who want to receive a certificate of participation need to fulfill the following criteria: Having participated at least 75% by Zoom (To be measured by the system).
2. You're warmly welcome to send questions or suggestions in advance to **sdp@unitar.org**
3. After the celebration of each event, those participants who joined them will be receiving the respective video recording together with takeaway messages.

Join us!

Register now

https://zoom.us/webinar/register/WN_qqmjRF5sQcSp3ovugHqbuA

Earn a certificate of participation!

PROGRAMME

Moderator

Ms. Analucía Jácome
Senior Coordinator of the Series,
UNITAR

Speakers

Mr. Dominique Burgeon
Director, Food and Agriculture Organization (FAO) Liaison Office with the UN in Geneva

Ms. Silvia Perel-Levin
Vice-Chair, the NGO Committee on Ageing (Geneva),
Representative of the International Network for the Prevention of Elder Abuse (INPEA) and the International Longevity Centre Global Alliance (ILC GA)

Dr. Chitralekha Marie Massey
Chief of Section, Rights of Older Persons,
Office of the High Commissioner for Human Rights (OHCHR)

Analysis on the Legal Obligations and Responsibilities for Older Persons at International Level

Mr. Hezzy Smith
Director of Advocacy Initiatives,
Harvard Law School Project on Disability (HPOD)

Closing Remarks on the Occassion of the 4th Year of the Series

H.E. Amb. Luis Gallegos
President of the Board of Trustees of WID, Nippon Foundation, and GIA Longevity
Former Minister of Foreign Affairs of the Republic of Ecuador

Decade of healthy ageing

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