



IFHE
INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

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NEWS RELEASE

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World Home Economics Day (21 March 2021) **Home economics knowledge vital for healthy ageing**

World Home Economics Day is a public relations event for family & consumer issues. Initiated by the *International Federation for Home Economics* (IFHE) in 1982, each 21 March, IFHE members take this opportunity to highlight a specific theme and the impact of home economics research and education on a sustainable living for all.

This year's focus is on **home as an environment for healthy ageing**. Populations around the world are rapidly ageing and this demographic transition will impact on almost all aspects of society. A Decade of Healthy Ageing 2020-2030 was declared by World Health Organisation to underline the theme's importance.

Home Economics research and education address individual households, institutional homes, and communities as the environment where older people can age safely. It promotes healthy ageing in an environment that meets physical demands, is free from poverty and allows for personal development; where the elderly with varying needs and capacities can contribute to their communities while retaining autonomy.

Our profession's **multidisciplinary approach** towards a responsible use of household resources includes many fields of relevance for an ageing society. Healthy diets, personal finance or processes in institutional homes are a few examples of home economics expertise that focus on supportive living environments for older people.

From a home economics perspective, creating environments for healthy ageing includes the **"elderly of tomorrow"**. Knowledge on the responsible use of resources at home supports wellbeing of all household members and their communities and contributes to achieving a sustainable living for all.

A Global Voice for Home Economics: Founded 1908, IFHE is the only international organization representing home economics and consumer sciences.

We advocate education & research on the responsible management resources at household and consumer level. Our perspective is global, we strive to achieve sustainable living for all.

IFHE has members in almost 70 countries and holds consultative status with the UN.