

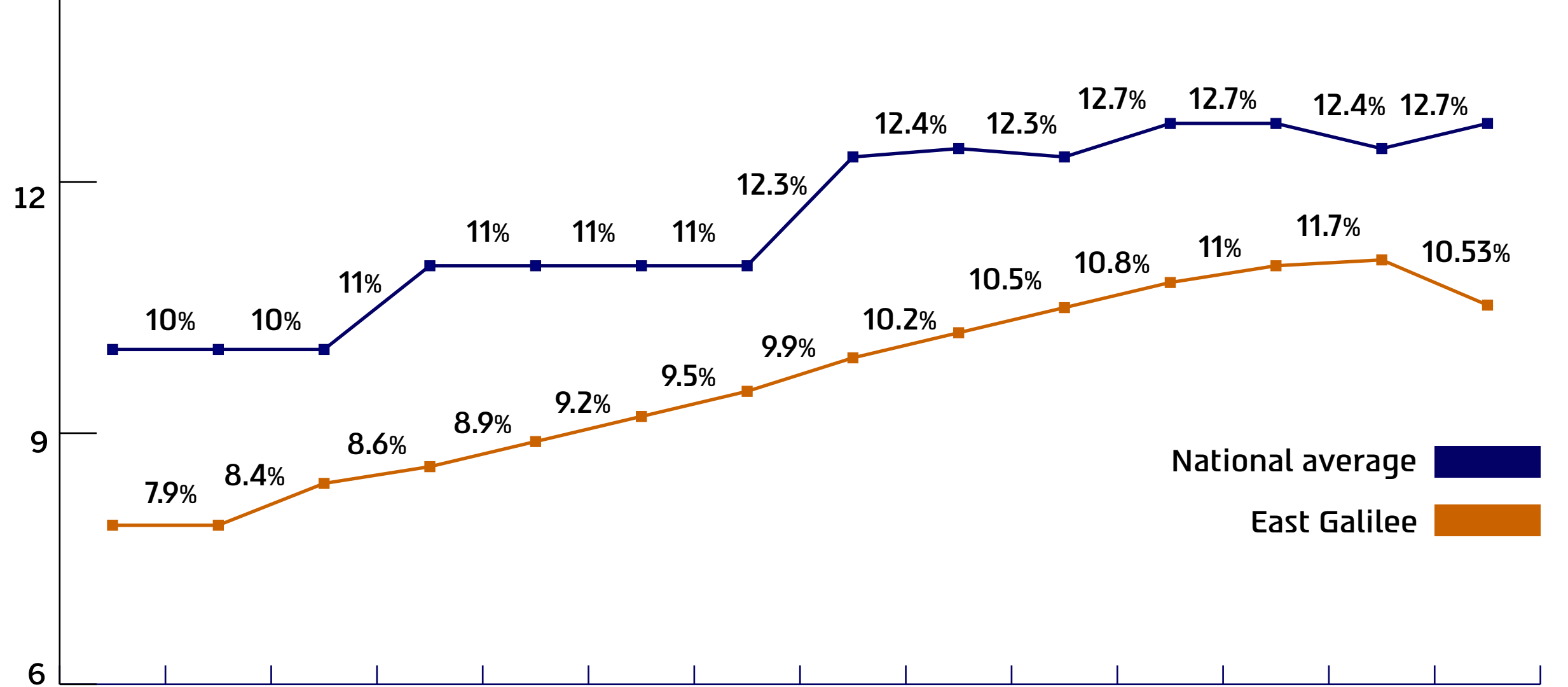
Regional Knowledge center East Galilee

Newsletter – December 2025

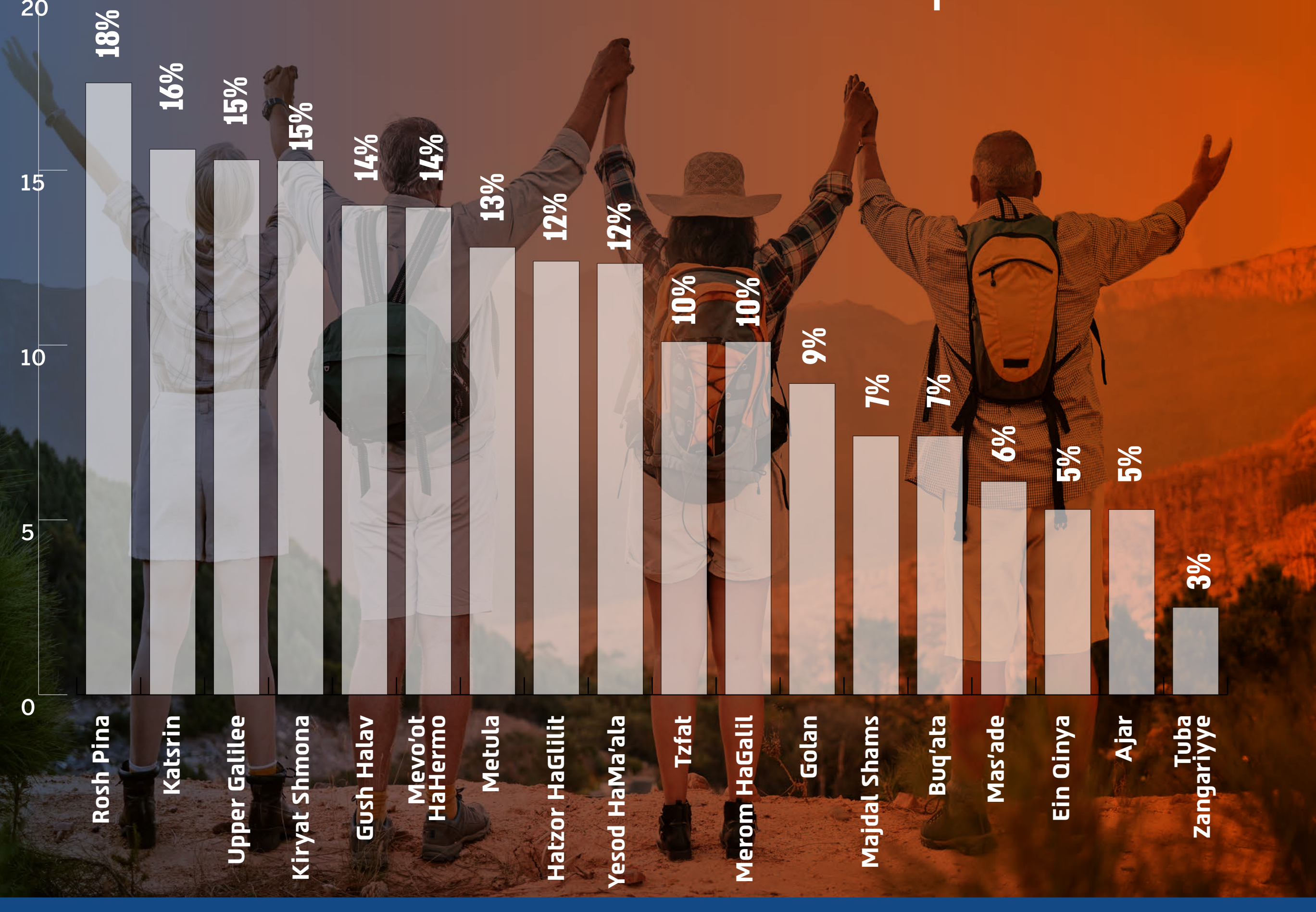
The East Galilee Regional Knowledge Center works to advance the municipalities of the East Galilee cluster through the collection, analysis, and publishing of relevant information and data. The center provides professional support body for local authorities, organizations, residents, government ministries, and state institutions, and assists in making informed decisions based on research and data.

Senior Citizens in the East Galilee Cluster: Current Situation

The East Galilee Cluster Regional Health Unit, in collaboration with the East Galilee Regional Knowledge Center, led a study between June and August 2025 among the senior population in the cluster. The purpose of the study was to examine the health, mental, and social condition of senior citizens in the East Galilee cluster in light of the war. Additionally, to examine the habits and needs of this population and identify areas where community support involvement are needed.



Senior Citizen Rate Across Municipalities



87%
Women

875
senior citizens participated in the study

87%
Jewish participants

22%
Men

22%
Arab participants

Approximately 65% were aged 65-75, and the rest over 75

Social Activity and Sense of Belonging¹

Bellow are the main findings from the survey:

53%

participate in social activities or work.

This is a high rate compared to the national figure of 37%. It appears that the seniors in the Galilee do not perceive themselves as lonely.37%

57%

reported their financial situation does not prevent them from maintaining social and cultural life.

Low rate compared to the national figure of 65%.

72%

reported no difficulty reaching public places.

High rate compared to the national figure of 45%.

1. National data from Joint Israel as part of the 100 muni initiative

Health Status

58% rated their health status as good or very good. Only 12% engage in strenuous physical activity. This rate is lower than the national figure of 29%.

Why seniors do not going out of home every day:

- Health condition
- Difficulty walking

Factors interfering walking in the streets:

64%

indicated objects on sidewalks

58%

indicated high or damaged sidewalks

53%

indicated lack of benches for rest

48%

indicated no shaded areas

Topics Where Senior Residents Wanted to Receive Information and Practical Tools

42%

Physical activity adapted for seniors

40%

Third age rights

32%

Employment and leisure activities for seniors

28%

Healthy nutrition

Main Issues Concerning Senior Citizens

- 53%** of respondents are concerned about the possibility of another round of fighting.
- 34%** are concerned about infrastructure conditions (sidewalks, lighting, roads).
- 26%** are concerned about availability of medical services.

Despite all of the above:
78% of respondents wish to continue living in their private home in their community

Survey Conclusions and Recommendations

The findings from the senior citizens survey indicate that more than half of the respondents participate in social activities or work, and their financial and health situation allows them to reach public places and maintain social and cultural life.

However, only 12% engage in strenuous physical activity, and more than half of respondents cite many factors that interfere with walking in the streets, with about a third concerned about physical infrastructure in general. More than half are concerned about the possibility of another round of fighting, and a quarter about medical service availability.

About a quarter of respondents need help with household tasks, and approximately 40% are interested in knowledge and practical tools about: physical activity adapted to their age, maximizing third age rights, employment and leisure activities and healthy nutrition dedicated to the third age. It is recommended to centralize and make information accessible to residents.

The findings reveal a need to improve physical infrastructure in general and remove obstacles to walking in public areas in particular. Additionally, improvement is needed in medical service availability and assistance with household activities. Given the low number of respondents engaging in strenuous physical activity and the desire for knowledge and practical tools about physical activity and healthy nutrition, it is recommended to develop training programs and community programs to provide these services, as well as raise health literacy and awareness of the importance of physical activity in the third age.

Regarding the concern about another round of fighting, it is recommended to take actions and provide information that will reduce these concerns. However, the vast majority are interested in aging in their private home in the community, apparently as a result of feelings of solidarity, belonging, and personal security in the community and not experiencing ageism.

The Ministry of Health chose the East Galilee cluster to implement Government Resolution 1786 for promoting optimal aging. The program is designed to improve the quality of life for third age citizens through encouraging a healthy lifestyle, strengthening personal and community resilience, and upgrading age-appropriate infrastructure and services, alongside training and investment in supportive infrastructure. The Knowledge Center's comprehensive study formed a central layer in a professional and extensive process for mapping needs and services, aiming to ensure that programs implemented in the field are as accurate, relevant, and effective as possible.

For more information:
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