Essential Elements of the Road Map
Healthy Ageing

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FUTURAGE is a project funded by the European Commission’s Seventh Framework Programme
Contract n. FP7-HEALTH-2007-B/No 223679
Proportion of 65+ [%]

- 0 - 2
- 2 - 4
- 4 - 6
- 6 - 8
- 8 - 10
- 10 - 12
- 12 - 14
- 14 - 16
- 16 - 18
- 18 - 20
- 20 - 22
- 22 - 24
- 24 - 26
- 26 - 28
- 28 - 30
- 30 - 32
- 32 - 34
- 34 - 36
- 36 - 38
- 38 - 40
Number of centenarians (E&W)

Projected numbers in 2030 = 44,800

Source: Thatcher (1999) and ONS
Healthy Life Years at age 50: 2005

Source: www.ehemu.eu
Achievements and challenges

Continued increases in life expectancy are an achievement to be applauded - but there are challenges

- How do we ensure **healthy ageing for all**?
- Can we maximise **all** older people’s potential
- including the oldest old, the fastest growing section of our population
1st Scientific Workshop on Healthy Ageing
Newcastle, 15-16th March 2010

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Healthy Ageing: Cross cutting themes

- What is “Healthy Ageing”?
- Ability to extend and integrate biological, social, psychological and economic aspects of ageing
- Europe as a basic comparative natural population laboratory
- Build capacity/knowledge/infrastructure in countries that have little experience in ageing research
What do we mean by .....?
A model of successful ageing

Avoiding disease and disability

Engagement with life

High cognitive and physical function

 SUCCESSFUL AGEING

(Rowe and Kahn, 1997)
Is healthy ageing being free of disease?

![Graphs and charts showing data on disability scores and self-rated health.](Image)
Variability in ageing
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Healthy ageing in FUTURAGE?

- Biology/biomedicine
- Biomarkers of ageing
- Work and retirement
- Community care
- Technology
- Environment
Healthy Ageing essential elements for the Road Map

The Workshop was structured around four sub-themes:

- Monitoring and resolving inequalities in healthy ageing
- Interventions for Improved Health and Wellbeing with Ageing and Co-morbidity.
- Prevention and promotion of healthy ageing
- Psychosocial factors and healthy ageing
Emerging research themes 3.

- Identification of markers of ageing from cellular to societal level
  - Do markers modify success of medical interventions?
  - Can biomarkers measure the efficacy of interventions?

- Physical activity, diet/ nutrition, obesity management
  - How can functional decline and onset of new diseases be reduced in different populations and subpopulations?

- Intervention and implementation
  - What subtypes of activity are effective for which outcomes?
  - When can physical activity or nutrition be used as alternatives to medication?
Emerging research themes 4.

- Social/Behavioural Genetics
  - Disentangling genetic, behavioural and environmental influences on healthy ageing

- Life course transitions
  - Impact of health events on restoration or decline of functioning and social/psychological processes involved

- Personal factors and healthy ageing
  - Clarifying how personal attributes (personality, ethnicity, gender) impact on healthy ageing

- Connectedness and orientation
  - ‘Productive ageing/‘shrinking’ of the life space
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