



## THE DETERMINANTS OF HEALTHY AGEING: A STRATEGY FOR EUROPE

During the current Semester of Presidency of the Council of the European Union, Italy promotes actions and interventions towards a common vision on Active and Healthy Ageing.

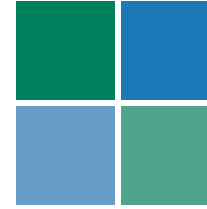
In this context Italia Longeva and IRCCS-INRCA are inviting international opinion leaders and experts in Rome to develop a systematic approach to the determinants of healthy ageing and their role as tiles in a unique mosaic.

The event is expected to lead to a state-of-art discussion on the determinants of healthy ageing, including genetics and lifestyle, functional decline, prevention and clinical management, social inclusion, role of education, research and technology.

Such Experts meeting aims to produce a statement to be submitted to politicians, policy makers and health professionals on a national and European level to stimulate and guide their actions to better caring for the ageing population.

**ITALIA LONGEVA** Italia Longeva is the Italian Research Network on Active and Healthy Ageing founded by the Ministry of Health, Regione Marche and IRCCS-INRCA, devoted to reinforce the centrality of the older people in development policy, to face the growing protection needs of the elderly and to promote and support the new concept that healthy and active elders are a resource for our ageing society.

**IRCCS-INRCA** is the Italian leading public Institute in gerontology and geriatrics, dedicated to develop high standard and translational research in the biomedical and health services organization areas and to deliver highly specialized care for older people.



# Determinants of Active and Healthy Ageing: a strategy for Europe



**ROME, November 15-16 2014**

**ROME CAVALIERI**  
**Waldorf Astoria Hotels & Resorts**  
**Sala Colosseo**



Italian Presidency  
of the Council  
of the European Union  
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## NOVEMBER 15<sup>th</sup>, 2014

### 09:00 Opening

Roberto Bernabei, Italia Longeva • Giovanni Leonardi, Ministry of Health  
Moderator, Paolo Rossini, JPI - Rome, IT

### 09:30 Demographic of ageing in Europe, Antonio Golini, ISTAT - Roma, IT

The demographic transition in European countries, the ageing of older population. Specific attention to the trends in disability free years in men and women across Europe.

In other terms, it appears that comparable gains in life expectancy across Europe have not been accompanied by uniform gain in healthy life years in each country: potential determinants?

10:00 Experts debate

### 10:15 Genetic determinants of healthy ageing, Maria Blasco, Centro Nacional de Investigaciones Oncológicas - Madrid, ES

Evidence of genomic (gene, miRNA, metabolomic) determinants of healthy ageing.  
Do protective genes for ageing exist? Which is the “-omics” profiling of healthy ageing?  
Epigenetics of healthy ageing: which (if any) evidence of environmental-gene interaction?  
Which is the prevalence of environment and of genes in determining healthy ageing?

10:45 Experts debate

11:00 Coffee Break

### 11:30 Why do we age? Extrinsic determinants, Graham Pawelec, Centre for Medical Research, University of Tübingen, DE

Modulating factors of aging: environmental exposures; lifestyle factors; immune dysregulation and inflammation; oxidative stress. Which interventions can counteract these modulators and can outcomes be monitored via circulating (bio)markers in humans?

12:00 Experts debate

### 12:15 Lifestyle: Nutrition, Cornel Sieber, Institute for Biomedicine of Ageing Friedrich - Alexander University of Erlangen - Nuremberg, DE

Nutrition elements determining healthy ageing in a lifelong perspective (middle-age, older subjects). The “perfect” diet.

12:45 Experts debate

13:00 Lunch

### 14:00 Introduction

Don Vinicio Albanesi, IRCCS-INRCA - Ancona, IT

### 14:15 Lifestyle: Physical exercise, Matteo Cesari, Institut du Vieillissement- Université de Toulouse, FR

When or until when physical exercise can slow down ageing process. Age-specific indication for tailored physical exercise (Endurance? Isometric?). Physical exercise as a treatment.

14:45 Experts debate

### 15:00 Social inclusion in active and healthy ageing strategies, Asghar Zaidi, University of Southampton, UK

The role of social inclusion policies, social environments and relationships and social ties in promoting active and healthy ageing.

15:30 Experts debate

15:45 Coffee Break

### 16:00 Sensorial and functional decline, Leocadio Rodriguez Manas, Department of Geriatrics, Hospital Universitario de Getafe - Madrid, ES

The impact of sensorial impairment (hearing and/or visual loss) on loss of functional ability and development of frailty.

The “sensorial origin” of neurodegenerative disease (Parkinson, dementia).

Interventions to pursue healthy ageing by contrasting sensorial impairment.

16:30 Experts debate

### 16:45 Prevention: the medical actions, Timo Strandberg, Institute of Clinical Medicine, University of Helsinki, FI

Which indicators/markers are available to monitor healthy ageing?

Which clinical/lab screenings are critical to attain healthy ageing? When? For whom?

17:15 Experts debate

The participation of the Minister of Health is expected

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## NOVEMBER 16<sup>th</sup>, 2014

### 09:00 Opening

Moderator, Jorge Pinto Antunes, DG Sanco European Commission - Bruxelles, BE

### 09:00 Clinical management, Stefano Maria Zuccaro and Stefano Ronzoni, Ospedale Israelitico - Roma, IT

Comprehensive Geriatric Assessment results at individual/population/organizational level.  
The CGA standardized approach for everybody?

09:30 Experts debate

### 09:45 ICT actions, Alain Franco, Nice University Hospital - Nice, FR

The role of ICT to promote more effective and less cost-effective, to facilitate social relationships of older subjects, to disseminate programmes of education of healthy ageing, to determine healthy ageing.

10:15 Experts debate

10:30 Coffee Break

### 11:00 Ageing in a smart house, Fabrizia Lattanzio, IRCCS INRCA - Ancona, IT

ICT outputs to allow independent living at home of older subjects with or without disability.

11:30 Experts debate

### 11:45 National initiatives to promote healthy ageing:

in United Kingdom - Alan Sinclair, Foundation for Diabetes Research in Older People  
Diabetes Frail Ltd, Worcestershire, UK

in the Netherlands - Tischa Van der Cammen, Erasmus MC Rotterdam, NL

in Belgium - Anja Declercq, LUCAS, Centre for Care Research and Consultancy, University of Leuven, B

12:45 Experts debate

### 13:00 The Hallmarks of active and healthy ageing, Roberto Bernabei, Italia Longeva - Roma, IT