



DETERMINANTS  
OF ACTIVE AND HEALTHY AGING:  
A STRATEGY FOR EU

*PROGRAM*



Presidenza Italiana  
del Consiglio  
dell'Unione Europea



**REGIONE  
MARCHE**



*Ministero della Salute*



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ROMA 15/16 NOVEMBRE 2014

NOVEMBER 15th, 2014 am

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**9.00 – 9.30 Opening/Introduction**

**Roberto Bernabei, Italia Longeva, and Giovanni Leonardi, Ministry of Health**

**Moderator, Paolo Rossini, JPI - Rome, IT**

**9.30 - 10.00 Demographic of aging in Europe, Antonio Golini, ISTAT - Roma, IT**

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

*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 - 10.15 Experts debate**

**10.15 - 10.45 Genetic determinants of healthy aging, Maria Blasco, Centro Nacional de Investigaciones Oncológicas - Madrid, ES**

*Evidence of genomic (gene, miRNA, metabolomic) determinants of healthy aging.*

*Do protective genes for aging exist? Which is the “-omics” profiling of healthy aging?*

*Epigenetics of healthy aging: which (if any) evidence of environmental-gene interaction?*

*Which is the prevalence of environment and of genes in determining HA?*

**10.45 - 11.00 Experts debate**

**11.00 – 11.30 COFFEE BREAK**

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**11.30 - 12.00 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 - 12.15 Experts debate**

**12.15 – 12.45 Life Styles: Nutrition, Cornel Sieber, Institute for Biomedicine of Aging Friedrich - Alexander University of Erlangen - Nuremberg, DE**

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

**12.45 - 13.00 Experts debate**

13.00-14.00 LUNCH

**14.00 - 14.30 Life Styles: Physical Exercise, Matteo Cesari, Institut du Vieillissement- Université de Toulouse, FR**  
*When or until when physical exercise can slow down aging process. Age-specific indication for tailored physical exercise (endurance? Isometric?). Physical exercise as a treatment.*

**14.30 - 14.45 Experts debate**

**14.45 - 15.15 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*

**15.15 - 15.30 Experts debate**

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**15.30 – 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 aging by contrasting sensorial impairment.*

**16.00 – 16.15 Experts debate**

16.15 – 16.30 COFFEE BREAK

**16.45 - 17.15 Prevention: the medical actions, Timo Strandberg, Institute of Clinical Medicine, University of Helsinki, FI**

*Which indicators/markers are available to monitor HA?*

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

**17.15 - 17.30 Experts debate**

***The participation of the Minister of Health is expected***

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**9.00 Opening**

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

**09.00 - 09.30 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 – 09.45 Experts debate**

**9.45 – 10.15 ICT actions, Alain Franco, Nice University Hospital – Nice, FR**  
*The role of ICT to promote more effective and costly assistance, to facilitate social relationships of older subjects, to disseminate programmes of education of HA, to determine HA.*

**10.15 – 10.30 Experts debate**

10.30 - 11.00 COFFEE BREAK

**11.00 - 11.30 Aging 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 – 11.45 Experts debate**

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**11.45 – 12.45 National Initiatives to promote healthy aging:**

- *in United Kingdom* - **Alan Sinclair, Bedfordshire & Hertfordshire Postgraduate Medical School, University of Bedfordshire**
- *in Nederland* - **Tischa Van der Cammen, Erasmus MC Rotterdam**
- *in Belgium* - **Anja Declerq, LUCAS, Centre for Care Research and Consultancy, University of Leuven**

**12.45 – 13.00 Experts debate**

**13.00 - 13.30 The Hallmarks of active and healthy aging, Roberto Bernabei, Italia Longeva - Roma, IT**

13.30 - 14.30 LUNCH