DETERMINANTS OF ACTIVE AND HEALTHY AGING: A STRATEGY FOR EU

PROGRAM

ROMA 15/16 NOVEMBRE 2014
NOVEMBER 15th, 2014 am

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

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
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
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