

Long-Term Care EIGHT

Gli Stati Generali dell'Assistenza a lungo termine

EDIZIONE 2023

ROMA, 11 e 12 luglio 2023

Ministero della Salute

Presa in carico della fragilità nell'attuale contesto sociodemografico di riferimento Longevità: esigenze, sfide e opportunità

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The three components of healthy ageing

In 2016 all WHO Member States endorsed the goal of healthy ageing. WHO has further clarified the concepts¹³ and definitions of healthy ageing in order to help measure it in a comparable way in different countries and over time. The three components of healthy ageing are functional ability, intrinsic capacity and environments.⁴

FUNCTIONAL ABILITY

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€DIZION€ 2023

Functional ability combines the intrinsic capacity of the individual, the environment a person lives in and how people interact with their environment.

- Ability to meet basic needs to ensure an adequate standard of living truch as being able to afford an adequate diet, clothing, suitable housing, and healthcare and long-term-care services, including medications;
- Ability to learn, grow and make decisions
 (to strengthen the person's autonomy, dignity, integrity, freedom and independence);
- Ability to be mobile (for completing daily tasks and participating in activities);
- Ability to build and maintain relationships (with children and family, intimate partners, neighbours and others); and
- Ability to contribute to society (such as by assisting friends, mentoring younger people, caring for family members, volunteering, pursuing cultural activities and working).

ENVIRONMENTS

are where people live and conduct their lives. Environments shape what older people with a given level of intrinsic capacity can be and do. Environments include the home, community and broader society, and all the factors within them. how people interact with

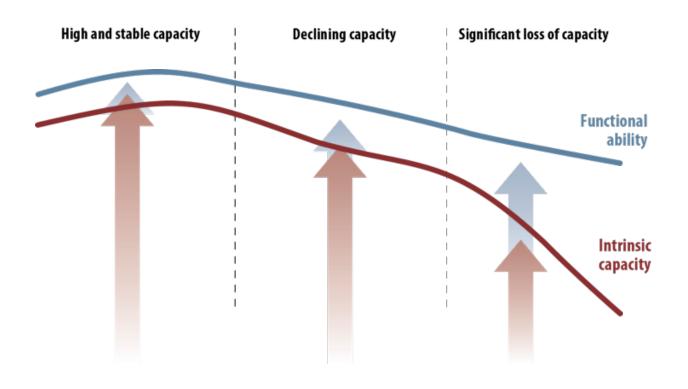
their environment

INTRINSIC CAPACITY

comprises all the physical and mental capacities that a person can draw on. Important domains include a person's: locomotor capacity (physical movement); sensory capacity (such as vision and hearing); vitality (energy and equilibrium); cognition; and psychological capacity.

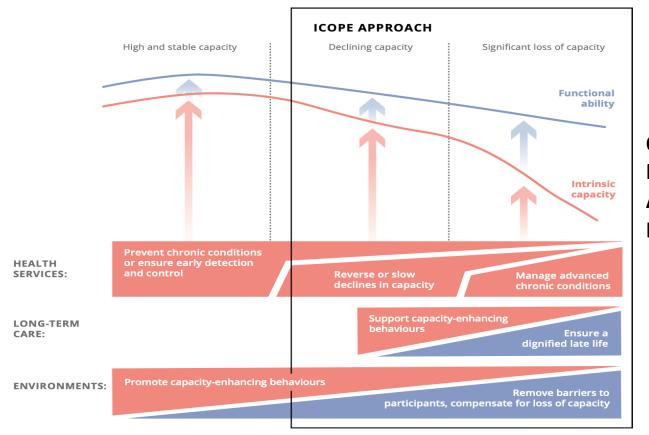
Public Health Framework for Healthy Ageing



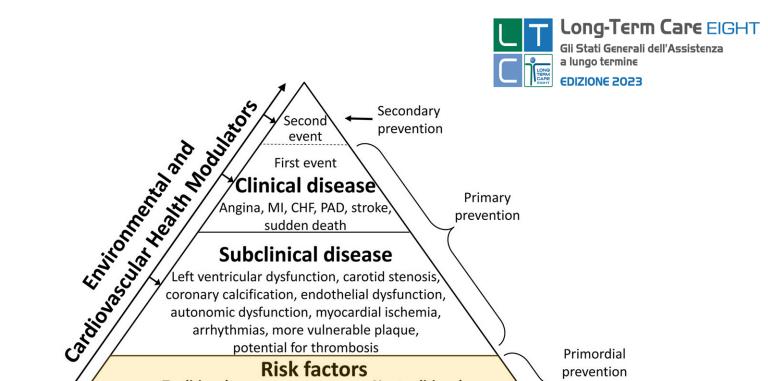


Public Health Framework for Healthy Ageing





OPPORTUNITIES FOR PUBLIC HEALTH ACTION ACROSS THE LIFE COURSE



Nontraditional

Psychosocial stressors, air pollution,

inflammation, other (?)

Primordial

prevention

Franklin and Cushman, Circulation 2011

Subclinical disease Left ventricular dysfunction, carotid stenosis,\ coronary calcification, endothelial dysfunction, autonomic dysfunction, myocardial ischemia, arrhythmias, more vulnerable plaque, potential for thrombosis

Risk factors

Traditional

Age, family history, smoking,

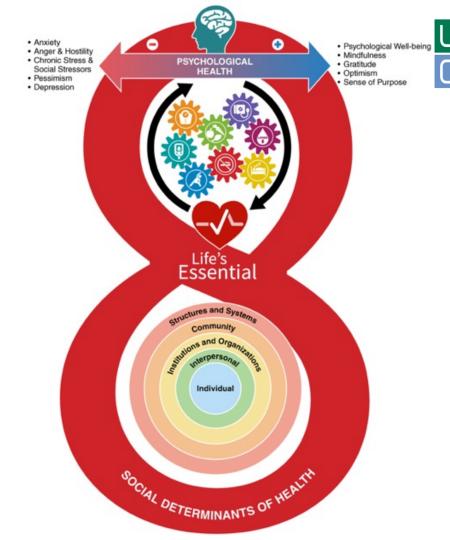
hypertension, dyslipidemia, diabetes,

sedentary lifestyle, obesity





Life's Essential 8 includes the 8 components of cardiovascular health: healthy diet, participation in physical activity, avoidance of nicotine, healthy sleep, healthy weight, and healthy levels of blood lipids, blood glucose, and blood pressure.



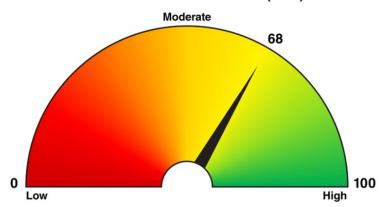
Long-Term Care EIGHT

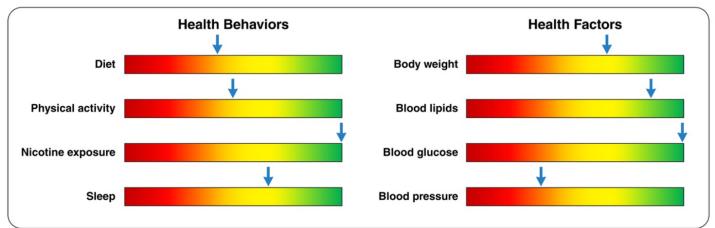
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Prenatal and postpartum visits, public health programs for pregnant people and children, well-baby visits Family-engaging preschool programs and well-child checks to establish healthy behaviors School-based programs, wellchild checks to help adolescent transition to selfresponsibility and self-efficacy for healthy behaviors College, workplace, and communitybased programs, programs supporting parenthood transition Workplace, community, healthcare for risk factor control

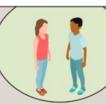
Community/ neighborhood supports, healthcare to prevent frailty and promote active living



Pregnancy Infancy & in-utero



Early childhood



Adolescence



Early adulthood



Middle age



Older age



CRITICAL TIME WINDOWS IN THE LIFE COURSE OF CARDIOVASCULAR HEALTH

SPRINTT: an answer



RESEARCH



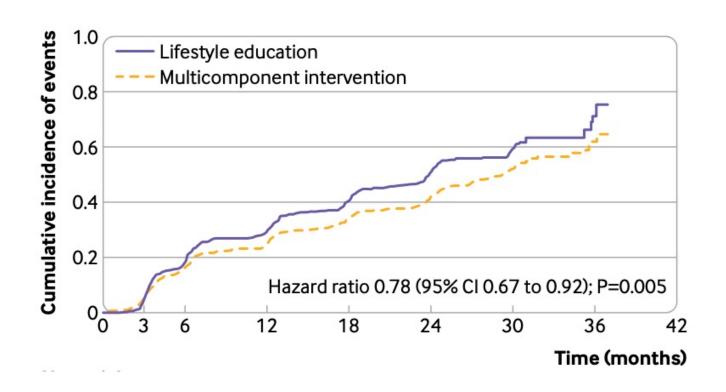


Multicomponent intervention to prevent mobility disability in frail older adults: randomised controlled trial (SPRINTT project)

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SPRINTT: an answer





DECADE OF HEALTHY AGEING BASELINE REPORT







DECADE OF HEALTHY AGEING BASELINE REPORT









PE 8 – «Conseguenze e sfide dell'invecchiamento»



A novel public-private alliance to generate socioeconomic, biomedical and technological solutions for an inclusive Italian ageing society