



# Long-Term Care EIGHT

Gli Stati Generali dell'Assistenza  
a lungo termine

EDIZIONE 2023

**ROMA, 11 e 12 luglio 2023**

Ministero della Salute

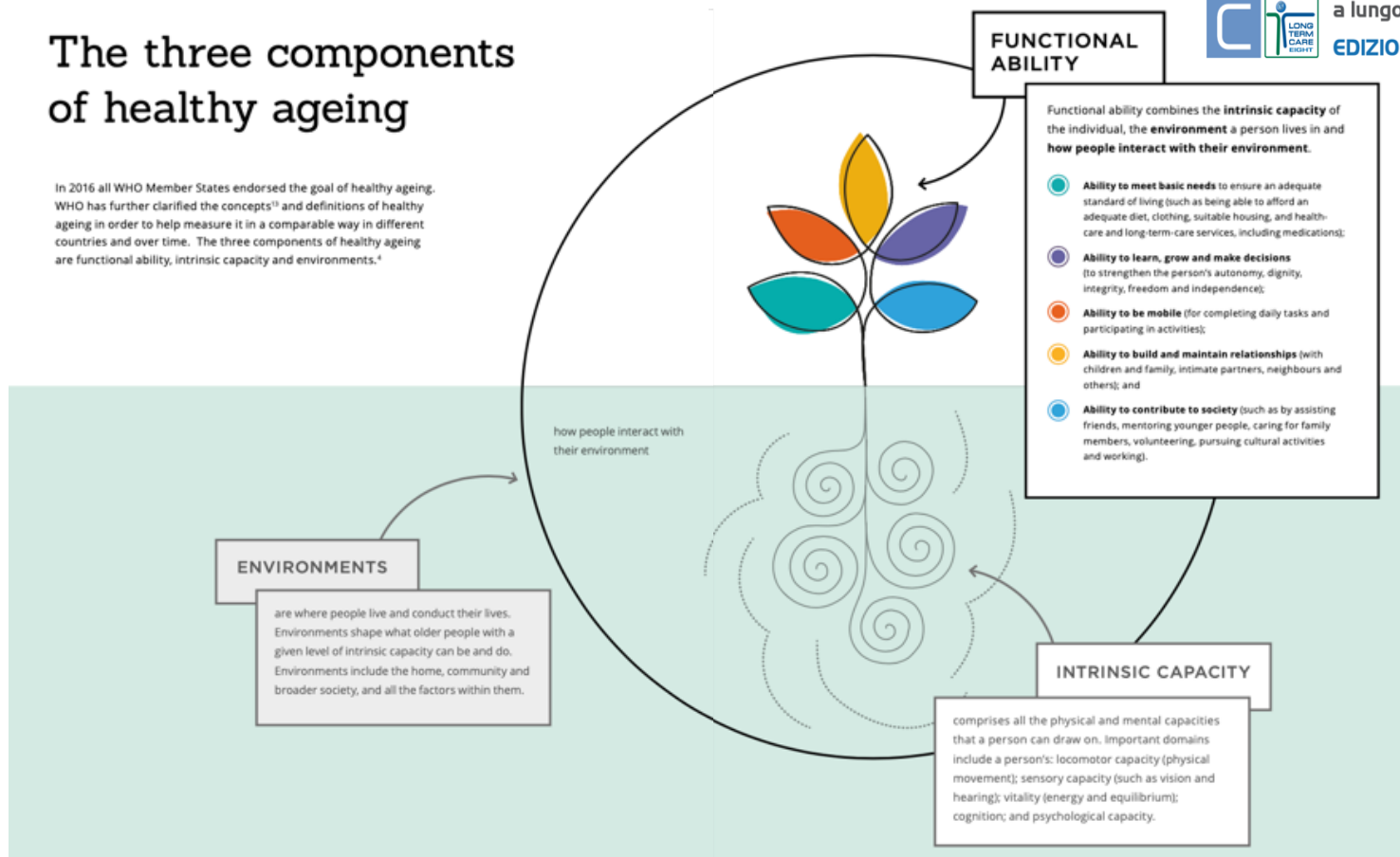
**Presa in carico della fragilità nell'attuale contesto sociodemografico di riferimento  
Longevità: esigenze, sfide e opportunità**

Francesco Landi  
Fondazione Policlinico Gemelli IRCCS, Roma

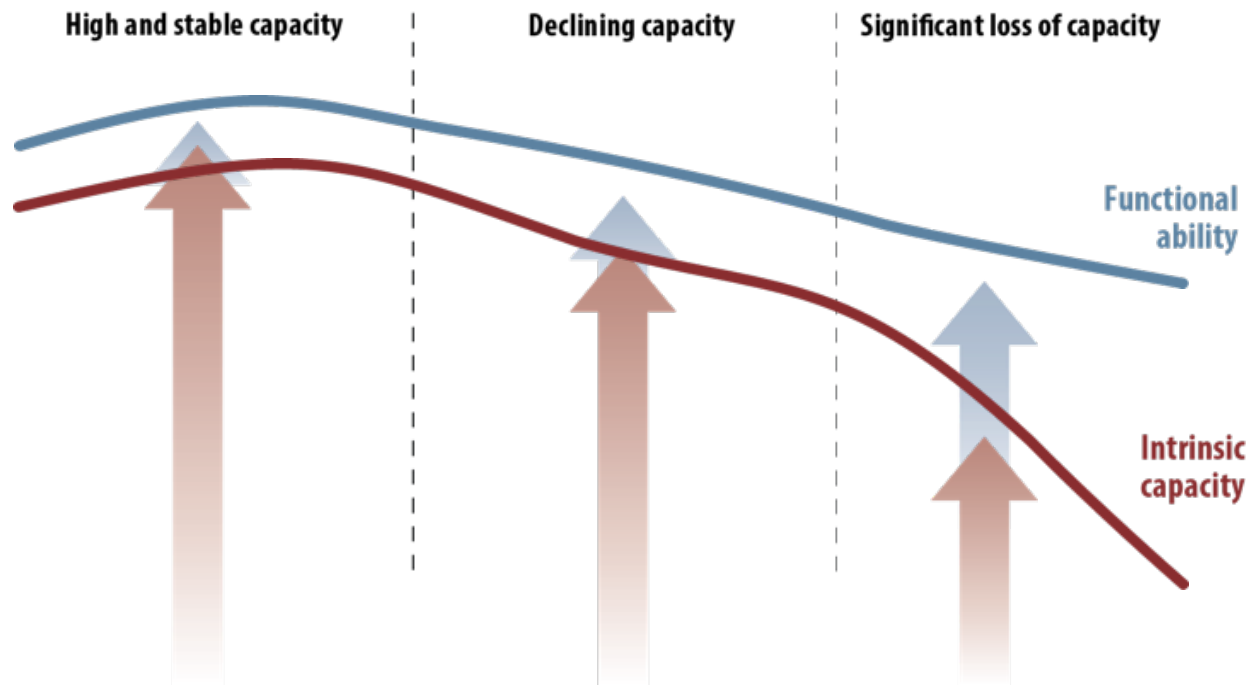


## The three components of healthy ageing

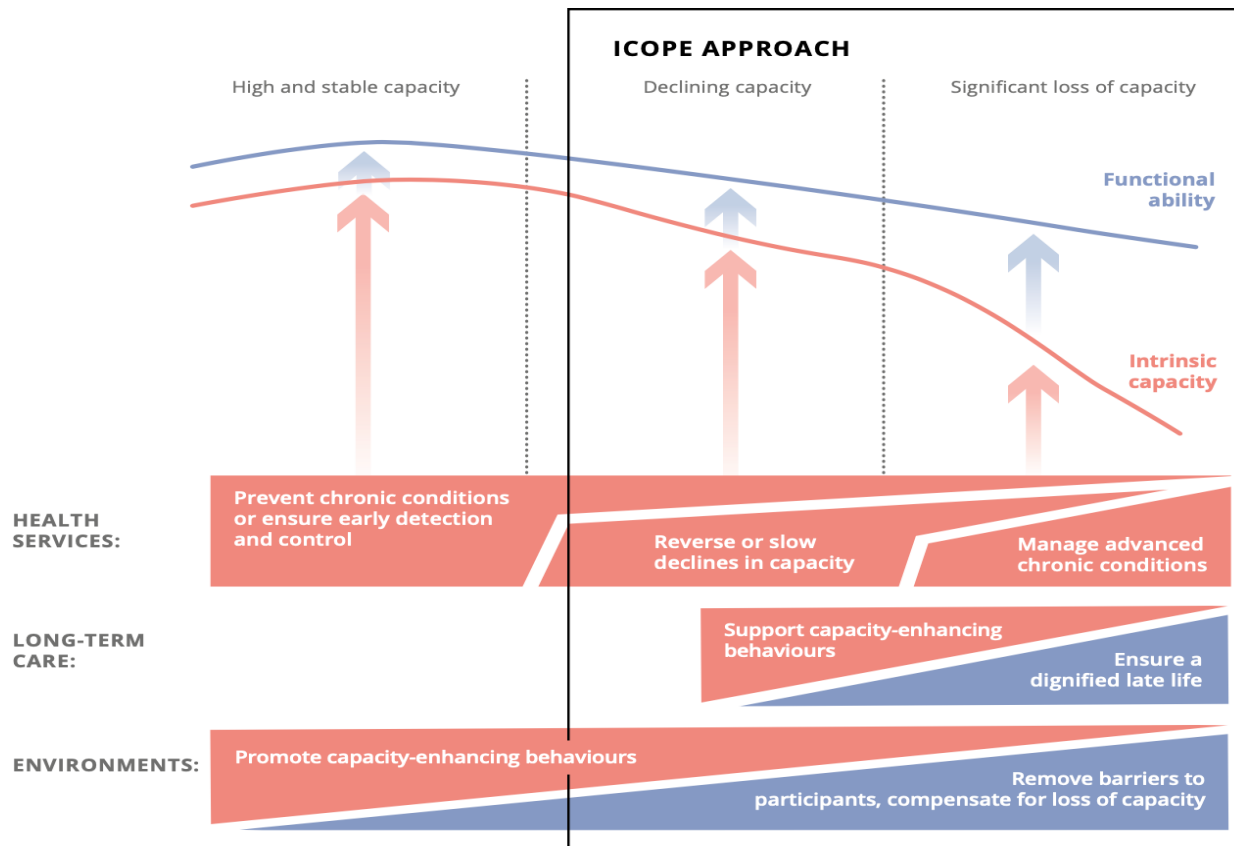
In 2016 all WHO Member States endorsed the goal of healthy ageing. WHO has further clarified the concepts<sup>3</sup> and definitions of healthy ageing in order to help measure it in a comparable way in different countries and over time. The three components of healthy ageing are functional ability, intrinsic capacity and environments.<sup>4</sup>



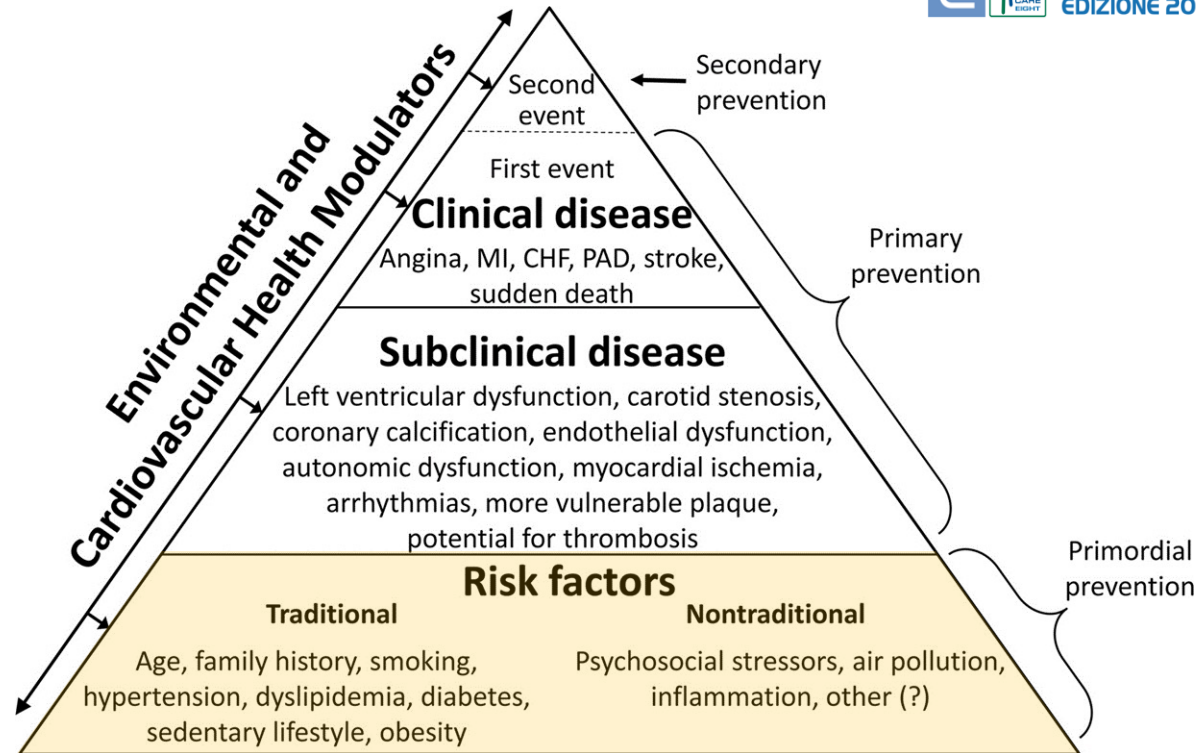
# Public Health Framework for *Healthy Ageing*



# Public Health Framework for *Healthy Ageing*



**OPPORTUNITIES FOR PUBLIC HEALTH ACTION ACROSS THE LIFE COURSE**





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.

- Anxiety
- Anger & Hostility
- Chronic Stress & Social Stressors
- Pessimism
- Depression

PSYCHOLOGICAL HEALTH

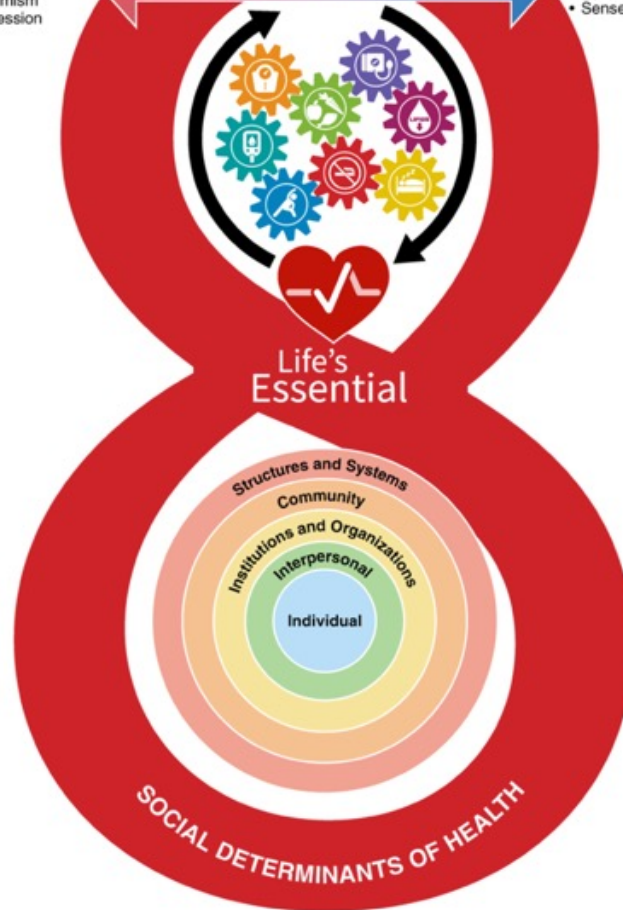
- Psychological Well-being
- Mindfulness
- Gratitude
- Optimism
- Sense of Purpose



# Long-Term Care EIGHT

Gli Stati Generali dell'Assistenza a lungo termine

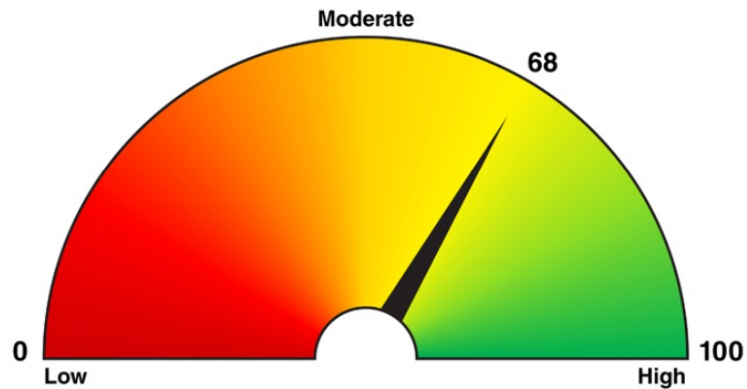
EDIZIONE 2023



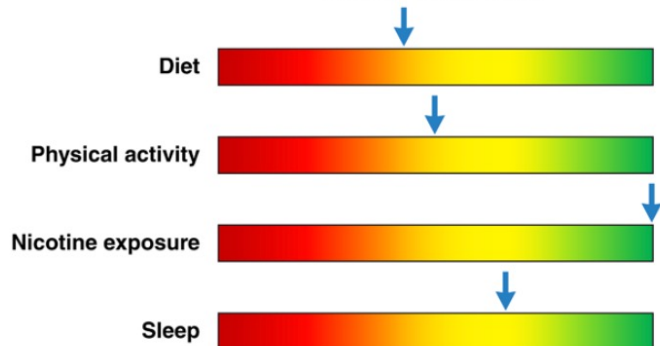
Life's Essential

SOCIAL DETERMINANTS OF HEALTH

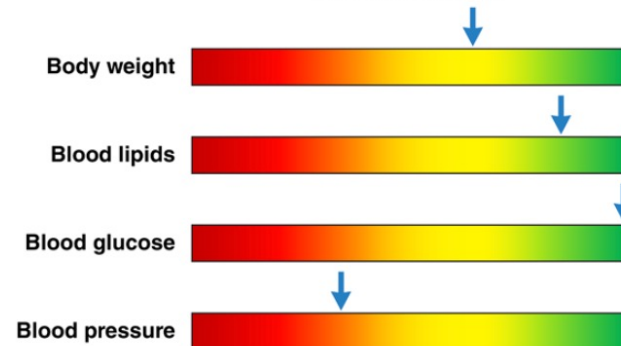
### Overall Cardiovascular Health (CVH)



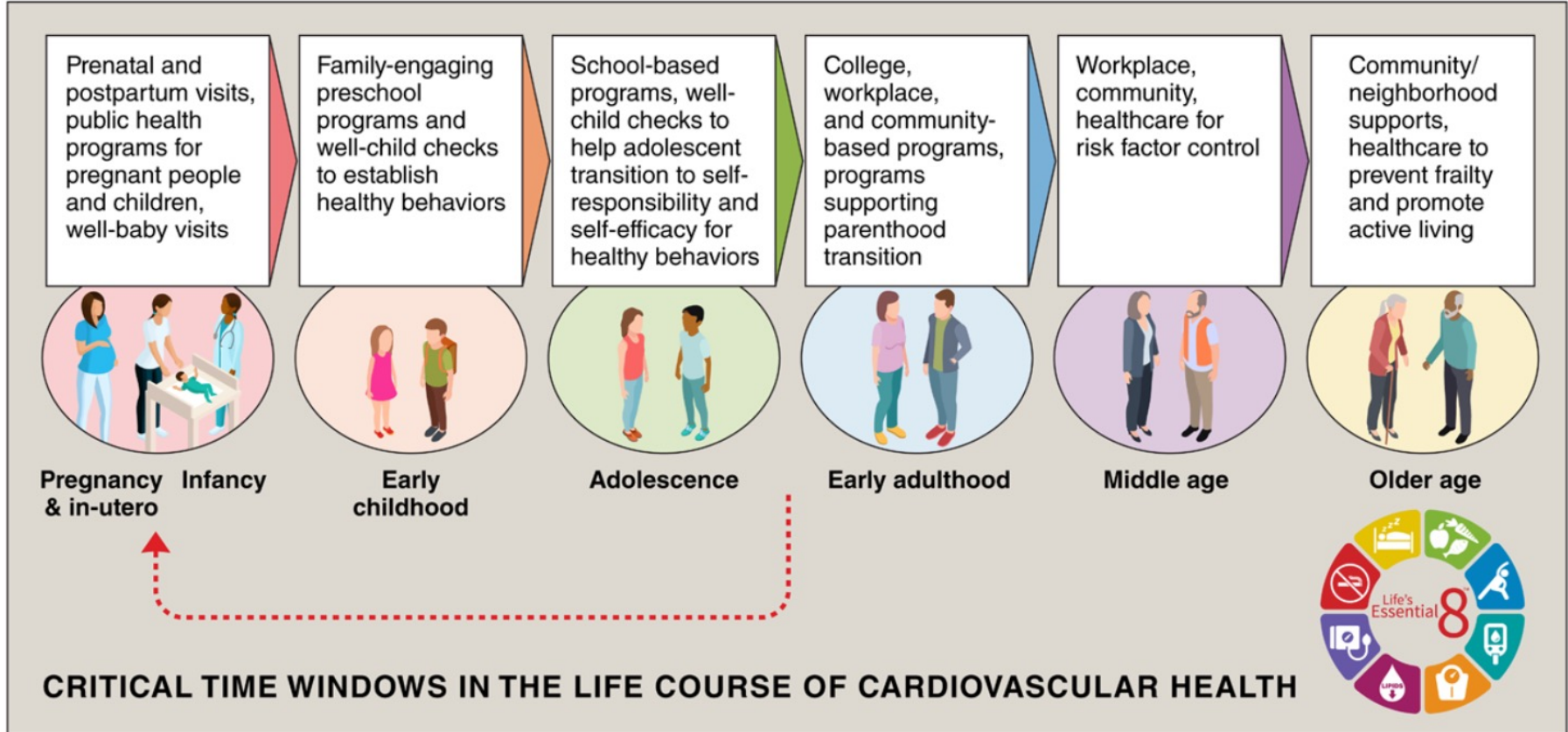
#### Health Behaviors



#### Health Factors







# SPRINTT: an answer

## RESEARCH

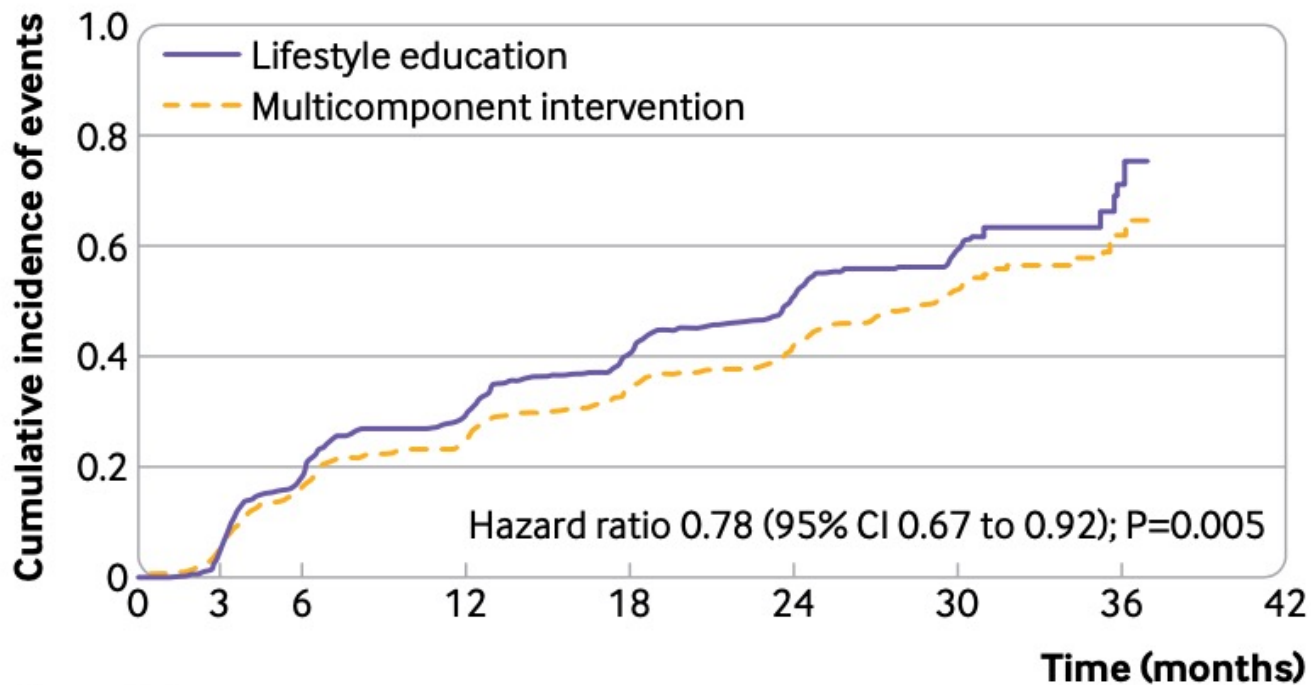
 OPEN ACCESS



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

Roberto Bernabei,<sup>1,2</sup> Francesco Landi,<sup>1,2</sup> Riccardo Calvani,<sup>1</sup> Matteo Cesari,<sup>3,4</sup> Susanna Del Signore,<sup>5</sup> Stefan D Anker,<sup>6</sup> Raphael Bejuit,<sup>7</sup> Philippe Bordes,<sup>7</sup> Antonio Cherubini,<sup>8</sup> Alfonso J Cruz-Jentoft,<sup>9</sup> Mauro Di Bari,<sup>10</sup> Tim Friede,<sup>11,12</sup> Carmen Gorostiaga Ayestarán,<sup>13</sup> Harmonie Goyeau,<sup>7</sup> Pálmi V Jónsson,<sup>14</sup> Makoto Kashiwa,<sup>15</sup> Fabrizia Lattanzio,<sup>8</sup> Marcello Maggio,<sup>16,17</sup> Luca Mariotti,<sup>2</sup> Ram R Miller,<sup>18</sup> Leocadio Rodriguez-Mañas,<sup>19</sup> Regina Roller-Wirnsberger,<sup>20</sup> Ingrid Rýznarová,<sup>21</sup> Joachim Scholpp,<sup>22</sup> Annemie M W J Schols,<sup>23</sup> Cornel C Sieber,<sup>24</sup> Alan J Sinclair,<sup>25</sup> Anna Skalska,<sup>26</sup> Timo Strandberg,<sup>27,28</sup> Achille Tchalla,<sup>29</sup> Eva Topinková,<sup>30</sup> Matteo Tosato,<sup>1</sup> Bruno Vellas,<sup>31</sup> Stephan von Haehling,<sup>12,32</sup> Marco Pahor,<sup>33</sup> Ronenn Roubenoff,<sup>34</sup> Emanuele Marzetti,<sup>1,2</sup> on behalf of the SPRINTT consortium

# SPRINTT: an answer



# DECADE OF HEALTHY AGEING BASELINE REPORT

**LT** Long-Term Care **EIGHT**  
Gli Stati Generali dell'Assistenza  
a lungo termine  
**EDIZIONE 2023**



**A**

# DECADE OF HEALTHY AGEING BASELINE REPORT



**A**

**B**

## 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**