



Healthy Ageing

2nd UK – Portugal Forum

Highlights and Recommendations

7th April 2021



UNIVERSIDADE D
COIMBRA



British Embassy
Lisbon



The event, organised by the **British Embassy in Portugal** and the **University of Coimbra**, took place on the 7th April 2021. During the event, experts, researchers, business developers and policymakers shared their knowledge and insights on Healthy Ageing, focusing on the challenges, the opportunities and long-term strategies.



www.uc.pt/en/iii/healthyageingforum

#HealthyAgeing

Roundtable:

Conclusions and recommendations

Need for multidisciplinary, cross-sector and international approaches.

Promote better healthy and wellbeing throughout individual's life, reducing intragenerational and intergenerational inequalities.

Advance «Age Tech» and Inclusive Design development.

Rethink urban planning.

Increase Data systematisation.

Create targeted R&D Funding.

Enhance outreach communication activities and Science Communication.

Promote Inclusive mindset, by transforming the narrative around ageing.

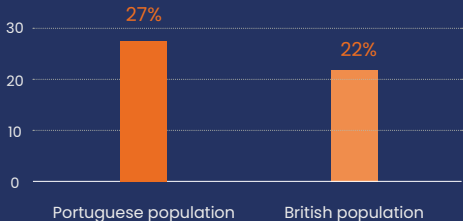
Challenges



«Ageing is a fundamental question in the future of our societies in most industrialised countries»

Rowan Wilson, 1st Secretary
British Embassy

by **2030**, **65+** years old will be:



Healthy Ageing Global Challenges:

Changes in Society that require responses in Public Administration, Healthcare, Social Protection, and Urban Planning.



«An ageing population requires more integrated systems of policy, funding, service delivery and regulation»

Sarah Harper, Professor of Gerontology, University of Oxford | Founding Director of the Oxford Institute of Population Ageing



Design and Market Inadequacy.



«Age Tech is the next frontier market for technology disruption that makes longevity accessible to all»

John Mathers, Healthy Ageing by Design

Ageism, prejudice, age discrimination.

Inequality affects the way people age.



«It's all about physical activity and active ageing, and increasing social interactions, as opposed to loneliness and isolation»

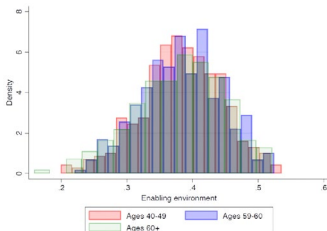
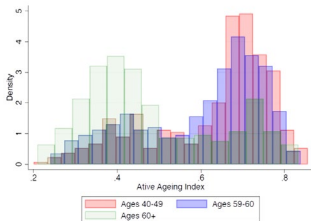
Lefkos Middleton, Imperial College of London



COVID-19 IMPACTS

Highlights from “Covid-19 and change in behaviour” – Study by Oxford University, Lancaster University and Nova-SBE:

- Employment and retirement age have an impact on the active ageing index.
- First year of the pandemic saw an increase in anxiety and depression levels. Populations above 40 were less affected by it.
- Fewer social interactions, but people also felt supported.



COVID-19 IMPACTS

Negative effects on health care systems, resulting in higher mortality rates from Covid-19 and other diseases.



«11 years of life expectancy could be lost in North America and Europe»

«Negative stereotypes ... adults during the pandemic have led to worse health care and increased deaths»

Sarah Harper, Professor of Gerontology, University of Oxford | Founding Director of the Oxford Institute of Population Ageing

Long-term impacts on life expectancy.
Probable decrease in fertility rates.

The mental and physical toll on older adults.

Opportunities:

UN Decade of Healthy Ageing (2021 – 2030)

and other national and international initiatives include healthy ageing in their high-level agendas.

Business Development and Investment

boosted by market inadequacy, consumer behavioural changes, and older adults increased technological skills and literacy.



«70% of elderly are now online, rising to virtually 100% by 2030»

«Inclusive design mission is to promote the desires of people as they age and support a better functioning market place»

Andy Cripps, Design Age Institute

Opportunities:

Strengthening research collaborations between Portugal and the UK. Existing collaborations between the University of Coimbra and UK entities on healthy ageing have a positive impact on the University of Coimbra's publications and citations on the Web of Science.

Ongoing initiatives on Healthy Ageing In the UK



«The UK Government has set out its ambition for everyone to have five extra years of healthy independent life by the year of 2035»

Rowan Wilson, 1st Secretary
British Embassy

Public Health England, with the Centre for Ageing Better, and other organisations across the country, made a consensus statement on Healthy Ageing for making England the best place to grow old.



Ageing populations will create new demands

for technologies, products and services, including new care technologies, new housing models and innovative savings products for retirement. The UK will harness the power of innovation to help meet the needs of an ageing society.

Ongoing Initiatives on Healthy Ageing **University of Coimbra**



«Healthy Ageing needs a multidisciplinary research approach, more innovation and more education».

Cláudia Cavadas, Vice-Rector of University of Coimbra»

High-level research in Ageing, cross-cutting different areas of knowledge, developed in 37 Research Centres.

#HealthyAgeing

Multidisciplinary Institute of Ageing (MIA-Portugal), the 1st Centre of Excellence and R&D in Ageing Research in Southern Europe in a low performing EU member. It aims to bridge the gap between fundamental research and its translation into human intervention. MIA-Portugal is the core scientific element of the **living lab - Ageing@Coimbra**, a quadruple helix-based ecosystem supporting healthy ageing, focusing on education, innovation and clinical settings.



MIA Portugal
Multidisciplinary
Institute of Ageing



The Centre Region of Portugal, recognised as one of the 74 European reference sites for active and healthy ageing.

Founding member and participant in R&D and business innovation infrastructure, such as:
**Colab Healthy Ageing@Lab, ERA Chair@
University of Coimbra**, EIT Health Knowledge and Innovation Community and **Reset Ageing@Lab**.

Closing Remarks:



«Academia, business and policymakers need to think of the short-term challenges of the pandemic, but also ensure that those responses take into account the needs to promote healthy ageing solutions for the longer-term»

«The UK ambition of being the best place to grow old is about narrowing the gap between the richest and the poorest, addressing inequalities, and ensuring that everybody remains active, productive and socially connected across the generations, as long as possible»

Chris Sainty, Her Majesty's Ambassador to Portugal



«The challenges posed to both countries (Portugal and United Kingdom) will require a substantial improvement in the quality of life in the remaining years of our life that can only be substantiated by science and assertive public health policies.

Coimbra is one of the European Reference Cities for Active and Healthy Ageing, supported by the extraordinary ecosystem existing in the region, which places the University of Coimbra at the centre of fundamental and clinical research and health professionals' training, those who will leverage societal changes for the future»

Amílcar Falcão, Rector of the University of Coimbra



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