

Healthy Ageing

EU-funded project 2004–2007



Invitation

to the Concluding Conference
of the **Healthy Ageing project**
26 June 2007 • Brussels



SWEDISH NATIONAL
INSTITUTE OF PUBLIC HEALTH



World Health
Organization



INVITATION

Welcome to the Concluding Conference "Healthy Ageing – a challenge to Europe" Brussels 26 June 2007: 14.00–17.30

By 2025 about one-third of Europe's population will be aged 60 years and over. There will be a particularly rapid increase in the number of people aged 80 years and older. The countries of Europe must develop strategies to meet this challenge. Promoting good health and active social participation among older citizens will be crucial to these strategies.

The Project

Co-funded by the European Commission, the three-year (2004–2007) Healthy Ageing project aims to promote healthy ageing among people aged 50 years and over. The project was initiated and is coordinated by the Swedish National Institute of Public Health, SNIPH. It involves ten countries, the World Health Organisation (WHO), AGE – the European Older People's Platform and EuroHealthNet.

The goal is exchange of knowledge and experience about health promotion for older people among the European Union Member States and the EFTA-EEA countries. The project has reviewed and analysed existing data on health and ageing. The Report *Healthy Ageing – A challenge to Europe* concludes with recommendations to decision-makers, NGOs and practitioners on how to get into action to promote healthy ageing. Short versions of the main report in different languages will be available on <http://www.healthyageing.nu>.

Seminars

The Healthy Ageing project has organised three European seminars, one in Prague with experts, one in Helsinki with officials at ministries working with public health and one in Rome to facilitate project implementation.

The Concluding Conference

The project invites you to the Concluding Conference of the Healthy Ageing project in Brussels on 26 June 2007 between 14.00 hrs and 17.30 hrs.

Conference aims

- To highlight the importance of healthy ageing for Europe.
- To debate how to achieve effective implementation of healthy ageing strategies at European, national and local levels.
- To put the Project results and recommendations into action.

Target audience

- Policy makers and officials at European level.
- Policy makers in the Member States and the EFTA-EEA countries.
- European stakeholders working in this or related fields.
- National public health institutes and other organisations that have contributed to the Project.

Opening by the Swedish minister Maria Larsson

The Swedish Minister for Elderly Care and Public Health, Maria Larsson, will open the conference. Keynote speakers include Clare Siddall the European Commission, Alexandre Kalache, World Health Organisation, Anne-Sophie Parent AGE – the European Older People's Platform and Gunnar Ågren Director-General of the Swedish National Institute of Public Health (SNIPH). The registration desk will be open from 12.30 to 13.45, when a buffet lunch will be available for participants.

Ministerial press briefing

Accredited representatives of the media are invited to lunch and a ministerial press briefing with Minister Maria Larsson between 12.30 hrs and 13.30 hrs, by prior registration.

Venue

Residence Palace – Salle Maelbeek
Rue de la Loi 155, Brussels, Belgium
Phone: 00-32 2 235 2103

AGENDA

Concluding Conference of the Healthy Ageing Project, June 26 2007 Brussels

12.30

Registration

- Networking & Buffet Lunch (for all participants)
- Ministerial Press Briefing (for press only)

CONFERENCE CHAIR: GUNNAR ÅGREN, DIRECTOR GENERAL, SWEDISH NATIONAL INSTITUTE OF PUBLIC HEALTH

14.00

Opening by the Swedish Minister for Elderly Care and Public Health

MARIA LARSSON

14.15

Healthy Ageing – project results and recommendations

GUNNAR ÅGREN

14.35

The importance of health promotion for older people

ALEXANDRE KALACHE, WHO

15.00

Healthy Ageing – keystone for a sustainable Europe

CLARE SIDDALL

European strategies for healthy ageing – what added value can they bring for older people across the EU-27?

ANNE SOPHIE PARENT

15.30

Coffee / Tea Break

16.00

Moderated panel

CHAIR: BARBRO WESTERHOLM, AGE

HEALTHY AGEING, RESULTS OF THE PROJECT, IMPLEMENTATION AND FORTHCOMING WORK

FINLAND: TAINA JOHANSSON, FRANCE: ANNE-MARIE TAHRAT, NETHERLANDS: GERARD VAN DER ZANDEN, POLAND: ANITA GEBSKA-KUSZEROWSKA, SCOTLAND: FIONA BORROWMAN

17.15

Conclusions and next step

ANITA LINELL

17.30

Closure

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The Healthy Ageing project definition of healthy ageing

“Healthy ageing is the process of optimising opportunities for physical, social and mental health to enable older people to take an active part in society without discrimination and to enjoy an independent and good quality of life.”

Contributions

Fiona Borrowman, Programme Manager, NHS Health Scotland, Scotland

Anita Gebaska-Kuszerowska, MD, The National Institute of Hygiene, Poland

Taina Johansson, Special adviser, Folkhälsan – a NGO for Public Health and Health Promotion, Finland

Alexandre Kalache, Dr., World Health Organisation, Geneva

Maria Larsson, Minister for Elderly Care and Public Health, Sweden

Anita Linell, Contract holder, Director, Swedish National Institute of Public Health, Sweden

Anne Sophie Parent, Director, AGE – European Older people Platform, Brussels

Clare Siddall, European Commission, DG SANCO, Brussels

Anne-Marie Tahrat, Dr., Ministry of Health, France

Barbro Westerholm, Professor, European Older People Platform AGE, Brussels

Gerard van der Zanden, drs., NIGZ, Netherlands

Gunnar Ågren, Director General, Swedish National Institute of Public Health, Sweden

GENERAL INFORMATION

Registration for the Conference

Please fill in the registration form on-line

(www.fhi.se/konf20070626).

Please register as soon as possible.

The number of places are strictly limited.

For hotel booking see next page.

No fee

Participation in the conference, including lunch and coffee, is free of charge.

Contribution to costs by the project

For project partners (one/country), see last page, the Healthy Ageing project will contribute 60 % to travel and hotel expenses. For reimbursement saved original tickets and receipts are necessary.

Working language

The official language of the conference is English.

More information about the Conference

All requests and enquiries should be made to the Conference secretariat:

Karin Lotz at k.lotz@eurohealthnet.eu

Caroline Costongs at c.costongs@eurohealthnet.eu

More information about the Healthy Ageing project

Project coordination team:

Karin Berensson at karin.berensson@fhi.se

Elisabet Olofsson at elisabet.olofsson@fhi.se

www.healthyageing.nu

Project Group meeting

A Project group meeting, open also to others who have participated actively to the Project, will be arranged in the morning of June 26, 10.00-12.30. Between 9.00 and 10.00 the Project partners will meet for an internal meeting. You are welcome to present posters and information material produced to enhance national implementation of the Project.

Brussels

Brussels is the bilingual capital of Belgium and both French and Flemish are spoken. It was founded in 979 and has a current population of about 1 million people. It is named "the capital of Europe" since it is the administrative centre of the European Union.

For more information:

<http://www.brussels.org/>

<http://www.trabel.com/brussels.htm>

Meeting venue

The conference will take place at Residence Palace. The Residence Palace is a luxurious apartment building dating from the interwar period and works today as the home of journalists and civil servants.

Address: Rue de la Loi 155, 1040 Brussels, Belgium

Contact person for the conference: Adilia Falize

Email: Info@residencepalace.be

Transfer from Brussels Airport to city centre

By train: By train, Brussels Airport is less than 20 minutes from the city centre. Take the Airport City Express, which leaves 4 times an hour, from the basement (level -1) in the terminal building. To go to the centre of Brussels. You can get off at Gare Central.

By bus: From Brussels Airport you can take bus 12 to Schuman. The ride costs 3 EUR and takes approximately 30-40 minutes depending on the traffic. From Schuman underground station you can take the metro to the city centre, i.e. to Gare Central.

By taxi: The taxi journey from the airport to the centre of Brussels takes about 20 minutes and costs approximately 40 EUR. There are taxis right outside the arrival halls of the airport. You can order a taxi by phone by calling locally 02 / 268 00 00.

From the city centre to your hotel

If you arrive at **Gare Central** you can walk to the hotels Opera and Carrefour de l'Europe. Follow first Rue de Lozum for both hotels. For the Opera continue straight ahead until Rue de la Fourche. Turn left into this street and then right into Rue Gretry. For the hotel Carrefour de l'Europe walk first on Rue de Lozum and turn left

into Rue de la Montagne until Place d'Espagne. To reach Hotel Chelton take metro 1A (Herrmann-Debroux) or 1B (Stockel). Get off at the 4th stop (Schuman). There turn left into Av. De Cortenbergh and after a few minutes left into Rue Véronèse.

If you arrive at **Schuman** you can walk to Hotel Chelton (see description before). To go to the hotels Opera and Carrefour de l'Europe take first the metro to Gare Central (1A Roi Baudouin or 1B Erasme). Then follow the above description.

Public Transport

It is easy to get around Brussels. With a single ticket you can hop aboard trams, busses and the metro. Single tickets can be purchased from ticket machines or from the bus/tram driver and costs 1.50 EUR.

How to get to the venue Residence Palace

See map below. You can easily walk from hotel Chelton to the venue in about ten minutes. Just turn right into Av. De Cortenbergh, cross Schuman and turn right again into Rue de la Loi. From the hotels Opera and Carrefour de l'Europe in the historic centre of Brussels please walk to the metro station Gare Central. From there you can take metro 1A (Herrmann-Debroux) or 1B (Stockel). Get off at the 4th stop (Schuman) and walk on Rue de la Loi a few minutes to reach the venue.

Hotels

If you wish to stay in one of the three hotels mentioned below, please provide your personal details in the registration form on-line (<https://plus21.safe-order.net/resotel/sysres/hotels.php?id=10814>). You should not contact the hotel directly, but send the form to the registration service Resotel. The prices quoted are only valid until June 8 and when booked through Resotel.

Email: wim@resotel.be

Phone: +32 2 779 39 39, fax: +32 2 779 39 00

1. **Meeting Venue**
Residence Palace,
Rue de la Loi 155
2. **Hotel Opera**
Rue Gretry 53
3. **Hotel Chelton**
Rue Véronèse 48
4. **Hotel Carrefour de l'Europe**
Rue du Marché aux Herbes 110
5. **Gare Central**
6. **Schuman**

Hotel Opera**

Hotel Opera is located in the heart of the historical centre of Brussels. The underground (Gare Central) is within walking distance and makes it easy to reach every part of Brussels. 49 modern rooms equipped with television, bathroom, WIFI and telephone. The hotel offers a breakfast buffet.

Address: Rue Gretry 53, BE-1000 Brussels

Phone: +32 02 219 43 43, fax: +32 02 219 17 20

Price: 95 EUR/Single room, 115 EUR/Double room.

Hotel Chelton***

Hotel Chelton is located in the centre of Brussels close to the EU institutions and within 10 minutes walking distance to the conference venue. 50 quiet, spacious and well equipped rooms. Free internet is available 24 hours a day on the ground floor. The hotel has a fitness centre and a breakfast buffet.

Address: Rue Véronèse 48, BE-1000 Brussels

Phone: +32 2 735 20 32, fax: +32 2 735 07 66

Price: 115 EUR/Single room, 130 EUR/Double room.

Hotel Carrefour de l'Europe****

Located in the historical centre of Brussels and within walking distance to the underground (Gare Central), the hotel allows a quick and easy access to every part of the city. 64 well equipped rooms with free wireless internet connection. The hotel offers a variety of services and has a breakfast buffet.

Address: Rue du Marché aux Herbes 110, BE-1000 Brussels

Phone: +32 2 504 94 00, fax +32 2 504 95 00

Price: 139 EUR/Single room, 159 EUR/Double room.



ABOUT THE PROJECT

RECOMMENDATIONS

The Healthy Ageing project makes its recommendations for policy, research and practice to the EU institutions and Member States in the context of EU, UN and WHO policies related to healthy ageing, including:

- The EU “Lisbon process” of strategic priorities to 2010
- EU Treaty Article 152 on health protection for all citizens
- EU policies, inter alia on age discrimination and demographic change
- Health 21 – health for all in the 21st century and the Strategy to prevent and control non-communicable diseases in the WHO European region
- The WHO Active Ageing Policy Framework
- The United Nations Madrid International Plan of Action on Ageing

The Healthy Ageing project, co-funded by the European Commission, aims to promote healthy ageing in later life stages (50 years and older). The project has reviewed the literature, statistics, good practice and policies extending throughout Europe.

The focus has been on cross-cutting themes:

- socioeconomic determinants,
- inequalities in health,
- gender,
- minorities.

...and ten major topics:

- retirement and pre-retirement,
- social capital,
- mental health,
- environment,
- nutrition,
- physical activity,
- injury prevention,
- substance use/misuse,
- use of medication and associated problems,
- preventive health services.

Core principles of healthy ageing

The principles developed in this project are essential to healthy ageing and influence all the recommendations. The core principles are:

- **Older people are of intrinsic value to society**
Many older people live a most meaningful life and are a resource for society. They contribute to society, work in a paid or unpaid capacity as volunteers, care for family members and friends, and carry out informal work in organisations and associations. Age discrimination is prohibited in certain EU legislation, but implementation and education are needed.
- **It is never too late to promote health**
Evidence indicates that health promotion interventions can extend longevity and improve quality of life. Health promotion and prevention are possible even in groups of those of very advanced age. Many preventive programmes and health promotion interventions exclude older people.
- **Equity in health**
Tackling health inequalities in later life and improving the underlying socioeconomic determinants for older people should be at the core of any healthy-ageing strategy and health-promotion activity. Equity in health for older people explicitly includes nondiscrimination of older people.
- **Autonomy and personal control**
Autonomy and personal control are essential for human dignity and integrity throughout life. All individuals must have the opportunity for self-development and should take part in making decisions that concern them.
- **Heterogeneity**
Heterogeneity among older people must be taken into account. It includes differences in gender, culture and ethnicity, sexual orientation, and variations in health, disability and socioeconomic status. The generation gaps among older people must also be taken into account. There are several generations between people aged 50 and those aged 100+.

PROJECT PARTNERS AND REPORTS

Project partners

AGE – the European Older People 's Platform

EuroHealthNet

WHO, World Health Organization, Ageing and Life Course

Austrian Health Promotion Foundation, Austria

National Institute of Public Health, the Czech Republic

The Health Development Agency, England
(until July 14th 2005)

Middlesex University, England (from October 19th 2005)

Folkhälsan – an NGO for public health and health promotion,
Finland

Università Degli Studi Di Perugia, Italy

NIGZ, Netherlands Institute for Health promotion and Disease Prevention, the Netherlands

The Norwegian Directorate for Health and Social Affairs,
Norway (until July 21st 2005)

Norwegian Knowledge Centre for the Health Services,
Norway (from October 1st 2005)

Ministério da Saúde Direcção Geral da Saúde, Portugal

NHS Health Scotland, Scotland

The Swedish National Institute of Public Health,
project coordinator, Sweden

The Healthy Ageing – a Challenge for Europe report presents an overview of interventions on ageing and health. It includes suggested recommendations to decision makers, NGOs and practitioners on how to get into action to promote healthy ageing among the growing number of older people.

The report also presents different countries' policies/ strategies for older people's health, summaries of reviews on the effectiveness of interventions for later life, and a number of examples on good practice projects promoting healthy ageing. Data about the health of older people is presented.

The main report can be ordered or downloaded from the web site www.healthyageing.nu.

There are also short versions based on the main report of the Healthy Ageing project that have been translated from English into different European languages.

