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Presidenza Italiana  
del Consiglio  
dell'Unione Europea



**Bruxelles, 11<sup>th</sup> December 2014**

European Parliament, Room P7C050

# **Reconnecting policy making and science: How do we do it?**

**Study case: Active ageing & Healthy living**

## **Session II**

**Demographic Change: an opportunity to promote healthy  
nutrition for healthy ageing**

**Francesco Landi, MD, PhD**  
Catholic University, Geriatric Center,  
Gemelli Hospital – Rome, Italy

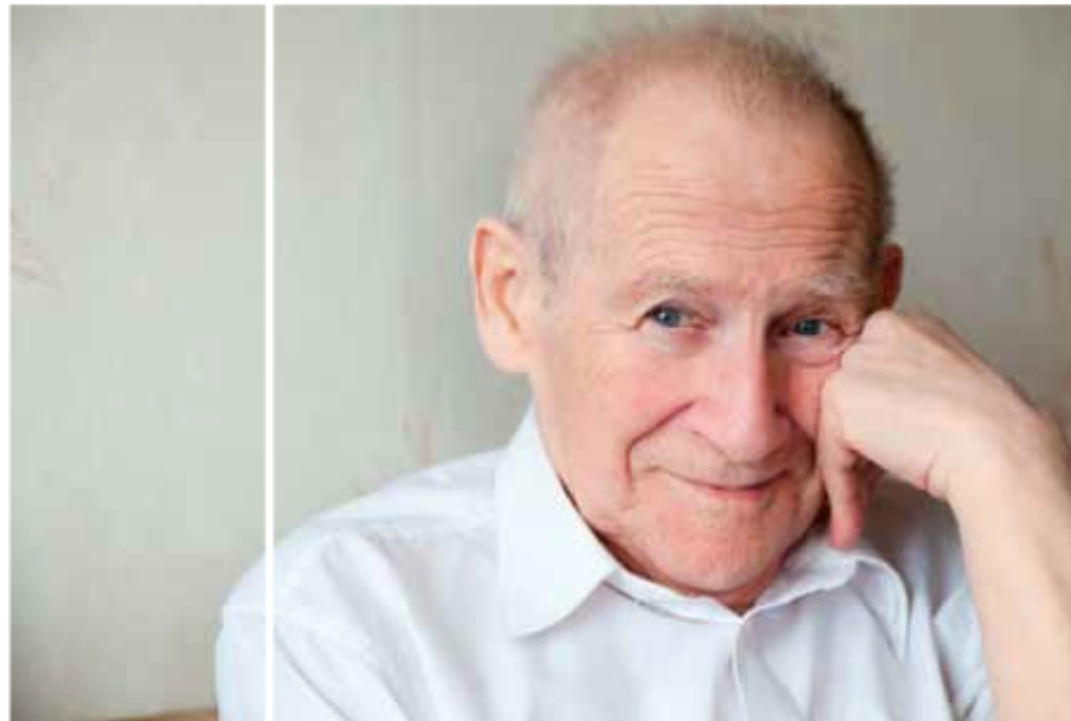
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# ***“ROME DECLARATION”* ON DETERMINANTS OF ACTIVE AND HEALTHY AGEING**



**Determinants of Active  
and Healthy Ageing:  
a strategy for Europe**



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**ROME, November 15-16 2014**

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# **“ROME DECLARATION” ON DETERMINANTS OF ACTIVE AND HEALTHY AGEING**

- In conjunction with the Italian Presidency of the European Union, Catholic University – School of Medicine – and Italia Longeva – the Italian Research Network on Active and Healthy Ageing founded by the Ministry of Health – organized an Expert Panel meeting (Rome, November 2014) to prepare a state-of-the-art document on Determinants of Active and Healthy Ageing.
- The topic has been chosen based upon the EU priorities indicated in the European Innovation Partnership on Active and Healthy Ageing and considering the role that Italy has been given in the area of ageing and health in recent years.
- The Experts have produced and elaborated the following Rome Declaration in lay but rigorous language that may be adopted by policymakers to promote Active and Healthy Ageing at any level.

# **“ROME DECLARATION” ON DETERMINANTS OF ACTIVE AND HEALTHY AGEING**

Key points identified and proposed as relevant determinants of healthy ageing based on the evidence currently available.

- **DEMOGRAPHIC CONTEXT**
- **GENETICS AND BIOLOGY IMPACT**
- **LIFESTYLES: Nutrition and Physical Exercise**
- **SOCIAL INCLUSION**
- **HEALTHCARE**
- **TECHNOLOGY**



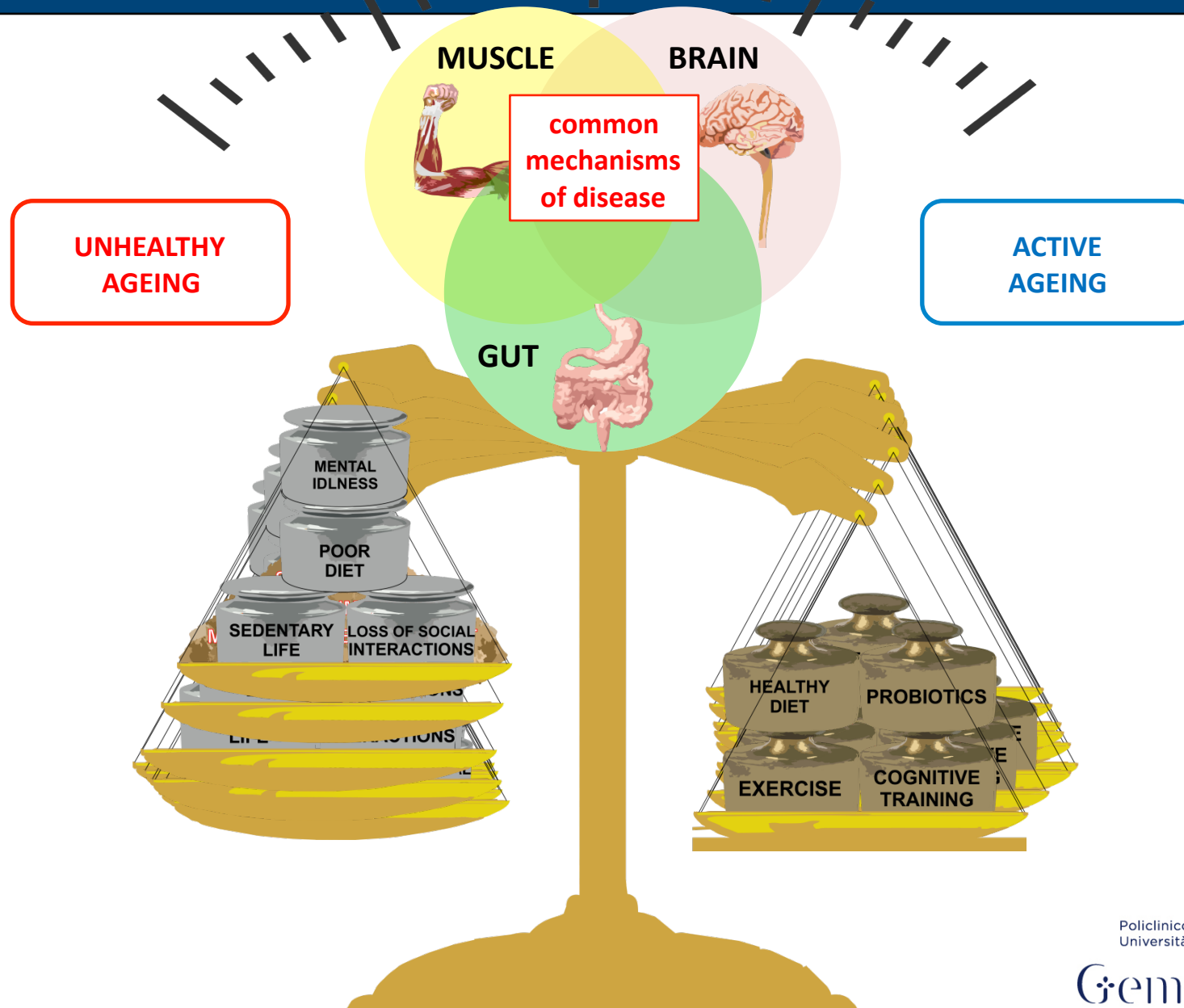
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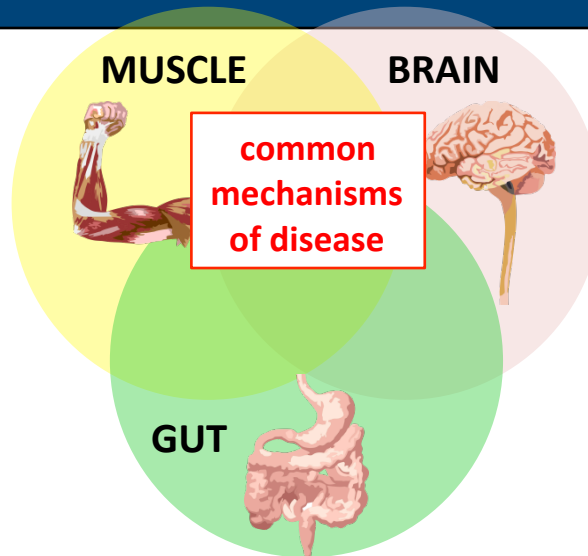
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**epigenetics of ageing**

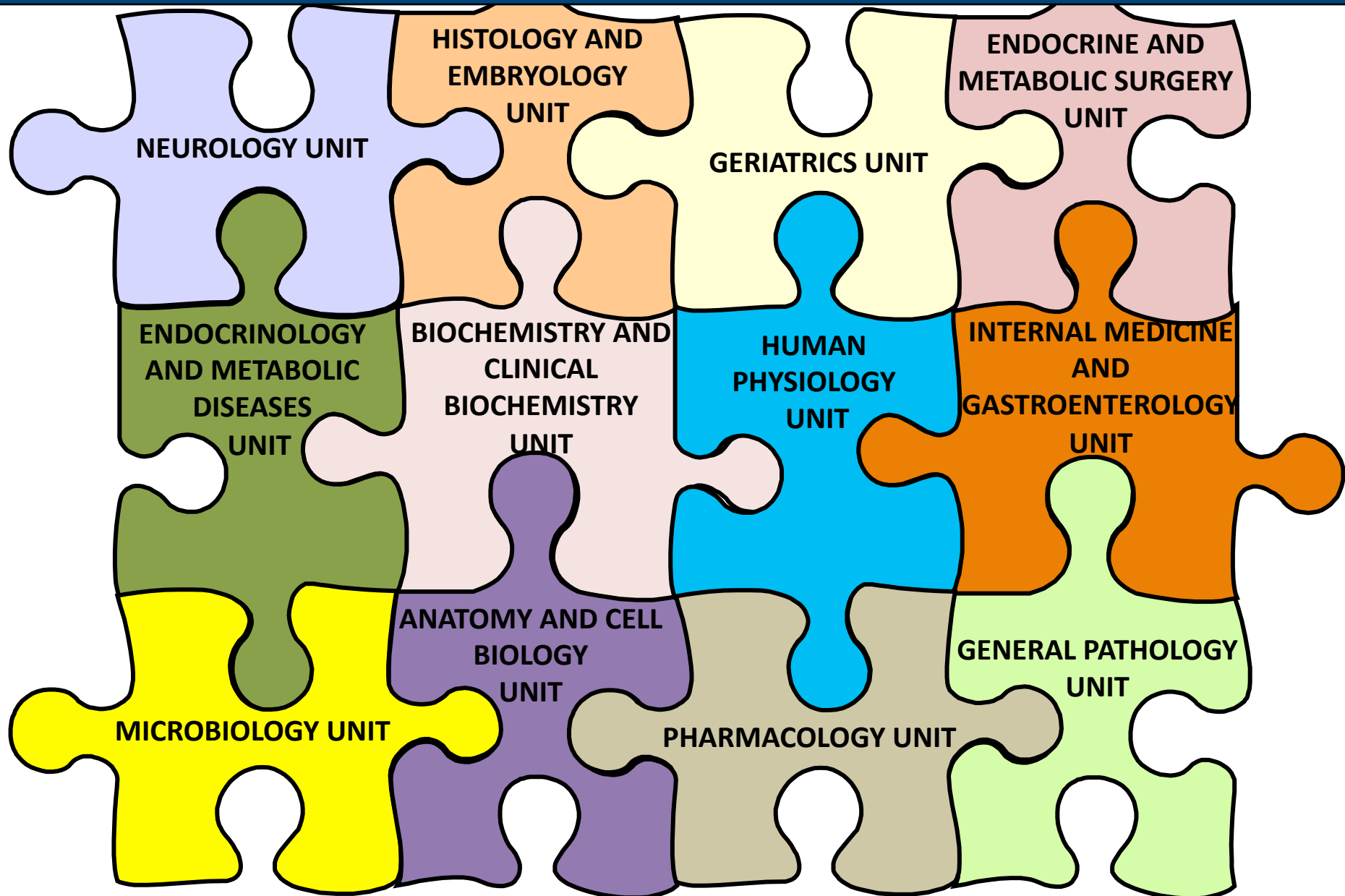
**gut microbiota-brain crosstalk**

**pharmacological approaches mimicking healthy lifestyles**

**personalized healthcare plans**

**multi-component interventions in the frail elderly**

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## EUROPEAN COLLABORATIONS



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The effect of intracoronary reinfusion of bone marrow-derived mononuclear cells (BM-MNC) on all-cause mortality in acute myocardial infarction



Ministero della Salute

Pro Health 65+



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**TRANSLATIONAL MEDICINE**

**IDENTIFY  
HIGH-RISK  
POPULATION**

**DISCOVER  
NOVEL  
BIOMARKERS**

**DEVELOP  
THERAPEUTIC  
TOOLS/  
INTERVENTIONS**



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# SPRINTT: an answer



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*Sprintt*

CLINICAL TRIAL

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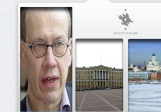
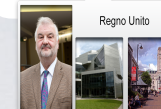
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