



Building Elder Friendly Futures Locally and Globally

A UW Gerontology Annual Conference

October 8 -9, 2014

Worldwide aging of the population: challenges and opportunities

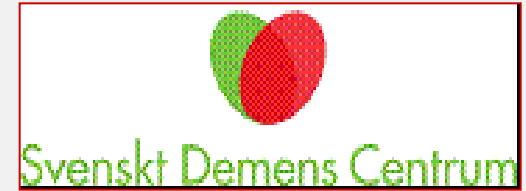
Laura Fratiglioni



<http://www.KI-SU-ARC.se>



The House of Aging Research



The health of the elderly person

1. Why do we age?
2. Why do we age so differently?
3. How can we decrease morbidity & disability
4. How can we provide better care?

Multidisciplinary team



Biomedicine & Epidemiology



Socio-gerontology



Psychology

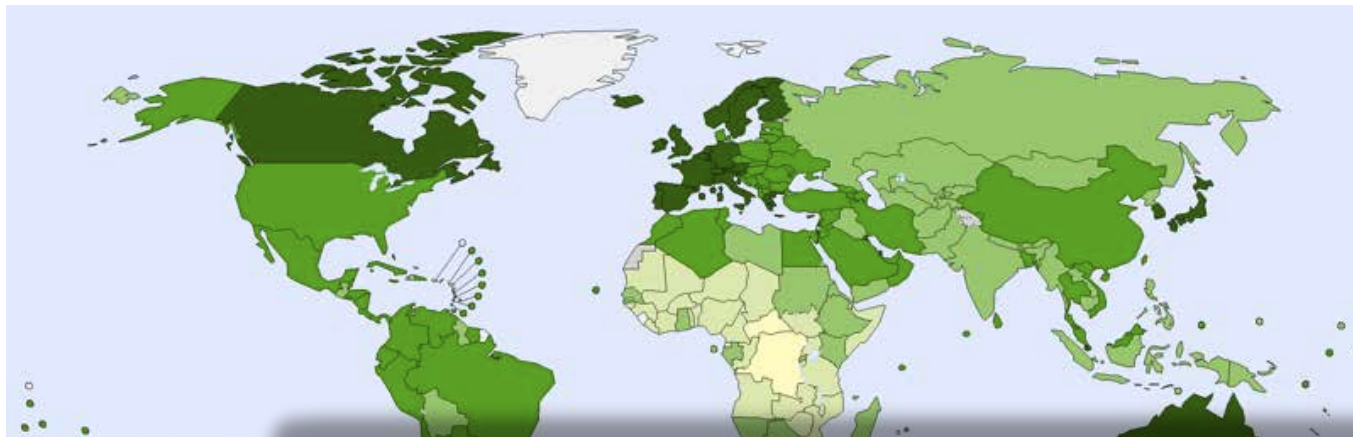
Longevity,
morbidity &
functioning

Brain aging

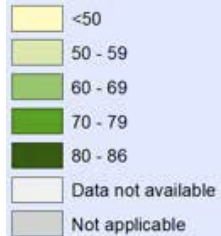
Health
trends &
inequality

Treatment
and care of
the elderly

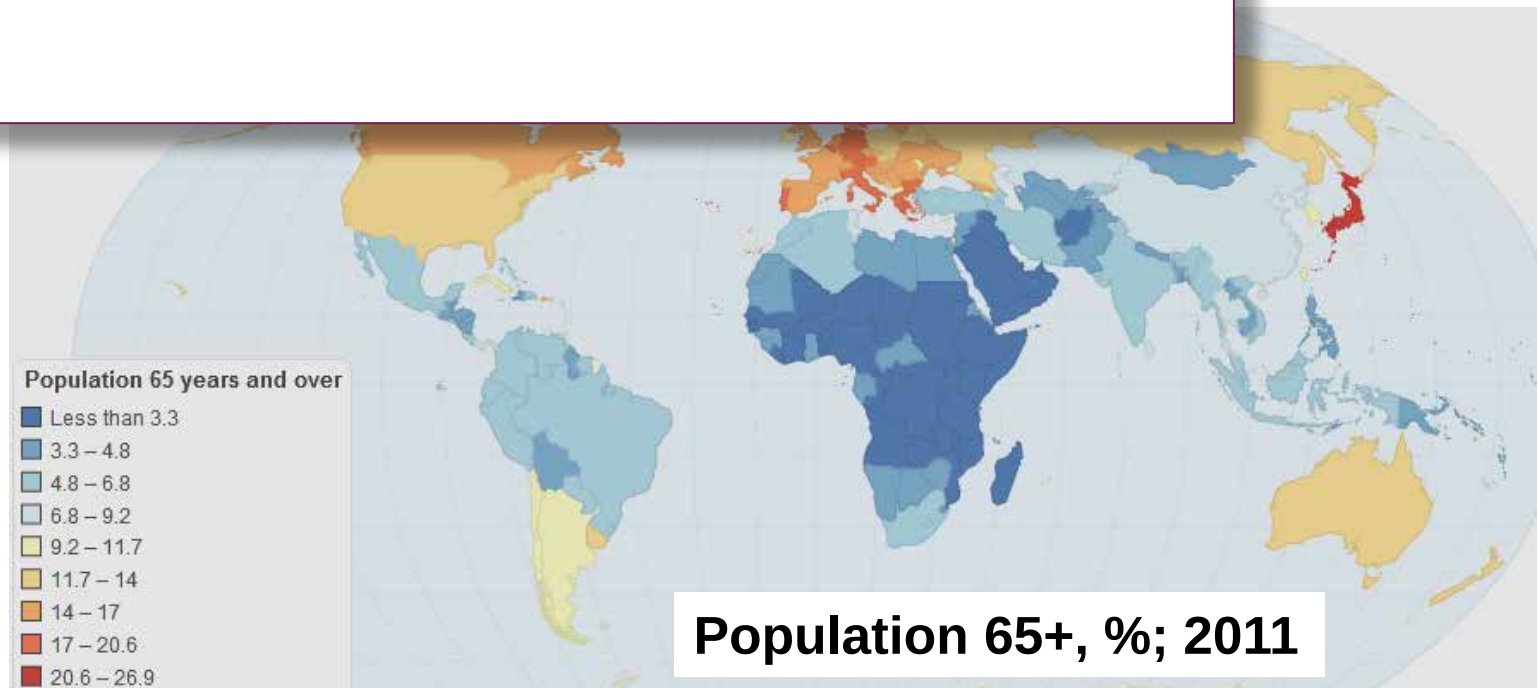
24 main research projects



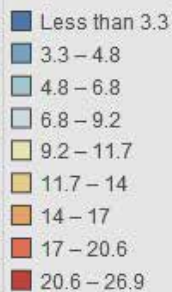
Life expectancy (years)



The world is getting older



Population 65 years and over



Population 65+, %; 2011

Key messages

1. Aging of the populations

- Positive, relatively new and increasing phenomenon

Challenges???

Opportunities ???



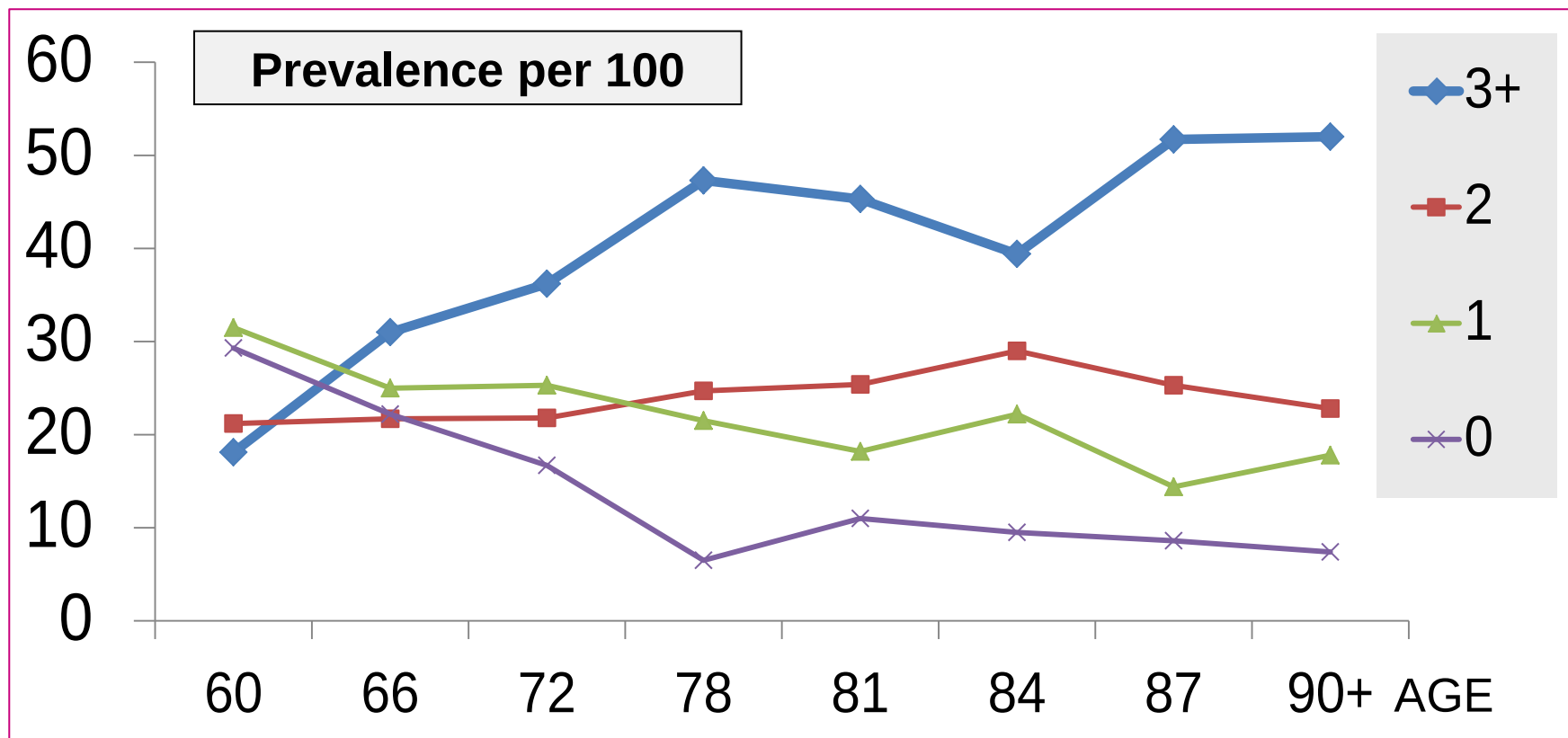
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Prevalence of chronic disorders by age and gender



Multimorbidity

Marengoni et al,
Am J Public Health 2008

Fratiglioni et al, in progress



Clinical diagnoses in 75+ old adults

Cardio-metabolic
disorders

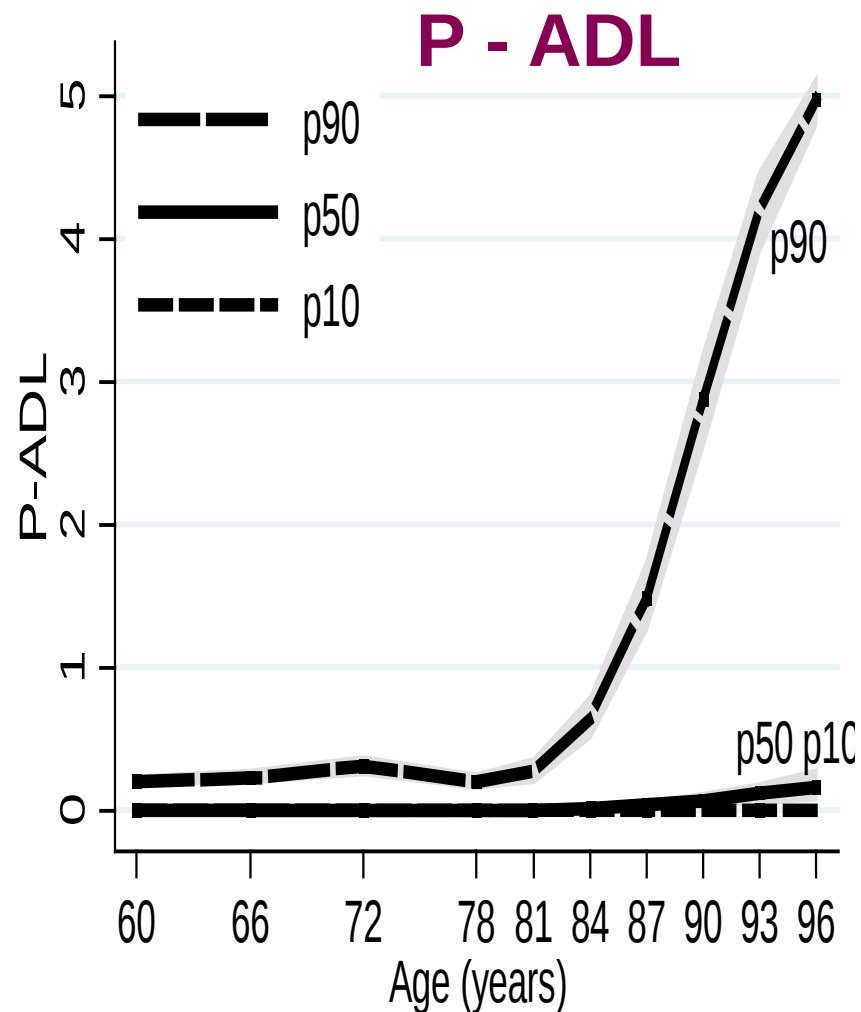
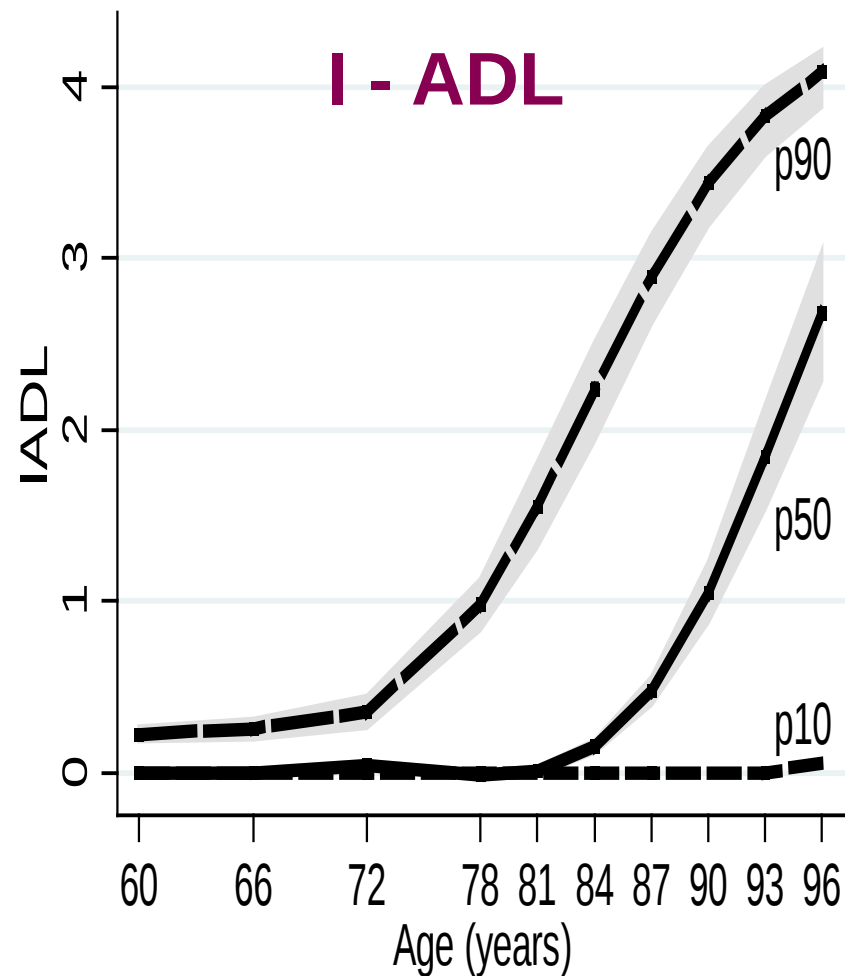
Brain diseases



Prevalence of major chronic diseases

% 0.5-5	Migraine, Epilepsy, Hip-fractures, Parkinson, AR, Cancer
6-10	COP, Depression, Thyroid dis., Atrial Fibrillation
11-15	Anemia, Diabetes , Ocular dis, Angina Pectoris, Ischemic diseases
16-20	Heart failure
21-30	Hypertension, Dementia

Disability by age



Key messages

1. Aging of the populations

- Positive, relatively new and increasing phenomenon

2. Challenges

- Up to age 80-85, good health status from a functional perspective

► Healthier now than 20 years ago?

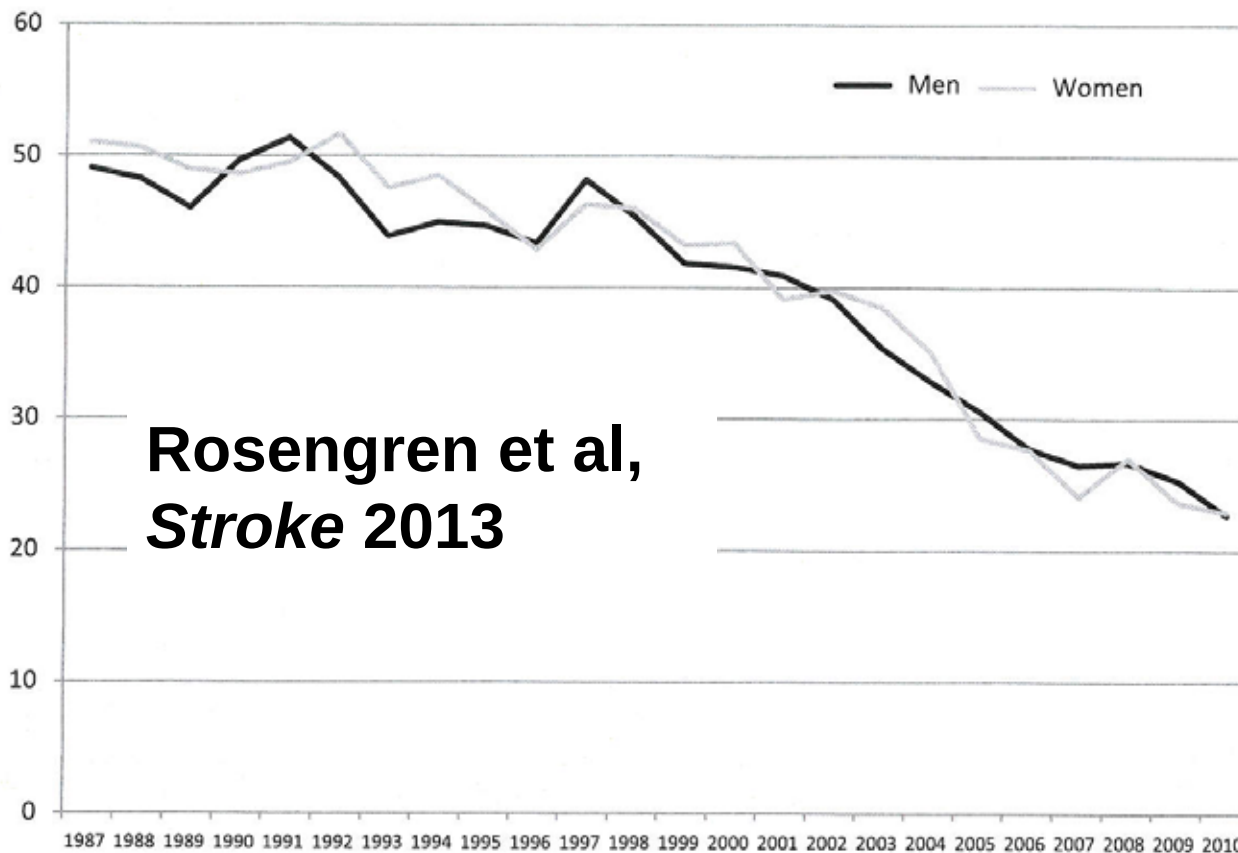


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Decreased incidence and mortality of major cardiovascular diseases in high-income countries since the 1980s



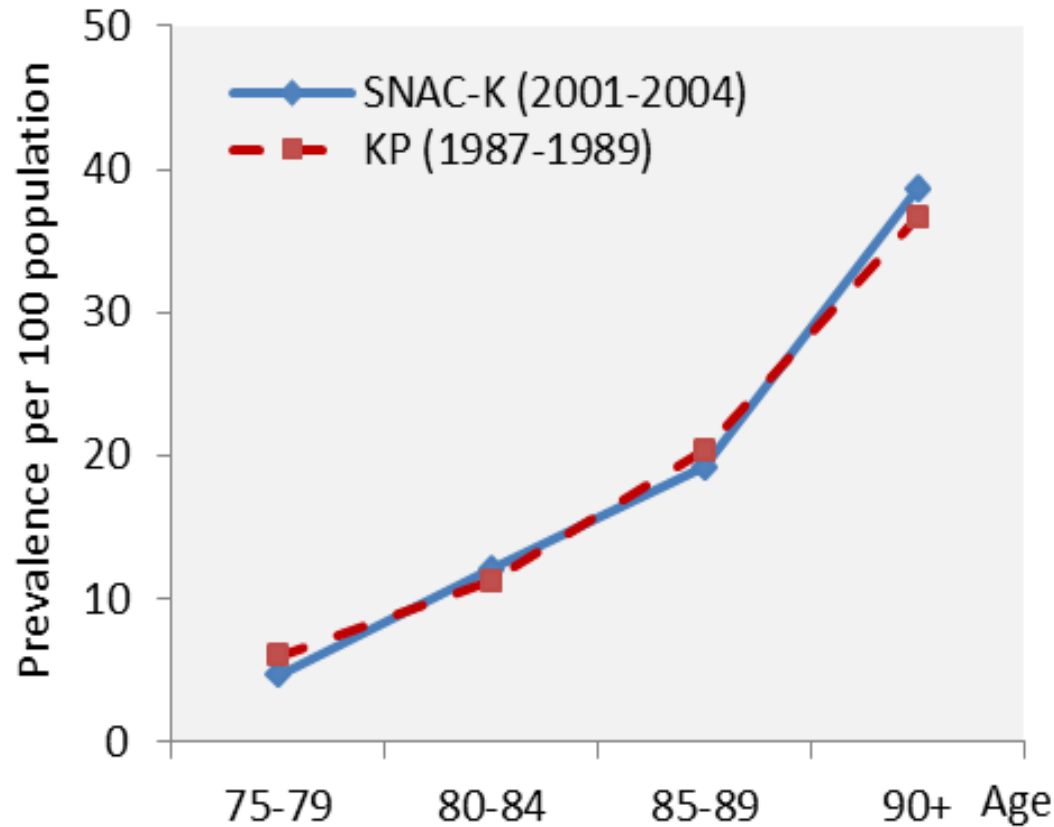
**Rosengren et al,
Stroke 2013**

Di Cesare et al,
Int J Epidemiol
2013

Nichols et al, *Eur Heart J* 2013

75+ old Swedish urban population:

Prevalence of dementia in 1987-89 & 2001-04



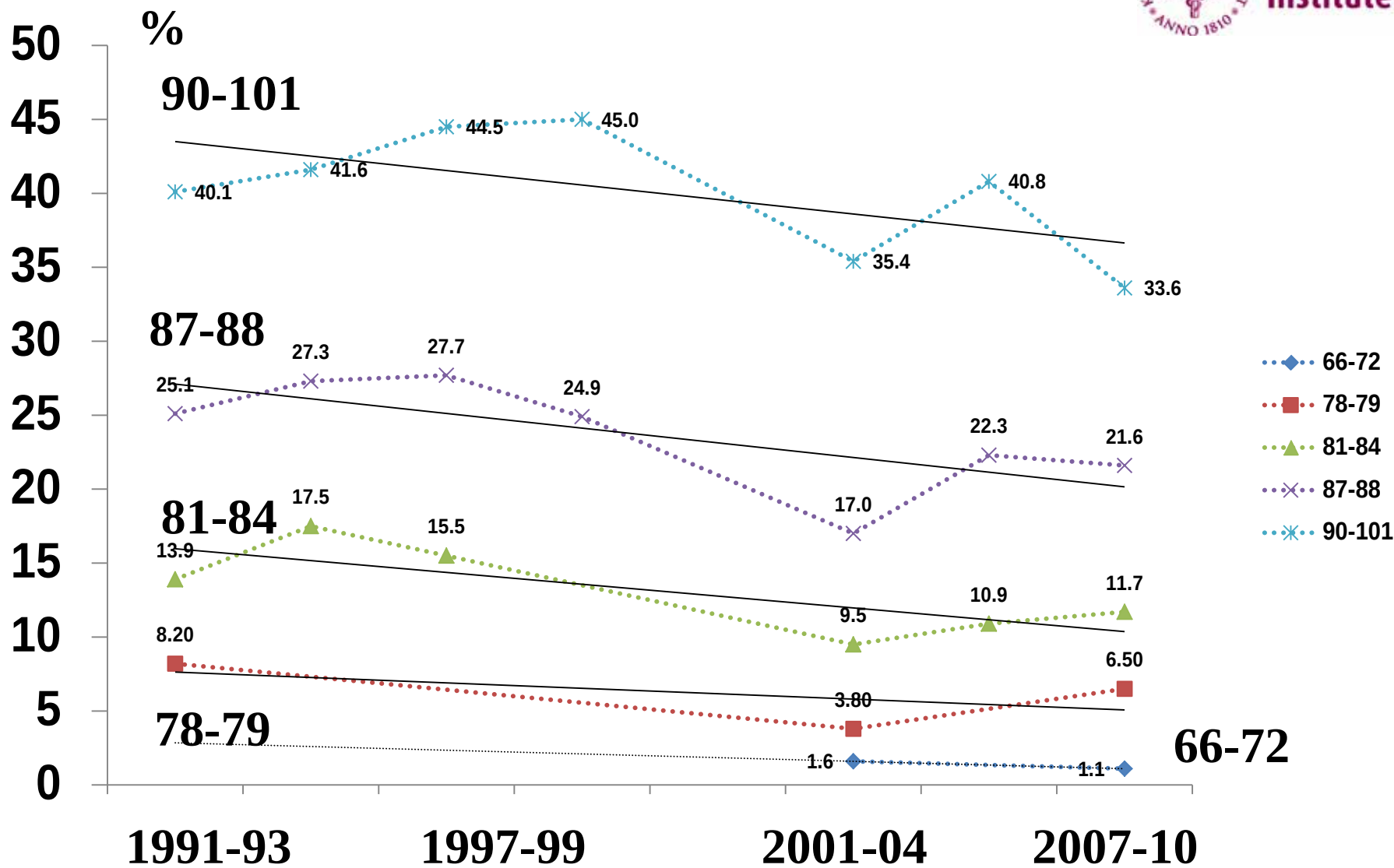
Age-specific prevalence per 100

Ø Rocca et al, 2011
Ø Schijvers et al, 2012
Ø Matthew et al, 2013

Temporal trends in ADL disability



Karolinska
Institutet



Key messages

1. Aging of the populations

- Positive, relatively new and increasing phenomenon

2. Challenges

- Up to age 80-85, good health status from a functional perspective
- Older people are healthier now than 20 years ago

Opportunities ??



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Preventive strategies against CVD and Dementia

1. Promoting healthy behaviors: non-smoking, moderate alcohol intake, healthy diet
2. Acting on relevant risk factors - such as hypertension, diabetes and obesity- already in middle age
3. Promoting healthy lifestyles: physical, mental & social activities

Brain Plasticity
Brain Reserve

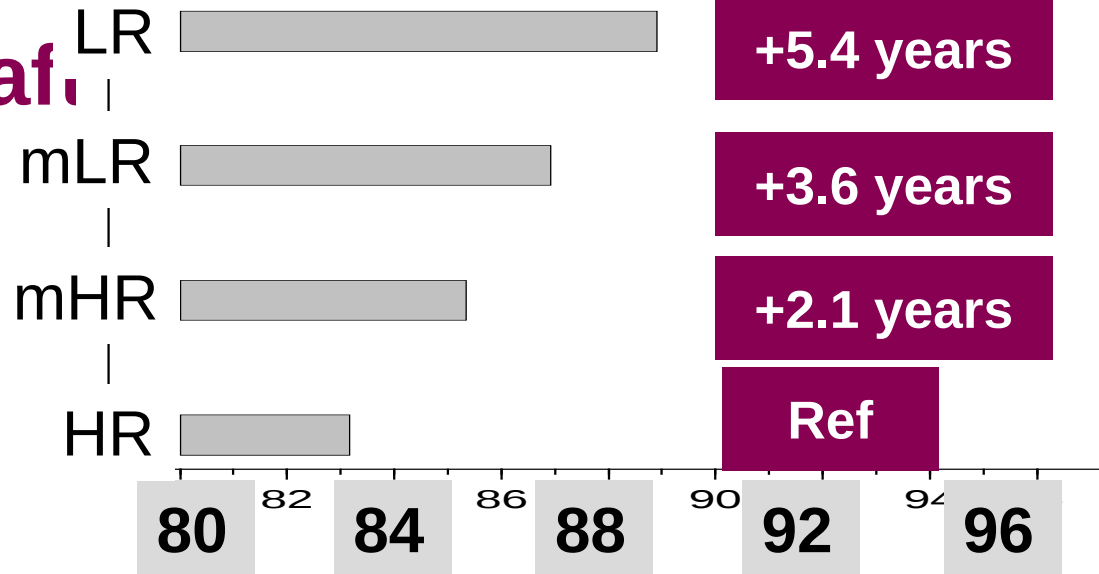


Living a long life af.

Rizzuto et al, BMJ 2012

Low Risk Profile

No risk factors



Moderately-Low Risk Profile

Only 1 of the 3 risk factors

MEDIAN AGE
AT DEATH

Moderately-High Risk Profile

At least 2 of the 3 risk factors

High Risk Profile

All 3 risk factors: unhealthy life habits (over- or underweight & current-former smokers) / limited-poor social network / no activities

Key messages

1. Aging of the populations

- Relatively new and increasing phenomenon
- Positive phenomenon due to reduced mortality

2. Are older adults healthier now than 20 years ago?

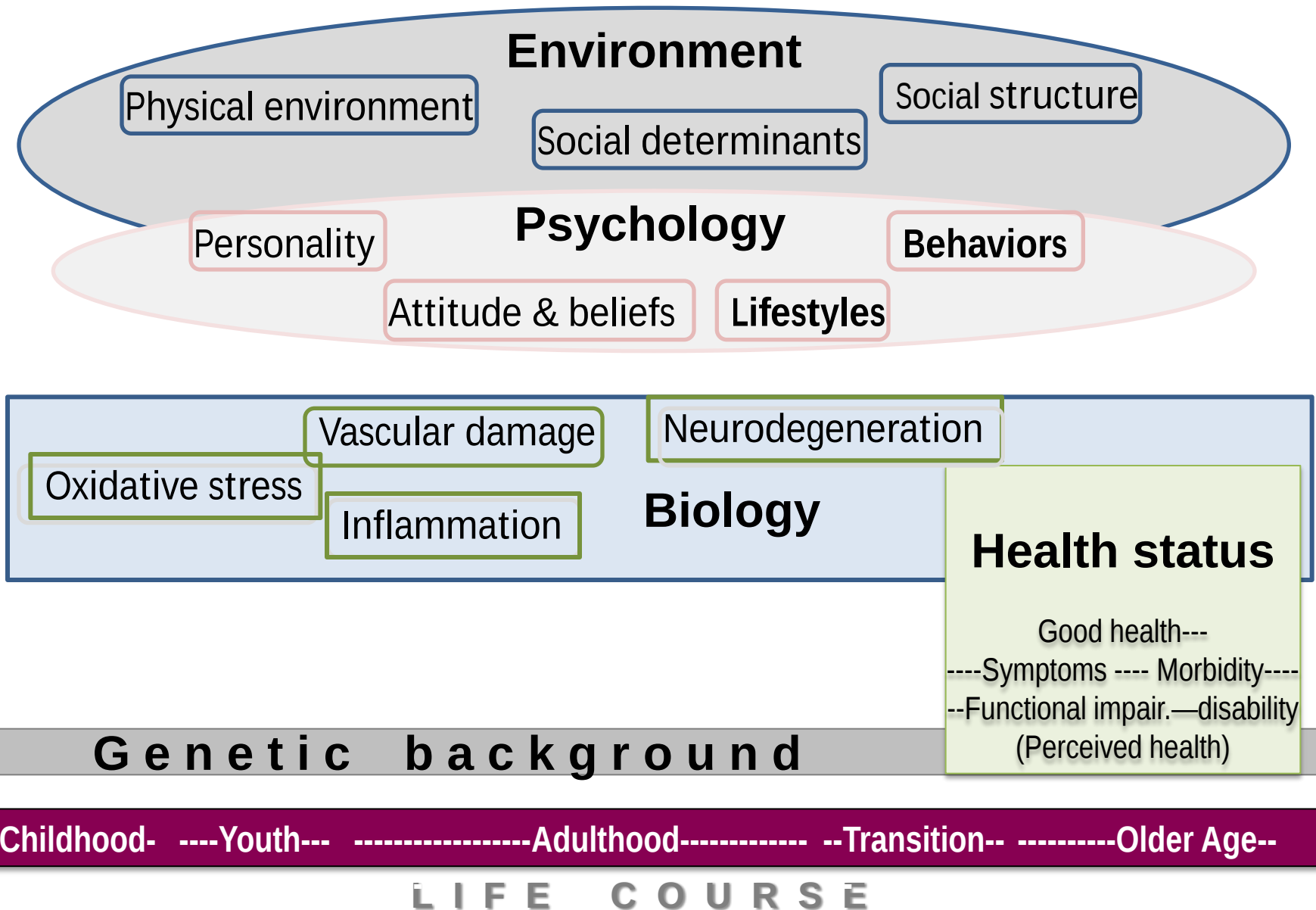
- Up to age 80-85, good health status
- Older people are healthier now

3. Relevance of lifestyles & health behaviors

- High impact on mortality and morbidity
- Health promotion & disease prevention

Aging continues through life

Rizzuto, Fratiglioni 2013



Key messages

1. Aging of the populations

- Relatively new and increasing phenomenon
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2. Are older adults healthier now than 20 years ago?

- Up to age 80-85, good health status
- Older people are healthier now

3. Relevance of lifestyles & health behaviors in an aging world

- High impact on mortality and morbidity
- Health promotion & disease prevention

4. Future perspectives

- Multiple interactions
- Interventions and international collaborations



Thank you for your attention

A healthier
aging is a
reality today

We can do even
better tomorrow

