

CONFERENCE ON “ACTIVE AND HEALTHY AGEING” Celebration of the “European Day of Solidarity between Generations”

**29 – 30 April 2010
Riojaforum, Logroño (La Rioja)**

Title

Healthy Ageing in Europe – lessons learnt and ways forward

Summary

In 2004, the Swedish National Institute of Public Health initiated the Healthy Ageing project that gathered 10 Member States and organisations across Europe. The aim of the Healthy Ageing project was to promote healthy ageing in later life stages (50+). The project focused on different aspects of health and how to promote healthy ageing through the development of an integrated holistic approach to health in later life. Since the Healthy Ageing project ended in 2007, no comprehensive follow-up has been undertaken in order to investigate if and how goals have been met. This presentation will focus on the findings from a follow-up survey with the purpose to help increase knowledge about different initiatives taken in order to fulfill the Healthy Ageing recommendations on policy, practice and research and to prepare for the next step forward. Another focus will be the main conclusions from the presidency conference “Healthy Ageing in Europe – lessons learnt and ways forward” which was organised by the Swedish National Institute of Public Health in 2009.

The result from the follow-up and from the conference shows that policies, projects and research have continued to develop and produced new knowledge and experiences and that the initiatives are overall in line with the recommendations from the Healthy Ageing project. Even though healthy ageing work has several dimensions it is of major importance that the health promoting work towards people in later life is permeated with a holistic perspective and that ageing is viewed from a life-course perspective. In order to enhance processes, cooperation as well as coordination on European, national, regional and local level is essential throughout Europe and would give further support to health promoting work towards older people. Also, in order to have a healthier ageing there is a need for more sustainable healthy ageing work which is highly dependent on several factors such as long-term funding and rigorous evaluations. It is clear that adopting a European health promoting strategy in a later life stage can provide opportunities for individuals to achieve healthier ageing.