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Partners

Spain
Parc Sanitari Sant Joan de Déu (PSSJD)
Parc Sanitari Sant Joan de Déu (PSSJD)

United Kingdom (UK)

Germany

Sweden

Finland

Poland

Belgium

Contribution:

Age Platform Europe: The Consortium includes the Age Platform Europe, a European network of approximately 150 organisations of and for people aged 50 or over.

CONTRIBUTORS

WHO
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Ageing Trajectories of Health: Longitudinal Opportunities and Synergies
The ATHLOS project aims to achieve a better understanding of ageing by identifying patterns of healthy ageing trajectories. Understanding the processes and determinants of healthy ageing is important, not merely because we all want to live longer, but because we want our years to be active and healthy: we want to live well.

ATHLOS will break new ground in ageing research. At the moment, evidence of the factors that determine healthy ageing pathways is fragmented. We know that exposures at early stages of development have an impact on later life health outcomes; however the nature and extent of these impacts remain unclear. There is overwhelming evidence of a rapidly increasing proportion of older people in the population in Europe and around the globe, and its enormous economic impact that will fundamentally alter health and social policy.

It is a fact that People age differently. Depending on life course exposures to health risks, lifestyle, genetic makeup, social-economic background, and many other factors there are different ageing pathways. It is important to recognize similarities and differences in ageing patterns within and across populations. Understanding how people age requires a nuanced and textured study of ageing pathways and their determinants in order to promote healthy ageing will have a significant impact on our society.

It is ATHLOS aim, therefore, to understand ageing trajectories to prepare a health policy and social response to the demographic shift, and specifically to help people age in good health and promote their well-being.

Given the complexity of the analysis, and the range of data sources needed, ATHLOS requires an extensive and interdisciplinary collaboration. For this reason a Consortium of 15 partners from 11 European countries will be involved in this research, with experts from areas of demography, sociology, clinical medicine, epidemiology and public health, health statistics, economics, data management, and policy. The Consortium also includes AGE Platform Europe, a network of around 150 older people’s organisations across Europe that will support the dissemination activities and assist in producing policy recommendations based on the ATHLOS results.

**Work packages**

WP1: Creation of a harmonised dataset
- WP Leader: PSSJD; Dr Josep M. Haro.

WP2: Development of analytical methods
- WP Leader: HUA; Prof. Demosthenes Panagiotakos.

WP3: Describing patterns of trajectories, determinants and inequalities of healthy ageing
- WP Leader: KCL; Prof Martin Prince and Dr Matthew Prina.

WP4: Characteristics-based approach to define ‘old age’
- WP Leader: IIASA; Prof Sergei Scherbov and Prof Warren Sanderson.

WP5: Knowledge translation
- WP Leader: UCL; Prof Martin Bobak.

WP6: Dissemination and communication
- WP Leader: UAM; Prof José Luis Ayuso-Mateo.

WP7: Coordination and management
- WP Leader: PSSJD; Dr Josep M. Haro.

The specific objectives of the project are:

- **Objective 1:** Produce a harmonised dataset from 20 recent longitudinal studies of ageing from European and other International projects.

- **Objective 2:** Identify patterns of healthy ageing trajectories and their determinants (including cohort effects) in order to predict trajectories of healthy ageing both at the individual and population levels.

- **Objective 3:** Determine and operationalise a more valid definition of ‘old age’ based on characteristics of people that change with age – in particular health status, cognitive function, life expectancy and other measures – rather than chronology alone.

- **Objective 4:** Translate ATHLOS findings, by means of knowledge translation methodologies and microsimulation exercises, into evidence-informed policy recommendations.

- **Objective 5:** Disseminate and make available the resources created by ATHLOS, the pooled datasets, the findings, and policy recommendations arising from the project to facilitate the use of those resources and the scalability of ATHLOS products.

**Partners**

The Consortium consists of 15 partners from 11 European countries:

The ATHLOS Project officially began on the 1st of May 2015

**Objectives**

The objective of the ATHLOS project is to achieve a better understanding of ageing by identifying patterns and determinants of healthy ageing pathways, detecting individuals at risk, and proposing timed interventions to promote healthy ageing.