

Activities Report 2016-2017

International Longevity Centre (ILC-France)

1 - Introduction

1.1 - Objective of ILC-France: to support the longevity revolution in health and activity

- Influence public and private actors in favor of coherent age management.
- Promote health through prevention at all ages and promote the activity of seniors through studies, workshops and think tanks in human, economic and clinical sciences at national and international level.
- To generate an ongoing analysis of the opportunities offered by the increase in life expectancy.
- Disseminate information to all audiences.

1.2 - Organization of ILC-France

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2 - Achievements of ILC-France in 2016 - 2017

2.1 - Studies and research

2-1-1: Study of a procedure for detecting frailty by self-assessment in retirees aged 70 years and over.

The study was proposed by ILC-France to the CNAV (National Pension Fund), and was carried out in partnership with the Gérontopôle of the Toulouse University Hospital, the INSERM UMR 1027, the French Society of Geriatrics and Gerontology (SFGG) and the Broca Hospital, René Descartes University, Paris.

The aim is to study the methodological and technical feasibility and the effectiveness of a procedure for detecting frailty in retirees aged 70 and over, using a simple self-administered questionnaire completed at home. Retirees are then invited to visit Broca's frailty clinic to confirm their status as reported by the self-administered questionnaire.

Feasibility Study (Pilot Phase) : Development of logistics and technical aspects, on a first cohort of 300 retirees. Beginning of the study: March 2015

Results of the feasibility study on 300 retirees:

- an exceptional rate of response to the questionnaire (145/300 - 48%)
- a reluctance of the participants to benefit of an assessment of frailty at the hospital (32/139 - 23%).
- overall, the results show a satisfactory concordance between the self-administered questionnaire and Fried's frailty criteria evaluated at the hospital setting . Rates of frailty with the questionnaire centered on frailty specific questions are: no frail 41% , pre-frail 24% and frail 34% .
- the best performance of the self-administered questionnaire is in the detection of frail retirees, regardless of age but with more sensitivity (100%) and specificity (100%) in people aged 70 to 79 years using the following 3 questions:

> In the past 2 years, have you lost 5% or more of your usual weight

Yes No

> Can you get up 5 times in a row from a chair without the help of your arms?

Yes No

> Do you feel without energy, much more tired than usual?

Yes No

However, the analysis of subpopulations, with very small number of subjects, results in large standard deviations with insufficient statistical power.

A second study in 2017 with 5000 retirees is planned to validate the self-administered questionnaire for the detection of frailty.

2-1-2: “CLIC Prévention santé »: a Health Prevention Tool for computer, tablet, smartphone.

The purpose of the project « CLIC Prévention Santé » is to identify key prevention measures according to age, sex and identified risk factors for diseases for which prevention has shown a benefit.

« CLIC Prévention Santé » helps people to tailor their “own” prevention. The proposed prevention measures are based on national official guidelines.

Launched in 2015, CLIC PREVENTION SANTE has been enriched in 2016 with prevention advice regarding some risks linked to the sector of activity (road transport, health sector , tourism, business services, contact with the public....)

<http://www.clic-prevention-sante.org>

2-1-3: Collaborative Study “ILC-GA SHARE project”: Age, labor force participation, control & cognitive function: The French Cohort from the SHARE Study

Results have been presented at the « Berliner Demografie Forum” in February 2016.

Conclusion: if age is the main factor in the negative evolution of cognitive function, the type of work (Blue collar versus White collar) and degree of control are important to consider:

white-collar occupations and occupations with some degree of control have a positive role on the evolution of cognitive function.

2-1-4: Main original works and articles produced by ILC-France (available at www.ilcfrance.org)

- 2016 - "La santé des seniors en emploi" in the " Guide pratique du Vieillissement " published under the authority of J-P Aquino.
- 2016 - "Historical Perspective on Pension Systems around the World: The French Perspective", within the framework of ILC Global Alliance.
- 2017- "Sylver Think Tank. Laboratoire d'idées sur le "Bien vieillir à Paris".

2.2 - Influencing policy makers

2-2-1: Parliamentary Study Group on Ageing Issues (Groupe d'Etude Parlementaire Enjeux du Vieillissement – GPEV)

In response to the need for information of the French MPs on the "longevity revolution", ILC- France has proposed in 2006 the creation of a study group. 82 MPs are members of the group. ILC organizes regular hearings of personalities concerned by the longevity revolution. The minutes of the hearings since 2006 are available at www.ilcfrance.org.

2016 hearings:

- Professor Joël MENARD: "Alzheimer's Plan 2008-2012: Assessment and prospects"
- Jean-Paul DELEVOYE: "Have the social partners taken the meaning of the increase in longevity"
- Bernard ENNUYER: "What needs does the voluntary sector meet? »
- E. MOUHOUD: "Economic role of seniors in the territories".
- Thomas BARNAY: "Can end-of-career guidance improve the employment of seniors?"
- Professor Olivier HANON: "Is it legitimate to no longer reimburse anti-Alzheimer drugs? »

2-2-2: Silver Think Tank "Aging well in Paris" developed for Paris City Hall September 2015 - March 2016

Didier Halimi has been appointed by the Major of Paris to develop and coordinate a Silver Think Tank on «Aging well in Paris" for the seniors from the age of retirement to old age. The choice of themes, experts and guests has therefore focused at improving the urban living conditions. The group's recommendations have also addressed loss of autonomy that only a lifelong prevention can delay or avoid.

The 10 sessions provided an insight into the many issues faced by local and regional authorities. The full report is published (May 2017).

Other contributions of ILC-France

F. Forette is personally involved in numerous radio and TV programs promoting the "prevention at all ages for a healthy and active aging"