

Moral Report 2017- 2019
International Longevity Centre France
<http://www.ilcfrance.org>

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 levels.
- 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

Director: Françoise FORETTE, MD, 2017-2018

President of the Strategic and Scientific Committee: Françoise FORETTE, MD, 2019-

Director : Jean-Pierre AQUINO, MD, 2019-

Scientific Director: Marie-Anne BRIEU, MD

Scientific Advisors : Didier HALIMI, MD - Charles LAMBERT, MD

Project Director : Prisca LUCAS, PhD

Administrative and Financial Officer: Jean-Claude SALORD, MD

Administrative Assistant : Marie-Claude MARTEL info@ilcfrance.org

2 - Achievements of ILC-France

2.1 - Studies and research initiated by ILC France

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

Study proposed by ILC-France to CNAV and carried out in partnership with G erontop ole of Toulouse University Hospital, Inserm UMR 1027, the French Society of Geriatrics and Gerontology (SFGG) and Broca Hospital, (Ren e Descartes University, Paris).

The objective is to study the methodological and technical feasibility and effectiveness of a procedure for identifying frailty among people aged 70 and over, using a simple self-assessment questionnaire that participants fill in at home.

The self-questionnaire includes 3 questions:

A / Over the past 2 years, have you lost 5% or more of your usual weight? Yes No

For example:

- 2.5 kg or more if you weigh 50 kg

- 3 kg or more if you weigh 60 kg

- 3.5 kg or more if you weigh 70 kg

B / Can you get up 5 times from a chair without using the arms? Yes No

C / Do you feel without energy, much more tired than usual? Yes No

• **Pilot feasibility phase March 2015-February 2017:**

Development of logistical and technical aspects, on a cohort of 300 retirees.

The results of the feasibility study show a high response rate of 45%. However, subpopulation analysis leads to large standard deviations due to the small number of subjects and implies confirmation of these results.

• **Confirmation phase in progress:**

The position of the experimenters and of the CNAV is to repeat the study on at least 5000 retirees in 2019. The size of the cohort will provide adequate statistical power to draw firm conclusions about the usefulness of this self-questionnaire.

<https://clinicaltrials.gov/ct2/show/NCT04085432?cond=Frailty&rank=3>

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

The purpose of the "CLIC PREVENTION HEALTH" project is to identify major prevention actions based on official recommendations related to age, gender and risk factors. The application was made available in October 2015.

A second version of CLIC was completed in October 2017 to take into account the prevention of risks more specifically related to certain professions.

This tool was made possible thanks to a grant from KLESIA.

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

2-2 Collaborative Studies and research initiated by ILC GA

2-2-1: ILC-GA SHARE project, International Research Group on Retirement, Health and Aging: "Integration of older people in the labor market: Global perspectives"

The inaugural workshop of the Berliner Demografie Forum (15-16 February 2017)

"Integration of older people in the labor market: Global perspectives" was organized by ILC-Global Alliance. The study presented in this workshop shows that the main determinant of retirement age is the retirement policy of each country. The texts of the papers are accessible and published on the site <http://www.ilc-alliance.org>.

2-2-2: Intervention at the IAGG World Congress of Gerontology & Geriatrics: "Work, Aging and Cognitive Functioning in France: Type of Work Makes a Difference" - San Francisco (USA) July 23-27, 2017

2-2-3: ILC-GA collaborative study -Share project Berliner Demografie Forum (April 2018)

A workshop “Integrating questions for Frailty Panel” has been organized by ILC-Global Alliance. The French intervention focused on the theme: **A Disabling Condition in Late Life Deserving More Attention in France (Data extracted from SHARE)** –

Publication in 2019: "Persistence in inequalities of frailty at older age: A comparison of nine EU countries" in "Health and socio-economic status over the life course". P 85-90.

2-2-4: ILC GA bi-annual seminar in Singapore (April 2018)

Participation in the ILC GA research project Working Group on Long Term Care : Didier Halimi, Brian Beach (UK), Julie Byles (Aus), Susana Harding (SGP), Lia Daichman (Arg), Sebastiana Kalula (RSA), Zoe Lim (SGP), Masako Osako (Jap). Several meetings by skype took place in 2018

2-3: Main original works and articles produced by ILC-France (available at www.ilcfrance.org)

- 2017 - Article **"For a compulsory autonomy insurance"** for the 9th OCIRP debate "Autonomy: what innovations, what proposals for tomorrow? (Annex 2)
- 2017 - Editorials for the ILC France site **"Undernutrition, a serious threat, in a society of plenty"**, **"Are the" multi-domain "interventions beneficial to seniors?"**, Think Tank" Aging Well in Paris "etc. See the website www.ilcfrance.org
- 2017 – Rapport « *Silver Think Tank* : Laboratoire d'idées sur le « Bien vieillir à Paris"»
- 2018 – Editorial published in “Le Monde ”: For a compulsory autonomy insurance" published on April 28.
- 2018 – Editorials by F.Forette on ILC France website
- 2019: **"Persistence in inequalities of frailty at older age: A comparison of nine EU countries"** in "Health and socio-economic status over the life course". P 85-90.

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”