

**ilc...**

International  
Longevity Centre UK

**AMGEN**<sup>®</sup>

**GSK**

**Hallmark  
Foundation**  
Every Step of the Way

**MSD**  
INVENTING FOR LIFE

**Pfizer**

**sanofi**

# Healthy Ageing and Prevention Index: Our impact

[ilcuk.org.uk](http://ilcuk.org.uk)

What happens next



International  
Longevity Centre UK

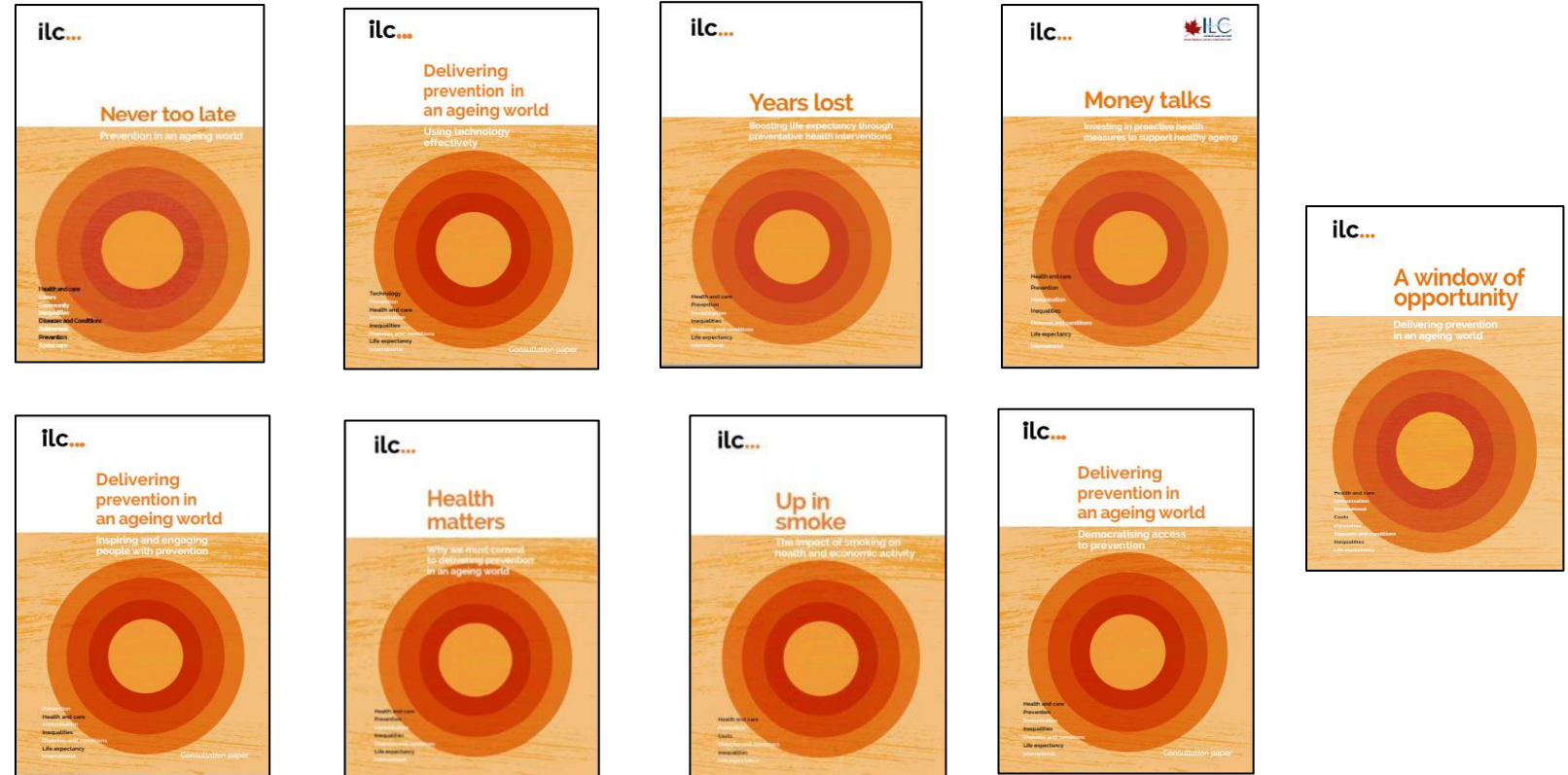
# Our prevention programme so far (2019-2022)

Join the conversation: @ilcuk  
[#PreventionIndex](#)



Our  
programme  
so far (2019-  
2022).

ILC has established itself at the forefront of the global  
prevention debate.



**ilc...**

@ilcuk  
#PreventionIndex

preventionindex.org

Our programme so far (2019-2022).

We've engaged with stakeholders across the world to build consensus.



ilc...

@ilcuk  
#PreventionIndex

preventionindex.org

# Our programme so far (2019- 2022).

## And we've moved the needle on healthy ageing and prevention.

- We helped convince G20 Ministers in Japan to commit to a joint focus on the prevention of ill health across the life course in 2019.
- We informed the WHO's and UN's joint Decade of Healthy Ageing (2020-2030), as well as the WHO Immunisation Agenda 2030, which led to a new chapter on life course and adult immunisation being added.
- We fed into the Department of International Trade's White Paper on Healthy Ageing.
- We were selected to write a policy paper that informed the G20 in Italy on the role of prevention in global health and the management of the COVID-19 pandemic.
- ILC's policy recommendation was adopted in the 2022 changes to the NICE guidelines, recommending that an adult's waist should be less than half their height to reduce health risks.

**ilc...**

@ilcuk  
#PreventionIndex

---

[preventionindex.org](https://preventionindex.org)



International  
Longevity Centre UK

# Healthy Ageing and Prevention Index: Year 1

Join the conversation: @ilcuk

[#PreventionIndex](#)





International  
Longevity Centre UK

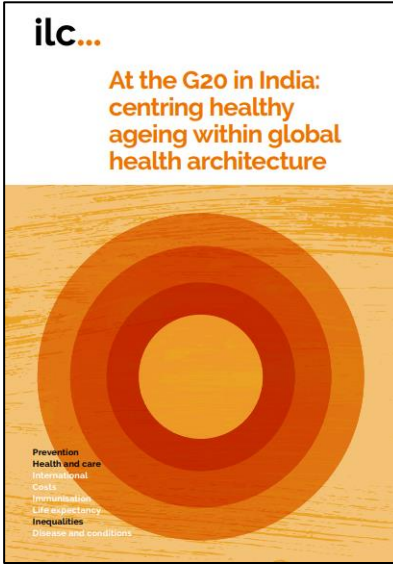
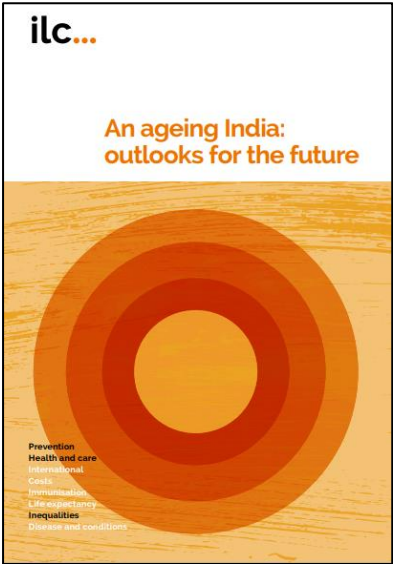
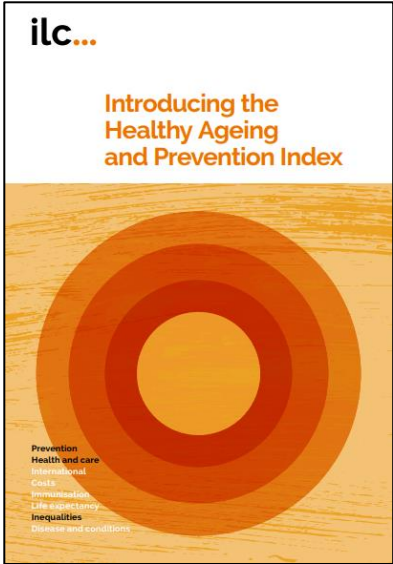
We've built a greater understanding  
of the issues and opportunities  
presented by longevity

Join the conversation: @ilcuk

#PreventionIndex



We produced publications to highlight our work and build momentum for our global influencing activities.



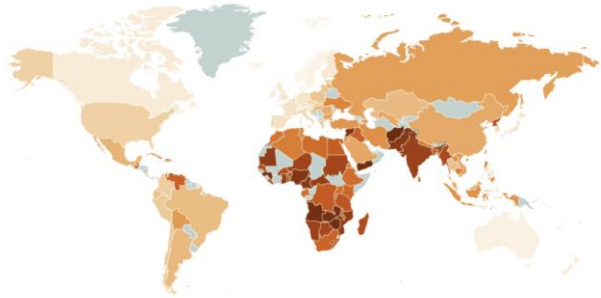
ilc...

@ilcuk  
#PreventionIndex

preventionindex.org



# We launched the Healthy Ageing and Prevention Index.



ilc...

@ilcuk  
#PreventionIndex

The Index is now publicly available as an online tool [Prevention Index - ILCUK](#) and it includes bespoke analysis on what countries can do to improve their Index ranking. Since its publication, it's been visited and used more than **5,000 times by users in more than 50 countries**.

The Index ranks **121 countries** and **9 political and economic groups** on six metrics: life span, health span, work span, income, environmental performance, and happiness. We found that:

- Of the top 20, only a third are non-European.
- Only 1.1% of the world's population rank in the top ten and just over a quarter rank in the top 50. This demonstrates significant inequality, whereby a relatively small proportion of the global population benefits from better health, wealth and societal conditions.
- There is a 24-year gap in life span (life expectancy) and a 21-year gap in health span (healthy life expectancy) between the top 10 and bottom 10 countries.

We compared the Index with **10 different secondary metrics**. Our analysis found that countries perform better on the Index if they:

- Spend a higher proportion of their health budgets on prevention.
- Spend more on life course immunisation.
- Invest in Universal Health Coverage and have better access to doctors. In fact, countries that rank in the bottom half of the Index have four times worse access to doctors than those that rank in the top half. For full details on analysis see: [Index Findings – ILCUK](#).



International  
Longevity Centre UK

We've engaged the  
right people

Join the conversation: @ilcuk  
[#PreventionIndex](#)



We launched a coalition of the willing which is made up of over 30 organisations and individuals who have endorsed our Index.

**ilc...**

@ilcuk  
#PreventionIndex

The Healthy Ageing and Prevention Coalition is a group of advocates at the forefront of the healthy ageing and global health debate.

With management by ILC under the direction of the Coalition Steering Group, the Coalition has come together with the shared vision to influence and shape the global health agenda to improve population health and support healthy ageing by investing in preventative health. To join the Coalition see: [Join the Coalition – ILCUK](#).

## Steering Group Members



**JANE BARRATT**

Secretary General, International Federation on Ageing



**KEN BLUESTONE**

Head of Policy and Influencing, Age International



**PROF. DAVID M. SALISBURY**

CB FMedSci, FRCP FRCPC FFPH, Associate Fellow, Programme for Global Health, Royal Institute International Affairs, Chatham House, London and Chair, WHO Global Commission for Certification of Poliomyelitis Eradication.

[preventionindex.org](http://preventionindex.org)

# Coalition members: Organisations.

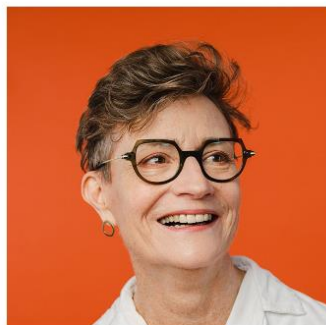


**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](http://preventionindex.org)

# Coalition members: Individual members.



**ASHTON APPLEWHITE**

Activist and the author of "This Chair Rocks: A Manifesto Against Ageism".



**DR ARAVINDA MEERA GUNTUPALLI**

Senior Lecturer in Global Health, Institute of Applied Health Sciences (IAHS), University of Aberdeen



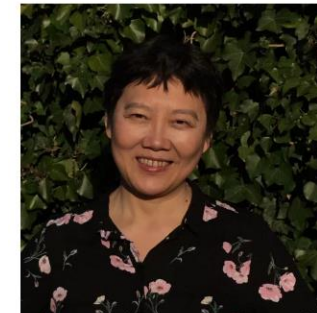
**PROFESSOR SIR MICHAEL MARMOT CH**

Director, UCL Institute of Health Equity, UCL Dept of Epidemiology and Public Health.



**DR CLARA MARQUINA**

Research Fellow and Teaching Associate, Monash University, Melbourne



**DR MIN QIN**

Senior Research Fellow, ESRC Centre for Population Change (Connecting Generations), University of Southampton



**DAME PHILIPPA RUSSELL**

DBE, Vice-President, Carers UK and Trustee of South East England Forum on Ageing



**PENNY VERA-SANSO**

Senior Lecturer for Development Studies, Birkbeck, University of London



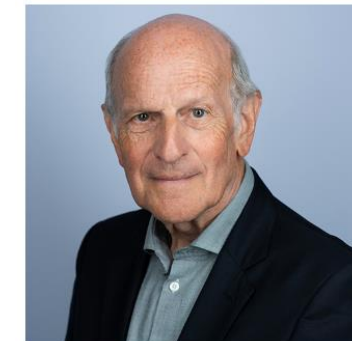
**COLIN SANDERS**

Research Fellow, Hasselt University



**DR ANUP SHAH MRCOPHTH, PGCE, FRCGP**

Clinical Director & Clinician with interest in Healthy Ageing & Longevity, Potters Bar PCN (NHS) & Oriol Health Partners



**JOHN WEINMAN**

Professor of Psychology as applied to Medicines School of Cancer & Pharmaceutical Sciences, King's College London

**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](https://preventionindex.org)

**We sparked conversations across the globe on the importance of prevention.**

**We held 8 global policy forums, including:**

- An exclusive dinner debate at the House of Lords on the future of healthy ageing in India ahead of the G20.
- A joint event with ILC-Israel on how the UK and Israel can learn from one another.
- A global webinar on getting to grips with ageing and how Japan and the UK can learn from each other.
- An exclusive joint dinner debate with Age International at the House of Commons on what can be done to ensure Universal Health Coverage for all at all ages, ahead of the UN high-level UHC meeting in September.
- Two high-level policy events alongside the G7 health and finance ministers' meeting in Japan.
- The Healthy Ageing and Prevention Index launch alongside the 76th World Health Assembly.
- A high-level policy event alongside the G20 health ministers' meeting in India.

**We also spoke and held workshops at leading conferences in ageing, longevity and global health, including:**

- The 17th World Congress on Public Health in Italy.
- The International Federation on Ageing's 16th Global Conference, where we presented on 8 projects, including a workshop on the Index and our wider immunisation and healthy ageing programme of work.

**ilc...**

@ilcuk  
#PreventionIndex

---

[preventionindex.org](https://preventionindex.org)

We brought people together to identify solutions to put healthy ageing and prevention on global agenda.

**ilc...**

@ilcuk  
#PreventionIndex

Through our programme we have engaged national, regional and global actors.

- At the House of Lords G20 event, we were joined by leading ageing and global health charities, academics and the Head of India/UK Bilateral Political, Press & Information from the Indian High Commission.
- At the House of Commons Universal Health Coverage event, we were joined by representatives from the All Parliamentary Group (APPG) on Health, the APPG on Global Health, and the APPG on Ageing and Older People.
- Over 100 stakeholders joined us for our webinar on sharing best practice between Japan and the UK.
- We launched our Index at the World Health Assembly to 65 key stakeholders at the forefront of global health policy, including representatives from the WHO Healthy Ageing Unit, country delegations, the UN, and many more who joined virtually.
- At the G7, we were joined by the G7's Think7, the Director-General for the Japanese Health Ministry's Department of Welfare and Health, Former Director of the Japanese National Institute of Infectious Disease, and CEO of MinaCare Ltd.
- At our G20 event, we engaged with the British Deputy High Commissioner to Gujarat and Rajasthan, the Lead for Geriatric Healthcare from the Public Health Institute of Gandhinagar, and the Director for the WHO Collaborating Centre for Paediatric Immunology.



International  
Longevity Centre UK

We're saying the right  
things

Join the conversation: @ilcuk  
[#PreventionIndex](#)





We've  
shaped the  
agenda on  
health.

We are viewed as experts in healthy ageing and preventative health and our knowledge is sought after.

- The *Financial Times* approached us and referenced the Index in an article about income and work span.
- We attended the 2022 World Health Summit. During the Summit the UN Secretary-General António Guterres called for healthcare systems across the globe to prioritise health promotion and prevention.
- We were interviewed by *BBC politics* talking about the urgent changes that need to be made to address an ageing population including investing in prevention.
- We presented at a webinar on "Collaboration, mobilisation and innovation in public health" hosted by the King's Fund. 320 people joined the conversation.
- We presented the Index in a plenary to the International Longevity 18 Conference at Bayes Business School on its theme "the Economic Value of Healthy Ageing".
- We've been invited to present the Index at the 2023 Seoul 4050 International Forum hosted by the Seoul 50 Plus Foundation – an affiliated organisation of the Seoul Metropolitan Government, focused on supporting the middle-aged group.

We've fed into UK and global policy, including:

- The UK's Health and Social Care Committee's Prevention inquiry to help them set priorities for their programme of work on preventative health.
- The WHO Guidance in Development and Implementation of a National Deployment and Vaccination Plan for Vaccines against Pandemic Influenza and other Respiratory Viruses of Pandemic Potential (NDVP) and the UNGA Progress Report on the Implementation of the United Nations Decade of Healthy Ageing (2021–2030).
- The International Pharmaceutical Federation (FIP) Chapter on "Vaccines and special risk groups: Diabetes". This chapter is available in their publication: Recommended vaccines for special risk-groups - a toolkit for pharmacists.

ilc...

@ilcuk  
#PreventionIndex

---

[preventionindex.org](https://preventionindex.org)



International  
Longevity Centre UK

# We've changed behaviours

Join the conversation: @ilcuk  
[#PreventionIndex](#)



# We gained endorsement for the Index.

We've engaged high-level stakeholders, including policy makers, ministers and people at the forefront of the healthy ageing and prevention debate.

The Singaporean and Canadian Health Ministers gave a keynote address at our World Health Assembly launch of the Index. They endorsed the Index and recognised it as an important contribution to understanding how countries can better support longevity.

*"As Governments, boasting about how much we spend on something isn't actually important if we aren't getting the outcomes, and I think people want to see those outcomes... I don't want Canada to be 11th anymore, I want to be in the top 10. What are those higher on the Index doing? We are happy to be on the Index, but we've got to do more."* **Carolyn Bennett MD, Canadian Minister of Mental Health and Addictions and Associate Minister for Health**

*"You are measuring health outcomes and then correlating it with input such as how much we spend on prevention. I applaud that method because there are so many people, politicians included, who measure the quality of health by the inputs which is wrong headed... It is quite clear in my mind that this is not an Index for competition... this is for self-evaluation and improvement. No country has a monopoly on good ideas or policy programmes so the Index can provide us with this platform to benchmark best practices and engage in good discussion on ways to enhance and preserve the health of our people."* **Ong Ye Kung, Singaporean Health Minister**

**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](http://preventionindex.org)

# We gained endorsement for the Index.

Others have recognised its important contribution towards holding governments to account on healthy ageing and are using it to inform their own work.

*The Healthy Ageing and Prevention Index tool looks brilliant. I'm sure my Institute of Health Equity will have a lot to say on inequalities and longevity.* **Professor Sir Michael Marmot CH, Director, UCL Institute of Health Equity, UCL Dept of Epidemiology and Public Health**

*We are finding the Prevention Index to be very useful. Arun's great presentation to our clients at the International Health and Wellbeing Forum in June really sparked their interest in how they will use the Index to support development and roll out of health and well-being programmes globally. Our clients are all global Multinational Corporations, so it is going to be very useful for them. I'm also using the data in presentations on longevity around the world and have shared it with about 100 of my global consulting colleagues who specialise in health and well-being as a 'genius – must use!' It's a great go-to place for data and insights.* **Yvonne Sonsino, Global Lead on Longevity and Flex, Mercer**

*This is an excellent initiative to marshal more data!* **John Godfrey, Director of Levelling Up, Legal and General**

**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](https://preventionindex.org)

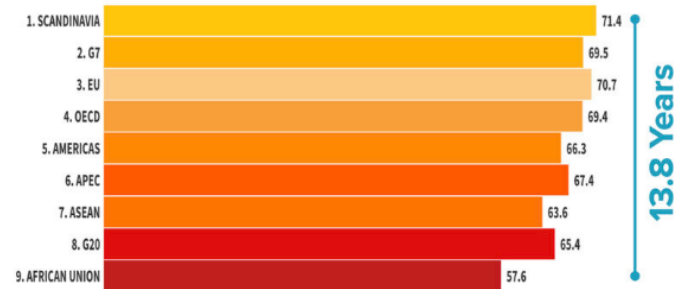
We gained endorsement for the Index.

It has even sparked stakeholders to do their own analysis to highlight key issues preventing countries from ensuring people can live healthier lives.

*The lens of the Index reveals a captivating narrative – the stark nearly 14 year difference in health span across nine different political and economic blocs (see image)... Imagine living in the shadow of a chronic disease such as Alzheimer's or a heart condition for 14 years. The authors, Arunima Himawan and Les Mayhew drive home a message that resonated deeply with my ethos – the power of prevention. **Ray Algar, Strategic Advisor – global physical activity & wellbeing economy, Oxygen Consulting***

### Health Span by Political / Economic Bloc

Years spent in good health



ilc...

@ilcuk  
#PreventionIndex

[preventionindex.org](http://preventionindex.org)



International  
Longevity Centre UK

# What happens next? Year 2 of the Healthy Ageing and Prevention Index

Join the conversation: @ilcuk

[#PreventionIndex](#)



# Aim 1: The Index is recognised and adopted.

We want to build on our success so far and use the Index as the basis of our national and global influencing programme of activities, build on our existing networks and forge new relationships, and get buy-in and commitment from global policymakers. We will:

- Continue to have meetings with government departments across key G7 and G20 countries, international organisations, including the WHO, OECD and UN, as well as third sector and other key influencers to identify how we can work together use the Index to call for action on healthy ageing and prevention.
- Develop a comprehensive engagement strategy which will include ongoing press work to highlight key findings from the Index, specific calls to action and challenge stakeholders to think about the data critically and what it means for future policy proofing.
- Present at international conferences to widen our reach and stakeholder base and amplify our voice alongside other leading global health organisations.

Our global engagement programme includes:

- Healthy ageing and prevention in Europe: How do European countries compare? – 24 October 2023.
- Future of Ageing 2023: An age of possibilities – 7 December 2023.
- EU engagement during Belgium's Presidency – January – June 2024.
- 77th World Health Assembly – May 2024.
- G20 in Brazil – 2024 tbc.
- UN Global Summit of the Future/UNGA – September 2024/tbc.

**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](https://preventionindex.org)

**Aim 2: The Index measures progress/good practice and is a catalyst for change.**

**ilc...**

@ilcuk  
#PreventionIndex

Through bespoke analysis and new data, we will use the Index to track their progress and encourage key stakeholders to work together to drive action and share best practice on prevention. We will:

- Incorporate new data into the Index to allow for meaningful comparisons and highlight whether countries have improved across the six Index metrics.
- Publish regular trend and analysis work, looking at specific regions and comparing Index rankings with vaccination uptake, including flu and other adult routine immunisation, cardiovascular disease, and cancer mortality and morbidity rates.
- Link improvements in health with the specific metrics of the Index, including, how investment in prevention strategies including screening and vaccine uptake impacts life span, health span, work span and GDP.
- Compare similar countries and develop targeted calls to action for national governments.
- Use our Index and analysis to identify policy solutions, including testing out "what if" scenarios such as, what would happen if countries increased preventative health spending or implemented a specific strategy.



**Aim 3: Our Coalition builds consensus, holds Governments to account, demands action and facilitates tangible changes.**

We will continue to build and broaden our Healthy Ageing and Prevention Coalition to drive forward the key findings from the Index. For a list of current members please visit [Join the Coalition – ILCUK](#). We will:

- Invite new and unlikely stakeholders who are outside of the global health space to demonstrate that our Coalition brings together stakeholders across longevity with a shared recognition that there is a clear health and economic case for investing in prevention.
- Develop and agree to a plan of activities for 2024 with members, including holding our first coalition and steering group meetings.
- Respond to key policy developments and calls to action such as consultations and publish statements in line with our healthy ageing and prevention programme of work.

**ilc...**

@ilcuk  
#PreventionIndex

---

[preventionindex.org](https://preventionindex.org)

Thank you to  
our funders.

We would like to extend our thanks to the funders of our Healthy Ageing and Prevention Index. This project and our continued engagement and impact at both the national and global level is made possible by support and charitable grants from:

**AMGEN**<sup>®</sup>

**GSK**

 **Hallmark  
Foundation**<sup>®</sup>  
Age Well, Every Step of the Way

 **MSD**  
INVENTING FOR LIFE

 **Pfizer**

**sanofi**

We look forward to working with you on shaping and influencing the global health agenda.

**ilc...**

@ilcuk  
#PreventionIndex

[preventionindex.org](http://preventionindex.org)