ILC Friday three - 22 December 2023

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International Longevity Centre UK

Best wishes

Wishing you a happy holiday and a healthy new year



This year saw the impact of COVID-19 diminishing sufficiently for the World Health Organization to end its global health emergency status. However, the rise in geopolitical tensions, tragic loss of human life and economic uncertainty have made 2023 a miserable year for far too many. Environmental challenges escalated as well, with extreme weather patterns and natural disasters highlighting the growing threat of global warming.

The undoubted winner in 2023 has been technology, especially artificial intelligence (AI), and it is perhaps of no surprise that The Economist declared "ChatGPT" as its global word of the year. Similarly, in Australia, the Macquarie Dictionary's People's Choice Word of the Year 2023 was "generative AI". But the Dictionary's Committee's vote went to “cozzie livs,” slang for "cost of living". Other Australian contenders were: "rizz" for charisma, also favoured by the UK's Oxford University Press; and “murder noodle”, delightfully accurate for the country with the most venomous snakes.

Three phrases used widely by the ILC this year were "Healthy Ageing and Prevention Index", "Longevity White Paper" and "Healthy Retail". While these were probably our biggest projects, we also published numerous reports on a wide range of topics including ageism in clinical trials; design and spending; and the longevity of elite athletes. In 2023 alone, we organised 46 separate events in Europe, Japan, India and

We would not, however, have been able to do any of this work without the generosity and continued support of our project funders and ILC Partners. Similarly, our events and research reports would not be nearly so impactful without everyone involved – from eminent speakers and academics to tech experts and catering staff. We also rely regularly on the other members of the ILC Global Alliance and, of course, our brilliant ILC Trustees.

The ILC-UK would not exist if it wasn't for Baroness Sally Greengross. This year the memorial event and inaugural Greengross lecture at the British Museum was a fitting tribute to her indomitable spirit and inspiring work. We think too that Sally would have approved of ILC's strategy to build and deliver on her vision. We are already planning the 2024 Greengross lecture and will send further details next year.

All that is left to say is a big thank you for regularly reading this newsletter and all your excellent solutions for better longer lives. Those solutions we've not been able to include in our document One hundred not out: A route map for long lives we aim to make good use of in 2024 and beyond.

All of us at ILC hope you have a wonderful holiday season and wish you a happy and healthy new year.

ILC EVENTS IN 2024

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

Please follow us on social media via the links below for our latest news and event updates.

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