ILC Friday three - 14 April 2023

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International Longevity Centre UK

Latest news

ILC Friday three

- Solution of the week - use the digital switchover to tackle digital exclusion
- A marathon or a sprint - do elite-level athletes live longer than most?
- Sir Nigel Wilson - on "Inclusive Capitalism" for longer, better lives

Solution of the week - digital switchover to tackle digital exclusion



Over the next couple of years, there will be a significant change in how we communicate as analogue telephone services are phased out and replaced by digital Voice over Internet Protocol (VoIP) technology. This transition will require every home to have internet access, providing an opportunity to democratise online services.

Digital exclusion has persisted as an issue for over two decades and continues to affect new generations who may struggle to engage with evolving technologies. A Parliamentary Question tabled by Baroness Altman showed just 54% of over 75s are regular internet users compared to 92% of the population as a whole. However, it becomes too expensive to run “exemptions” services for a small number of people - who are increasingly excluded from accessing services they need and want. While the shift towards digitalisation is not new - the Government's Digital by

tills, bank closures, and the use of car parking apps in lieu of cash.

But we can't stop change and we shouldn't. Sally Greengross used to argue that the campaign against decimalisation in the 1970s led to a situation where we ended up with two systems of weights and measures, leaving many people, young and old alike, confused. The world is changing and we all need to adapt. Yes, change is difficult for lots of us, but the solution is not trying to keep open services which only serve an increasingly small number of people.

We've made huge progress with inclusive design of new technology and usability and accessibility is improving. But there's undoubtedly still room for improvement - people will go online if they benefit. Why not have a few national car parking apps rather than a different one for every car park? If an app is better than getting out of a car, finding the right change, putting a registration number into a machine, and hoping a ticket comes out, then people will use it.

We need to stop patronising older people and instead provide opportunities for people of all ages to learn and engage, with the expectation that age should not be a barrier. While we emphasise the need for young people to learn, we often tell older people not to worry about adapting. However, as we encourage lifelong learning for all, could we leverage the digital switchover as an opportunity to provide internet access in the homes of those who do not currently have it?

What do you think? Since the start of the year, we've been highlighting examples of policy and practice which could help us adapt to increased longevity. And we've had a great response, with many of you sending us their solutions - thank you. We will collate ideas into a plan for the next Government and launch it at our Future of Ageing Conference on 7 December 2023. So, what do you think? Do you have different or better ideas? Let us know via events@ilcuk.org.uk

LET US KNOW

A marathon or a sprint - do elite-level athletes live longer than most?



We already know that participation in sport has many advantages - from being a route out of poverty and encouraging leadership qualities. Sport is good for your health but is it also good for longevity? Will you live longer if you are an athlete? ILC's previous research, showed that sports such as tennis and golf could boost lifespan. Our new research investigates the longevity of elite athletes that have won medals at the Commonwealth Games, starting with the inaugural games in 1930.

If you have not done so already do join:

- Gemma Curtis, Strategic Lead – Physical Activity for Health, London Sport
- Sharron Davies MBE, British swimmer and medallist
- Prof Les Mayhew, Associate Head of Global Research, ILC-UK
- Dr Dion Neame, North American Senior Medical Expert – Vaccines, Sanofi
- Scott Reid, Deputy Chair of Diabetes Working Party, Member of Health and Care Board, Institute and Faculty of Actuaries (IFoA)
- Brian Whittle MSP, British athlete and politician

to discuss the findings of our latest research and explore, among the impact of professional sport on the longevity of the athletes involved and the impact of high-level sporting events on grassroots sport and exercise. Register here or via the button below.

REGISTER HERE

Sir Nigel Wilson - on "Inclusive Capitalism" for longer, better lives



"There is £5 trillion invested in UK pension funds. We should direct more of it into growth equity and infrastructure...We should build a fairer society, it is about inclusive capitalism, not exclusive capitalism."
Sir Nigel Wilson, 18 March 2023, Daily Mail

Following his post-Budget interview in the Daily Mail, we asked Sir Nigel Wilson, Legal and General's CEO, about the company's focus on Inclusive Capitalism, longevity and healthy life expectancy - and working with the ILC. Sir Nigel commented:

"Understanding longevity is core to our business – indeed, the ageing demographic is one of our strategic growth drivers. The ILC plays an important role and we are proud to have been a supporter for the last few decades, of course for most of that time working with the indefatigable Baroness Sally Greengross, who we miss very much."

"As a business, we try to deliver both positive financial and social outcomes. We call this "Inclusive Capitalism". We are concerned about the slowdown in longevity improvement, and indeed its reversal, and we are keen to get ever-greater insight into, for example, the impact of COVID on excess deaths. Even more worrying is the growth of inequality in absolute longevity and Healthy Life Expectancy. We want to address these issues, including through the "Exome" – the set of environmental factors such as the jobs and/or housing that people are exposed to. These influence HLE outcomes and can be improved by the right types of investment - and L&G are partnering with Sir Michael Marmot on this."

"We want to see lifespans and quality of life improve and we recognise the insight and deep thought that the ILC can bring to this."

Legal & General are members of the ILC's Partners Programme. Find out more here or via the button below.

ILC PARTNERS PROGRAMME

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

Future of Ageing 2023 takes place on Thursday 7 December. If you haven't got your ticket yet, please register here.

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