ILC Friday three - 17 March 2023

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International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - more team walks than team talks



Despite the limited curriculum time for physical education in schools, there are great initiatives, like the Daily Mile, to engage young people in physical activity and improve fitness levels among children. However, we tend to get less active as we age. In 2017, research by UKactive found UK adults spend twice as long on the toilet as they do exercising. In 2021, a survey by the World Economic Forum painted a more positive picture, with UK adults active for around six hours a week - still low compared to countries like The Netherlands where adults exercise an impressive 12 hours a week.

Campaigns like This Girl Can and parkrun aim to increase participation in physical activity, but too many of us give up exercising too soon. People tend to stop exercising in their 20s and 30s when work and family responsibilities increase. Now, more of us work at home than ever before, reducing our daily steps

active travel more accessible and create safer walking and cycling routes.

The UK Treasury's Budget announcement this week of a £63m energy support package for community leisure facilities and more funding for occupational health services will help - a little. But a much greater focus by government and employers to get us active again would be good for everybody. Given there is evidence of the relationship between exercise and improved productivity, perhaps we need more team walks than team talks.

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

Budget 2023 - meaningful measures or simply mood music?



Almost ten years ago, ILC's research highlighted the missing million – people over 50 forced to leave the workforce far earlier than they wanted to or could afford to. But successive governments failed to heed the warnings, and little was done to address the challenge.

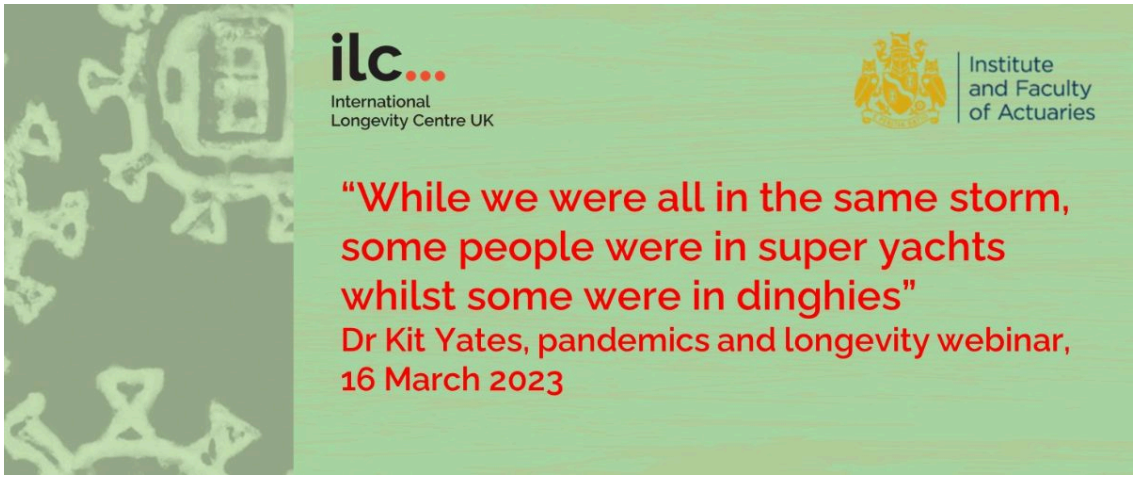
A decade later older workers are definitely on the political agenda and in the Chancellor's budget speech there was a welcome recognition of the wealth of experience and talent brought by people over 50. Despite the positive mood music, the measures announced in the budget, while benefiting some, are too little too late.

If the Government is serious about delivering truly transformative workforce change for our economy, it must do far more to make sure people don't leave in the first

learning and financial planning.

Greater investment in preventing mental and physical ill-health is vital. Countries that spend more than 6% of their health budget on prevention see significant and wider gains. Longer, healthier lifespans bring many benefits including more time spent in work, volunteering, caring and spending. All of which would provide the boost our economy desperately needs.

Living longer alongside pandemics - will we die, thrive or survive?



By the second week of March 2020 the effects of the Covid-19 pandemic were starting to impact hard and governments around the world were, belatedly in some cases, taking action. Now three years on we're still carrying out the policy post-mortem- and learning from the political failures - but are we confident that we'll be better prepared next time?

Due to the nature of the disease, the Covid-19 pandemic highlighted the vulnerabilities of ageing populations, but if we had already started addressing the longer-term impacts of demographic change might we have been better prepared? The common challenges are perhaps more obvious, but are there also some common opportunities and solutions that might mean we can minimise or even prevent the impacts of the next potential pandemic?

This week, 215 people from 20 different countries attended our joint webinar with the Institute and Faculty of Actuaries to explore these questions. Matthew Edwards, Anjana Ahuja, Dr Beth Kamunge-Kpodo, Dr Kit Yates and Professor Itamar Grotto discussed the initial sense of exceptionalism, excess deaths, the lack of expertise amongst decision-makers and the resulting inequalities. The question of the next pandemic is a case of not "if" but "when" and to protect the vulnerable we will need to protect everyone. From vaccines to ventilation, we have the potential to develop the tools needed, but will our governments deliver?

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

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