ILC Friday three - 21 April 2023

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International Longevity Centre UK

Latest news

ILC Friday three

- Solution of the week - a "just tell us once service" from companies
- A marathon or a sprint - do elite-level athletes live longer than most?
- Trial and error - Supporting age diversity in clinical trials

Solution of the week - a "just tell us once service" from companies



When we're grieving, the last thing we need is for our institutions - both public and private - to make things worse. Journalists such as George Monbiot and Miranda Green have written about the painful and infuriating "sadmin" involved in dealing with the death of a parent.

On this issue, the Government is way ahead of the private sector. In 2011, to avoid people having to contact multiple bodies, the Department for Work and Pensions developed a free and excellent service called Tell Us Once. Once the death is registered, you can use a unique reference code and everyone from HMRC, the DVLA to the local council is informed of the situation.

It is not the case, however, when informing banks or trying to cancel mobile phone contracts or even entertainment subscriptions. First you have to navigate the

cancel the account". And then you have to face the same frustration and repeat the same difficult explanations over and over again.

If an enormous bureaucratic government machine can make this simple, then why can't our banks and other private companies? It must be possible to develop a similar one-stop service like Tell Us Once that incorporates safeguards against fraud or malicious actions yet saves the recently bereaved from even more hassle and heartache.

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?



This week we discussed the findings of our new report Marathon or sprint by Professor Les Mayhew and Ray Algar. The report found

- For men, longevity is boosted most by 29% in the case of aquatic events, 25% for track and 24% for indoor sport as compared with the average age of death of the general male population. This means an extra 4.5 to 5.3 years of life.
- Across all sports categories, women's longevity is boosted by 22%, equating to 3.9 extra years of life.

The study, supported by Bayes Business School, also found that longevity was marginally higher for long-distance runners than those who run shorter distances, and wrestlers lived longer than boxers. Cycling was the only sport not associated

Speaking at the launch of the report, Gemma Curtis from London Sport emphasised the importance of physical activity in preventing ill health and that we must make the opportunities for sport and exercise much more accessible and inclusive. Brian Whittle MSP said "The Government must allow the enthusiasm generated from events like the Commonwealth Games an outlet irrespective of background or circumstances. One key solution is developing the use of the school estate. We must stop waiting for youngsters to come to sport and bring sport to them." Sharron Davies argued that the provision of accessible and affordable exercise and swimming facilities should be mandated in areas according to population size. Click the button below to watch the webinar and read the report here.

WATCH HERE

Trial and error - Supporting age diversity in clinical trials



More effort must be made to recruit older people to clinical trials to ensure they better reflect the demographic of medicines users. The ILC's Trial and error report, also published this week, urged regulators, pharmaceutical companies and researchers to prioritise age diversity at all stages of the clinical trial process.

Between 2006 and 2016, 60% of all community prescriptions in England were dispensed to people aged over 60. And globally, it is estimated that between 2 and 9 medications are taken every day by older people across different countries and populations. Yet older people are 'consistently underrepresented' in trials that test the safety and efficacy of medicines.

While existent international guidelines recommend the inclusion of at least 100 older participants at the second and third phase of a clinical trial, research in 2020 found that recent trial designs 'broadly failed' to meet this target.

The lack of age diversity in clinical trials risks patients taking medicines that might not be as effective as they could be or even experiencing adverse reactions because

tackling overprescribing, polypharmacy and adherence issues.

The report was supported by RBW Consulting and makes various recommendations. It suggests that funding for clinical trials could be linked to meeting targets based on age group, as long as a balance is struck between making age-inclusive targets ambitious and keeping them realistic.

READ REPORT

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.

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



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