ILC Friday three - 28 April 2023

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International Longevity Centre UK

# Latest news

## ILC Friday three

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- Healthy ageing - can India capitalise on its demographic dividend?
- The future of ageing - ethical considerations for research and innovation

## Solution of the week - a Michelin-style rating for hospital meals




Hospital meals need to be low-cost, easy to prepare, convenient to serve and nutritious, but flavour and texture are seldom given much consideration. With all the other pressures facing the NHS, the quality of hospital food seems like a relatively low priority. However, food is as important as medicine and if people find the food inedible then they won't gain much nutrition from it. Patient nutrition should be a priority, research shows that good food doesn't just contribute to a patient's well-being, but to their healing process, too.

In 2022, Az Groeninge, one of Belgium's oldest and largest hospitals, started working with the restaurant guide Gault&Millau to improve the quality of the meals it serves patients. Inspectors visited numerous times, testing meals and providing feedback on enhancing their taste and texture. They also evaluated the ingredients used in the hospital's kitchen, both on freshness and seasonality, and the nutritional value of

In October 2020, the Independent Review of NHS Hospital Food, led by Philip Shelley and Pru Leith, highlighted that nutritious, appetizing meals are integral to the treatment a patient receives - and also vital for the well-being of NHS staff. Little action, however, appears to have been taken to implement the report's recommendations and it remains that many of our hospitals could do better. So perhaps it's time to enlist the help of the Michelin inspectors.

**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

## Can India fully capitalise on its demographic dividend?




India has officially overtaken China as the most populous country with 1.4 billion people. While India's population remains proportionately youthful, 138 million of its people are over 60 and this is set to rise to 315 million by 2050. Certain states (Kerala, Himachal, Tamilnadu) with higher life expectancy and lower total fertility rates are ageing more rapidly - and it is estimated that in these regions one in five people will be over 60 by 2025.

To fully capitalize on its demographic dividend, the Indian government must prioritize improving the health of its population. The ILC's Healthy Ageing and Prevention Index shows that India is near the bottom and lags behind countries like Niger and Rwanda.

There is a significant gap in life expectancy between regions like Bihar and those like Kerala, for example. Investing more in prevention is key to long-term prosperity and

US is lost in productivity per year due to the ill health of 50 to 65-year-olds.

The ILC will be engaging the G20 in India later this year but to kick-start the conversation on how we can get healthy ageing and prevention on the G20 Agenda we held a webinar this week which you can watch via the button below. The Index will be launched as an interactive online tool alongside the World Health Assembly in Geneva on 23 May 2023, if you want to attend please email events@ilcuk.org.uk.

**WATCH HERE**

## Ethical considerations for research & innovation in ageing

*"We dedicate this report to Baroness Sally Greengross. Sally was a member of the working group and an unerring advocate for the rights of older people... We hope that this report bears testament to her passion and influence. It was an honour to work with her."* Bella Starling, Chair, Working Group, Nuffield Council on Bioethics report 'The future of ageing: ethical considerations for research and innovation'




The Nuffield Council on Bioethics (NCOB) is calling for action to embed an ethical approach that places the diversity, values, and agency of older adults at the heart of all research and innovation related to ageing, in a new report published this week.

The report identifies the values, principles, and factors that are ethically significant in the context of research that seeks to influence people's experience of ageing, across these three broad areas:

- Research into biological ageing
- Assistive, monitoring, and communications technologies such as health apps and smart home technologies
- Innovative predictive and diagnostic technologies.

The NCOB concludes that the potential for research and innovation to provide support for older people to flourish in later life is being adversely affected by ageist attitudes in our society. It found that more needs to be done to challenge ageism and address inequalities within the research ecosystem.

The report proposes an ethical framework and recommendations for collective action and culture change across all stages of research and innovation including priority-setting, design, delivery, and implementation.

READ MORE

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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