

# Transforming the future of ageing

SA  EA

Science Advice for Policy by European Academies



# How can we ensure Europe's ageing societies are sustainable, fair and inclusive?

**SAPEA's evidence review report shows that the ageing process needs to be transformed. Europe must tackle the challenges presented by ageing in every generation.**

In Europe and around the world, people are living longer than ever before. This is one of the greatest achievements of the past century, but it also brings challenges for European societies and the EU as a whole. We must adjust to an **ageing and shrinking workforce**, and find financially viable ways to deliver high-quality **health and social care** for all.

When it comes to predicting how people age, evidence indicates that genetic factors are relatively minor compared to lifestyle behaviours such as a **healthy diet** and **physical activity**. Policies to promote these behaviours from early childhood, and even in unborn children, contribute directly to a healthy ageing process across people's whole lives.

Ageing in the future will take place in a very different context from the past and will be profoundly affected by phenomena such as **climate change**, **air pollution** and **antibiotic resistance**, as well as ongoing **social changes**. Policies will only be successful if they accommodate these changes.

Technology is already changing the experience of ageing, including **wearable and assistive devices** and the **advent of AI**. But barriers of acceptance and practicality must be overcome.

**Education improvements** at a young age are vital not only to improve individual health, but also to equip our future workforce with the skills it needs to support an ageing population in a rapidly changing society.



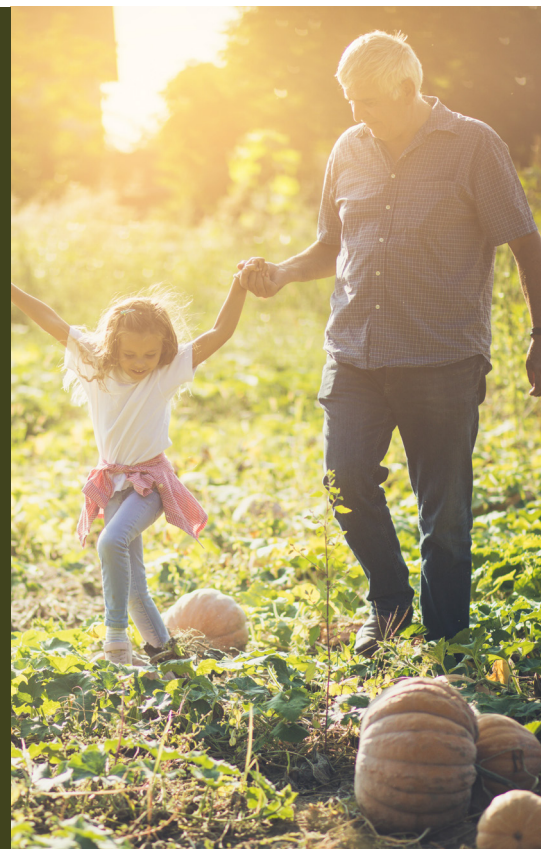
## About the report

SAPEA provides independent, interdisciplinary, and evidence-based scientific advice to the European Commission as part of the Scientific Advice Mechanism.

The Evidence Review Report on the future of ageing comprehensively examines the best evidence from the natural and biomedical sciences, as well as social, political and behavioural sciences.

The report is written by a group of world-leading experts nominated by academies across Europe. It informs the Scientific Opinion of the Group of Chief Scientific Advisors.

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## About SAPEA

SAPEA brings together outstanding expertise in engineering, humanities, medicine, natural and social sciences from over 100 academies, young academies and learned societies across Europe.

We are part of the European Commission's Scientific Advice Mechanism. Together with the Group of Chief Scientific Advisors, we provide independent advice to European Commissioners to support their decision-making.







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