



welfair

La fiera
del fare Sanità

6^a edizione

4-5-6-7
NOVEMBRE
2025

Fiera di Roma
#welfair2025

ORGANIZZATO DA



eXPERIENCE

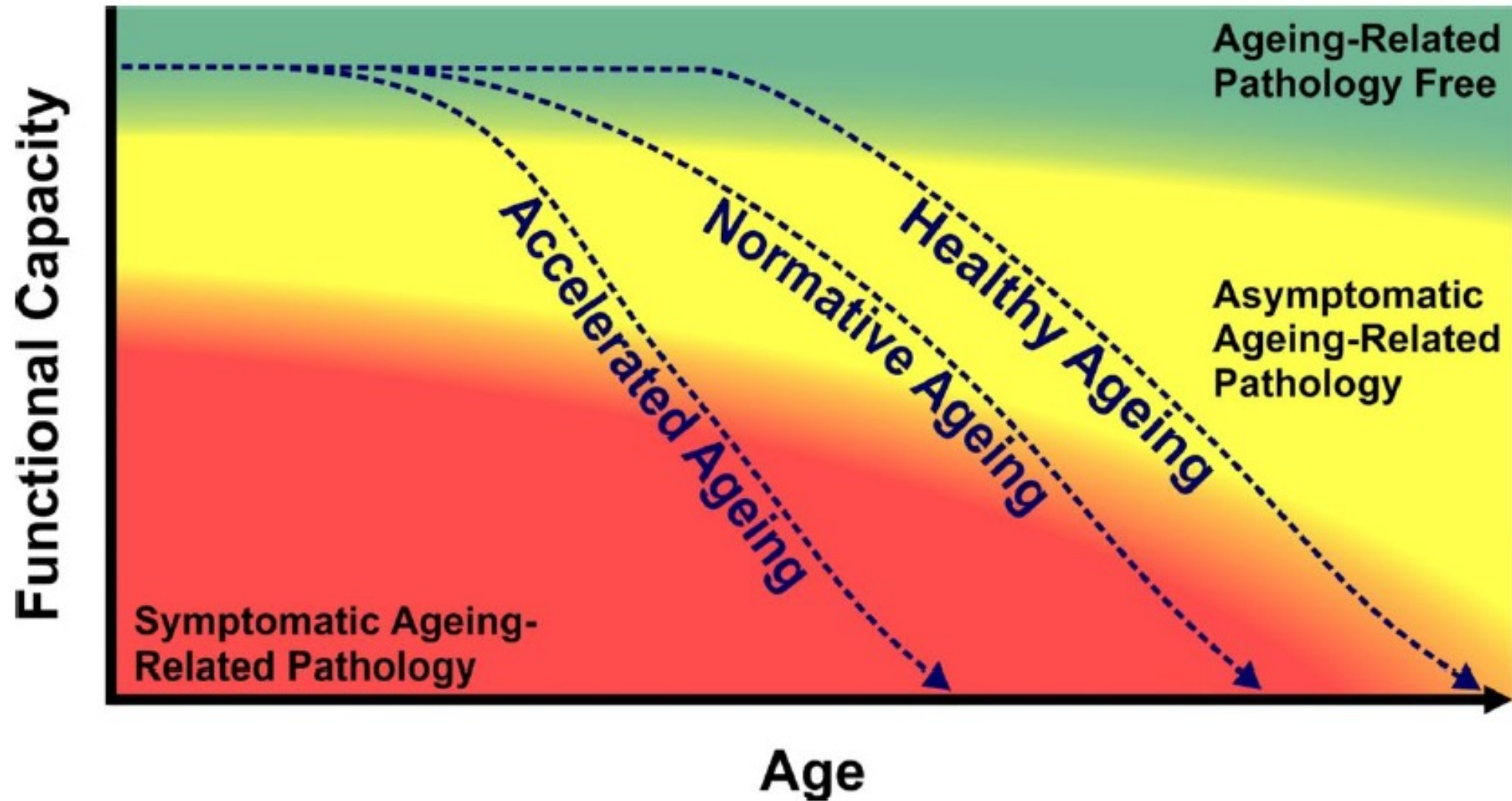
IN COLLABORAZIONE CON

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GeroScience, 2025

Senescence definitions: ICCARP consensus

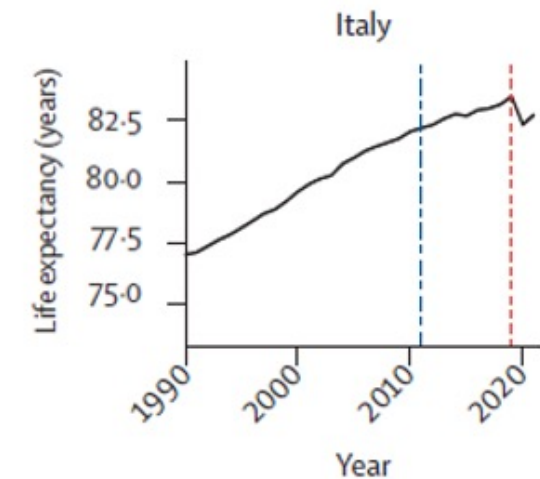
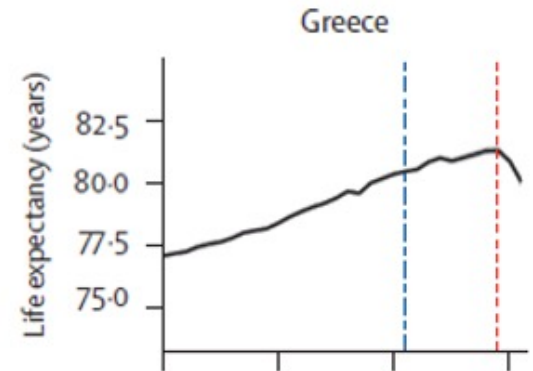
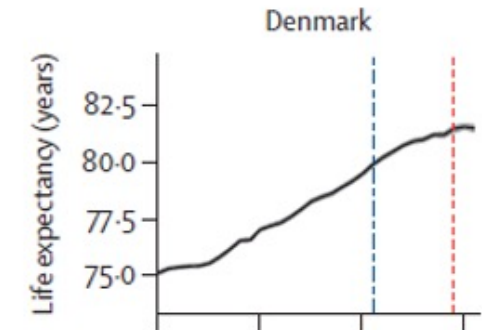
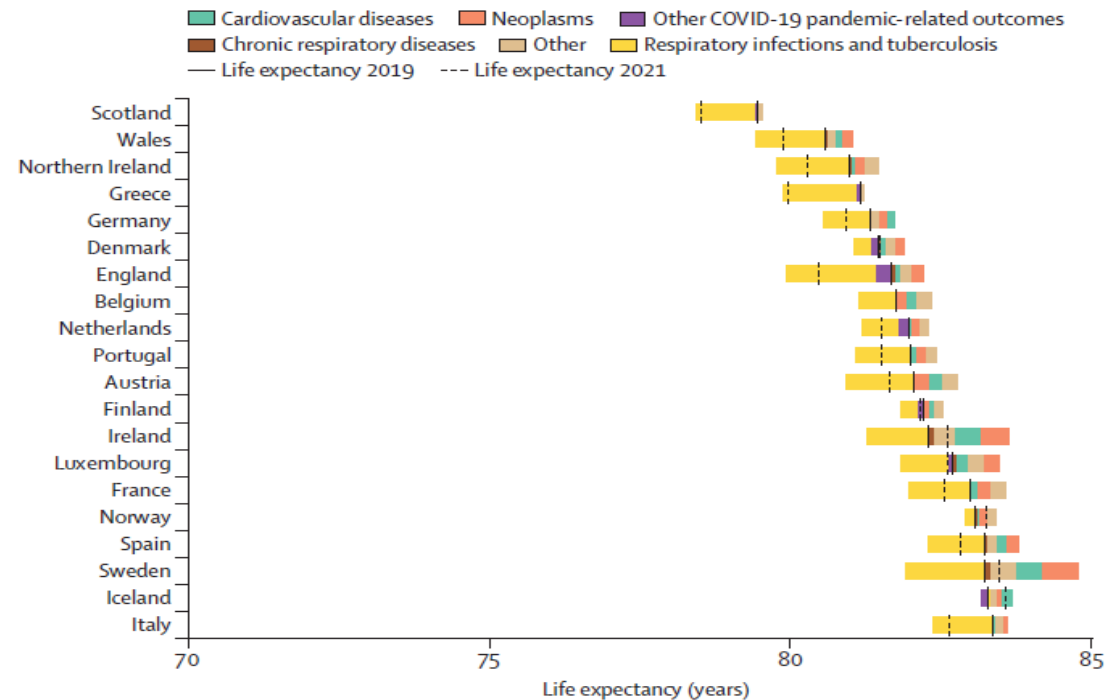


Changing life expectancy in European countries 1990–2021: a subanalysis of causes and risk factors from the Global Burden of Disease Study 2021

GBD 2021 Europe Life Expectancy Collaborators*

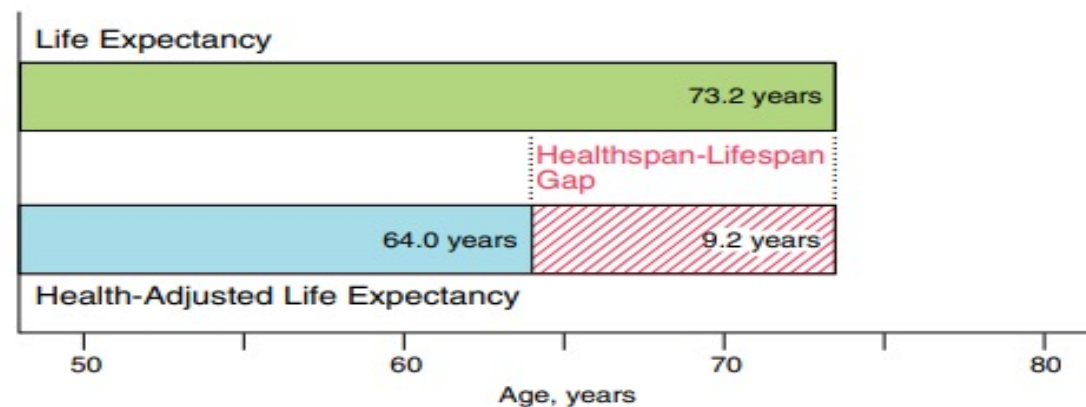
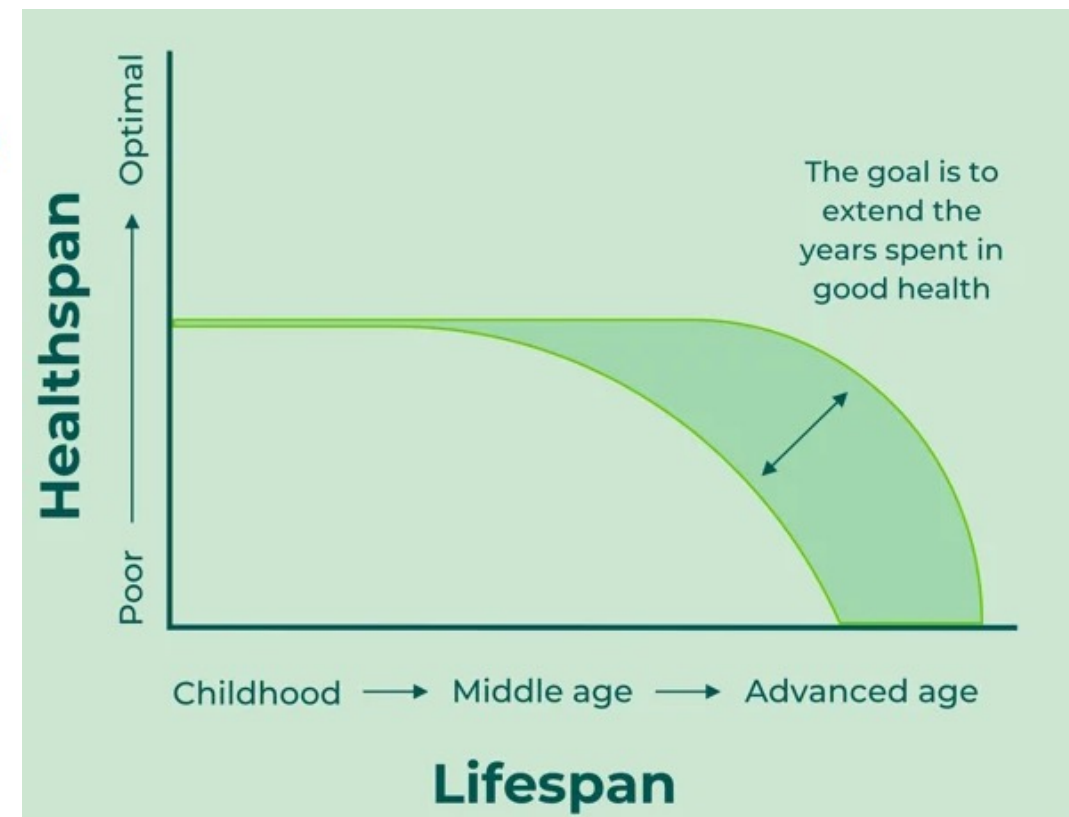
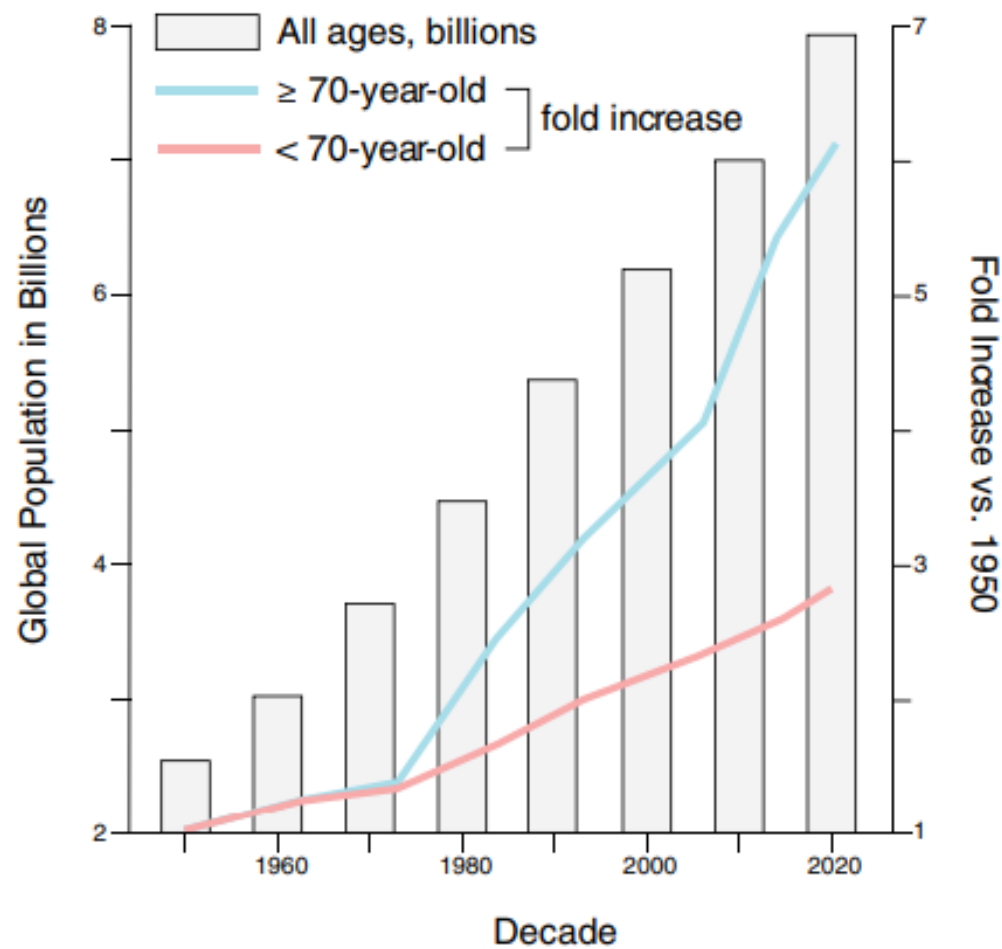
Summary

Background Decades of steady improvements in life expectancy in Europe slowed down from around 2011, well before the COVID-19 pandemic, for reasons which remain disputed. We aimed to assess how changes in risk factors and cause-specific death rates in different European countries related to changes in life expectancy in those countries before and during the COVID-19 pandemic.



Longevity leap: mind the healthspan gap

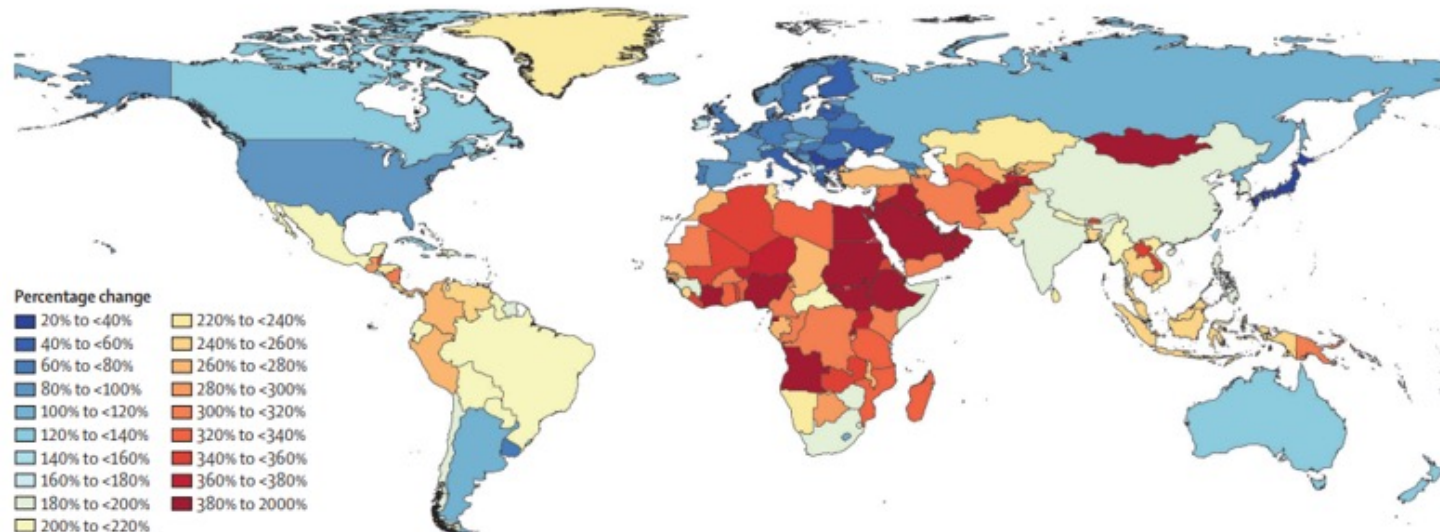
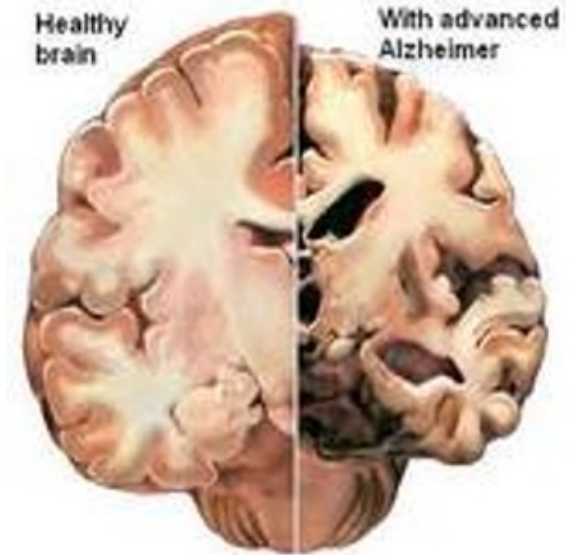
Armin Garmany ^{1,2,3}, Satsuki Yamada ^{1,2,4} and Andre Terzic ^{1,2,5,6} ✉

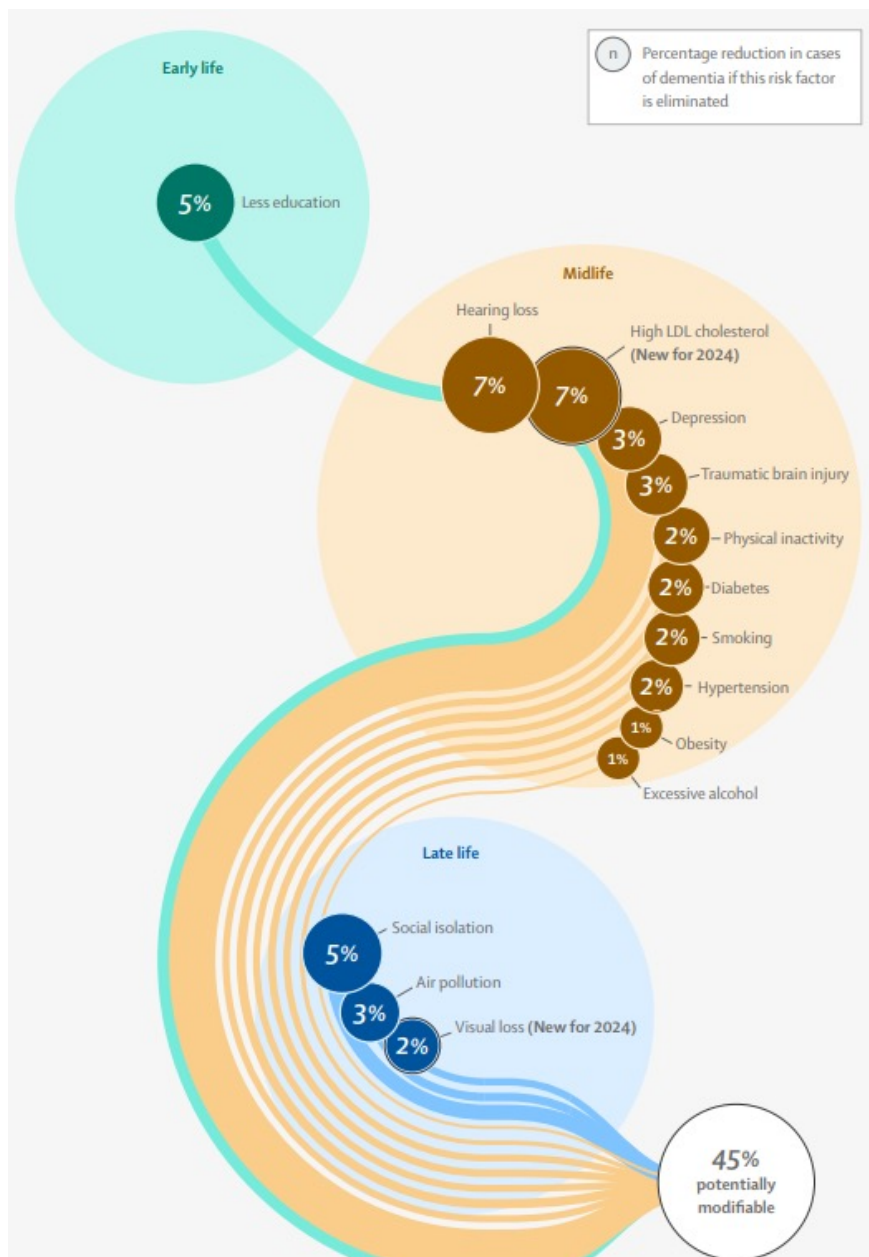


Estimation of the global prevalence of dementia in 2019 and forecasted prevalence in 2050: an analysis for the Global Burden of Disease Study 2019

GBD 2019 Dementia Forecasting Collaborators*

The number of people with dementia would increase from 57·4 (95% uncertainty interval 50·4–65·1) million cases globally in 2019 to 152·8 (130·8–175·9) million cases in 2050





THE LANCET


Dementia prevention, intervention, and care: 2024 report of the *Lancet* standing Commission

[Prof Gill Livingston, MD](#) ^{a,b} [✉](#) · [Jonathan Huntley, PhD](#) ^c · [Kathy Y Liu, MRCPsych](#) ^a · [Prof Sergi G Costafreda, PhD](#) ^{a,b} · [Prof Geir Selbæk, MD](#) ^{d,e,f} · [Prof Suvarna Alladi, PhD](#) ^g · et al. [Show more](#)

Risk factors for dementia — 2024 update

The 2024 update to the standing Lancet Commission on dementia prevention, intervention, and care adds two new risk factors (high LDL cholesterol and vision loss) and indicates that nearly half of all dementia cases worldwide could be prevented or delayed by addressing 14 modifiable risk factors.

Mediterranean diet and telomere length in Nurses' Health Study: population based cohort study

 OPEN ACCESS

Marta Crous-Bou *postdoctoral research fellow*¹ *research fellow*², Teresa T Fung *associate professor*³ *adjunct associate professor*⁴, Jennifer Prescott *instructor in medicine*¹, Bettina Julin *postdoctoral research fellow*¹ *research fellow*², Mengmeng Du *postdoctoral research fellow*¹ *research fellow*⁵, Qi Sun *assistant professor*^{1,4}, Kathryn M Rexrode *associate professor*⁷, Frank B Hu *professor*^{1,2,4}, Immaculata De Vivo *associate professor*^{1,2}



Results Greater adherence to the Mediterranean diet was associated with longer telomeres after adjustment for potential confounders. Least squares mean telomere length z scores were -0.038 (SE 0.035) for the lowest Mediterranean diet score groups and 0.072 (0.030) for the highest group (P for trend= 0.004).

Conclusion In this large study, greater adherence to the Mediterranean diet was associated with longer telomeres. These results further support the benefits of adherence to the Mediterranean diet for promoting health and longevity.

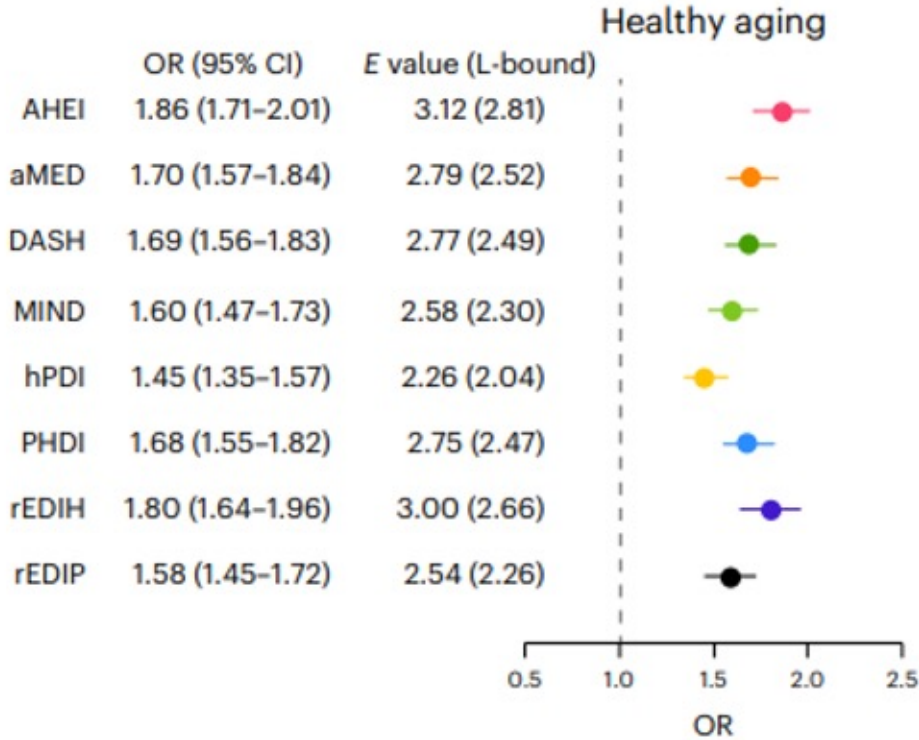


Optimal dietary patterns for healthy aging

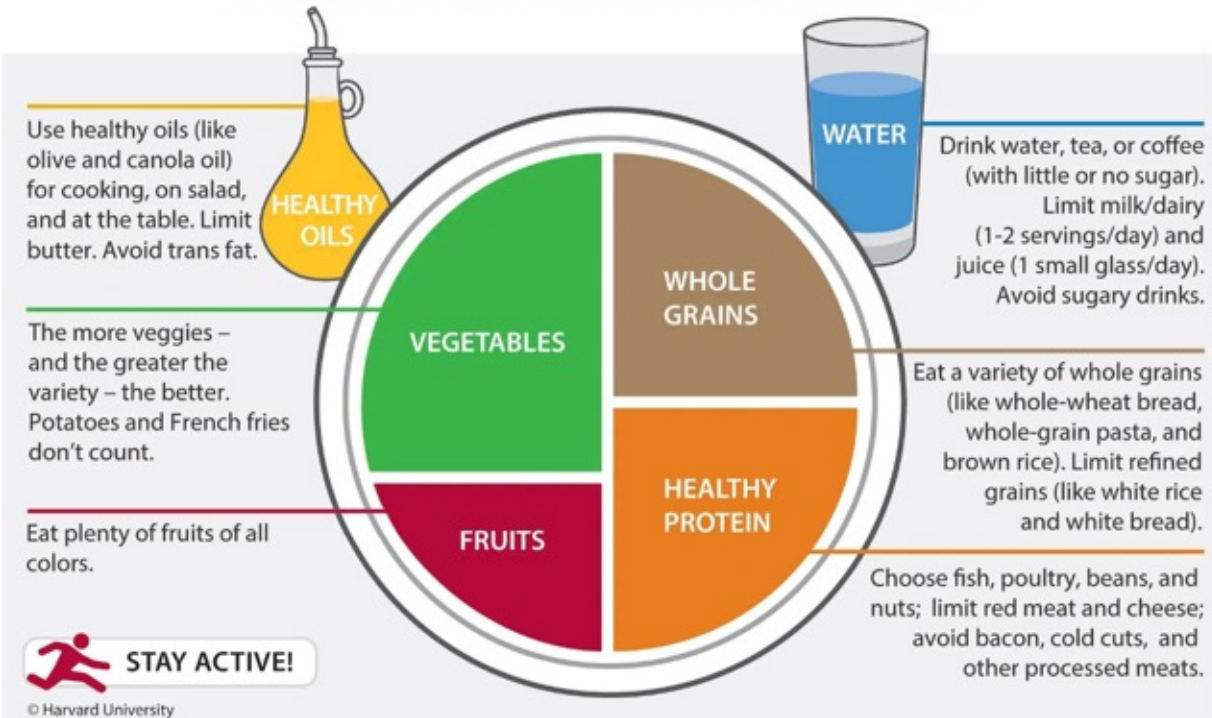
nature medicine

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Anne-Julie Tessier^{1,2,3,4}, Fenglei Wang¹, Andres Ardisson Korat^{5,6},
A. Heather Eliassen^{1,7,8}, Jorge Chavarro^{1,7,8}, Francine Grodstein⁹, Jun Li^{1,10},
Liming Liang^{7,11}, Walter C. Willett^{1,7,8}, Qi Sun^{1,7,8}, Meir J. Stampfer^{1,7,8},
Frank B. Hu^{1,7,8} & Marta Guasch-Ferré^{1,12,13}



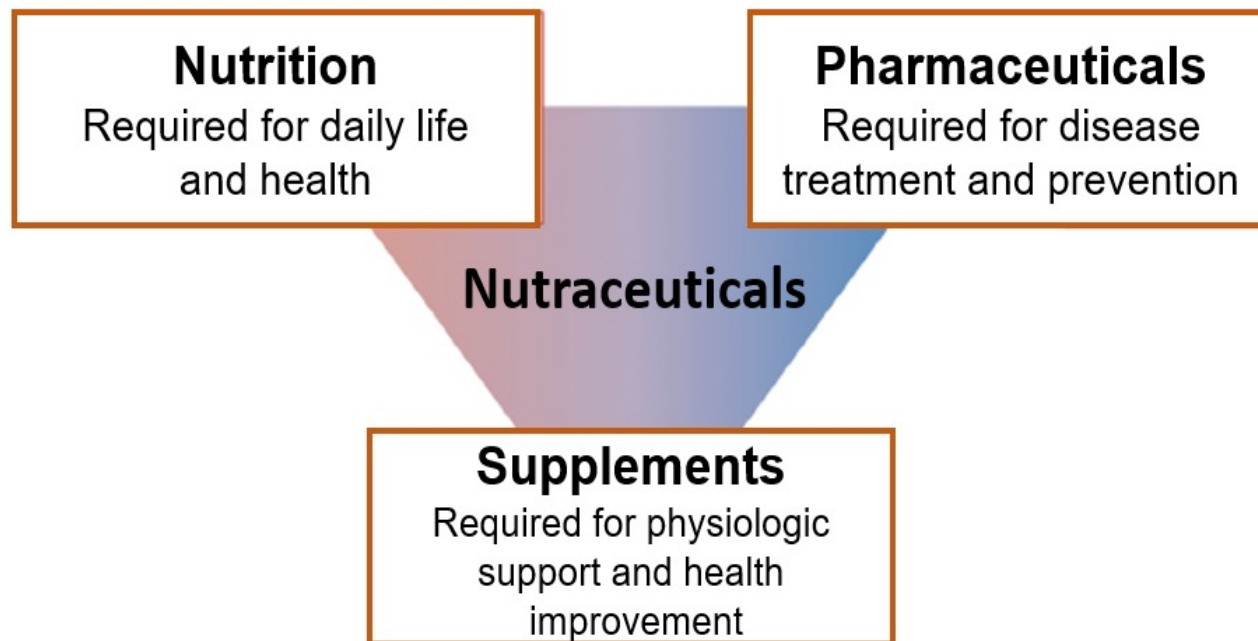
HEALTHY EATING PLATE



Associations of average dietary patterns with healthy aging



The potential application window of nutraceuticals



The term “Nutraceutical” was coined in 1989 by Stephen De Felice, MD, Founder and Chairman of the Foundation for Innovation in Medicine (FIM).

Nutraceutical can be defined as

“A food or part of food or nutrient, that provides health benefits, including the prevention and treatment of a disease.”

BLUE ZONES

LONGEVITY HOTSPOTS

LOMA LINDA
CALIFORNIA

MARTINIQUE
FRENCH CARIBBEAN

NICOYA
COSTA RICA

GALIZIA
SPAIN

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

BLUE ZONE LIFE LESSONS



MOVE NATURALLY



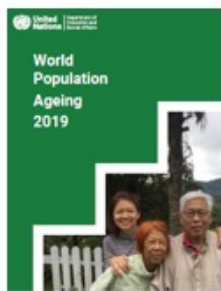
RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY

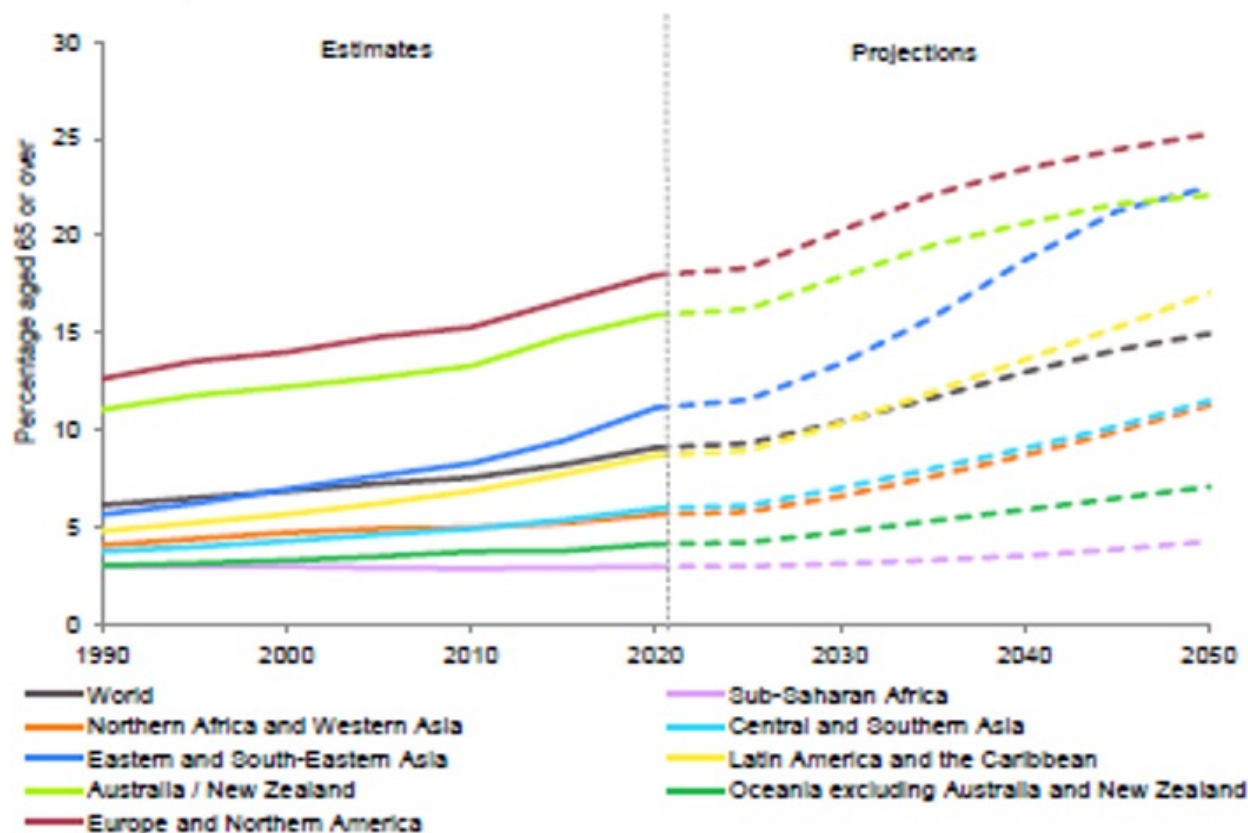


World Population Ageing 2019

Department of Economic and Social Affairs
Population Division



SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD



Share of total population aged 65 years or over, by region, 1990-2050



**GOOD HEALTH
AND WELL-BEING:**
WHY IT MATTERS



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