



Press release by the European Public Health Association (EUPHA) on health and ageing

The ageing of the population, occurring worldwide, leads to increased prevalence of chronic diseases and disability, yet, at the same time it offers opportunities for long and healthy lives for people. This can be seen from two perspectives: on the one hand, people live longer and to a large extent healthier. Many people can work longer, travel for leisure and practice sports. On the other hand, the current COVID-19 pandemic has reminded us that older people are especially in need of protection as they are more vulnerable to illness and diseases. The e-collection [Health and ageing](#) lists scientific peer-reviewed papers on healthy ageing that are published in the European Journal of Public Health in the past three years. The e-collection is accompanied by an editorial describing the policy links and summarising the evidence.

Healthy ageing is expected to keep its importance in the coming decades in the Member States of European Union. According to Eurostat data, low birth rates and longer life expectancy are changing the shape of the population pyramid towards a much older population structure. This requires adequate social as well as public health responses in many countries. Thus, the Republic of Croatia has chosen the topic of healthy ageing as one of its priorities during its six-month presidency of the Council of the EU, from January to June 2020.

On that note, the Croatian EU Council Presidency Conference “Better Future of Healthy Ageing 2020” takes place from 6 to 7 June 2020 online (please see more details here: <https://bfha2020.hr/>). It is organised by the University of Zagreb School of Medicine in cooperation with the Ministry of Science and Education of the Republic of Croatia, under the auspices of the European Commission as part of the Croatian Presidency of the Council of the European Union.

As we are facing the challenge of the global COVID-19 pandemic, which has particularly struck European countries, we are reminded about the need to protect the most vulnerable among us: the elderly. We are seeing how society and health systems are ready to reorganise themselves in an emergency situation. Further adaptation of society, health systems and care services are needed for the more long-term demographic change. To prepare our societies and systems for an ageing population, we need timely sharing of scientific knowledge, reflections as well as the results of actions and interventions. The latest Ageing and health e-collection and Better Future of Healthy Ageing 2020 Conference will contribute to a faster dissemination of scientific knowledge related to this topic.

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The European Public Health Association, or EUPHA in short, is an umbrella organisation for public health associations in Europe. Our network of national associations of public health represents around 20'000 public health professionals. Our mission is to facilitate and activate a strong voice of the public health network by enhancing visibility of the evidence and by strengthening the capacity of public health professionals. EUPHA contributes to the preservation and improvement of public health in the European region through capacity and knowledge building. We are committed to creating a more inclusive Europe, narrowing all health inequalities among Europeans, by facilitating, activating, and disseminating strong evidence-based voices from the public health community and by strengthening the capacity of public health professionals to achieve evidence-based change.

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