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ADVANTAGE JOINT ACTION

A comprehensive approach to promote a disability-free advanced age in Europe: the
ADVANTAGE initiative





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ADVANTAGE JA NEWSLETTER N.7

ADVANTAGE is the first Joint Action (JA) on the prevention of frailty. It is co-funded by the Third European Health Programme of the European Union 2014-2020 and the Member States (MS). It will run from 2017 to 2019. This JA will contribute to a more homogeneous approach to frailty, improving screening, prevention, assessment and treatment, as well as to the reform of health systems and the identification of priorities in training and research programmes. Its main objective is to establish a common European framework for addressing frailty, which is the main condition associated with the risk of developing disability. The ADVANTAGE Consortium embodies 22 Member States and over 32 European entities.

For more information please visit www.advantageja.eu

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December 31st 2019, a starting point for concrete actions to tackle frailty

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After 3 years of activities ADVANTAGE JA is concluded, but all organizations, Member States, experts, and stakeholders are ready to exploit the great added-value created in terms of results, knowledge, contacts from the huge network focused on frailty.

In 2015 the challenge of an ageing population motivated the European Commission (EC) and many of the Member States (MSs) of the European Union (EU) to co-fund the first Joint Action (JA) on the management of frailty: “A comprehensive approach to promote a disability-free advanced age in Europe: the ADVANTAGE initiative”.

From the beginning of its activities it was clear for the ADVANTAGE team that the initiative was an opportunity to allow to take forward work on frailty and now it is also clear that addressing frailty is a necessary step to enhance healthy ageing exploiting results achieved through ADVANTAGE JA.

This is the last newsletter created by ADVANTAGE team but a starting point for the implementation of concrete actions to tackle frailty.

Let's stay in touch through the following channels:

Twitter: [@Advantage_JA](https://twitter.com/Advantage_JA)

Facebook Page “ADVANTAGE JA”: <https://www.facebook.com/advantageJA/>

LinkedIn page: <https://www.linkedin.com/company/advantage-joint-action/>

Website: www.advantageja.eu



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Advantage JA Final Conference: together to tackle frailty



Great success for the Final Conference of the Joint Action (JA) ADVANTAGE - a co-financed European Union (EU) initiative tailored to tackle frailty - held at the Warwick Hotel of Bruxelles last November, 27th. A wide number of experts and stakeholders came from all over Europe to discuss the prevention and management of frailty.

During the Final Conference high level authorities, researchers and professionals, including representatives of the EU Directorate General for Health and Food Safety, Member State ministries, academic centers, specialized hospitals, geriatric clinics and civil society presented their point of view and suggestions for tackling frailty, in order to deal with future challenges for healthy ageing.

There was also the opportunity to learn about ADVANTAGE JA achievements, apprehend about member states commitment to action frailty, have an interactive panel discussion and exchange opinions about the future.

Great success also for the presentation of the final outputs of the JAS, in particular the *Frailty*

Managing Frailty. A comprehensive approach to
promote disability-free advanced age in Europe:
the ADVANTAGE initiative
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Prevention Approach (FPA) an effective prevention and management of frailty, to promote healthy ageing across EU member states” - the main output of ADVANTAGE JA presented during the Conference. The following results have also been shared:

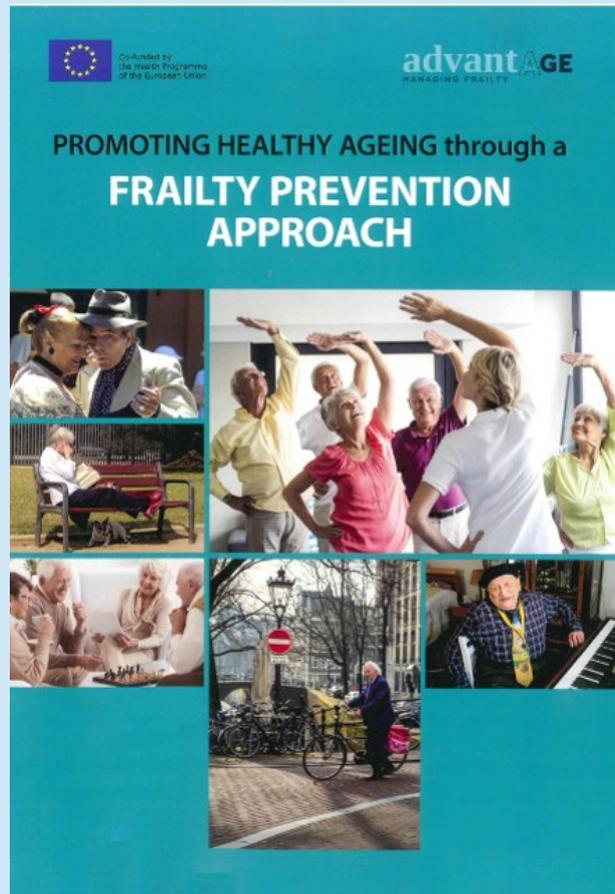
- An updated State of Art Report (SoAR) providing an overview of the existing evidence for effective approaches for the prevention and management of frailty;
- A Policy brief finalized to support policymakers in handling frailty-related policies for European older population. It focuses on three main ideas: comprehension; prevention and management; increased awareness and preparation of the workforce;
- Parallel Face-up-to-frailty campaigns implemented in the EU MSs participating to the JA involving policy and decision makers, health and social care professionals and citizens;
- A Final Layman report summarizing the results of the ADVANTAGE JA and providing specific recommendations to address frailty at European level;
- ADVANTAGE JA roadmaps representing a series of steps and activities, tailored for each MS that will be implemented in order to develop and implement national policy to prevent and manage frailty.
- At the conclusion of the event all participants agree about the need to tackle frailty: now participating MSs are working to traduce knowledge and results into concrete actions, because frailty can be prevented – it is not an inevitable part of ageing and the sooner we detect it, the earlier we can do something about it!

All results are available [here](#)



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A Common approach to tackle frailty: the Advantage Frailty prevention Approach



Great success from a wide number of experts and stakeholders came from all over Europe received the *Frailty Prevention Approach (FPA)* document presented during the Final Conference of the Joint Action (JA) ADVANTAGE held in Bruxelles on November, 27th 2019. The document has been produced by over 34 organizations (governments and non-governmental institutions mainly academia), coming from 22 Member States (MSs), after three years of activities.

The FPA is based on systematic reviews and analysis of the existing knowledge base, consensus building, and surveys of the MSs within the initiative ADVANTAGE JA. Other experts and external advisers commented on draft documents and participated in discussions at different points during the process. This has brought new insights to the debate and enriched authors understanding of the different stakeholder perspectives including policy, political, management, professional and academic views.



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The FPA aims to be a guidance for policy decision makers, technical advisors, managers, health and care professionals, academics, and all stakeholders involved in the development of national or regional frameworks to address ageing.

It is important to remark that the FPA incorporates the commitments to take actions aligned with these recommendations during the next four years from the countries involved in the ADNAVTAAGE initiative. This Road Map of actions, based on the present situations and on the available resources, show in a practical way how the prevention and management of frailty can be enhanced.

Frailty entails the decline of physiological systems that results in decreased reserves, confers extreme vulnerability to stressors and increases the risk of adverse health outcomes such as disability, institutionalization, hospitalization and death.

There is evidence that preventing frailty can avoid many of the major negative health-related outcomes associated with ageing, contributing to healthy ageing.

Now the challenge is to traduce the FPA recommendations into concrete actions towards a healthy ageing in each of the participating MSs because ageing is one of the biggest challenges that the whole Europe is currently facing since demographic trends suggest that there will be an increase in age-related disability and dependence, which will ultimately impact also on the sustainability of health and social care systems.

Interviews

Interview to ADVANTAGE JA Coordinator Leocadio Rodríguez-Mañas on La Santé en action n. 449/2019



In the last number of “La Santé en action”, n. 449 published in October 2019 prof. Leocadio Rodríguez-Mañas has been interviewed concerning ADVANTAGE JA, frailty and prevention.

La Santé en action is a journal published by French Agency for Public Health dedicated to prevention, education and health promotion.

It is intended for professionals: education, health, social.

The whole periodic is available at editor website [here](#).



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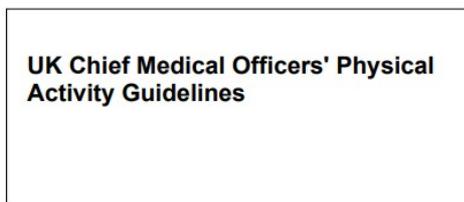


Frailty related actions

Physical activity guidelines: UK Chief Medical Officers' report



Scottish Government
Riaghaltas na h-Alba
gov.scot



Published 7 September 2019

Dr A guidance for health professionals, policymakers and others working to promote physical activity, sport and exercise for health benefits has been published by UK Department of Health and Social Care. It is a report from the Chief Medical Officers in the UK on the amount and type of physical activity people should be doing to improve their health. This report presents an update to the 2011 physical activity guidelines issued by the four Chief Medical Officers (CMOs) of England, Scotland, Wales and Northern Ireland. The UK CMOs draw upon global evidence to

present guidelines for different age groups –including older adults - covering the volume, duration, frequency and type of physical activity required across the life course to achieve health benefits. The document is available and can be downloaded [here](#).

It is open the call for Papers "Ageing in place/Vieillir chez soi: Contribution of foreign experiences and international comparisons"



Call for Papers

"Ageing in place/Vieillir chez soi :

Contribution of foreign experiences and international comparisons"

Coordinated by: Marie-Eve Joël, Université Paris-Dauphine and Anne Laferrère, Université Paris-Dauphine and CREST

Throughout The call for papers is about "Ageing in place: contribution of foreign experiences and international comparisons" in the framework of French quarterly revue "Gérontologie et société" for its edition of June 2020.

Please feel free to propose your paper or to share

the call for papers with national/local organizations.

More info about DÉCOUVRIR LA REVUE GÉRONTOLOGIE ET SOCIÉTÉ [here](#).

Deadline for submission: June 2, 2020

Return of the editorial committee to the authors: early July 2020

Sending to review: September 2020

Back to authors: early November 2020

Final version of articles: early February 2020

Publication in June 2021

For any information or questions: Cnavgerontologieetsociete@cnav.f

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News from JA partners

ADVANTAGE JA at the 21st Panhellenic Congress of Economics and policies in Health Care



The Greek partners of the ADVANTAGE JA Consortium were invited to the 21st Panhellenic Congress of Economics and policies in Health Care to present ADVANTAGE JA and its results.



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Frailty related conferences

International Conference on Frailty and Sarcopenia Research (ICFSR 2020), 11-13 March 2020, Toulouse (France)

The ICFSR is the only meeting in the world focused exclusively on all aspects of frailty and sarcopenia. The conference offers a selection of keynote presentations, focused symposia, and peer-reviewed poster and free communications on the latest preclinical and clinical research on the topics of frailty and sarcopenia.

The 20th International Conference on Integrated Care (ICIC20) - Sibenik, Croatia 27-29 April 2020

The conference is a partnership of Ministarstvo Zdravstva, the City of Zagreb, Health Center Zagreb, University of Zagreb and Libertas University. The conference attracts 1000 researchers, clinicians and managers from over 60 countries, who are engaged in the design and delivery of integrated health and social care.

Save one date for World Congress on Public Health (WCPH-2020): May 21-22, 2020, Berlin, Germany

World Congress on Public Health (WCPH-2020) is an International Conference organized by ConferenceEra on May 21-22, 2020, at Berlin, Germany. WCPH-2020 invites and unites researchers, scholar's, students, academicians, research organizations, and making the congress a perfect platform to share most happening scientific advancements, progressive research in Public Health over the globe.

16th World Congress on Public Health - Rome 2020

Public Health for the Future of Humanity: Analysis, Advocacy, and Action

From 12 to 17 October 2020, at La Nuvola, Rome, Italy, over 4,000 public health professionals, policy makers and students will meet for the 16th World Congress on Public Health. This important event that takes place every three years is organized by the World Federation of Public Health Associations (WFPHA) in collaboration with the Italian Society of Hygiene, Preventive Medicine and Public Health (SItI) and the European Public Health Association (EUPHA).