

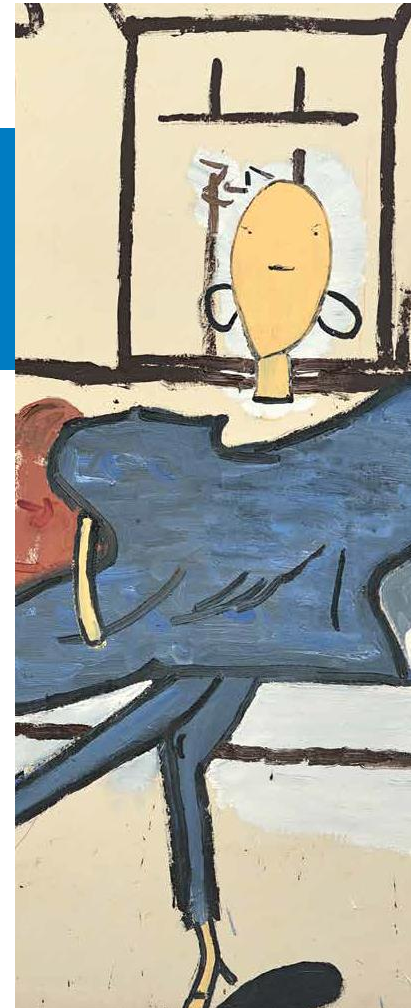


Leiden University  
Medical Center

# Healthy ageing 1

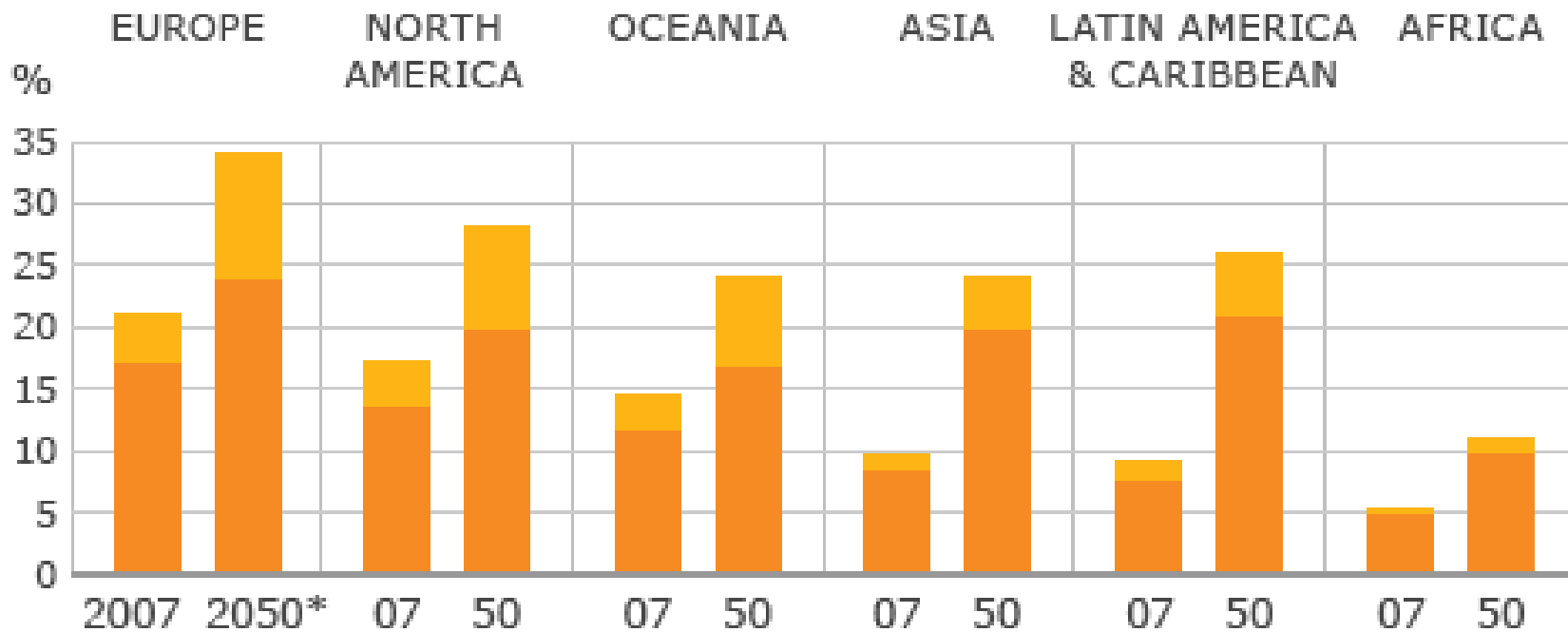
Sao Paolo may 2017

Prof Wilco Achterberg  
Public Health and Primary Care  
[@WILCOACHTERBERG](#)



## Global population is living longer

60-80 year olds    Over 80s (as % of total population)

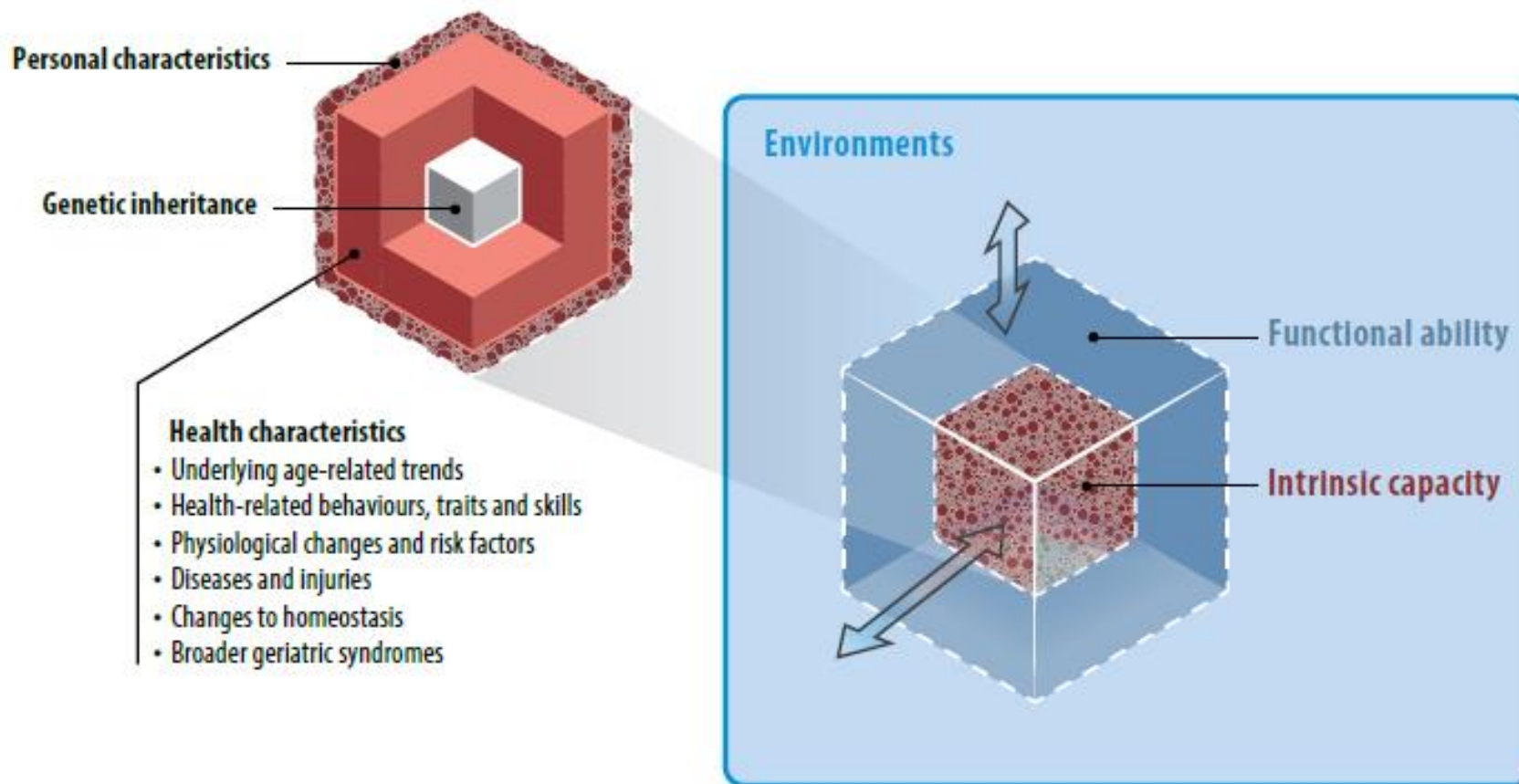


\*2050 (prediction)

Source: UN

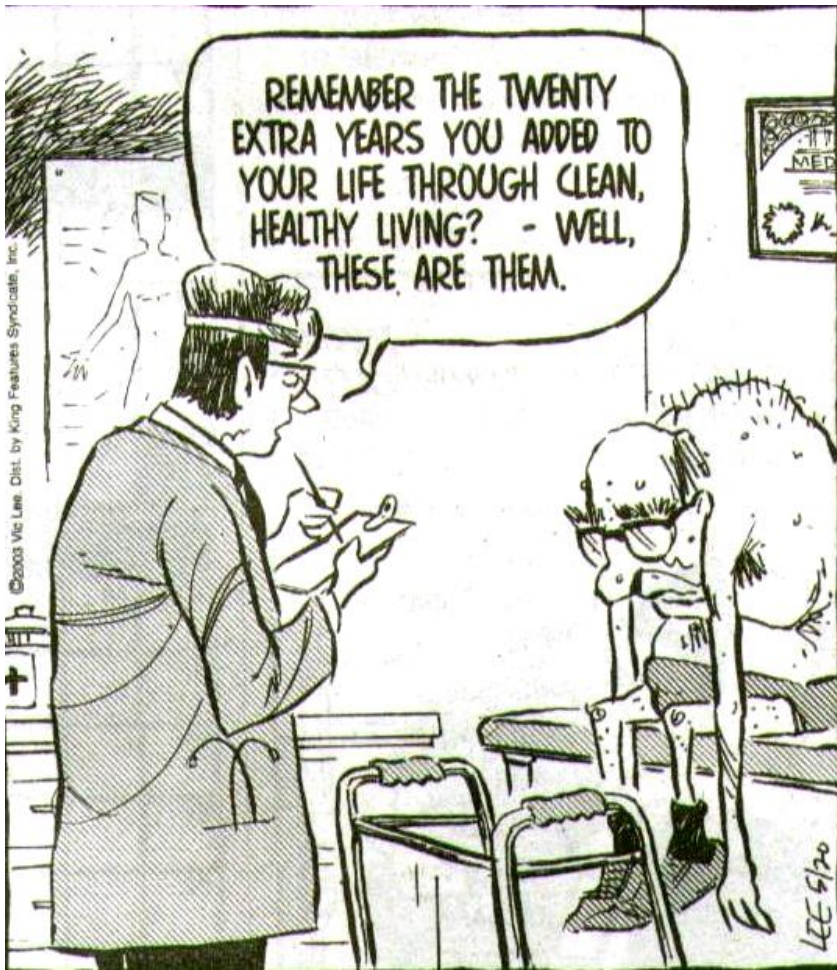
# Healthy ageing, a complex phenomena

Fig. 2.1. *Healthy Ageing*





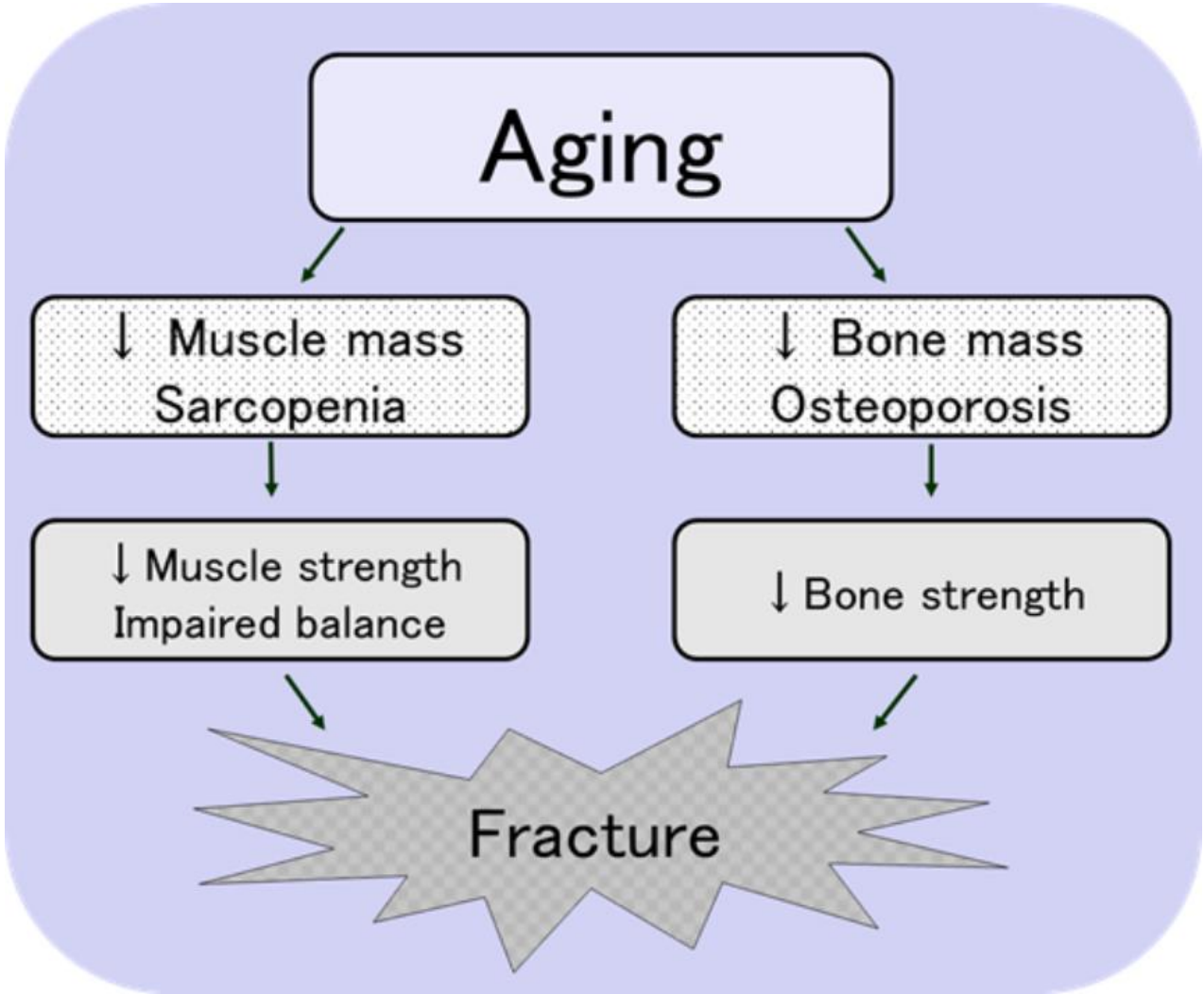




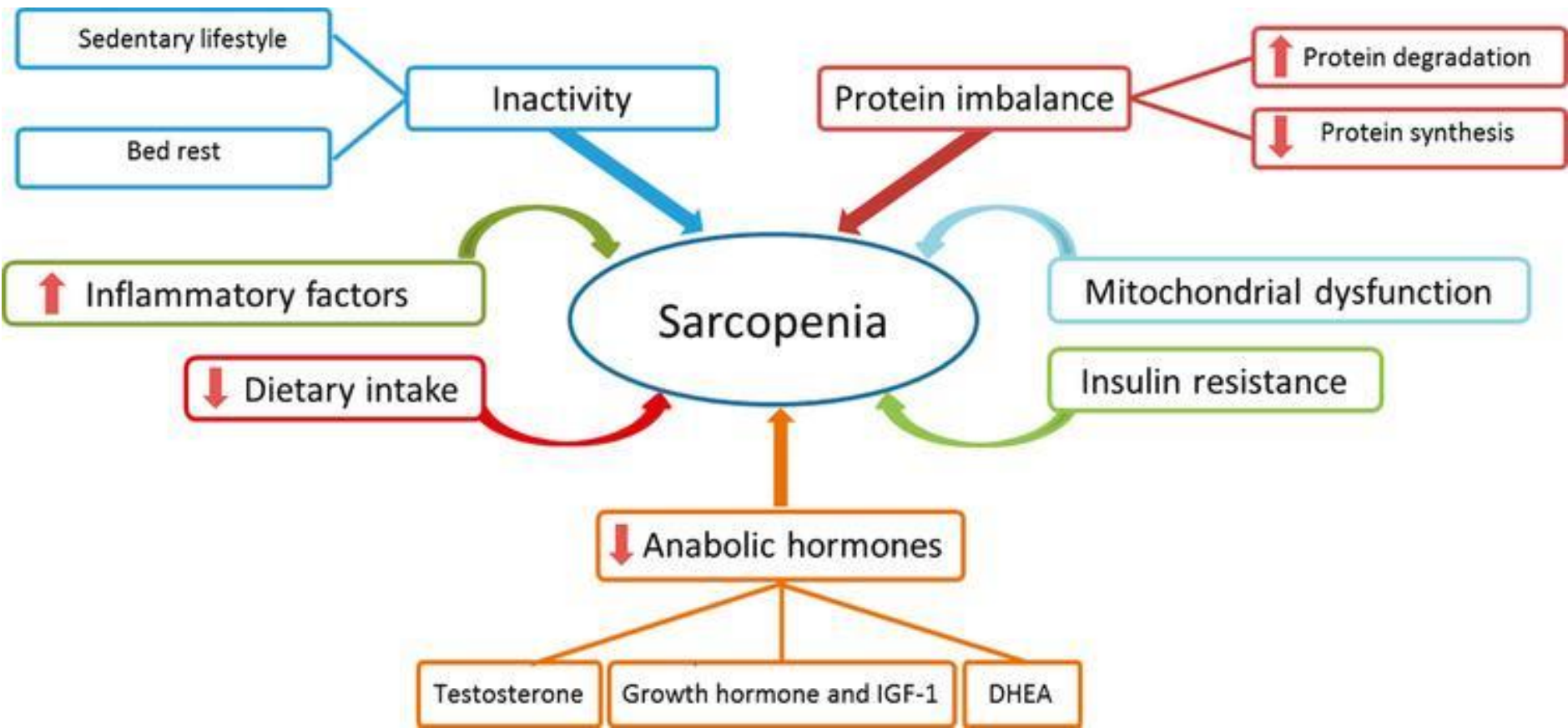
- Multimorbidity
- Frailty
- Functional dependence
- Cognitive decline
- Social isolation
- Polypharmacy
- .....

# An example: older persons with Hip fractures

1. 20.000 each year (16 M people)
2. 10-12 days in hospital
3. >50% postoperative complications
4. Mortality 1 y 25-35%
5. <50% prefracture mobility
6. >25% LTC/institutionalisation





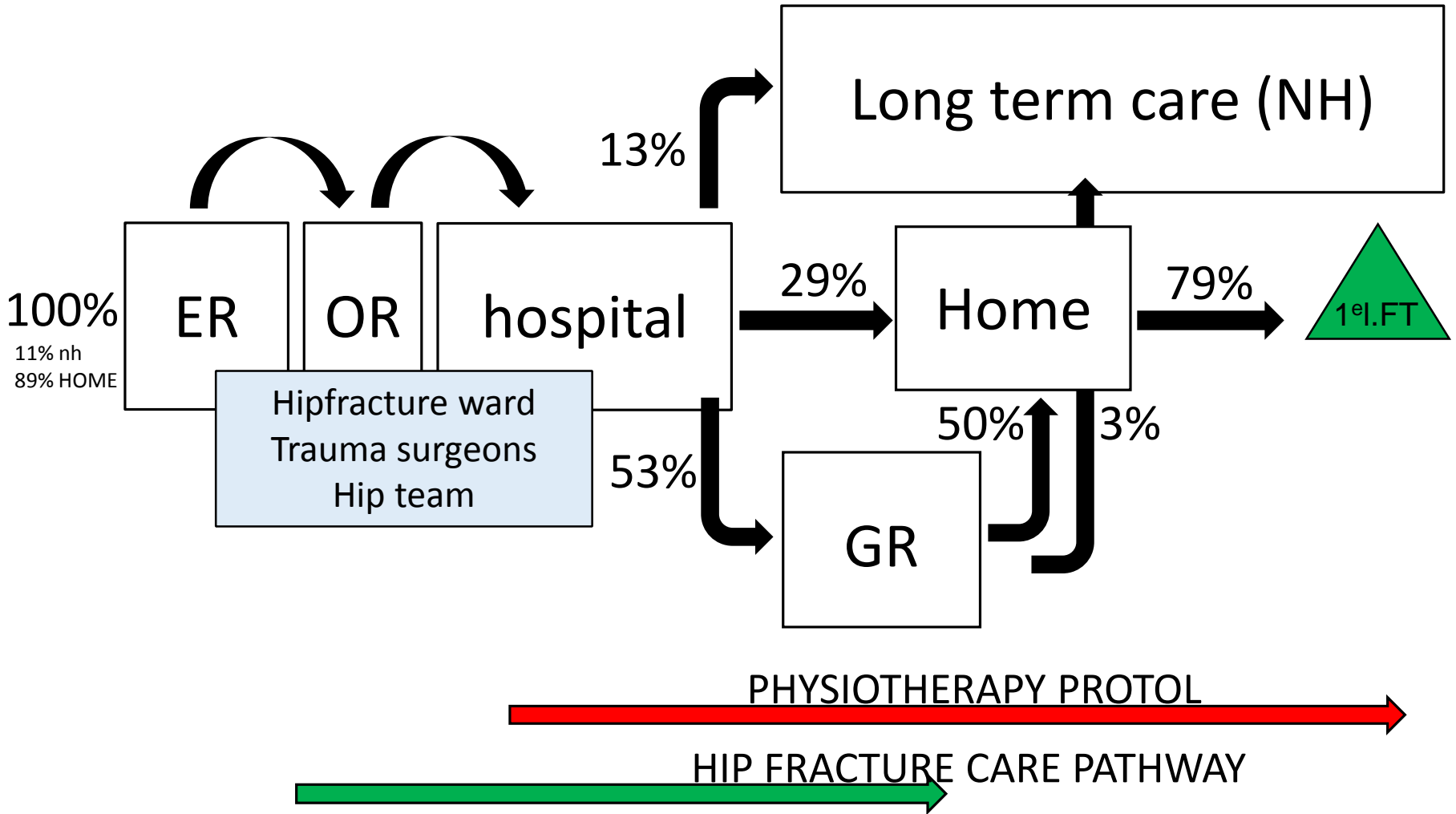




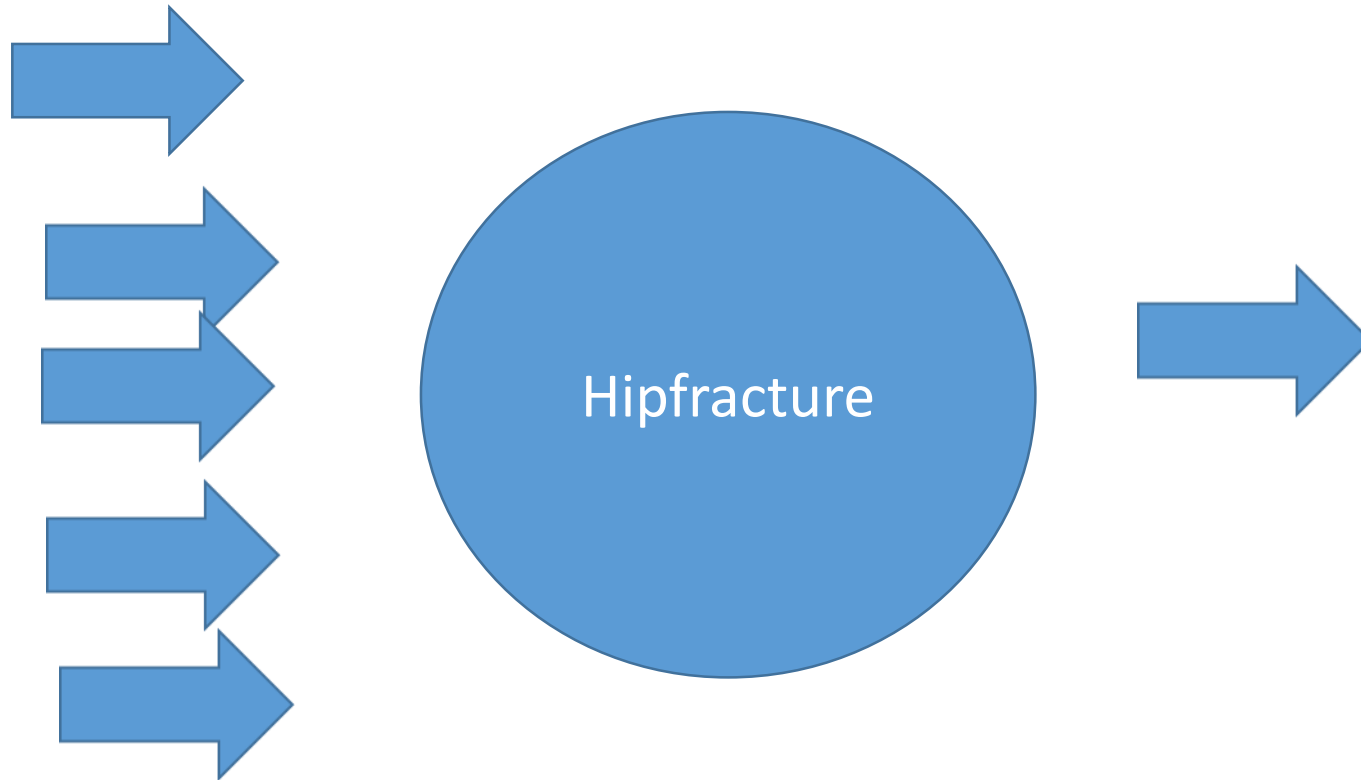
## EDITORIALS

# Hip Fracture: Can We Do Better?

JAGS 65:22-24, 2017



Different pathways, one treatment?



# What the patient needs....



Improve patient care pathways



Combine fundamental and translational research projects



Educate and train professionals



Innovative partners: industry for new (outcome) measures





“Science is built up with facts, as a house is with stones.  
But a collection of facts is no more a science than a heap of stones is a  
house.” –  
Jules Henri Poincaré