



Funded by the European Union

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THE-STAGE-PROJECT



STAGEPROJECTEU



# EXPLORING HOW TO STAY HEALTHY THROUGH AGEING



By 2050, the population aged 75 years and over is projected to double in almost all European regions. Maintaining health and well-being is vital as we age, yet it is estimated that about 60% of adults will retire with chronic non-communicable diseases such as obesity or cardiovascular diseases alongside many other physical and mental health conditions. Having two or more health conditions (multi-morbidity) likely accelerates a person's ageing and affects their capacity to function in everyday life. This creates personal and societal challenges that need cohesive and flexible solutions.



Ageing with multi-morbidity is likely preventable. **STAGE is a European Research and Innovation project studying healthy ageing and multi-morbidity using a life-course approach.** It tackles the gaps in knowledge to understand life-long processes and their connections with biological, environmental, social, historical and infrastructural factors. We need to gain a

deeper understanding people's diverse living environments, social stressors, and the biology of ageing. Our research will use data spanning the entire life-course to enable us to understand ageing patterns. This knowledge will be translated into concrete, effective **prevention programmes and solutions for people to age more healthily.**

## FACTS IN BRIEF



### Funding

€17.7m from Horizon Europe and €2.2m from UKRI



### Project duration

1st January 2024 to 31st December 2029



### Project coordinator

University of Oulu, Finland

## OUR FOCUS INCLUDES

The overarching concept of the STAGE project is that the risk of ageing with multi-morbidity is preventable and treatable.

**Our focus includes:**



### RESEARCH

Improving our understanding of why people age with multi-morbidity using a life-course approach



### ETHICAL AND AGE-FRIENDLY INNOVATION

Producing new technologies, tools and health and policy recommendations to facilitate active and healthy ageing for all



### LIFE-COURSE INFORMED PREVENTION AND INTERVENTION

Developing person-centred applications to test digital solutions for the prediction and prevention of ageing with multi-morbidity



### ENGAGEMENT AND LEARNING

Providing a platform for stakeholder dialogue, engagement, capacity building and dissemination to increase the project's impact