
Promoting Adaptability across the Life course 21-22nd May 2018

Meeting supported by Worldwide Universities Network (WUN Global Challenge Steering Group Fund 2017)

Provisional Agenda

Contact details
Professor Mark Hanson
 Institute of Developmental Sciences
 Southampton
M.Hanson@soton.ac.uk

Professor Steve Reid
 Primary Health Care Directorate
 University of Cape Town
steve.reid@uct.ac.za

Associate Professor Hayley Christian
 School of Population and Global Health
 The University of Western Australia
hayley.christian@uwa.edu.au

Dr Chandni Maria Jacob
 Faculty of Medicine
 University of Southampton
C.M.Jacob@soton.ac.uk

(Venue –the University Club of Western Australia)

Objectives:

1. Understand current knowledge on adaptability across the life course, clarification on terminologies used in different faculties and review best available measures for reserve capacity and adaptability.
2. Review measures that can be undertaken across the life course to slow the rate of decline of intrinsic capacity by sustaining adaptability to the challenges.
3. Develop ideas to promote and test the measures across diverse settings
4. Develop a collaborative programme within the network to support opportunities for early career researchers and review funding opportunities.

AGENDA



Worldwide Universities Network

Day 1: Monday, 21 May 2018

8.30 –	Arrival and registration	
9.00		
9.00 –	Welcoming remarks, Introduction of participants,	
9.20	expectations and review meeting objectives	
9:20-10.20	Session 1: Setting the scene and defining terminology	
	Healthy ageing, clarifying concepts (intrinsic capacity and functional ability)	Prof Mark Hanson
	Update from WHO meeting on trajectories of intrinsic capacity across the life course	Dr Chandni Maria Jacob
	Connecting intrinsic capacity across the life course to resilience and adaptability	Prof Steve Reid
10.20-10.40	Open discussion (Chair TBC)	
	10.40 – 11.00 Break	
11.00-12.00	Session 2: Challenges of population Ageing - Highlighting current situation and priority areas in ageing research in respective contexts	
	Perspective from country with ageing population – China	Prof Jean Woo
	Perspective from African nations with younger demographics – Ghana	Prof C. Charles Mate-Kole
	Perspective from high income settings (USA)	
12.00-12.30	Open discussion	Chair – Prof Leon Flicker
	12.30-13.30 Lunch	
13.30 – 14.30	Session 3: Promoting Adaptability across the life course (20 min talks)	
	The first 1000 days and DOHaD perspective	
	Early childhood interventions	
	Factors in early life influencing adaptation (chronic stress in pregnancy)	Dr Demi Letsa
14.30-15.00	Case study 2 Domain of psychosocial function and cognition	
	Measures through the life course with focus on ageing in relation to the domain of cognition	Prof Anthony Hannan
	Open discussion	
	To discuss best available measures for reserve function in the domain of cognition and psychosocial function	
15.00-15.40	Case study 2: the domain of locomotor function (musculo-skeletal system) (20 min talks)	
	Measures through the life course with focus on ageing in relation to the musculoskeletal system	Dr Nicholas Fuggle



Worldwide Universities Network

	Inflammatory pathways and immune processes in ageing	Dr Erica Vieira
15.40 – 16.00 Break		
16.00-16.20	Adaptive mechanisms that develop through the life course for the domain of locomotor function	
16.20-16.40	Elderly care and Healthy Ageing	Prof Sue Yeandle
16.40-17.00	Social pathways and health behaviours across the life course and effects on healthy ageing	Dr Kate O'Loughlin

Day 2: Tuesday, 22 May 2017

9:00-9.20	Open discussion based on topics covered in Day 1 <ul style="list-style-type: none"> To discuss best available measures for reserve function in the domains of locomotor function and immune function. What are the determinants of decline in intrinsic capacity for these systems? Measures? <p>Factors influencing adaptability</p>	
9.20 – 10.30	Session 4: Promoting Adaptability: Physical activity based interventions to improve physical function across the life course (20 min talks)	
	Mid to Older aged adults	Prof Gavin Turrell
	Physical activity interventions to promote reserve capacity – update from UWA	Dr Hayley Christian
	Complex interventions to prevent frailty	Dr Ruth Teh
10 min	Open discussion	
10.30-11.00 Break		
11.00 – 12.00	Session 4 cont.	
	The role of physical activity in promoting healthy ageing	Lauren Oberlin
	Impact of mental health on physical activity and prevention of falls	Dr Sophia-Lorraine Allie
	Healthy ageing: Interactions between personal and environmental factors	Dr Ruby Yu
12.00 – 12.30	Maximising Health for older people	Prof Ngaire Kerse
12.30 – 13.00	Open discussion	
13.00 – 14.00 Lunch		
14.00 – 16.00	– Open discussion and conclusions/ summary of workshop Review of opportunities for funding, developing further collaborative projects, opportunities for early career researchers	(Chair – Prof Nanne De Vries)



Worldwide Universities Network

16.00-17.00 – Closed meeting organising committee

The interdisciplinary workshop will be attended by academics, policy makers with expertise across multiple stages of the life course. While some experts will be presenting, others will chair sessions and lead group discussions.

We intend to limit the group size to 25 to 30 participants to encourage productive discussions. We anticipate that attendees from WUN partner institutions will fund their own travel. We have funds for a limited number of invitees from non-WUN universities, and to support a small number of early career researchers.

An open registration page will be available on the WUN website (until 27th March 2018) for interested WUN researchers to join the workshop. Participants will also be encouraged to circulate relevant material for pre-reading before the workshop.

Expected outcomes include –

- Workshop report document highlights and summary, plus a commentary article for high impact journal (review/ commentary article)
- Discussions across participants and co-organizers for resource mobilization to advance work in this area with results by 2020 Input into WHO decade of Healthy Ageing 2020-2030
- Development of a collaborative proposal/grant application, and opportunities for early career researchers.



THE UNIVERSITY OF
WESTERN AUSTRALIA
Achieve International Excellence

