

## **TEHA research seminar on ageing**

- Elutee, heaolu ja avatud ühiskonna uuringute tippkeskus (TEHA) / Center of Excellence in Life Course, Wellbeing, and Open Society Studies
- Eesti Demograafia Assotsiatsioon
- Eesti demograafia keskus

**Wednesday, 12 March 2025, 16.00–18.00**

**Speakers:** Ingmar Skoog and Michel Poulain

### **70 is the new 50 / 70 on uus 50, Ingmar Skoog**

Section of Psychiatry and Neurochemistry, Institute of Neuroscience and Physiology, Sahlgrenska Academy, University of Gothenburg, Sweden; Region Västra Götaland, Sahlgrenska University Hospital, Psychiatry, Cognition and Old Age Psychiatry Clinic, Gothenburg, Sweden

The Gothenburg H70 Birth Cohort Studies started in 1971 and are still on-going. The studies include representative birth cohorts born 1901–02, 1906–07, 1911–12, 1922, 1923–24, 1930, 1944 and 1952–54 and followed longitudinally from age 70 until death. The studies include psychiatric, somatic, audiological, ophthalmological, psychological, social, genetic, dietary, functional, and psychometric examinations, personality, collection of blood, plasma, serum, and cerebrospinal fluid, and examinations with MRI. The results show that during the study period, cognitive and physical functions and hearing, have improved considerably, the prevalence and incidence of dementia has decreased, the prevalence of iADL and ADL impairment, depression, psychotic disorders and cardiovascular disorders has decreased, and sexual activity and alcohol consumption has increased considerably. Even personality has changed. Present older people are less neurotic and more extrovert. Our study shows that ageing is changing, and that previous knowledge needs to be continuously updated, as new generations reach old age.

### **Blue Zones and Beyond / Sinised tsoonid ja kaugemalgi, Michel Poulain**

Emeritus Professor at UCLouvain, Belgium; Senior Researcher at the Estonian Institute for Population Studies at Tallinn University, Estonia.

The lecture explores the demographic concept of Blue Zones initiated by Dr. Poulain in 2000 to denote regions renowned for their exceptional longevity. He will point out the seven underlying factors contributing to the extended lifespans and improved quality of life observed in these areas. The insights gained from Blue Zones are relevant to enhance post-modern ageing societies globally. He will also refer to community-based initiatives designed to reshape environments, making them conducive to healthier and longer lives. These efforts focus on enhancing living conditions in homes, workplaces, and public spaces, while also promoting social interactions within communities. By fostering a supportive environment, these projects aim to improve not only individual health but also community well-being. The findings underscore the potential for the seven Blue Zone principles to support public health strategies and policies, ultimately benefiting ageing populations worldwide.