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Welcome

Fuse Healthy Ageing Research Programme

Co leads: Dr Sheena Ramsay and Dr Sonia Dalkin

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What is healthy ageing?

Ability of people of all ages to live a **healthy, safe and socially inclusive lifestyle** (WHO)

Prevention and management of illness and disability

Promotion of healthy living



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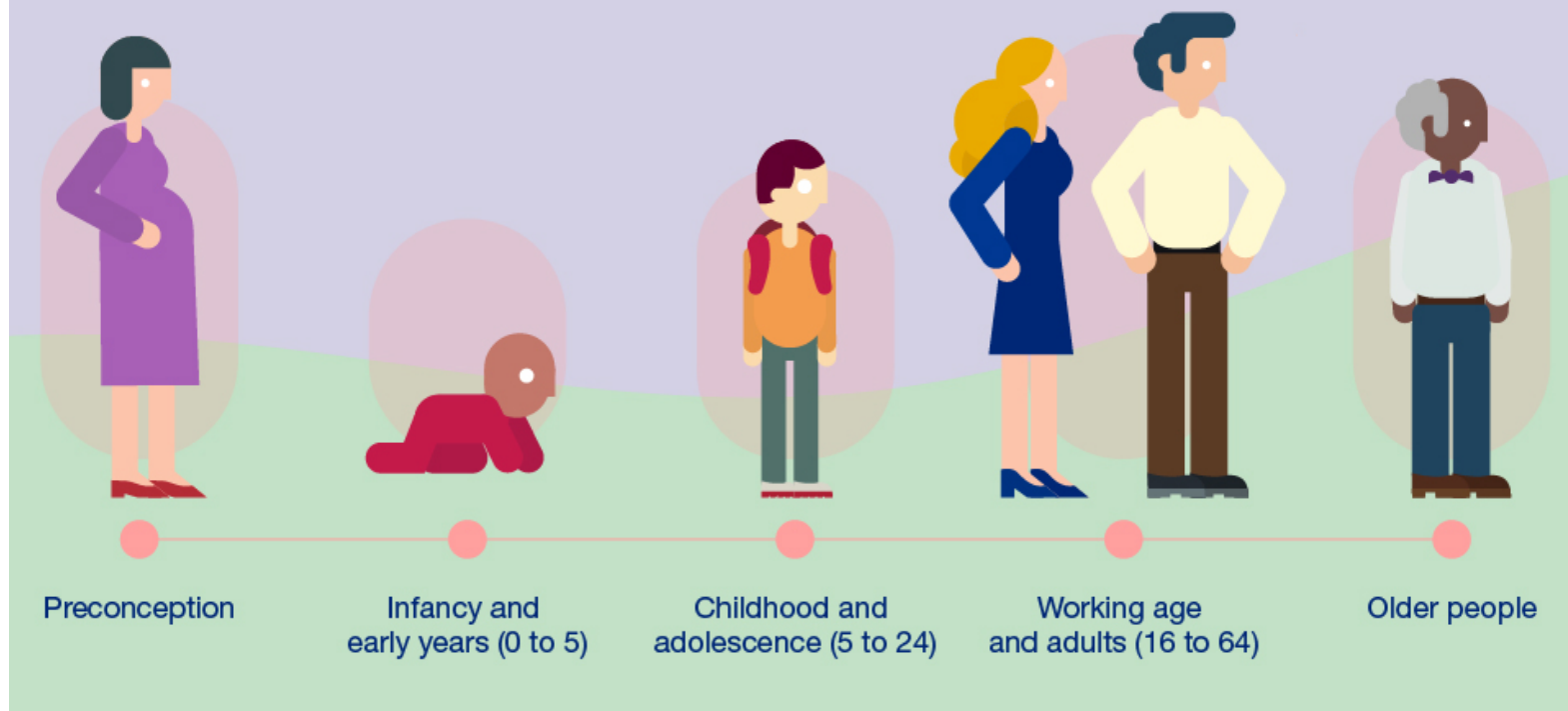
Healthy ageing – over the lifecourse



Health Matters

The life course approach

Life stages





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Healthy ageing – challenges and opportunities

Socio-economic
factors



Environment



Transport



Housing

Communities



MYhome

Financial
security

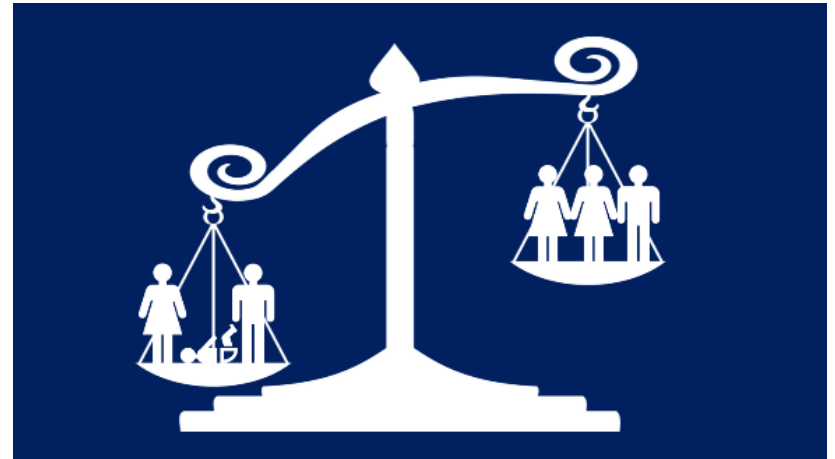




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Inequalities in healthy ageing



Inequalities in healthy ageing

Poorest (vs wealthiest) quintile of older people

3x 

more likely to have
chronic heart disease

2x 

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Type 2 diabetes

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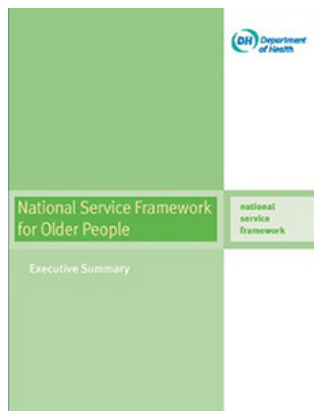
- Malnutrition
- Poor dental health
- Disability
- Physical inactivity
- Obesity



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Healthy ageing – a policy priority



Advancing our health: prevention in the 2020s

Published July 2019

Whole systems
Place-based approaches

Housing
Transport
Fuel poverty
Connected communities



NHS

The NHS Long Term Plan



The Association of Directors of Public Health Policy Position: Healthy Ageing

Key messages

- The proportion of older adults in the UK is projected to reach 24.7% by 2049 and this will bring benefits as well as challenges.
- A whole system approach is needed to support older adults to remain independent and healthy.
- A renewed focus is needed on prevention across the life course to support people to age healthily and to delay or prevent the onset of long-term conditions.
- Public health should promote the importance of ageing well and highlight the contribution and skills of older people.



Healthy ageing – a research priority

- NIHR – frailty, dementia, place-based interventions
- UK Research & Innovation – healthy ageing challenge



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Overview Fuse & HARP

Dr Sonia Dalkin

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What is Fuse?



- Centre of excellence in public health research
- Capacity building for Public Health Research
- A virtual centre, operating across the 5 NE universities
- USP - Translational Research in Public Health
- Working in partnership with policy makers and practitioners, enabling research findings to be understood and applied to public health issues
- UKCRC funded until December 2018
- Now sustained by partner Universities until 2022

Fuse Aims

Fuse's mission is to transform health and well-being and reduce health inequalities through the conduct of world-class public health research and its translation into value-for-money policy and practice

To achieve this our three broad aims are to:

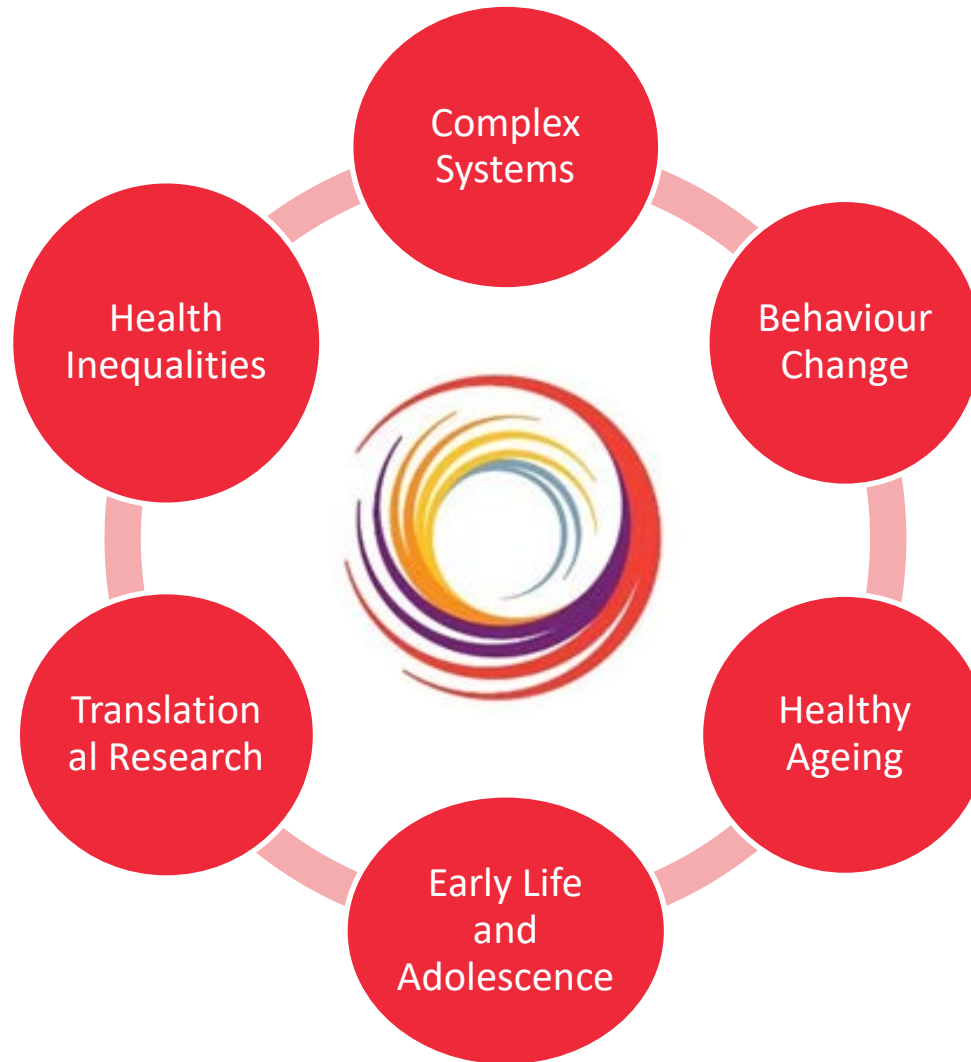
- Deliver world-class public health research
- Build sustainable capacity
- Build effective and lasting partnerships



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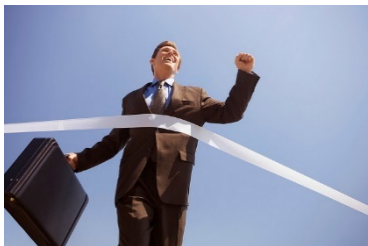
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Fuse Research Programmes



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What has Fuse achieved?



- >£210M in grant funding
- Published over 1,079 peer reviewed papers (2009-2017) with over 30,000 citations
- 477 projects
- 389 public engagement events
- 314 conference presentations
- 45 Fuse-funded PhD students successfully completed their training
- Awards winning blog, research digests, tweets

Healthy Ageing Research Programme (HARP)

HARP aims to promote collaborative public health research on physical, psychological and social aspects of wellbeing, ageing and extending the healthy lifespan. In the programme we will investigate the challenges and opportunities presented by an ageing population and the impact of age related policies. The research focus will be on the development, evaluation and translation of sustainable public health interventions to promote healthy ageing, reduce health inequalities, enable people to maintain and improve health and live better for longer.



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Health Ageing Research Programme (HARP)

HARP objectives (10th March 2015) –

- Promote healthy ageing, including holistic and focused interventions to promote physical activity, healthy diet, safe drinking, reduce social isolation and loneliness and maintain and develop social roles and social connections;
- Investigate the implications of people working longer and develop, evaluate and translate appropriate workplace interventions to maintain and improve health;
- Evaluate the role of social and welfare interventions in later life for disadvantaged population groups;
- Develop and evaluate interventions that aim to prevent disease and reduce disease related complications in people living with long term health conditions;
- Evaluate the roles of formal and informal care in promoting health among older adults and develop interventions to maximise health gain and minimise health inequalities.



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Translational research in Healthy Aging? What is it and why does it matter?

Dr Peter van der Graaf

Fuse Knowledge Exchange Broker





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Workshops

Session Facilitators: Dr Sheena Ramsay and Dr Sonia Dalkin



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Workshops (1 hour)

Purpose:

- Your chance to shape HARP going forward
- To form the basis on which the updated HARP strategy will be built
- To answer the following question...

“Fuse HARP research area priorities should focus on... ? (part 1) And this can be achieved through HARP facilitating... ? (Part 2)”



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Workshops (Part 1): 0-45 minutes

On each table:

1. Each individual is to write their ideas (just a few words) on post-it notes (one idea per post-it note).
3. After about 10 minutes working alone, share your ideas with your table by saying what they are and placing them on a board/wall or table. Where ideas are the same, add your post-it notes together to form clusters.
4. Once all notes have been posted, have a discussion to ensure the clusters are right and agree a 'label' for each cluster. Hopefully these cluster labels will form the foundation for your ideas/themes.
5. Check if there's anything missing.
6. If you feel it's appropriate, you can prioritise the clusters by putting a dot next to the one you feel is most important for the strategy.



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Workshops (Part 2): 45-60 minutes

On each table:

As a group, think about each cluster / theme and how HARP might facilitate work in this area. This could be through:

- A Quarterly Research Meeting around the theme
- Generating a Fuse blog on the subject
- Liaising with AskFuse
- Fuse training
- Co-organised events to facilitate networking

→ A reminder that funds are limited! Be creative and thrifty... 😊

Feedback



https://www.google.com/search?q=countdown+clock&rlz=1C1GCEV_en&oq=countdown+clock+&aqs=chrome..69i57j0l5.1925j0j7&sourceid=chrome&ie=UTF-8



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Next Steps

We will:

- Revise HARP strategy
- Deliver operational plan
- Decide purpose and frequency of future HARP meetings
- Updated case studies and website (underway)

We ask you to:

- Encourage people to join Fuse as Associate Members and to align with HARP
- Not be strangers – let us know about your research, new initiatives etc.



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Thank you!

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