Healthy Ageing and the Opportunities of Longevity
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Conference Details

Living Longer: Healthy Ageing and the Opportunities for Longevity

Date: Friday, 14th May 2021
Time: 09.00 – 17.00
URL: https://www.airmeet.com/e/e650d390-ab67-11eb-8ea1-958128e97839

Photo Credit: Centre for Ageing Better
Globally, the population of people 60 years and older outnumbers those 5 and under, and it is estimated that the former is expected to reach 2 billion by 2050. A rapidly ageing population bears many implications for society, particularly because an increase in life expectancy does not necessitate an increase in quality of health.

From a public health perspective alone ageing is a high priority; governments and policymakers are incorporating this on their agendas as their populations get older. Most recently, the United Nations has declared 2021-2020 the Decade of Healthy Ageing, a campaign intended to unite governments, international agencies, and other stakeholders to better the lives of increasingly older adult populations.

Ageing is associated with and identified as a risk factor for a variety of conditions, such as cardiovascular disease, dementia, type II diabetes, loneliness and social isolation, and the coronavirus disease.

This has proliferated a discourse on the promotion of healthy ageing. Thus, there is massive academic and societal impact potential in engaging this topic.
The 13th annual Human Welfare Conference *Living Longer: Healthy Ageing and the Cost of Longevity* will explore the meaning and implications of healthy ageing in society through an interdisciplinary perspective. This directly contributes to the Green Templeton College’s mission and commitment to advancing human welfare by seeking to improve the health and well-being of the current and future population of older adults.

It also directly complements the college’s Care Initiative, which investigates care issues pertaining to the older adult population. Our vision is to bring different disciplines in dialogue to investigate the various aspects of healthy ageing. While there is a growing political and academic discourse on healthy ageing, this conference is unique because it includes the perspective of longevity research which challenges common assumptions about the ageing process.
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<tr>
<th>Time</th>
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<tr>
<td>09.00 – 09.30</td>
<td>Introduction and Welcome</td>
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| 09.30 – 10.30| (1) Speaker: Addressing Diseases of Old Age Through Understanding Ageing  
|              | - Prof. Lynn Cox                                                     |
| 10.30 – 11.00| Break / physiotherapy session with Catherin Huck                      |
| 11.00 – 12.00| (2) Speaker: Demographic Changes in an Ageing World                  
|              | - Prof. Sarah Harper                                                 |
| 12.00 – 13.30| Lunch Break. Concert and Conversation with Maki Sekiya and Sir Muir Gray |
| 13.30 – 14.30| (3) Speaker: Gratitude, Hope and Meaning: Cultures of Healthy Aging   
|              | - Dr Iza Kavedžija                                                   |
| 14.30 – 14.45| Coffee Break + Optional Breakout Rooms                               |
| 14.45 – 16.00| (4) Panel: What are the Challenges of Ageing Worldwide?               
|              | - Prof. Mary Daly                                                    |
|              | - Dr Hiroko Constantini                                              |
|              | - Dr Tamás Jozsa                                                     |
|              | - Sir Muir Gray                                                      |
|              | - Dr Ramon Luengo-Fernandez                                          |
| 16.00 – 16.30| Goodbye Event                                                        |
| 16.30 – 17.00| Breakout Rooms (Networking)                                          |
Welcome to the 2021 Human Welfare Conference at Green Templeton College! The HWC is a celebration of students, and this graduate-led conference is now in its 13th year.

Each year, we attract students and researchers from around the world to explore, develop, and support ideas that have an impact on human welfare globally. Whilst we would have wished we could convene in person; the conference is being hosted virtually due to the Covid-19 pandemic. Nonetheless, we hope to maintain the spirit of the conference.

The theme of this year’s conference – Living Longer: Healthy Ageing and the Opportunities of Longevity – is particularly relevant today. We are questioning; Why and how do we age? What are the changing global demographics of an ageing population and their implications? What does healthy ageing mean in other cultures? What are the challenges of and opportunities for healthy ageing worldwide?

Whilst discussions to delineate these challenges are as rich as they are complex, we hope not only to engage with the issues but also to find concrete solutions. Healthy ageing is an exciting and diverse area to explore, and we invite you to join us on this journey of discovery at HWC 2021.

We hope you will leave the conference with not only a better understanding in your area of interest, but also exposure to new perspectives, inspired to pursue different directions and develop lasting and meaningful connections.

We are excited to welcome academics from across different disciplines and all stages in their careers, as well as leading practitioners in their respective fields to tackle the issue of healthy ageing. We hope you will enjoy talking and listening to them. We are extremely excited to bring several innovative ideas to the programme this year by hosting it virtually. Through the platform we have selected, participants can engage in virtual networking with the speakers and other attendees. To make the virtual experience more enjoyable, we have also enlisted the aid Green Templeton College’s artist- and musician-in-residence, as well as an Oxford-based physiotherapist, to provide respite. Throughout the day, we encourage you to share your thoughts and experiences on social media.

We have thoroughly enjoyed working to create this conference – it has been an incredibly rewarding experience, and we would like to thank our fantastic team, the staff at Green Templeton and last year’s chairs, without whom this conference would not have been possible. We look forward to meeting and learning from you all in this exciting environment over the course of the conference.

The Human Welfare Conference Committee
c.2.8b to c.7.8b and life expectancy as a global average has risen from 48.7 years to over 65 years. Although much of this latter increase is due to reduced mortality rates of infants and the young in the developing world, here in the UK life expectancy at birth has risen from 70.3 to 81.1 years.

The net result is that more people are living longer and experiencing the greater effects of ageing. The conference will explore these demographic changes, consider whether ageing is a disease itself or a cumulative impact of living longer, explore the cross-cultural issues about ageing well and the global issues which this large growth in an ageing population forces us to confront. It promises to be a very stimulating day on a topic which potentially affects all of us.

I would also like to take this opportunity to thank the team of organizers of the conference led by Jordan Gorenberg and Constanze Cavalier. They have done a magnificent job in bringing together speakers and panelists who will entertain and inform us in equal measure. I wish everyone a fascinating day!

Sir Michael Dixon, Principal, Green Templeton College
She is interested in cellular senescence, a process which may underpins serious age-related diseases including arthritis, cardiovascular disease, lung fibrosis, neurodegeneration, retinopathy and some cancers. By combining traditional target-based studies with broader phenotypic and systems biology approaches, Prof Cox works to identify new ways to control the damaging aspects of cell senescence, with the aim of discovering novel drugs (and their targets) to treat or even prevent multiple diseases associated with later life.

Prof Lynne Cox

*Department of Biochemistry, University of Oxford*

Prof Cox studies the molecular and cellular basis of ageing to identify specific biochemical processes and pathways that change as cells and organisms age.
a particular interest in Asia and Africa. Her recent research has focused on women’s education and empowerment in sub-Saharan Africa and the impact of this on desired family size, older women’s health in Africa, and European life course trajectories and late life female health. She currently directs two research projects looking at the ageing of farmers in Vietnam and Myanmar. Sarah has just completed a monograph How Population Change will Transform our World Oxford University Press (2016) and is working on her next book for Cambridge University Press on Population, Technology and Environmental Change. Sarah is the founding editor of the Journal of Population Ageing and editor of the Handbook of Ageing and Public Policy (Elgar 2014).
Iza Kavedžija is a Senior Lecturer in Anthropology at the University of Exeter. She specializes in anthropology of Japan, particularly meaning in later life, wellbeing and creativity. Her book publications include *Values of Happiness: Toward an Anthropology of Purpose in Life*, co-edited with Harry Walker (University of Chicago Press, 2016) and a monograph *Meaning in Life: Tales from Aging Japan* (University of Pennsylvania Press, 2019), which examines the experience of aging among older people in Osaka.

Highlighting the capacity of narrative to shape everyday understandings and create coherence from seemingly unconnected events, this work sought to reveal how people come to envisage a good life for themselves while making sense of their life choices and decisions in relation to wider social or cultural expectations, such as balancing obligations to others and cultivating a sense of personal autonomy. A monograph based on this work, entitled 'Making Meaningful Lives: Tales from an Aging Japan', has been published recently by the University of Pennsylvania Press.
Most of her work is comparative, in a European and international context. Substantively, she is interested in and has published widely on the following social policy areas:

- long-term care and care for children;
- gender inequality
- family policy
- poverty and welfare.

Mary Daly’s research has been supported by, among others, the Economic and Social Research Council, the EU, ILO, Council of Europe, UNWomen and UNICEF. She is the founder of the Care Initiative at Green Templeton College Oxford. 

https://www.gtc.ox.ac.uk/academic/health-care/care-initiative
Sir Muir Gray

Nuffield Department of Primary Care Health Sciences and Green Templeton Emeritus Fellow, University of Oxford

Sir Muir has worked for the National Health Service in England since 1972, occupying a variety of senior positions during that time, including serving as the Director of Research and Development for Anglia and Oxford Regional Health Authority, and first establishing and then being the Director of the UK National Screening Committee. He founded the National Library for Health, and was the Director of Clinical Knowledge, Process, and Safety for the NHS (England) National Programme for IT, serving as the Director of the National Knowledge Service. He was the first person to hold the post of Chief Knowledge Officer of the NHS (England), also serving as the co-Director of the Department of Health’s Quality Innovation Productivity and Prevention (QIPP) Right Care Programme. Together with Sir Iain Chalmers, Muir was instrumental in establishing the Cochrane Collaboration.
her PhD in gender and sexuality studies centralizing on male informal carers in Japan at University of Cambridge, her recent research addresses issues of population aging in Japan based on ethnographic fieldwork. In particular, her research focuses on aging in place and how working informal carers reconcile their work with care for their older parents.

Dr Hiroko Costantini

*Oxford Institute of Population Ageing, University of Oxford and Sciences Po*

Hiroko Costantini is Research Fellow at The Laboratory for Interdisciplinary Evaluation of Public Policy (LIEPP) at SciencesPo (Paris) and at the Institute of Population Ageing, University of Oxford. Following
Dr Tamás Jozsa
Institute of Biomedical Engineering, University of Oxford

Tamás is a postdoctoral researcher at the Institute of Biomedical Engineering, University of Oxford. His work aims to create mathematical and computational models of blood flow, oxygen transport, and metabolism in the brain of healthy individuals and stroke patients. This research is part of the INSIST project which set out to advance stroke treatments based on computer simulations.

Before joining Professor Stephen Payne’s research group in 2018, Tamás was a PhD student at the Institute for Energy Systems at the University of Edinburgh (2014-2018). Previously, he studied mechanical engineering at the Budapest University of Technology and Economics (BUTE) between 2008 and 2013. During his master’s course at BUTE, he participated in blood flow research at the Department of Hydrodynamic Systems and conducted fluid-structure interaction simulations of patient specific abdominal aortic aneurysms. Thanks to an ERASMUS scholarship, he completed the computational fluid dynamics course at Cranfield University (2013-2014).
Researcher Development award from the UK Department of Health. As part of this award, in June 2009, Ramón successfully completed a DPhil at the University of Oxford on the healthcare costs and health outcomes associated with stroke. Shortly after, Ramón was awarded an ESRC/MRC/NIHR Early career fellowship in economics of health to publish and further develop the work undertaken as part of his DPhil thesis. During his time in HERC Ramon has also been involved in a number of other projects evaluating the economic burden of cardiovascular diseases, stroke, and dementia/Alzheimer’s disease in the UK and in the European Union.
Maki Sekiya

Musician-in-Residence, Green Templeton College

Maki has been musician-in-residence at Green Templeton College since 2018. She is a sought after soloist of international calibre, and frequently performs solo recitals and makes concerto appearances. Maki is also interested in holistic (therapeutic) role of music. As a music educator, she has formed a local music community ‘Oxford Music Hub’

to connect like minded musicians across different generations. She is a graduate of Moscow Conservatoire, and lives in Oxford with her musical family.

Maki is going to play a set of piano pieces and then Muir Gray will speak about ageing, music and wellbeing, not only reviewing the evidence but also raising options for the College to consider, because the topic of ‘music’ was highlighted when the Principal gave feedback on a recent consultation. The Zoom link for the concert is here:

https://us02web.zoom.us/j/81097133254.
Catherine Huck
Clinical Yoga

After qualifying, Catherine immediately became interested in the treatment of neurological patients because it demanded a deeper knowledge of normal movement and the CNS. Catherine also completed an MSc in the Science of Exercise and Nutrition during her time living in Asia and worked in preventative health. In 2003 she attended her first yoga class: fortunately Catherine experienced a physically challenging class under the instruction of a good teacher. She knew from that first class she would practice for as long as she was able. Catherine had never experienced such a total body workout: strength, flexibility, balance, concentration (mindfulness) and finally relaxation. BUT the part that fascinated her the most was her journey home in the car, she felt calm, benevolent and deeply happy. Catherine had never had this happen after her running, walking, aerobics, tennis, skiing etc. She needed to understand why this had happened so for the past 16 years Catherine has researched the science of yoga, practiced and taught yoga, and continues to learn.
• Lynne Cox Ageing Network
• The Oxford Society for Ageing and Longevity
• Institute of Population Ageing
• Ageing Research Collaborative Hub at Oxford (ARCH)
13th Human Welfare Conference Committee

Jordan Gorenberg
Co-Chair

Constanze Cavalier
Co-Chair

Emily Boucher
Programme and Speakers’ Manager

Jiaxin Shi
Programme and Speakers’ Manager

Amadea Turk
Programme and Speakers’ Manager

Ken Deng
Welfare Manager

Natali Van Zijl
Finance Manager

Anja Bitterwolf
Publicity and Communications manager
We would like to thank the following for their efforts and sustained support in making this conference possible:

*Beatriz Silveira de Arruda*

*Cori Campbell*

*Jonas Sandbrink*

*Aditya Rajashekar*

*Samuel Max*

*All the Green Templeton College staff who helped us*