



Investigating the impact of meditation training on mental health and well-being in the ageing population

Coordinator: Dr Gaël CHETELAT (DR Inserm, Caen)

www.silversantestudy.eu

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Human beings are living longer – but are we living well?

New €7m EC-funded project investigates how mental well-being status affects quality of life in Europe's ageing population

- *Particular focus on Alzheimer's disease & its mechanisms*
- *Partners from UK, France, Spain, Belgium, Switzerland and Germany*
- *Official launch ceremony in Caen, Normandy (France), 10h30 on Tuesday 31 May*

The global population is ageing, with the number of people over 60 expected to more than double during the first half of this century - reaching two billion by 2050 - and older persons predicted to exceed the number of children worldwide for the first time in 2047¹.

As human beings are living longer, ensuring good mental as well as physical health into later years is becoming ever more important. Identifying the determinants of a healthy old age will help safeguard quality of life and reduce the cost/care burden on health services of age-associated diseases.

To address this key societal challenge, a new €7m, five-year research project involving experts across Europe has been launched. The Silver Santé Study will investigate mental health and well-being in the ageing population, with a particular focus on Alzheimer's disease and its mechanisms.

"Research over the past two decades broadly supports the claim that improved mental well-being can positively impact conditions such as depression, insomnia, loneliness and stress – many of which affect older adults," says Dr Gaël Chételat, co-ordinator of the Silver Santé Study, which is funded by the European Commission with financial support from the University of Geneva (Swiss State Secretariat for Education Research & Innovation).

The Study will run from 2016 to 2020 involving research partners in France, the UK, Spain, Belgium, Switzerland and Germany. It is being co-ordinated from Inserm (Institut national de la recherche sur la santé et la recherche médicale) based in Caen, Normandy - a region which has experienced one of

¹ [World Population Ageing 2013, United Nations](#)



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the most rapid increases in the ageing population across the whole of France (a 40% rise in 20 years).

Over the first phase of the project, two clinical studies will be carried out across four countries. These will involve memory clinic patients with subjective cognitive decline, expert meditators and volunteers of over 65, recruited from the general population in Caen, who will take part in various cognitive activities from learning a language to regular meditation practice. A launch ceremony for the public study is being held in Caen today with an invited audience of key stakeholders and community health professionals, followed by a reception for local people who are interested in signing up.

Results will be measured through a combination of approaches including self-reporting, behavioural measures, MRI scans and biomarkers.

Dr Chételat says, “By carrying out clinical studies on older population groups presenting with varying health profiles, our research will measure the effectiveness of a variety of interventions, and so contribute to wider health policy discussions and forward-planning around the challenge of caring for our ageing global population, now and in the future.”

For more information go to www.silversantestudy.eu

ENDS/ Contacts & Notes follow

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Editor's notes:

1. **Silver Santé Study** (www.silversantestudy.eu) is the public name of the **MEDIT-AGEING project** (www.medit-ageing.eu)
2. The call under which MEDIT-AGEING has been successfully funded is H2020-PHC-22: Promoting mental well-being in the ageing population
3. The project receives €7million funding and runs for 5 years from Jan 2016 - 2020. <http://ec.europa.eu/programmes/horizon2020/en/h2020-section/societal-challenges>
4. The partners in MEDIT-AGEING are:

Partner organisation name	Short name	Country	Contacts
Institut national de la santé et de la recherche	Inserm	France	Dr Gaël Chételat



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Notes/End

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