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

MEDIA RELEASE

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Major Healthy Ageing Study Gets Underway in France As Senior Citizens Asked to Volunteer for Clinical Study

A €7m EC-funded project investigating mental health and well-being in later life is getting underway in Caen, France, with a series of public meetings.

The Silver Santé Study, which is a five-year research project, involves experts across Europe and is investigating mental health and well-being in the ageing population, with a particular focus on Alzheimer's disease and its mechanisms.

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 2047[1].

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.

"It's great to see the project progressing," says Gaël Chételat, co-ordinator of the Silver Santé Study. "We're now in the process of recruiting volunteers aged 65+ for our clinical study in Caen, France, and we're holding a series of public meetings this autumn so they can find out more about the Study and take part in pre-screening before the clinical trials begin in December 2016."

By carrying out clinical studies on volunteers aged 65+ presenting with varying health profiles, the 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.

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

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[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). Results will be measured through a combination of approaches including self-reporting, behavioural measures, neuroimaging scans, sleep measures and blood biomarkers.

A further clinical study will be carried out over four countries – France, the UK, Germany and Spain. Preparations for the study, which is coordinated by Natalie Marchant at University College London (UCL), are well underway and the research team is now applying for ethical approval from each participating country with a view to potential volunteers being recruited in each country early next year.

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 médicale	Inserm	France	**Dr Gaël Chételat Project co-ordinator** Dr Antoine Lutz Dr Géraldine Poisnel Dr Eider Arenaza Urquijo Dr Sonia Guéguen
University of Liege (GIGA-CRC-In Vivo Imaging;	ULG	Belgium	Dr Fabienne Collette

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Psychology and Neuroscience of Cognition Research Unit)			Professor Eric Salmon
University of Geneva (Swiss Centre for Affective Sciences, Campus Biotech)	UNIGE	Switzerland	Dr Olga Klimecki Professor Patrik Vuilleumier
University College London	UCL	UK	Dr Natalie Marchant
University of Cologne	UKK	Germany	Professor Frank Jessen
Hospices Civils de Lyon (Clinical and Research Memory Centre of Lyon)	HCL	France	Professor Pierre Krolak-Salmon
Consorci Institut d'Investigacions biomèdiques August Pi I Sunyer (Alzheimer's disease and other cognitive disorders Unit; Hospital Clinic; Neurodegenerative diseases: Clinical and experimental research)	IDIBAPS	Spain	Dr José Luis Molinuevo
European Clinical Research Infrastructures Network	ECRIN	EU	Amélie Michon
Inserm Transfert SA	IT	France	Delphine Smagghe
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Notes/End