



University of  
Zurich <sup>UZH</sup>

Healthy Longevity Center (HLC)

# Innovationen für gesunde Langlebigkeit: Wertschöpfung durch gesunde Langlebigkeit

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*UZH Healthy Longevity Center*

*WHO Working Group on Metrics and Measurement of Healthy Aging*



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## UN Decade of Healthy Ageing (2021–2030)



**Decade  
of healthy  
ageing**

**#AddingLifeToYears**

Our vision  
is a world in which  
**all people**  
can live long  
and **healthy lives.**



**Decision at World Health Assembly in May 2020!**



- > Global neuartige Entwicklungen
- > Gesundheitswesen und Innovationen darauf kaum eingestellt



# Lebenserwartung im Alter von 65 Jahren (CH)

**2007**

Men / Women

83.5 / 86.9 years

**2022**

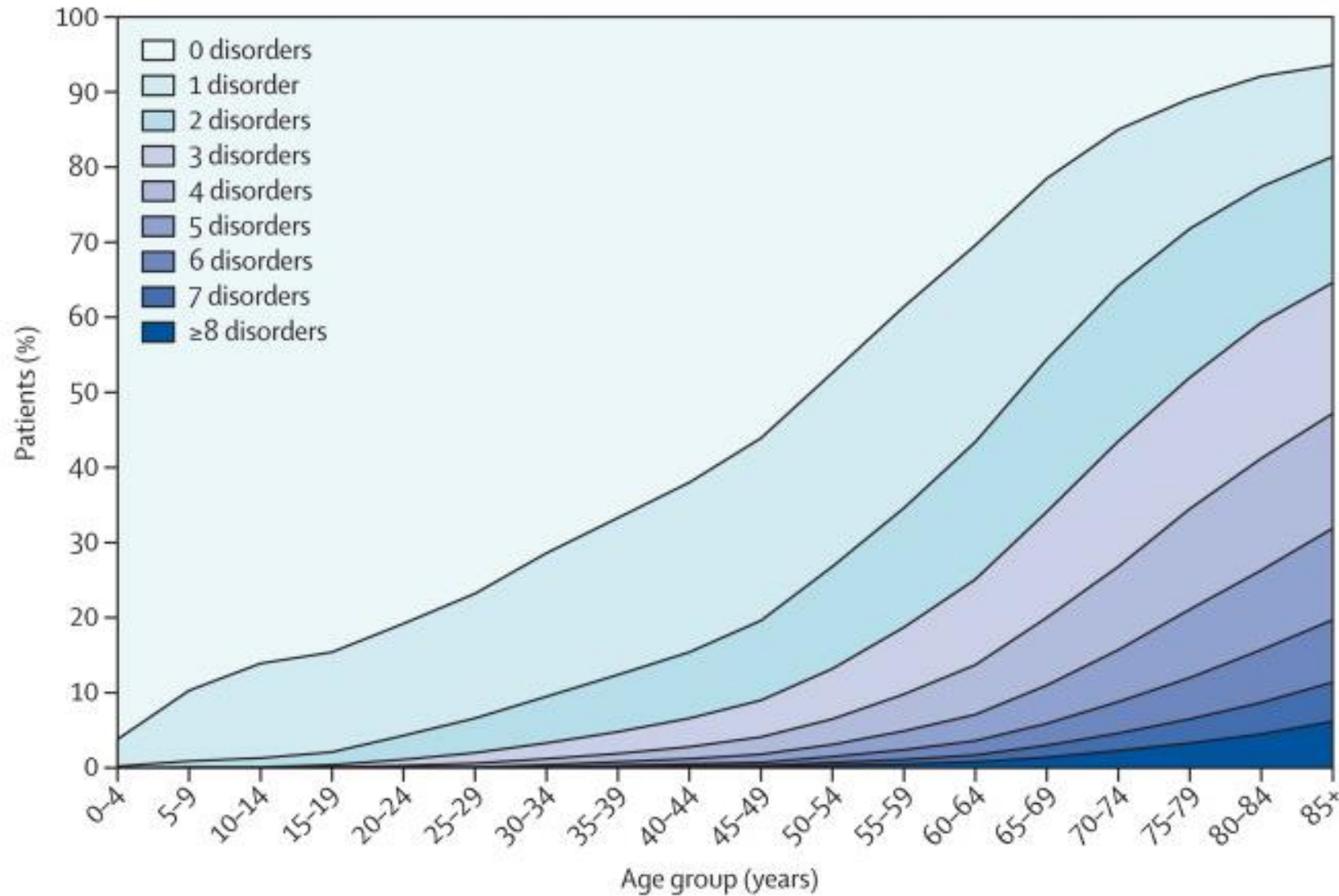
Men / Women

84.8 / 87.5 years

→ +32 / +15 days/year



# Chronische Mehrfacherkrankungen





«Golden Bolt» Hidekichi Miyazaki  
23.9.2015

## 100 Meter Records (as of 1.3.2024)

Men / Women

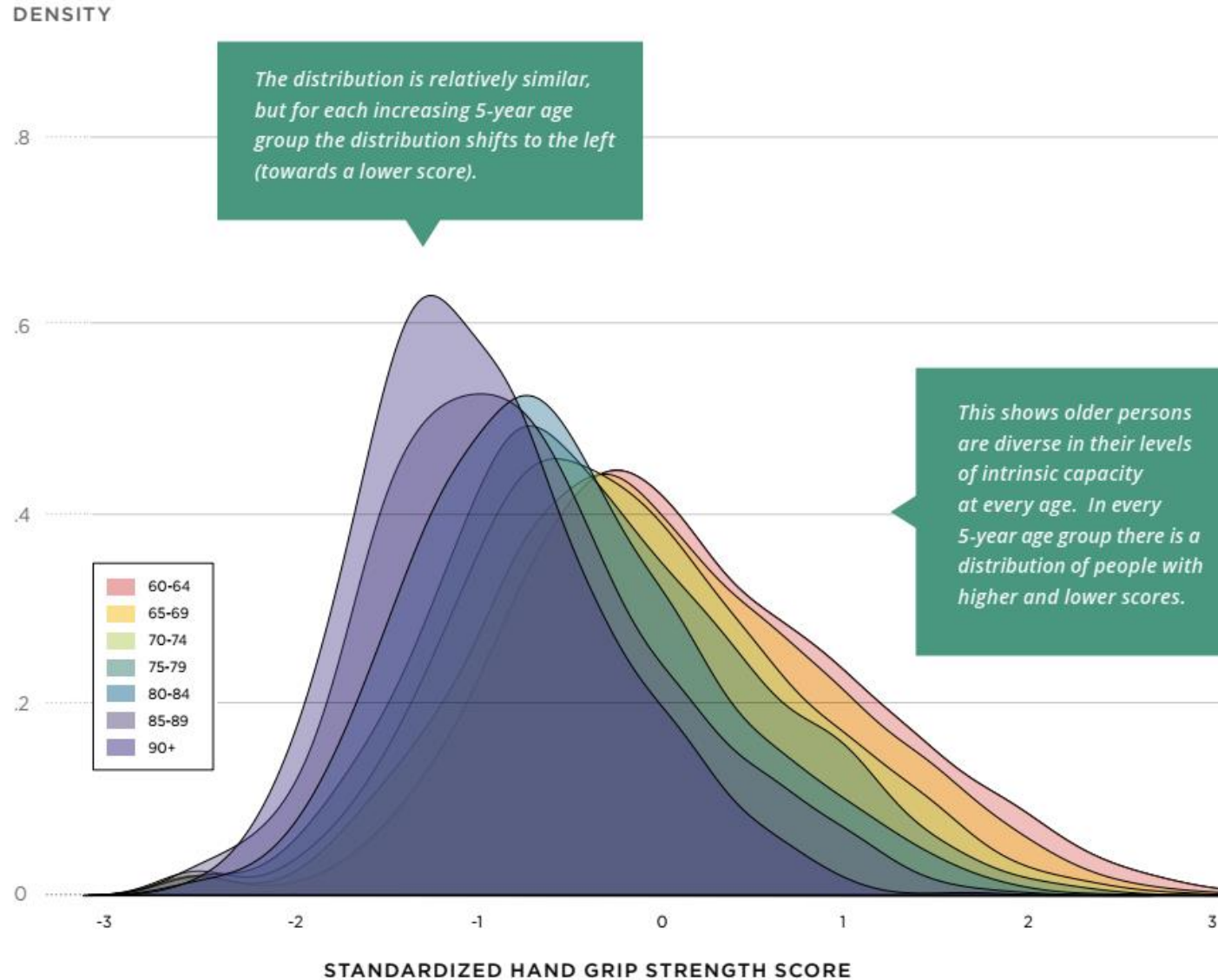
30-: 9.58s / 10.49s

60+: 11.70s / 13.05s

85+: 15.08s / 18.14s

95+: 20.41s / 30.16s

100+: 23.40s / 36.71s







1. «In der Schweiz sind 122'000 Personen im Alter 65+ an Demenz erkrankt» – über 1.5 Millionen sind es nicht
2. «In der Schweiz stürzen jährlich 88'000 Personen im Alter 65+» - 200'000 Stürze bei unter 65
3. «Das Einsamkeitsrisiko steigt mit dem Alter» - 20% im Alter 75+ einsam, 33% im Alter 16 – 24
4. «55% der Jugendlichen setzen sich gerne für die Umwelt ein» – wie viele im Alter 65+ unbekannt





Healthy Longevity = Wertgeschätzte Aktivitäten ausführen



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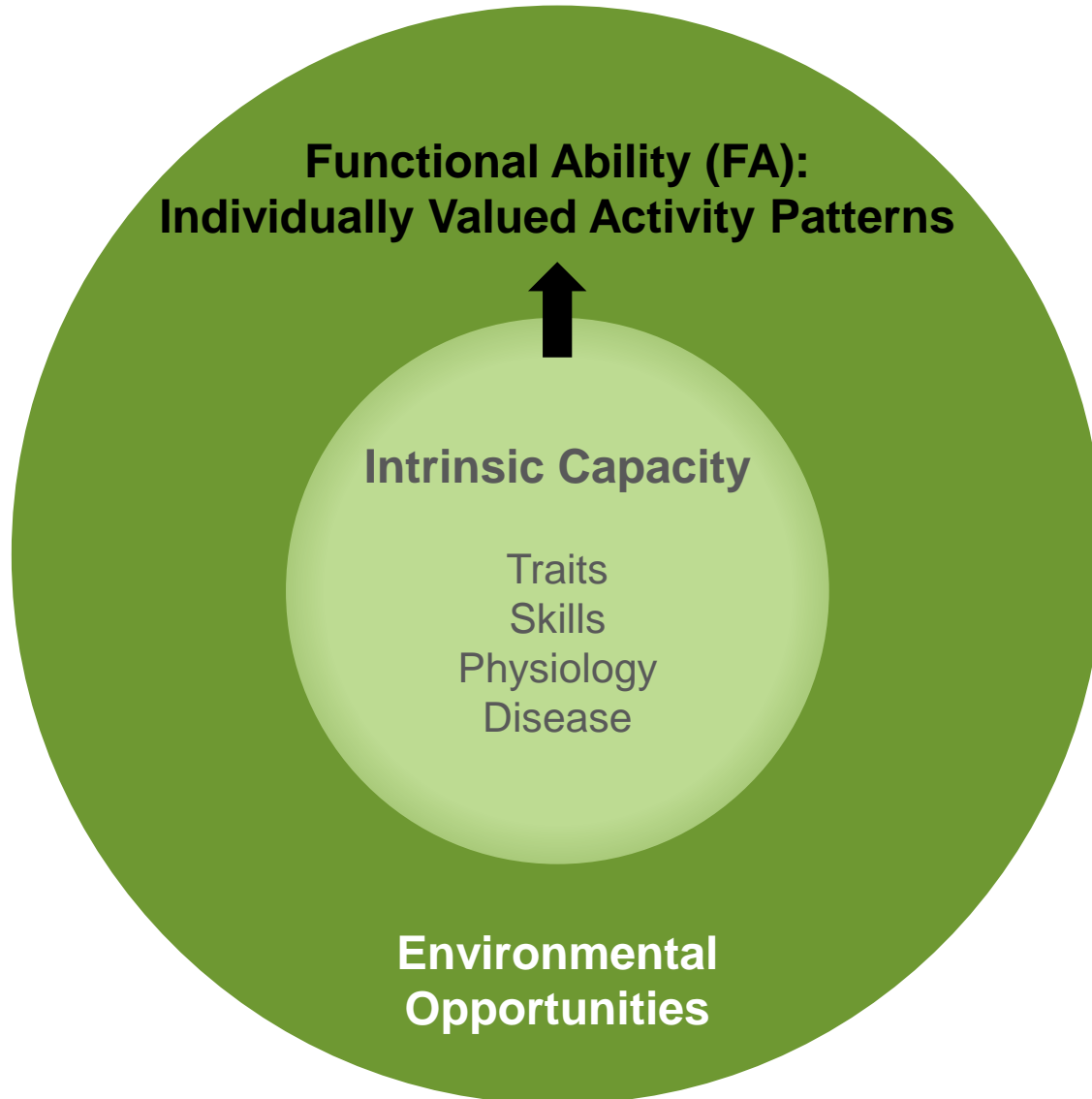
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...und von Mauritius



Republic of Mauritius  
*République de Maurice*

**Ministry of Health and Quality of Life**  
*Ministère de la Santé et de la Qualité de la Vie*



Wertschöpfung durch die Förderung von Aktivitätsmustern, die für Individuen und Communities wertvoll sind

Innovationen rund um Aktivitätsmuster



**Von bisher 85% der Investitionen in Krankheitskosten-Einsparungen**

(«Volume» oder Einsparungen bei Krankheitserkennung und –Behandlung)

ZU

**85% der Investitionen in «Value»**

**Lebensqualität**

**Zufriedenheit**

**Produktivität**

**Real World Outcomes**

**Decision Support**



# Man kann nur fördern, was man auch messen kann

Meeting everyday basic needs  
for food, shelter and clothing ...



... staying mobile,  
and getting where you want, or need to go



... building and maintaining  
relationships



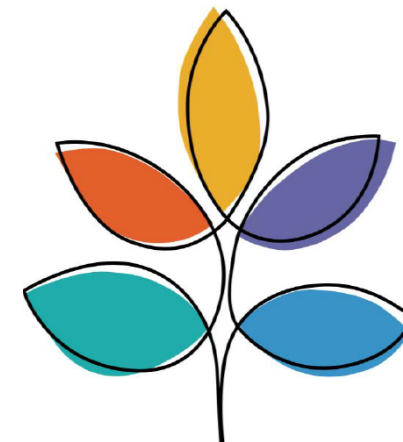
...continuing to learn  
and make decisions

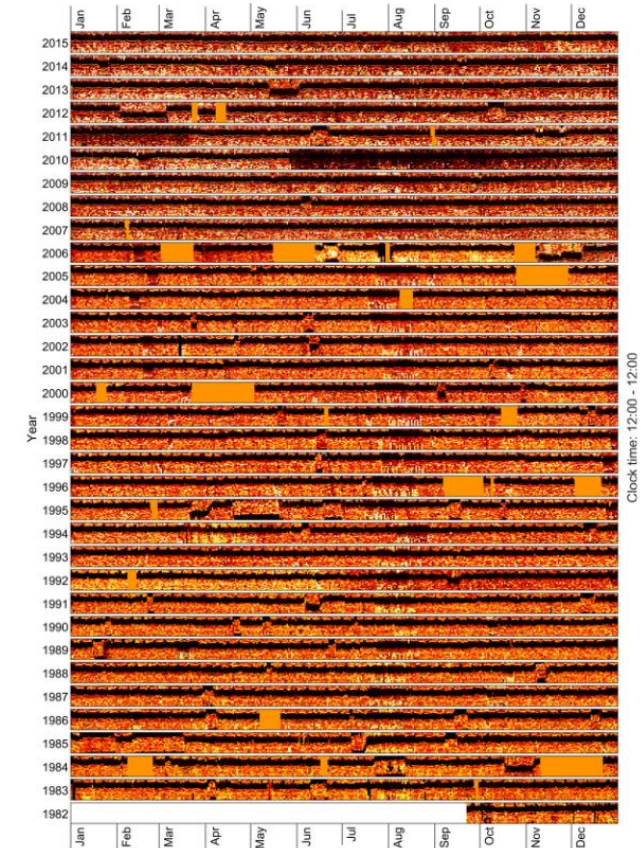
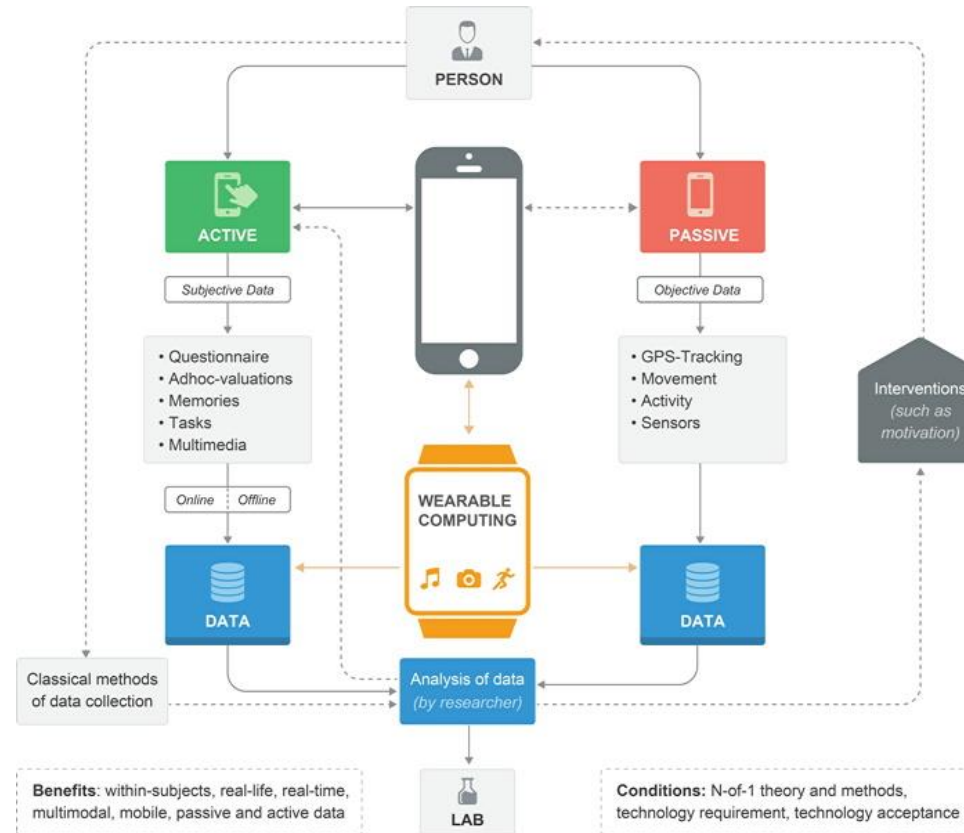


...contributing to family  
and communities



## Our goals





Real World

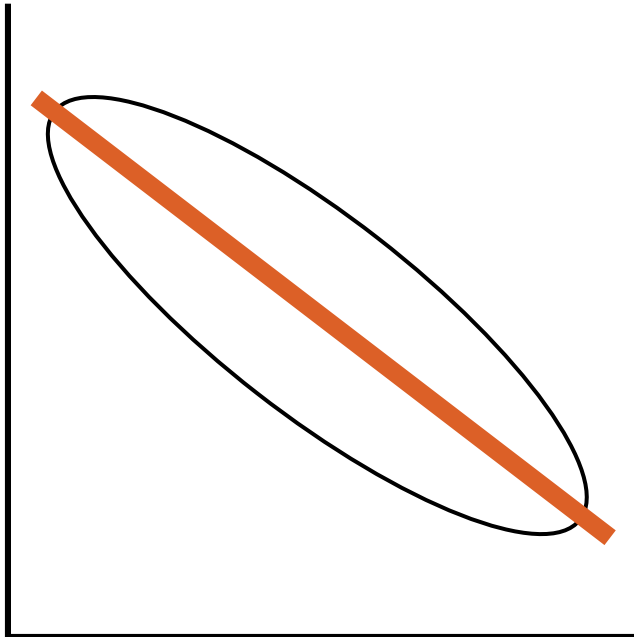
Real World Data





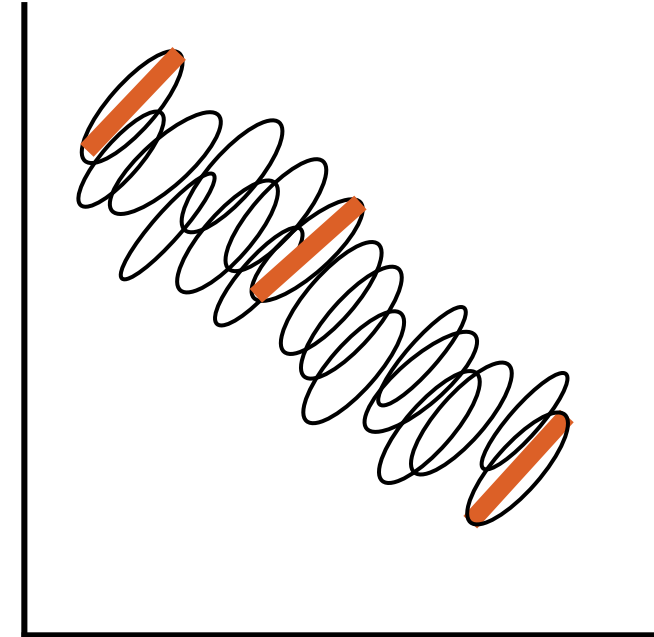
**Decision-maker:** Wieviele Personen sind krank, sind es weniger als vorher?

Cross-sectionally



**Individuum/Kliniker:in** Was verbessert die Lebensqualität jeder einzelnen Person in Real Life?

In general







## LIFEstreams.CH

«Trusted Integrative Individual Quality of Life Data Accounts»

als Basis für Innovationen für modernes Gesundheitswesen,  
Wirtschaft und Gesellschaft

«Putting individuals in the driver seat of their own health»



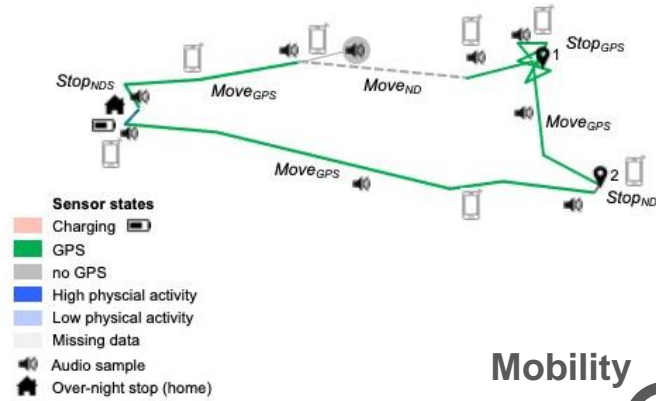
**REAL-TIME COLLECTION OF  
DATA ON FUNCTIONAL ABILITY**

SWITZERLAND  
University of Zurich

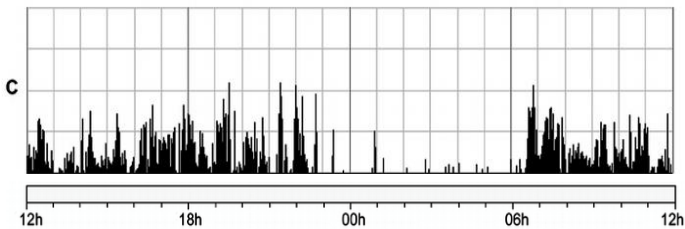
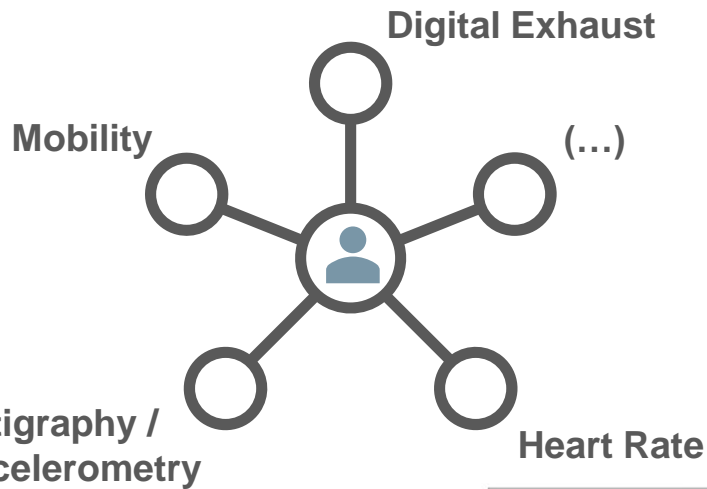
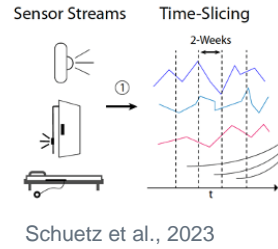




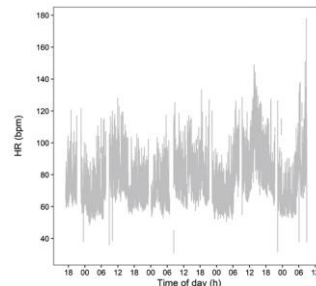
# Real World Data Sources for Healthy Longevity



Roecke et al., 2023



Borbély, Rusterholz & Achermann, 2017



Wiersema et al., 2022

## The Challenge:

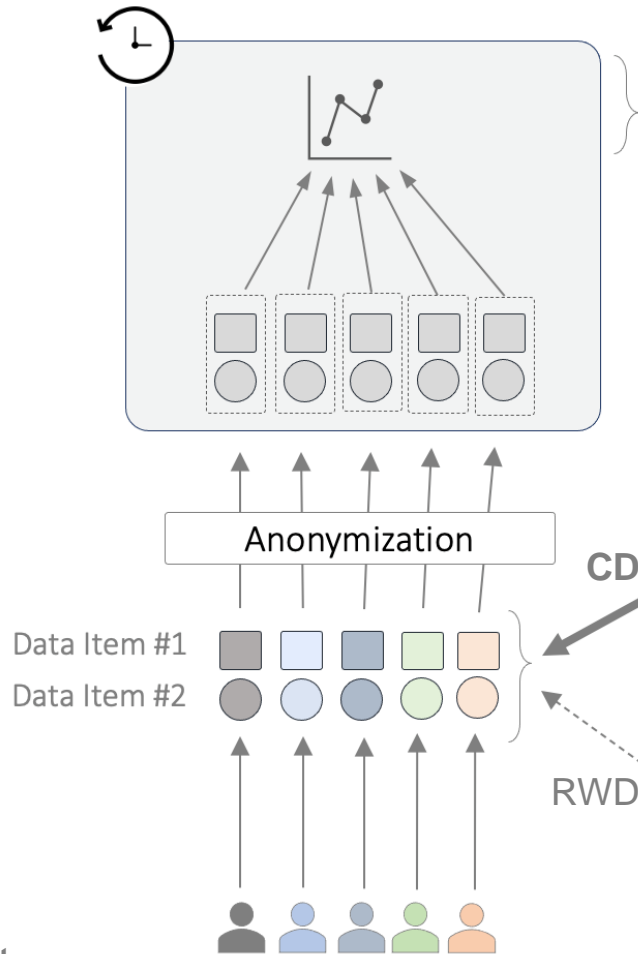
How to store, integrate, access, analyze, and then use all of these data for healthy longevity innovation?



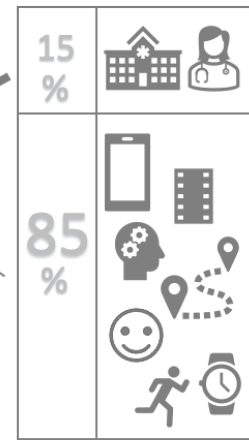
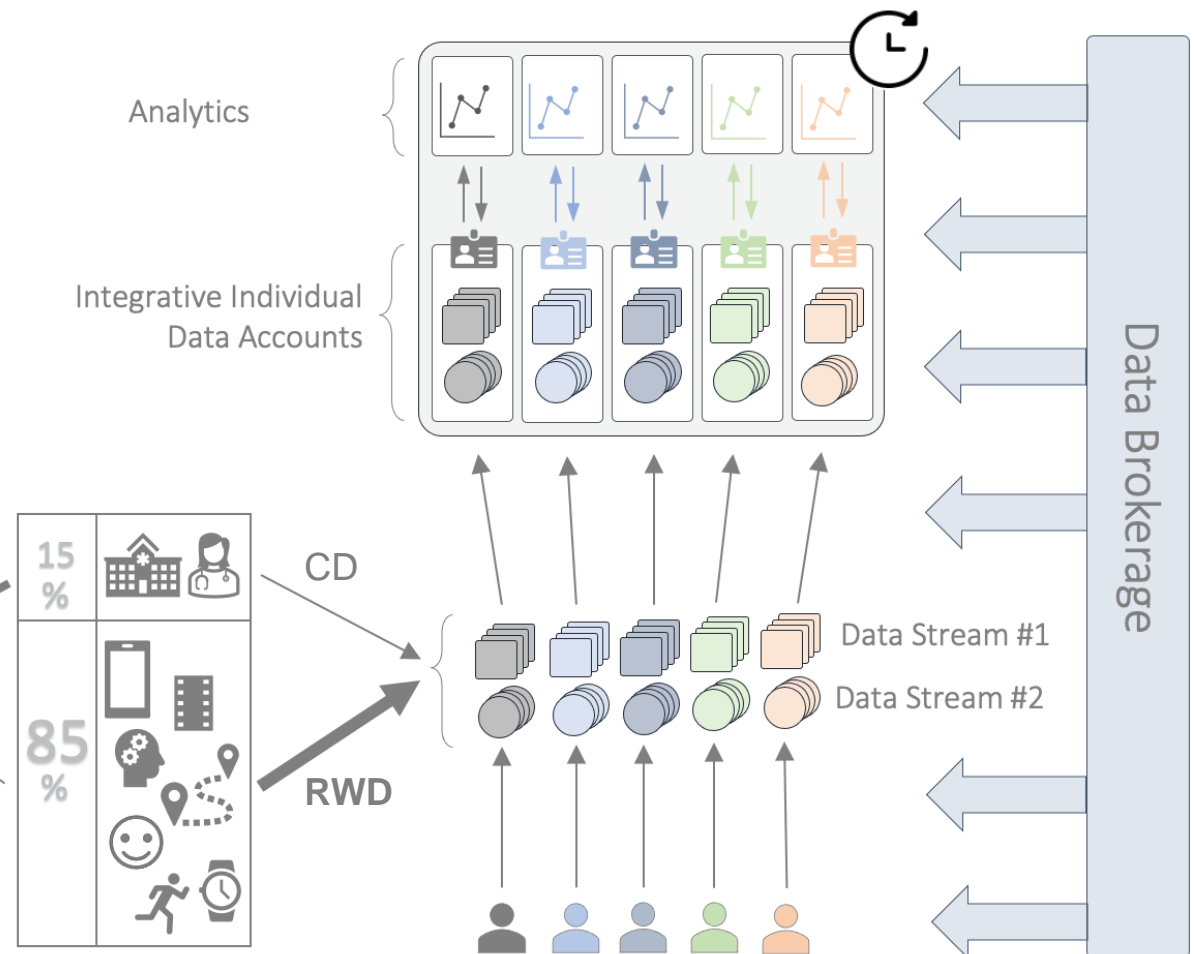


# UZH as Trusted On-Premise Ecosystem to Leverage Personal Quality-of-Life Lifespan Data

## Prior Solutions



## New Solution: LIFEstreams.CH

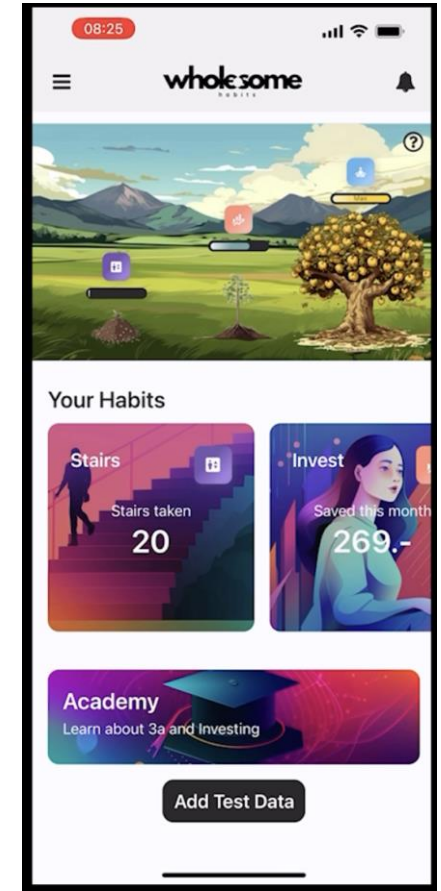
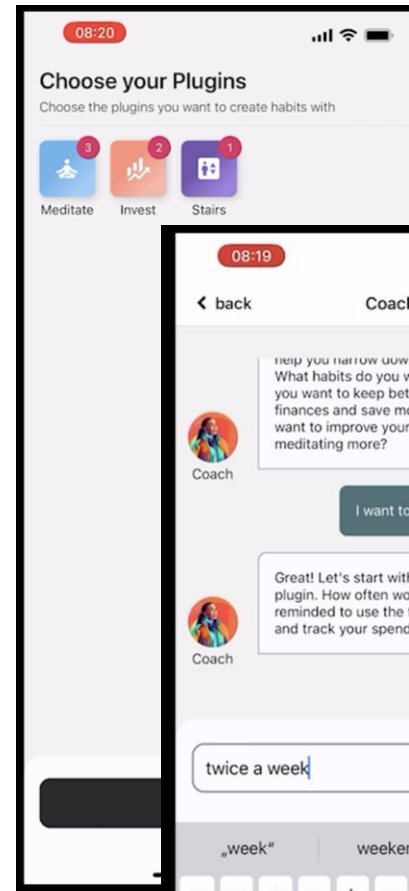
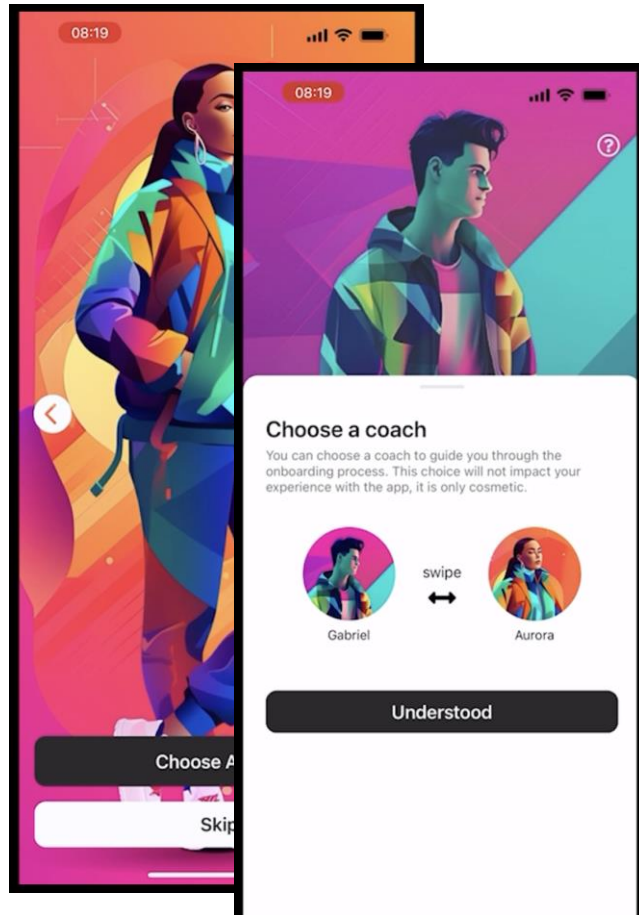
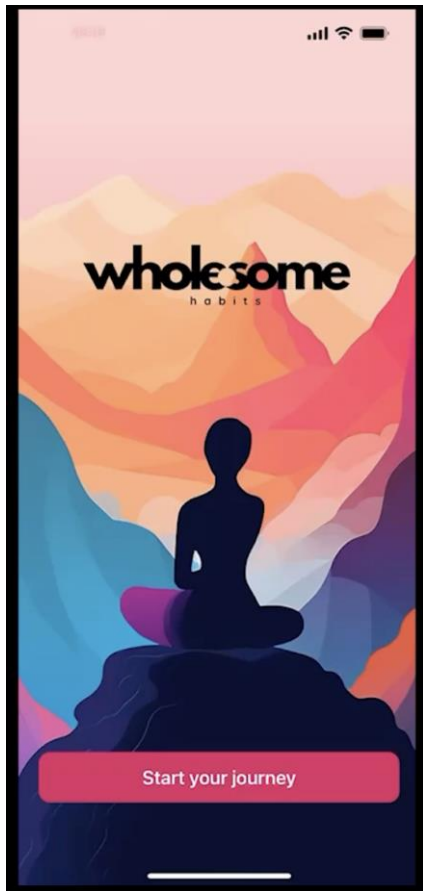


CD: Clinical Data

RWD: Real-World Data



# Wholesome Living App: Individual & situation-specific Decision Support







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Wo Sie uns finden können



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[www.hlc.uzh.ch](http://www.hlc.uzh.ch)





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**www**



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