

# Health, Aging and Kinetics Lab

## An Innovative and Integrated Approach

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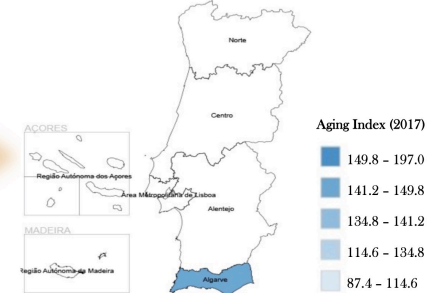
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### The Problem is...

Longer life expectancy leads to an increasing number of elderly people. According to WHO (2014)<sup>[1]</sup> between 2000 and 2050, the proportion of the world's population over 60 years old will duplicate to 22%. In Portugal (2017), the aging index was 153.2% and the Algarve region was 141.2%<sup>[2]</sup>. In an aging society with an increased longevity, the challenge to improve the number healthy years and associated the quality of life (QoL) of this population, implies the development of health strategies and new health and social care innovated models<sup>[3]</sup>.

Figure 1 - Aging Index of Algarve's region (PORDATA, INE 2018)



### New Approach is...

## HEALTH, AGING AND KINETICS (HAK) LAB

#### Promote Research and Innovation

Study new therapeutic approaches, their cost efficiency and repercussion in patients QoL, and studying the phenomenon of ageing associated chronic diseases.



#### Multidisciplinary Team

A single infrastructure with different professionals: physicians, prosthetics and orthotics, pharmacists, nutritionists, rehabilitation and exercise professionals, economists and statisticians.

FOTO TEAM

#### Partnerships



These partnerships guarantee the multidisciplinary team, and critical mass to propose individual and inter institutional research projects.

#### Aging Algarve

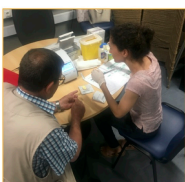


The HAK\_Lab will be the central structure of the reference site in the Algarve region.

### 2 currently ongoing research projects are...

#### "Medical Appointment to Health and Wellness Promotion"

- ✓ Risk factors of chronic diseases (cerebrovascular, diabetes and mental disorders).
- ✓ Lifestyle/physical inactivity.
- ✓ Early diagnosis and intervention in hypertension, glycemic control and obesity.



#### OBJECTIVE:

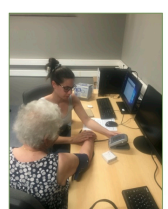
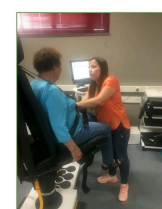
Address the scarcity of resources in the national health service and increase accessibility and equity to primary health care.

#### The HAK\_Lab will allow verify:

- The impact of these interventions on the QoL of individuals, prescription of medication and complementary diagnostic tests and the rate of use of medical and nursing appointments in health services;
- Obtain indicators that enable professionals to direct their therapeutic approaches for chronic diseases associated with aging;
- Obtain health indicators that help to define strategies and policies for health innovation in the area of aging.

#### "Population-based study on sarcopenia in the population over 60 years"

- ✓ Risk of sarcopenia and frailty in seniors.
- ✓ Allow to this population adopted early intervention strategies on the various determinants of health to promote active aging and to ensure autonomy and productivity beyond the age of 60.



#### REFERENCES:

- [1] World Health Organization. Ageing and life-course - Facts about ageing. Available from: <http://www.who.int/ageing/about/facts/en/> [Accessed 4th February 2019].  
[2] PORDATA (2016). População residente com 15 a 64 anos e 65 e mais anos: por nível de escolaridade completo mais elevado (6) - Portugal. Available [Accessed 8th January 2019].  
[3] Sequeira C. (2010). Cuidar de Idosos com Dependência Física e Mental. Lisboa: Lidel.