

LIFEPATH

Lifepath is a European project aimed to investigate the biological consequences of socio-economic inequalities and their impact on healthy ageing.

Socio-economic factors, like income or education, influence exposure to life-style related risk factors, chemical and physical agents, in determining healthy life expectancy.

Individuals with high socio-economic status (SES) experience much better health and live more years in good health than groups with low SES.



OBJECTIVE:

To provide updated, relevant and innovative evidence for underpinning future policies and strategies for the promotion of healthy ageing, targeted disease prevention and clinical interventions that address the issue of social disparities in ageing and the social determinants of health.

LIFEPATH HYPOTHESES:

- 1) Healthy ageing begins at conception, if not before
- 2) Ageing involves a progressive differentiation across social groups
- 3) Biological changes underpin the effect of complex environmental, behavioural and social patterns and can be traced with omic technologies

METHODS:

- Data gathering and analyses from cohorts
- socio-economic data
 - risk factors
 - biological markers

BIOLOGICAL FACTORS

- Epigenetic mechanisms
- Inflammatory processes
- Neural function/structure
- HPA-axis dysregulation

Studying these intermediate biological processes is a more powerful approach than the one based on traditional risk factors alone.

HEALTHY AGEING: state of functional, social and mental wellbeing which is the best that can be expected for any particular life phase, across all social and cultural groups of a population.



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