

EuroHealthNet & MindMap Webinar

Ageing, health and the city in times of Covid-19

Monday 6 July: 11:00 – 12:00 CET

By 2050, almost 70% of the world's population is expected to live in urban areas. The European Commission projects that by 2070, 30.3% of the population will be aged 65 years or older (compared to 20.3% in 2019), and 13.2% will be aged 80 years or older (compared to 5.8% in 2019). The phenomena of urbanisation and ageing are interlinked – our cities are becoming older, too. This has important implications for public health, both in terms of physical as well as mental health.

Cities' capacity to moderate the exposure and vulnerability to risk factors (barriers to mobility, lack of good quality natural environment, lack of familial and community support) and to exploit better the assets of urban settings (such as greater access to specialised care and services), can play a crucial role in fostering healthy ageing. This is crucial to reduce the demand for healthcare and social welfare and ensure resilient health systems, and it is also an equity issue – it is our duty to make sure that no one is left behind. The Covid-19 pandemic has also drawn attention to the vulnerability of older people, including in terms of mental health (e.g., impacts of social isolation and heightened risk of loneliness).

This webinar will discuss the impact of the urban environment on the health of older people, as well as explore opportunities offered by urban settings to promote their wellbeing, notably drawing on the [MINDMAP project](#). Speakers will bridge the gap between evidence and practice, to identify promising entry points for interventions, and discuss how to reconcile the sometimes competing interests of both public and private stakeholders. They will also reflect on lessons learnt from the Covid-19 pandemic, and discuss how to ensure an inclusive recovery and future pandemic preparedness. The webinar will also examine EU priorities and initiatives in this field, such as the recent [Demography Report](#), which launches a process to identify actions and solutions to support people and regions affected by major demographic changes – including ageing – as well as Covid-related recovery instruments and budgets.

All members of the EuroHealthNet partnership, as well as MINDMAP stakeholders, will be invited to attend, and to actively take part in the Q&A.

AGENDA

Introduction by Chair (Alison Maassen, Senior Coordinator, EuroHealthNet) – 5 mins

- **Panel discussion:** each presenter will speak for 7 mins, as follows:
 - **Healthy urban policies for an ageing population: new evidence from MINDMAP:** Frank Van Lenthe (*Erasmus MC, University Medical Center Rotterdam*)

- **From evidence to practice in healthy urban policymaking: MINDMAP stakeholder engagement and lessons from Covid-19:** Giuseppe Costa (*Servizio Sovrazonale di Epidemiologica, University of Turin*)
- **Age-friendly cities: the example of Manchester:** Paul McGarry (*Assistant Director, Greater Manchester Ageing Hub*)
- **Challenges and opportunities for healthy urban ageing in a post-pandemic world: EU-level initiatives:** Julia Wadoux (*Policy Coordinator for Health, New Technologies and Accessibility, AGE Platform Europe*)
- **Moderated Q&A – 25 minutes**
 - *Participants will be actively encouraged to engage with speakers during the Q&A.*

Conclusion (Alison Maassen) – 3 minutes

*As a follow-up to the webinar, EuroHealthNet and MINDMAP will prepare a **webinar report** which will include the key points of the discussion, as well as **useful links and resources** shared by members. EuroHealthNet will feed outcomes back to the **European Commission**, in the context of relevant meetings and consultations.*