

## Quantified Longevity Guide (QLG)

**Action Group:** A3 Functional decline and frailty, B3 Integrated care

**Objective:** A3 - 4.Educational activities to support the management of active and healthy ageing

**Lead organisation name:** Israeli Longevity Alliance. **Organisation country:** Israel.

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**Activity type:** Commitment

**Start date:** 04/04/2016, **End date:** 04/04/2017

[https://ec.europa.eu/eip/ageing/commitments-tracker/a3/quantified-longevity-guide-qlg\\_en](https://ec.europa.eu/eip/ageing/commitments-tracker/a3/quantified-longevity-guide-qlg_en)

### Commitment Report for the period 04/04/2016-04/02/2017

During the reported period the commitment has continued to pursue its goals of evaluating the determinants of healthy longevity and predictors of age-related multimorbidity and frailty. The commitment has advocated for the stronger inclusion of biological and physiological markers for the evaluation of frailty, in addition to functional indicators, and for the use of advanced statistical techniques, such as information-theoretical measures, to evaluate weighted and cumulative (synergistic) effects of multiple combined risk factors for age-related frailty, multimorbidity and physiological age.

<http://www.longevityisrael.org/comorbidity-detection.html>

The results of this work, during the reported period, have been presented in the articles:

David Blokh, Ilia Stambler. The application of information theory for the research of aging and aging-related diseases. *Progress in Neurobiology*, S0301-0082(15)30059-9, 2016, doi: <http://dx.doi.org/10.1016/j.pneurobio.2016.03.005>

David Blokh, Ilia Stambler. The use of information theory for the evaluation of biomarkers of aging and physiological age. *Mechanisms of Ageing and Development*, S0047-6374(16)30156-7, 2017, doi: <http://dx.doi.org/10.1016/j.mad.2017.01.003>

Ilia Stambler. Recognizing degenerative aging as a treatable medical condition: methodology and policy. *Ageing and Disease*, 8(5), 2017, doi: <http://dx.doi.org/10.14336/AD.2017.0130>

Ilia Stambler. Human life extension: opportunities, challenges, and implications for public health policy, in Alexander Vaiserman (Ed.), *Anti-aging Drugs: From Basic Research to Clinical Practice*, Royal Society of Chemistry, London, 2017, pp. 535-564, <http://pubs.rsc.org/en/content/ebook/978-1-78262-435-6#!divbookcontent>

And at conferences:

Biomedical Innovation for Healthy Longevity -- International Conference. St. Petersburg, Russia. April, 25-28, 2016 (Special panel: Recognizing degenerative aging as a treatable medical condition: methodology and policy).

3rd International Practical Applications for Aging Research Forum at the Basel Life Science Week. Basel, Switzerland, September 21-22, 2016 (Special panel: Current Issues in Aging & Longevity).

2016 International Conference on Aging and Disease (2016 ICAD), Stanford, California, US, October 1-2, 2016 (Special panel: Public support for research of aging and aging-related diseases).

Collaboration has been established with the "Shmuel Harofe" Geriatric Medical Center, Beer Yaakov, Israel, to further develop physiological and functional indicators for age-related multimorbidity, frailty and physiological age, in clinical settings. Additional collaboration has been established with the "Vetek" (Seniority) Association (Israel) for the dissemination of the results of this commitment.

<http://www.longevityisrael.org/>