IHU HealthAge
GEROSCIENCE & PREVENTION

ICOPE
« Healthy Longevity is within reach »

Prof. Bruno Vellas
President-Founder IHU HealthAge

ihuhealthage.fr

Soutenu par
GOUVERNEMENT
Liberté
Égalité
Fraternité
FRANCE 2030
Université de Toulouse
CHU TOULOUSE
Inserm

Clinical Approach for Healthy Longevity

Healthy Longevity is within reach, because we have now:

- 1. A definition for healthy aging by the W.H.O : Healthy Aging is to be able to continue to do what we value the most
- 2. Clinical measure for healthy aging: I.C Intrinsic Capacity , trajectory
- 3. Clinical practice framework W.H.O ICOPE program,

-→**We need an Academic Framework**

Clinical Approach for Healthy Longevity

Healthy Longevity is within reach, because we have now:

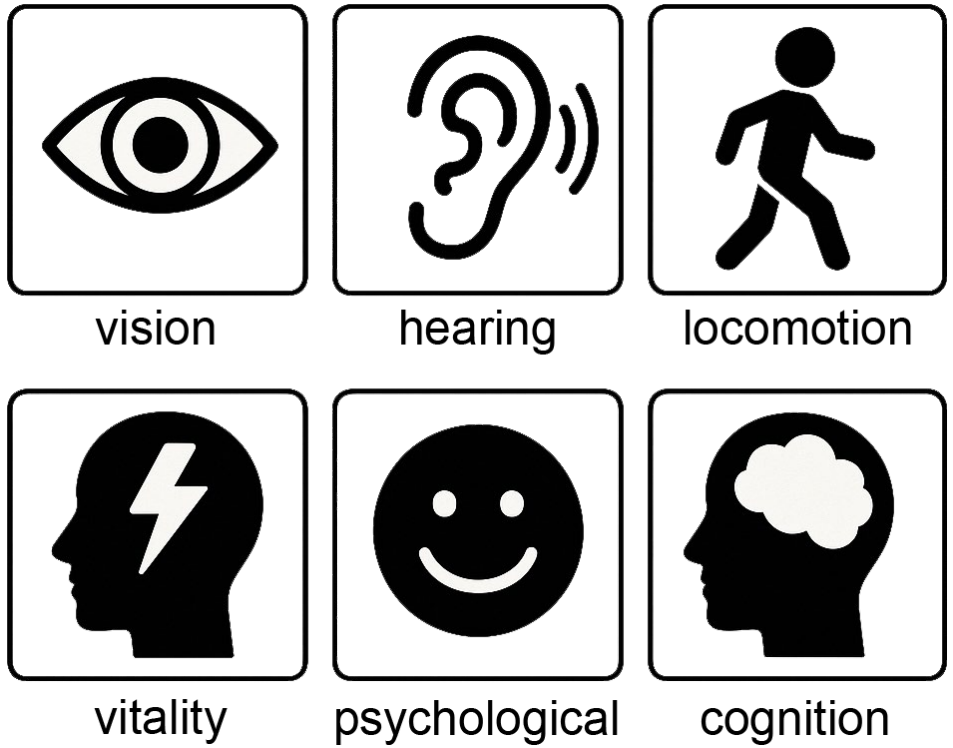
- 1. **A definition for healthy aging by the W.H.O : Healthy Aging is to be able to continue to do what we value the most**
- 2. Clinical measure for healthy aging: I.C Intrinsic Capacity , trajectory
- 3. Clinical practice framework W.H.O ICOPE program,

  -→**We need an Academic Framework**

We have clinical measure and end point : I.C intrinsic capacity to prevent frailty

Intrinsic capacity: what does it measure?

IC is the composite of the individual's physical and mental capacities:



MG2A: Decline in intrinsic capacity associated with ageing
This is an entity introduced in ICD-11 to reflect the concept of progressive loss of physical and mental capacities that accompanies ageing, without being directly linked to a specific disease.

It is aligned with the WHO's "Decade of Healthy Ageing" initiative.

FDA, EMA

IHU HealthAge
GEROSCIENCE & PREVENTION

MEDIA COVERAGE

The New York Times called Intrinsic Capacity "the most important longevity term you've never heard of." Their piece traces how the concept, defined by the WHO in 2015, is moving from framework to real-world practice.

The New York Times · Aug. 26, 2026 · By Dana G. Smith

Illustration: Madison Ketcham / The New York Times

https://www.nytimes.com/2026/08/26/well/intrinsic-capacity-longevity-measure.html

ANALYSIS
https://doi.org/10.1038/s43587-021-00080-0
nature aging

Check for updates

OPEN

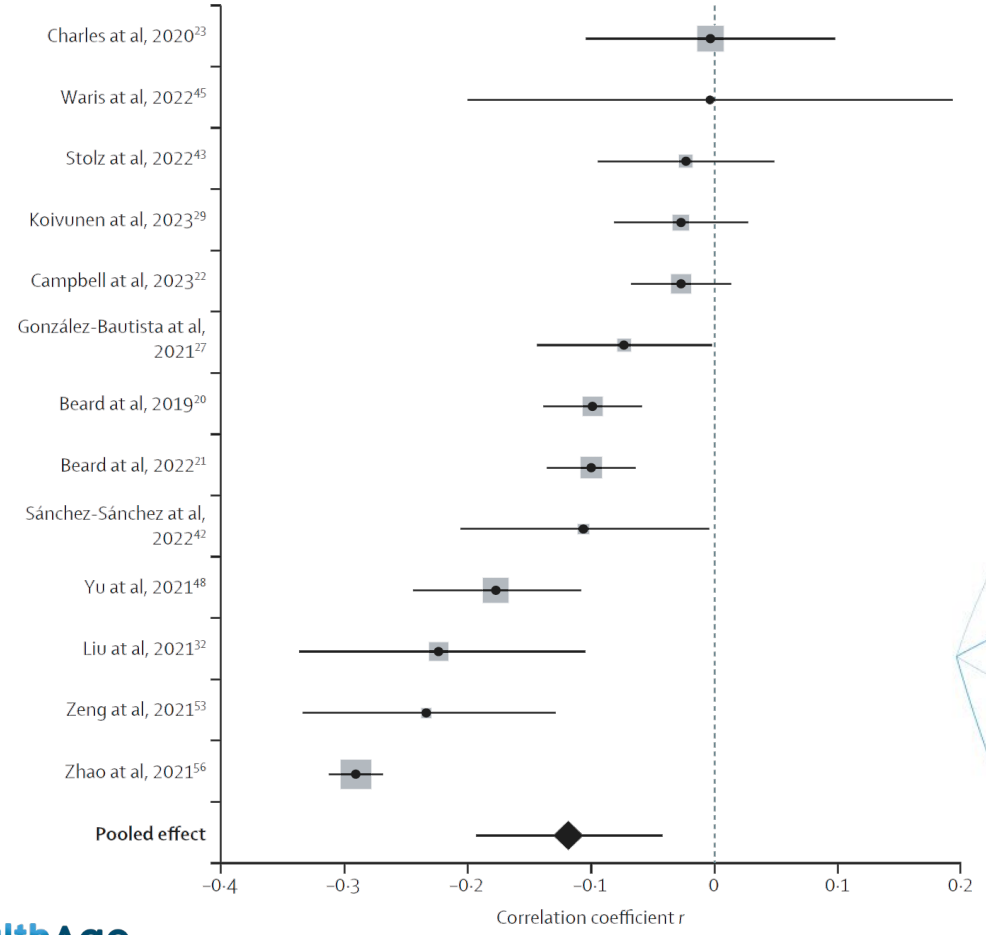
The economic value of targeting aging

Andrew J. Scott[1]✉, Martin Ellison[2] and David A. Sinclair[3]

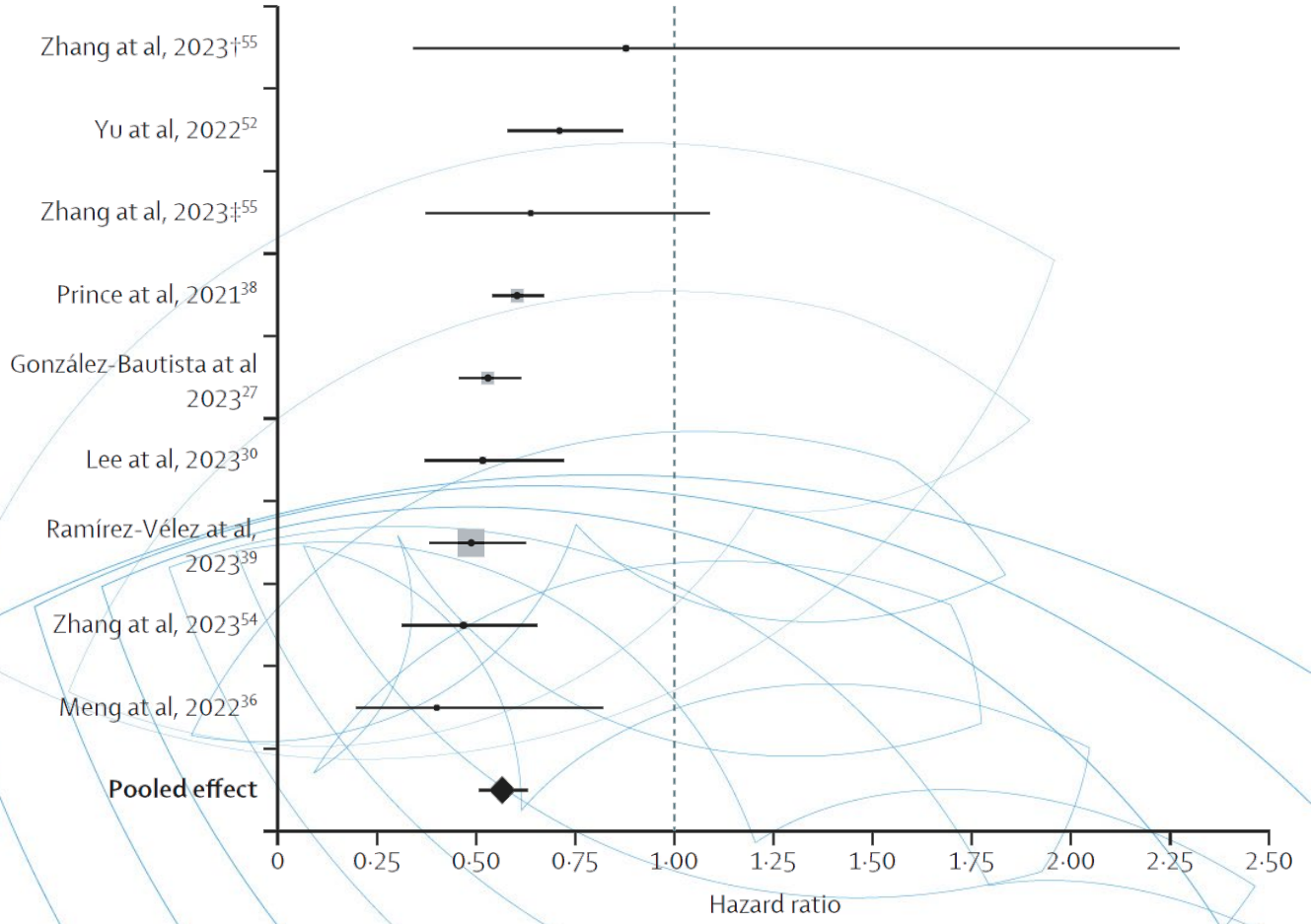
Developments in life expectancy and the growing emphasis on biological and 'healthy' aging raise a number of important questions for health scientists and economists alike. Is it preferable to make lives healthier by compressing morbidity, or longer by extending life? What are the gains from targeting aging itself compared to efforts to eradicate specific diseases? Here we analyze existing data to evaluate the economic value of increases in life expectancy, improvements in health and treatments that target aging. We show that a compression of morbidity that improves health is more valuable than further increases in life expectancy, and that targeting aging offers potentially larger economic gains than eradicating individual diseases. We show that a slowdown in aging that increases life expectancy by 1 year is worth US$38 trillion, and by 10 years, US$367 trillion. Ultimately, the more progress that is made in improving how we age, the greater the value of further improvements.

Association of intrinsic capacity with functional decline and mortality in older adults: a systematic review and meta-analysis of longitudinal studies

Association between intrinsic capacity and impairment in basic activities of daily living



Association between intrinsic capacity and mortality



Sanchez-Sanchez JL, et al. *Lancet Healthy Longev.* 2024;5:e480-e492

IHU HealthAge
GEROSCIENCE & PREVENTION

Healthy longevity is already improving

The 70 years old are the new Sixty !

nature aging

Article

https://doi.org/10.1038/s43587-024-00741-w

Cohort trends in intrinsic capacity in England and China

Received: 15 April 2024

Accepted: 7 October 2024

Published online: 19 December 2024

Check for updates

John R. Beard [1] ✉, Katja Hanewald [2,3], Yafei Si [2,3], Jotheeswaran Amuthavalli Thiyagarajan [4] & Dario Moreno-Agostino [5,6]

To understand how the health of older adults today compares to that of previous generations, we estimated intrinsic capacity and subdomains of cognitive, locomotor, sensory, psychological and vitality capacities in participants of the English Longitudinal Study of Ageing and the China

IHU HealthAge GEROSCIENCE & PREVENTION

Clinical Approach for Healthy Longevity

Healthy Longevity is within reach, because we have now:

- 1. A definition for healthy aging by the W.H.O : Healthy Aging is to be able to continue to do what we value the most
- 2. Clinical measure for healthy aging: I.C Intrinsic Capacity , trajectory
- 3. **Clinical practice framework W.H.O ICOPE program,**

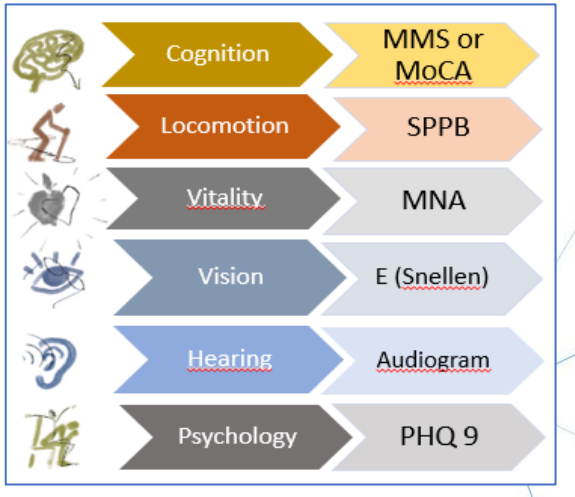
  -→**We need an Academic Framework**

Clinical Practice: W.H.O ICOPE program

1 Screening

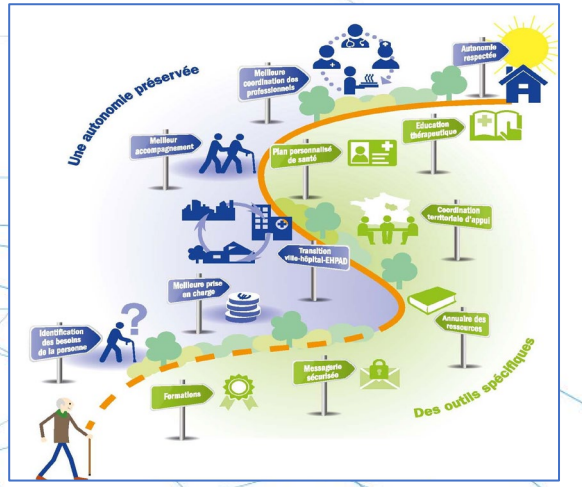
Priority conditions associated with declines in intrinsic capacity	Tests	Assess fully any domain with a checked circle
COGNITIVE DECLINE (Chapter 4)	1. Remember three words: flower, door, rice (for example)	
	2. Orientation in time and space: What is the full date today? Where are you now (home, clinic, etc)?	○ Wrong to either question or does not know
	3. Recalls the three words?	○ Cannot recall all three words
LIMITED MOBILITY (Chapter 5)	Chair rise test: Rise from chair five times without using arms. Did the person complete five chair rises within 14 seconds?	○ No
MALNUTRITION (Chapter 6)	1. Weight loss: Have you unintentionally lost more than 3 kg over the last three months?	○ Yes
	2. Appetite loss: Have you experienced loss of appetite?	○ Yes
VISUAL IMPAIRMENT (Chapter 7)	Do you have any problems with your eyes: difficulties in seeing far, reading, eye diseases or currently under medical treatment (e.g. diabetes, high blood pressure)?	○ Yes
HEARING LOSS (Chapter 8)	Hears whispers (whisper test) **or** Screening audiometry result is 35 dB or less **or** Passes automated app-based digits-in-noise test	○ Fail
DEPRESSIVE SYMPTOMS (Chapter 9)	Over the past two weeks, have you been bothered by - feeling down, depressed or hopeless?	○ Yes
	- little interest or pleasure in doing things?	○ Yes

2 In-depth Assessment



3 Personalized care plan

4 Monitoring
Ensuring referral pathway



IHU HealthAge
GEROSCIENCE & PREVENTION

ICOPE Monitor digital tool: 145 000 seniors→2M

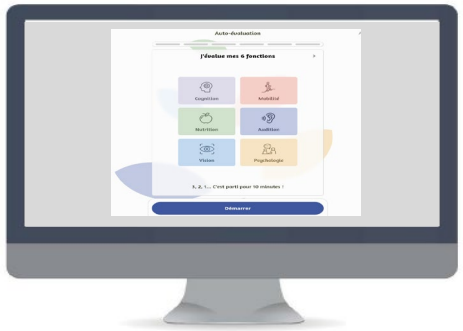
ICOPE Monitor App.

Télécharger dans l'App Store

DISPONIBLE SUR Google Play

ICOPE Monitor web page

https://www.icopemonitor.fr/



ICOPE remote monitoring team

mon ESPACE SANTÉ

ICOPE Monitor Database

ICOPE Monitor tools

IHU HealthAge
GEROSCIENCE & PREVENTION

« Clinical Approach to Healthy Longevity » French National Academy of Medicine Report

A.N.M: B Vellas, S Adnot, LM Gutierrez Robledo, M Pahor, A Benetos, JP Michel, J Delarue, J Bringer, L Cynober, L Collet, B Bauduceau, J Belmin, JY Blay, B Dreno, B Dubois, B Falissard, B Guidet, T Hauet, Y Juillet, JP Michel, R Poupon, C Roques.

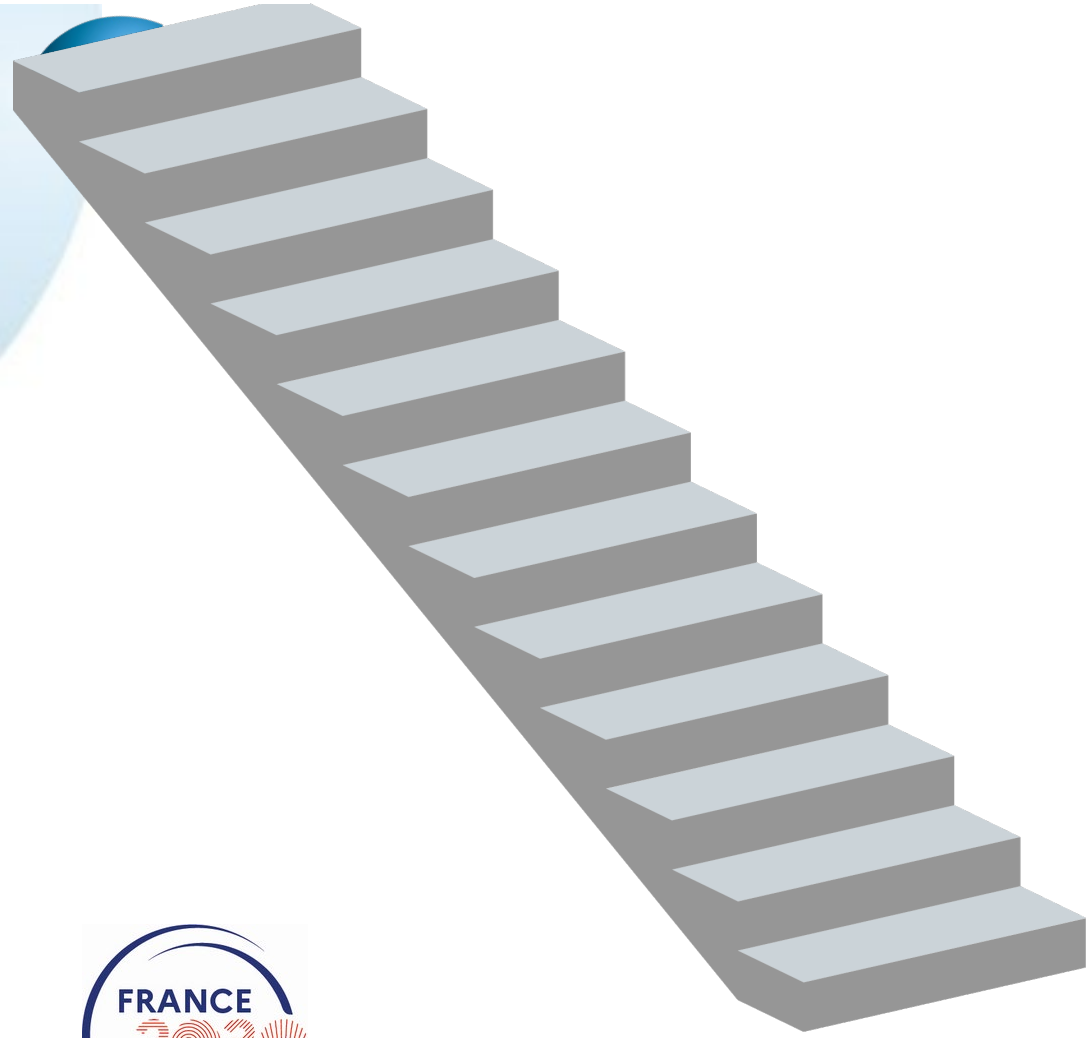
IHU HealthAge: L Balardy, S Sourdet, L Rouch, A Lucas, B Vellas, C Takeda, A Parini, S Gérard, F Nourhashémi, Y Rolland, S Andrieu, J.F Lefebvre.

N.I.A: L Ferrucci**, Buck Institute:** John Newman**, Hôpital Américain Paris :** B Gallix, **NUS, Singapour & Vrije Universiteit Amsterdam :** A Maier, **Université Paris Cité:** G. Kroemer. **UNM** : Nitin Budhwar, David Scrasse

Longevity Clinic

French National Academy of Medicine

“What is reasonable and necessary”



/Maintain our Intrinsic Capacities & functions

IC Global Score

Prevention & Early Diagnosis

« No longer die from a disease that can be prevented or cured after early diagnosis. »

e.G Ptau 217

GEROSCIENCE

More research is needed for biological age and geroprotectors before to go to clinic