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# Intrinsic Capacity: New Perspectives within ICOPE


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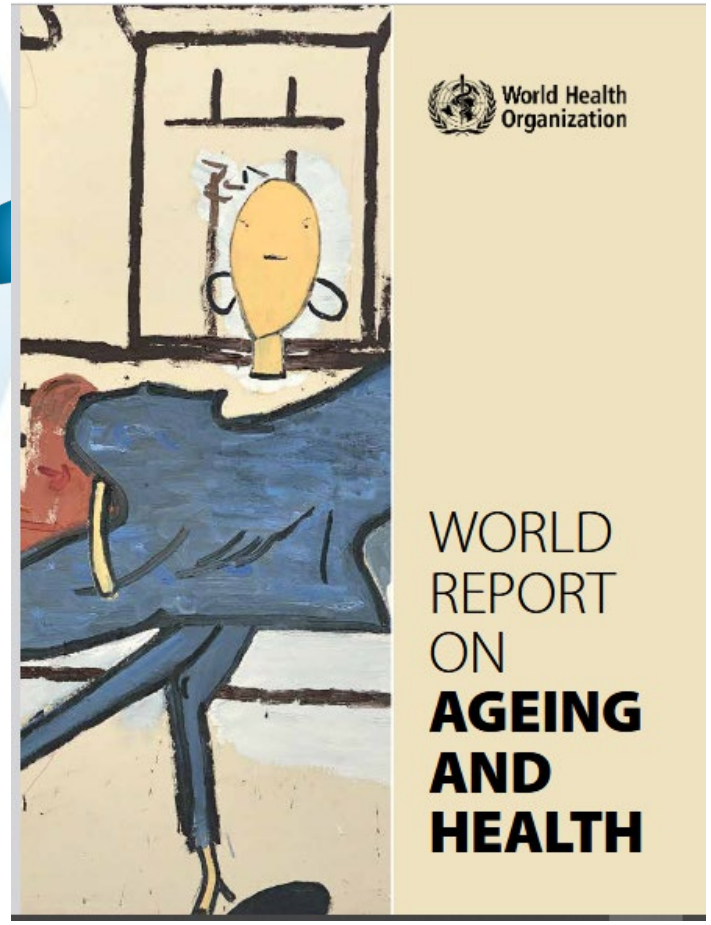

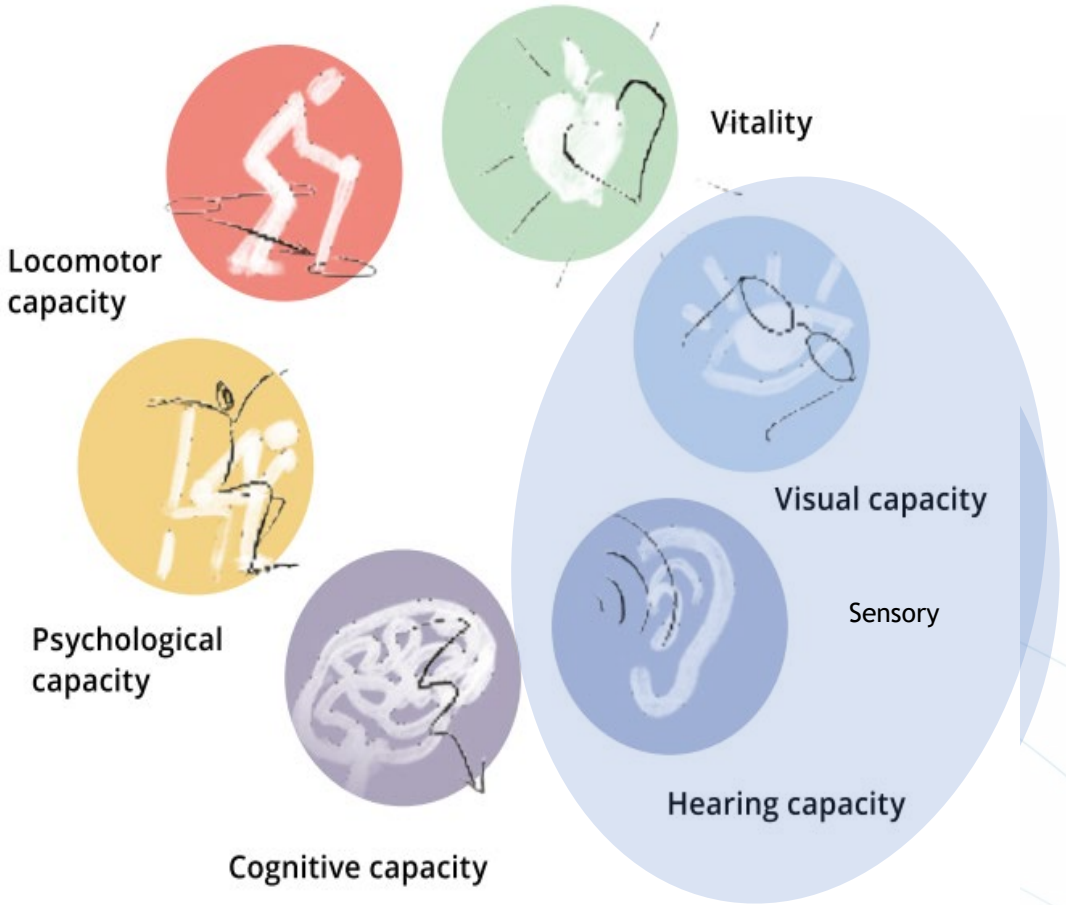


**Intrinsic capacity** is the composite of all the physical and mental capacities of an individual.



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802

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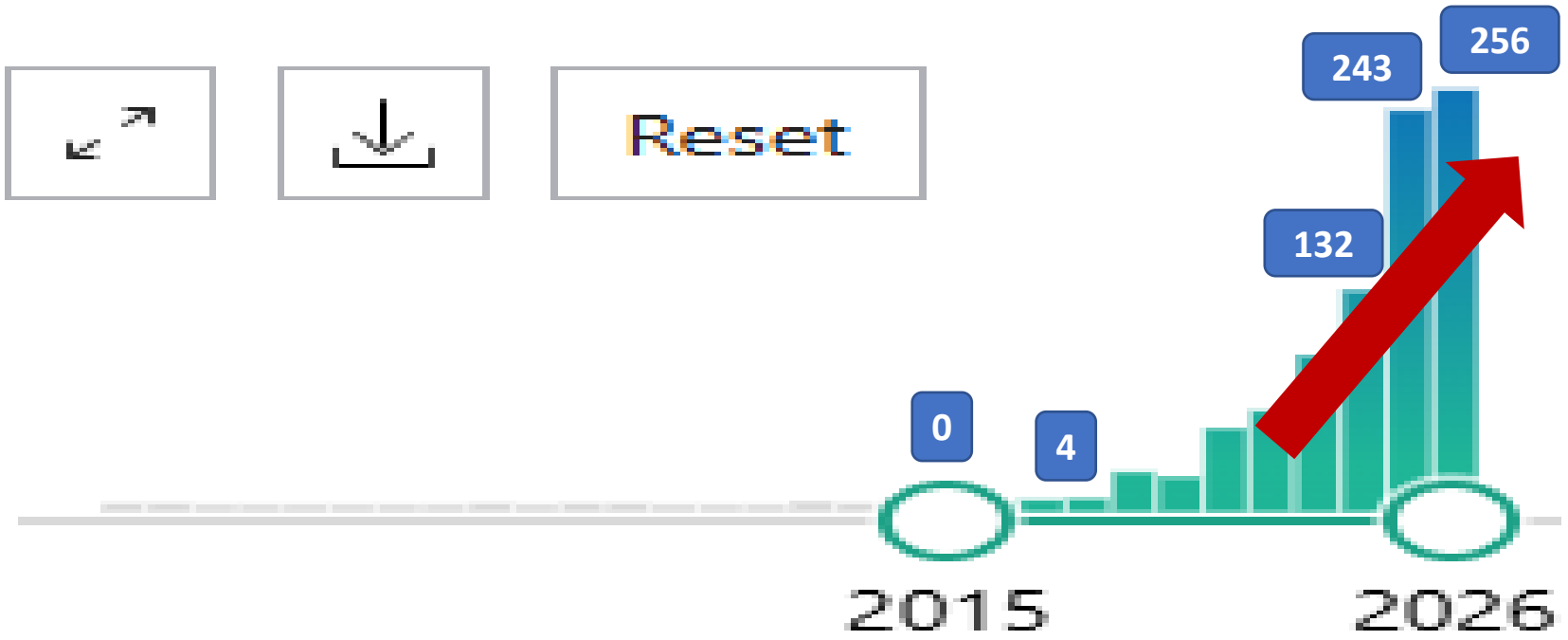


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09/09/2026

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# 2 Novelties on IC

1. IC centile curves in care in France
2. IC assessment in middle-aged people

# 1. IC centile curves in care in France

nature aging

Article

## Reference centiles for intrinsic capacity to monitor clinical health outcomes in real-world primary care cohorts

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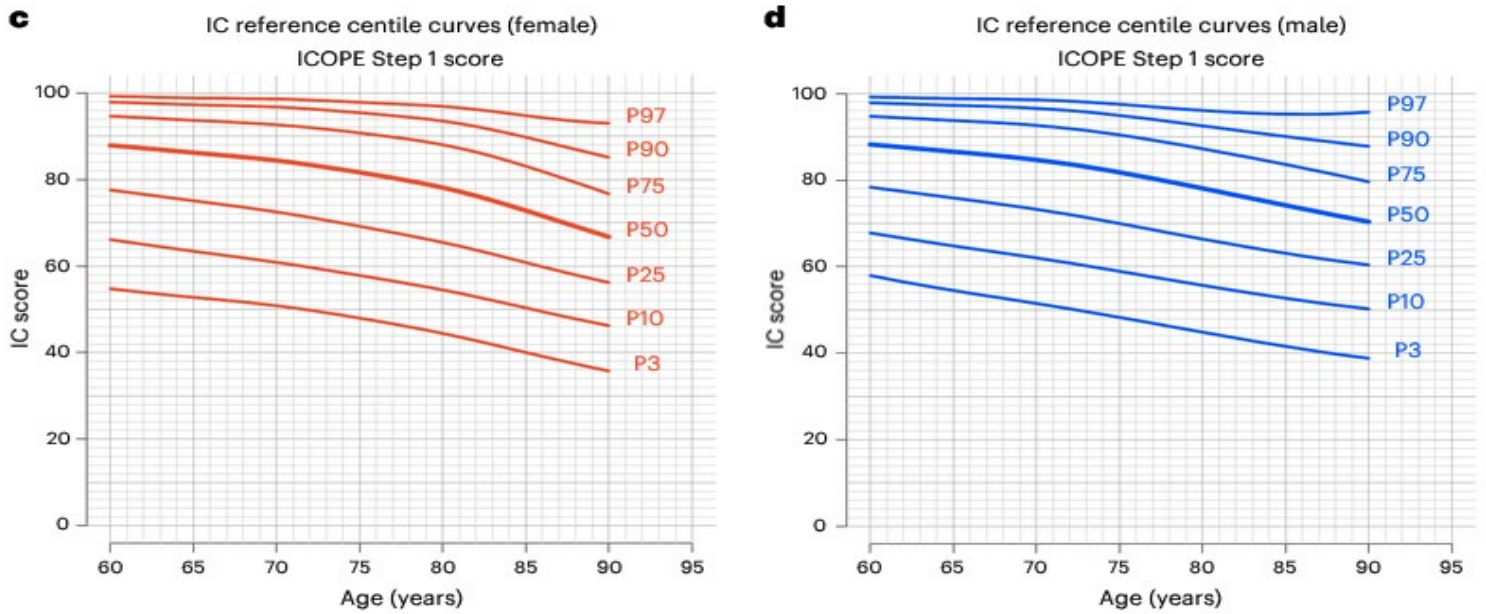
Philipe de Souto Barreto[1,2,3,7], Wan-Hsuan Lu[1,3,7], Neda Tavassoli[1], Fatemeh Nourhashémi[1,2,3], Renato Gorga Bandeira de Mello[4,5], Eduardo Ferriolli[6], Sophie Guyonnet[1,2], Yves Rolland[1,2,3], Maria Eugenia Soto Martín[1,2], Bruno Vellas[1,2,3] & IHU HealthAge INSPIRE/Open Science study group*

Study population:

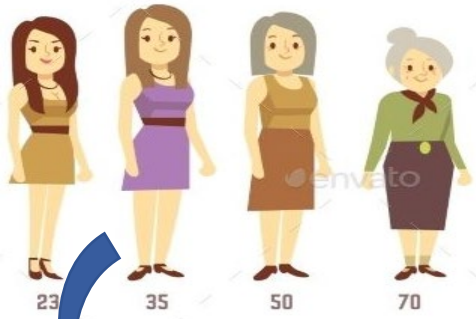
- Jan 2020 – Oct 2023
- Aged 60 and older
- Professional assessment
- Having complete measurement of IC 5 domains

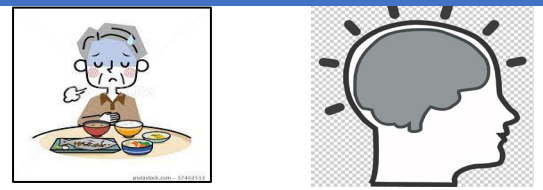
**ICOPE Care cohort**
**N ≈ 27 000**

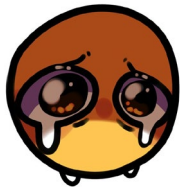


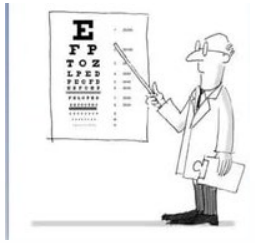

**ICOPE screening score: 0 - 100**

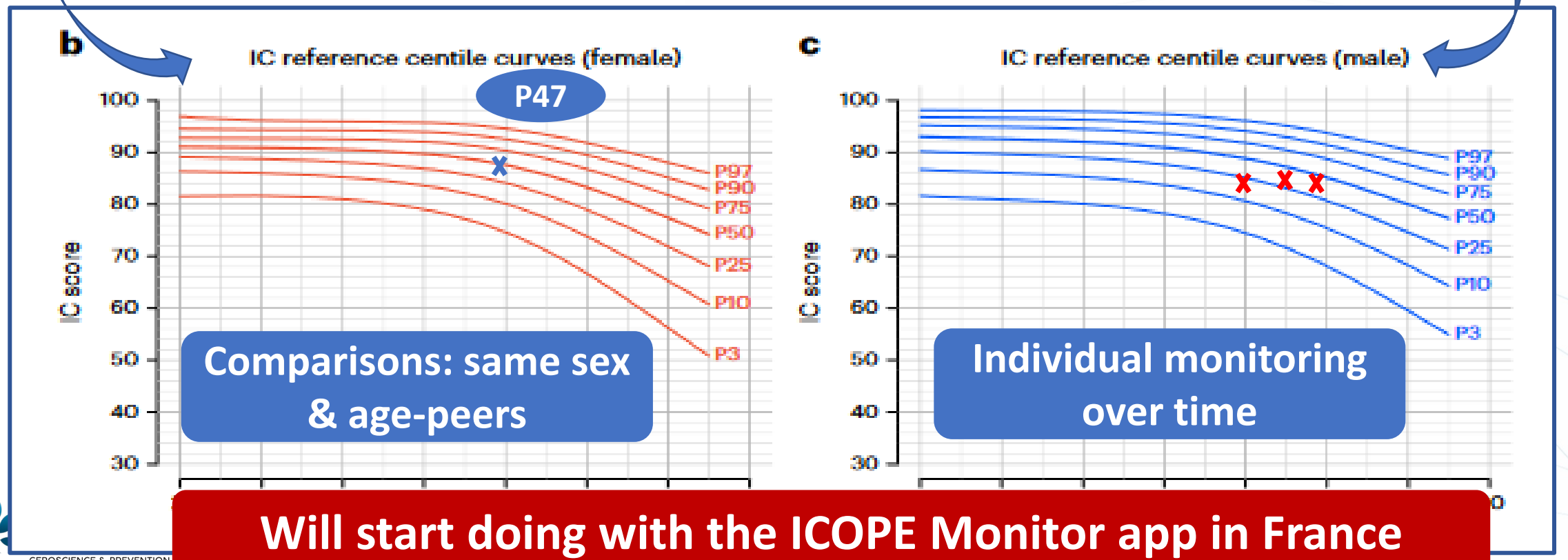
# 1. IC centile curves in care in France










**Will start doing with the ICOPE Monitor app in France**

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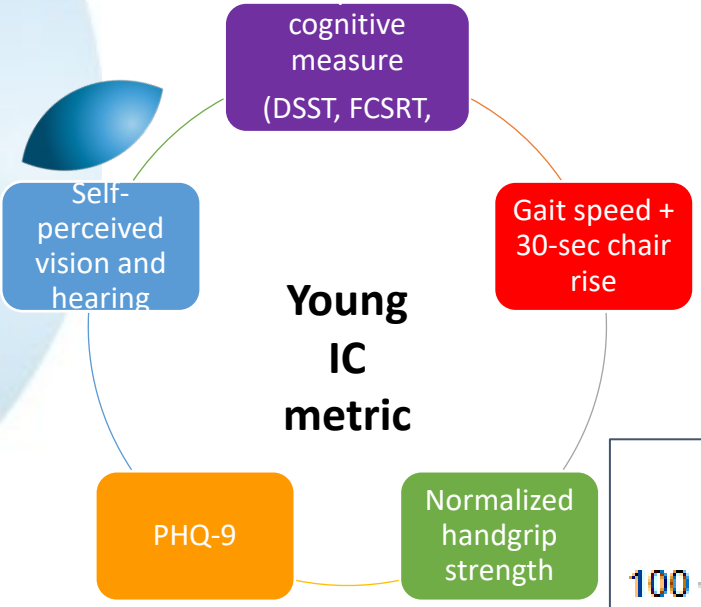
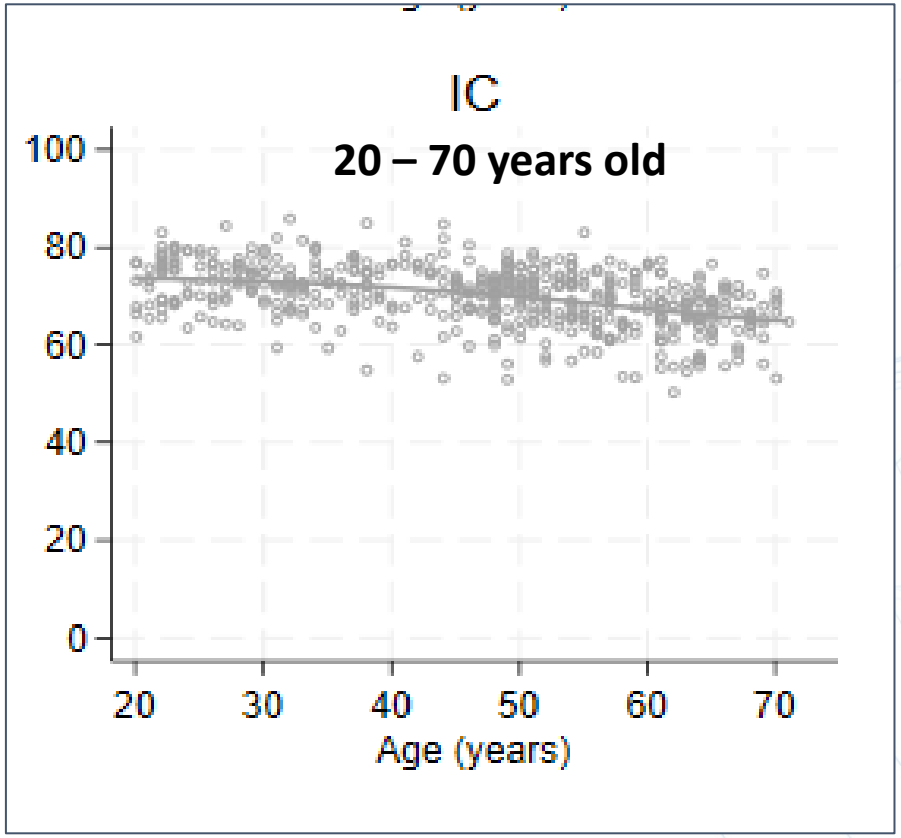
# 2. IC assessment in middle-aged people




- Composite IC declines with age
- IC composite score was inversely associated to:
  - Diseases and multimorbidity
  - Pain
  - Fatigue
- IC was associated with 2nd generation epigenetic clocks



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# Why the dynamics around IC will certainly continue

1. Social awareness
2. Funding

# 1. Social awareness

The New York Times

## The Most Important Longevity Term You've Probably Never Heard Of

Intrinsic capacity is quickly becoming a preferred way to measure and assess human aging.

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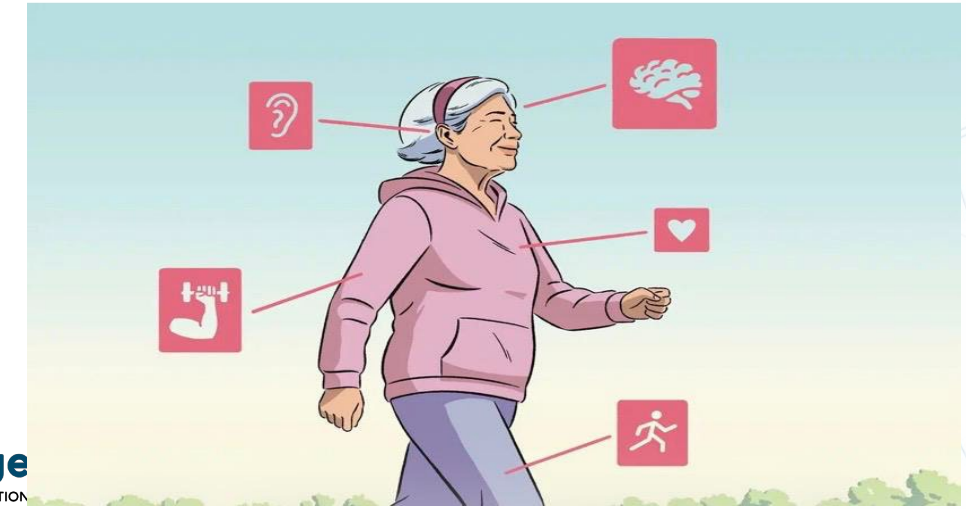

**Publication in the New York Times**

26 August 2026

# 2. Funding

Around 180M dollars

**PROGRAM MANAGER**

**Andrew Brack, Ph.D.**

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## Publications

Intrinsic Capacity Framework for Geroscience and Healthspan Trials: A Consensus , *ARPA-H Convened Working Group*

- The purpose of this document is to provide FDA with expert consensus recommendations on how intrinsic capacity (IC) and its domain might be measured and used as clinical endpoints and enrichment tools in geroscience/healthspan trials. This document also outlines a stepwise validation plan toward potential future use of IC as a broader gerotherapeutic endpoint.

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