

The Healthy Lifespan Institute at The University of Sheffield establish new partnership with Sheffield u3a

The [Healthy Lifespan Institute](#) at The University of Sheffield is helping people live fulfilling, independent lives for longer. By shifting the focus from old age to the ageing process across the lifecourse our research aims to delay or even prevent multimorbidity, the presence of two or more chronic health conditions, and age related frailty. We are led by our co-directors [Professor Ilaria Bellantuono](#) & [Professor Alan Walker](#), who are excited to work with the u3a community to inform their research.

Our partnership with Sheffield u3a

One of the core principles of The Healthy Lifespan Institute is to understand, listen and respond to the experiences of patients, service-users, carers and other service providers to inform our ageing research. Based on this principle, we have formed a collaborative partnership with Sheffield u3a to establish relationships with the community and to ensure research into healthy ageing incorporates the lived experiences of older people. [Read more about our partnership.](#)

Ageing explained

From the moment we are conceived there are factors that influence how we age. These include the social and economic environments we live and work in, as well as our individual biology and behaviour.

Our rate of ageing predicts our health span, i.e. the number of years we can expect to live an independent, healthy life. The slower our rate of ageing, the more resilient we are to multimorbidity, the presence of two or more chronic health conditions, which leads to frailty, and low quality of life in later years. [Learn more about the factors that influence our rate of ageing.](#)

Our rate of ageing is variable and malleable

Examples of factors that influence healthy ageing

- Socioeconomic status
- Ethnicity
- Environment (physical, social and commercial)
- Lifestyle
- Diet
- Access to healthcare
- Working conditions
- Social networks
- Discrimination
- Hereditary illness
- Birth weight
- Growth and development



Multimorbidity

What is it? And how do we prevent it?

We've put together a helpful explainer video to tell you all about multimorbidity. Click to [view the video](#).

The Healthy Lifespan Institute in the news

Life expectancies are increasing but healthspans are not increasing at the same rate. One solution could be a new type of drug that targets the root cause of ageing and age related disease, called a geroprotector. [Read more](#).

Sheffield study that assessed the diets of older adults in South Yorkshire found that more than half of older adults studied aren't consuming enough protein to reach national recommendations. [Read More](#).