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ASIA EDITION

"It's the time for the GCC to implement a societal approach to achieve healthy longevity" says Health trailblazer

February 5, 2024 | Opinion

Dr Mehmood Khan, CEO of Hevolution Foundation outlined the need to act now and change the public health approach in the region to address future issues around noncommunicable diseases in an ageing population



Dr Mehmood Khan, CEO of Hevolution Foundation, a trailblazer in healthcare and longevity, has urged the healthcare community in the region to address the future issues posed by the ageing population now and implement an all-of-society approach to achieve healthy longevity, during his opening remarks at Arab Health's Future Health Summit held today at the Museum of the Future.

Highlighting healthspan, the period people stay healthy, and lifespan, the period where people live longer, Dr Khan revealed the global average of years spent in poor health is 9.7 years, underscoring the importance of addressing this challenge and ensuring those in later life remain independent, cognitive, functional, and contribute directly or indirectly to communities they live in.

Speaking at the session *Bridging the Gap Between Lifespan and Healthspan*, Dr Khan said: "The MENA population most at risk for noncommunicable diseases (NCDs) is those over 60 years. Adult obesity is becoming a significant issue and risk factor, and cardiovascular disease, cancer, and diabetes represent up to one-third of the disease burden in the region. Because the population is relatively young, now is the time to rethink our public health approach to address these future challenges.

“If we can intervene in ageing, society would reap substantial benefits. From reactive amelioration to proactive prevention, we can diminish vulnerability to future disability for the ageing population, reduce the infirmities of old age, increase individual productivity, and decrease healthcare costs globally. Compressing morbidity by 12 months could generate $40 trillion annually in healthcare cost savings and productivity increases.”

Other speakers at the invite-only event for C-suite executives from the healthcare industry and government officials included **Shaista Asif, Group Chief Executive Officer of PureHealth** and **Dr Michael Ringel, Managing Director of Boston Consulting Group**, who discussed *The Opportunity for Investment in Longevity Biotech***.**

Meanwhile, panellists for the discussion on "The Longevity Economy: Navigating the Next Frontier" included Dr Yoshiki Sawa, Professor at Osaka University and Advisor to CiRA at Kyoto University; Prof Dr Evelyne Bischof, Founding Vice President of Healthy Longevity Medicine Society and Chair of the Scientific Advisory Board at Longevity Science Foundation; Marc P. Bernegger, Founding Partner of Maximon and Longevity Investors Conference.

Closing remarks were made by Dr Fatima Al Kaabi, Director General, Emirates Drug Establishment and Executive Director of Abu Dhabi Bone Marrow Transplant Program at Abu Dhabi Stem Cells, a PureHealth subsidiary