

**VINTAGE** aims contribute to:

- ▶ the objectives of the European Commission Communication on alcohol to share best practices across countries,
- ▶ the 2008 call in the field of health to provide guidance on preventing the harm done by alcohol to older people,
- ▶ the objectives of the Second Programme of Community Action in the Field of Health by investing in healthy life years of older people.



**VINTAGE** results will help to:

- ▶ reduce the major alcohol-related non-communicable diseases that affect older people, increasing healthy life years,
- ▶ meet the challenges of the Lisbon process, improving the sustainability of public finances, which are under pressure from rising health care and social security costs,
- ▶ upwardly harmonize policies and programme, reducing health inequalities among different countries of the European Union.

## Main Partner

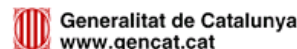


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## VINTAGE

### Good Health into Older Age

Coordinated by Istituto Superiore di Sanità (ISS), Rome, Italy, is a project funded by the European Commission under the Second Programme of Community Action in the Field of Health 2008-2013.

VINTAGE will:

- ▶ review the evidence on the impact of alcohol on the health and well-being of older people and on prevention of harmful alcohol use among them,
- ▶ collect European examples of best practices, laws and infrastructures to prevent alcohol harmful use among older people,
- ▶ disseminate main findings to those responsible for alcohol policy and programme development or working in the fields of health and welfare of the elderly, at European, country and local level,

in order to build the capacity and knowledge at European, national and local level, encouraging evidence- and experience-based decisions for the improvement of older people health and well-being, including the transition from work to retirement.

[www.epicentro.iss.it/vintage/](http://www.epicentro.iss.it/vintage/)



## VINTAGE

### Good Health into Older Age

Harmful alcohol use and alcohol use disorders are common in older people, and with an ageing European population will increase in absolute numbers.



**Elderly people are more sensitive to alcohol because of physical changes**



**Body water to fat ratio: decrease**  
**Less water, decreased alcohol dilution**



**Hepatic blood flow: decrease**  
**Increased risk for liver damage**



**Liver enzymes: efficiency decrease (<6 gr ETOH/hr)**  
**Impaired alcohol metabolism**



**Responsiveness of the brain: decrease**  
**Faster effect on the brain, cognitive impairment**

Despite the extent of harmful alcohol use among older people and this demographic shift, there are surprisingly few recent systematic reviews that document the full extent of such harm, or that provide the evidence base for cost effective policies and programmes to reduce it.

**VINTAGE** aims at reducing this knowledge gap, by providing the evidence base of harmful alcohol use among older people and collecting concrete and practical examples of best practice across all European countries, at country, regional and municipal levels.

## Literature review on alcohol and older people

Systematic reviews of grey and formal literature on the impact of alcohol consumption on the health and well-being of older people, and on the impact of evaluated programmes and policies on reducing such harm, are undertaken.

The results of the literature searches will be collected and analysed in a report on alcohol and older people.

## Collection of examples of best practices

Examples of best practices, projects, programmes, existing laws and infrastructures aimed at preventing or reducing harmful alcohol use among older people are collected across all European countries.

The data collected through an ad hoc, structured questionnaire will be stored in a freely accessible online database and analysed in a report on European examples of best practices.

## Dissemination of VINTAGE results

Reports on guidance for action and the database and inventory of examples of good practice will be actively shared with all relevant networks and organizations of professionals involved in the health and well-being of older people at all levels.

## VINTAGE dissemination strategy

A widespread dissemination of VINTAGE is crucial for the success of the project, as it provides active sharing of evidence-based information and examples of good practices on alcohol-related harm in the elderly, influencing also the harmonization of policies and programmes at European, national and local level.

Information about the project and all relevant key findings for policy and programme development will be actively disseminated through:

- ▶ **VINTAGE website** [www.epicentro.iss.it/vintage/](http://www.epicentro.iss.it/vintage/)

Hosted and managed by ISS, it is the front face of the project and ensures dissemination of information about and main findings of the project, within the VINTAGE community and to the external world.

- ▶ **List serve of stakeholders**

Electronic copies of VINTAGE main findings and reports will be disseminated to a specifically developed list serve of stakeholders, including health-care professionals, alcohol policy makers, organizations and associations (governmental, non-governmental and private) involved in the health and well being of the elderly at European, country, regional and municipal level.

- ▶ **Interaction with online networks and databases on similar topic**

VINTAGE dissemination will be facilitated by the joint collaboration with online networks involved in the same area of interest, creating a seamless structure on the web, linking VINTAGE website to and from other networks, and storing VINTAGE results on pre-existing online databases.