

“HEALTHY AGEING AND HEALTH IN ALL POLICIES – A STRATEGIC CHOICE FOR THE STATE”

SEIMAS OF THE REPUBLIC OF LITHUANIA, VILNIUS
12 JUNE 2026

This conference is part of the **Assembly on Healthy Ageing and Longevity (8–14 June 2026)**.

OBJECTIVE

To translate the concept of healthy ageing into concrete, politically actionable priorities for the next five years.

EXPECTED OUTCOME

Agreement on 3–5 priority policy directions to be implemented through parliamentary cooperation.

Under the patronage of the Speaker of the Seimas of the Republic of Lithuania, **Dr. Juozas Olekas**

PROGRAM

08:00–09:00

Registration and Welcome Coffee

SESSION I. POLITICAL VISION AND STRATEGIC CONTEXT

09:00–10:10

09:00–09:40

HIGH-LEVEL POLITICAL OPENING

Health in All Policies: from principle to action

OPENING REMARKS

Dr. Juozas Olekas, Speaker of the Seimas

Yongjie Yon, WHO Regional Office for Europe

Aspects of the “Ageing is Living” strategy

MINISTERIAL ROUNDTABLE DISCUSSION

Healthy ageing is not only a health sector issue – it is a strategic state priority

PARTICIPANTS:

Kristupas Vaitiekūnas – Minister of Finance
Raminta Popovienė – Minister of Education, Science and Sport
Jūratė Zailskienė – Minister of Social Security and Labour
Vaida Aleknavičienė – Minister of Culture
Marija Jakubauskienė – Minister of Health

09:40–10:10

STRATEGIC PRESENTATIONS: ECONOMIC AND POLICY FOUNDATIONS

Dr. Malina Müller (Germany)
A paradigm shift: health as an investment

Dr. Ilia Stambler (Israel)
Building a healthy longevity ecosystem through research, innovation, education and policy

Sir Michael Hirst (UK)
The global diabetes challenge and policy responses

10:10–10:30

COFFEE BREAK

SESSION II. FROM STRATEGY TO PRACTICE

10:30–12:10

10:30–11:00

INSIGHTS AND DISCUSSION

Alex Fridman (Israel)
Shared perspectives on disability and degenerative ageing

H.E. Shelly Hugler Livne, Ambassador of Israel
Healthy longevity as a priority for international cooperation

Prof. Julius Neverauskas (Lithuania)
Mental health as a prerequisite for healthy longevity

11:00–11:30

SHORT INTERVENTIONS: PRACTICE AND POLICY INSIGHTS

Prof. Jūratė Macijauskienė (Lithuania)
Dementia prevention: managing risk factors

Dr S. Michal Jazwinski (USA)
Geroscience, healthy ageing and longevity dividends

Alexander Tietz-Latza (Germany)
The right to health and longevity

11:30–12:10

DATA, INNOVATION AND REGULATION

Didier Coeurnelle (Belgium)
Health data sharing for clinical research

Dr. Yael Benvenisti (Israel)
Technologies to improve quality of life for older people

Dr. Ugis Kletnieks (Latvia)
Biological foundations of resilience and well-being

Dr. Jesper Eugen-Olsen (Denmark)
Screening and prevention in the general population

12:10–13:00

LUNCH BREAK

SESSION III. DISEASE PREVENTION AND SYSTEMIC APPROACHES

13:00–14:05

13:00–14:05

STRATEGIC PRESENTATIONS (EXTENDED SESSION)

Prof. V. Urbonas (Lithuania)

Healthy childhood as the foundation of longevity

Dr. Sandesh Gulhane (UK)

The global diabetes challenge and policy responses

Dr. Lina Zabulienė (Lithuania)

Diabetes prevention in national policy

Prof. Jurgita Plisienė (Lithuania)

Cardiovascular longevity: from risk management to systemic prevention

Prof. Vytautas Pečeliūnas (Lithuania)

Oncology: screening and early diagnosis

14:05–14:20

QUALITY OF LIFE

Dr. Elizabete Argale (Latvia)

Quality of life during menopause

14:20–14:40

COFFEE BREAK

SESSION IV. INTERVENTIONS AND PRACTICAL MODELS

14:40–15:50

MODERATOR: PROF SONATA JARMALAITĖ, ADVISOR TO THE PRESIDENT OF LITHUANIA

Objective: to extract 1–2 actionable policy insights from each intervention

Dr. Tamara Pheiffer (South Africa)

Proactive healthcare in developing countries – utopia or opportunity?

Dr. Georgios Mitrou (Cyprus)

Evidence-based medical protocols in longevity medicine

Dr. Marios Kyriazis (Cyprus)

Promoting healthy longevity in Cyprus

Prof. Zenfira Gadimova (Azerbaijan)

Longevity factors in Azerbaijan: physiological and population perspectives

Dalia Augustinaitė (Lithuania)

Urban policy and healthy longevity: how environment translates into outcomes

Prof. Robertas Badaras (Lithuania)

Toxicology and addictions as determinants of life expectancy

Yuri Ostrinski (Latvia, Israel)

Targeted physical activity as a new strategy for healthy longevity

Kristina Nemaniūtė-Gagė (Lithuania)

The role of the pharmacist

SESSION V. POLICY AND DECISION-MAKING

15:50–16:30

ASSEMBLY REFLECTIONS: FROM PRACTICE AND SCIENCE TO POLICY AND PARLIAMENTARY COOPERATION

Silvija Valdonė Alšauskė (Lithuania)

Insights from Clinical Practice and Prevention Day

Prof. Limas Kupčinskas (Lithuania)

Key messages from the Scientific Conference on Ageing and Longevity

Claudette Buttigieg, MP (Malta)

Perspectives on the promotion of healthy ageing

Yona Bartal (Israel)

Healthy longevity – a driver for peace and innovation

GUIDING QUESTION

What works in practice within five years?

OUTCOME

Agreement on 3–5 priority actions

PROPOSED INITIATIVE

“Parliamentarians for Healthy Ageing and Longevity”

OBJECTIVES:

- Share legislative experience
- Strengthen prevention policies
- Advance science and education
- Extend healthy life years
- Enhance international cooperation

16:30

CLOSING REMARKS

Healthy ageing is not a narrow reform.

It is a strategic choice for the state.

17:00 - 19:00

Get-together



Vilnius
University



Longevity
Alliance
Baltic

