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Launch of the European Website on Healthy Ageing

EuroHealthNet supports the 2012 European Year for Active Ageing and Solidarity between Generations. Today, in this context, EuroHealthNet launches its new website: www.healthyageing.eu.

This website is dedicated to raising awareness of healthy ageing within the context of the EY 2012, especially the important role health promotion plays, in contributing to a healthier, more active EU population for the future. The new website will highlight key factors such as, promoting healthy diets, physical activities, social relations and meaningful activities necessary for ageing healthily throughout a person's life. It will showcase a number of local, regional and national projects dedicated to promoting older peoples health while also identifying a number of EU policy initiatives and instruments that are available to promote healthy ageing.

In addition EuroHealthNet, commissioned by the Federal Centre for Health Education - in Germany - has published a new report on healthy and active ageing. The report highlights a selection of programmes, good practices and other resources for promoting and sustaining the well-being of "younger" older people, with a specific reference to socially deprived and migrant groups. The new report can be downloaded [here](#).

Healthy ageing is the process of optimising opportunities for physical, social and mental health to enable older people to take an active part in society without discrimination and to enjoy an independent and good quality of life. It requires a multi-faceted approach, with many different aspects of across the life course playing a role.

For Caroline Costongs - EuroHealthNet Deputy-Director - *"EuroHealthNet is keen to develop partnerships with those who are interested in evidence-based health promotion policy and practice to achieve healthy ageing for all. Please visit us at our new Website!"*

- To access Healthy Ageing Website, click [here](#)
- To access the Healthy and Active Ageing report, click [here](#) or contact [John Considine](#)
- To access EuroHealthNet position on pensions, click [here](#)
- To access the 2012 European Year on active ageing and solidarity between generations website, click [here](#)
- To access the European Commission survey on active ageing, click [here](#)

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EuroHealthNet is a not-for-profit network of regional and national agencies responsible and accountable for health promotion, public health and disease prevention in Europe. Its aim is to improve the health of European citizens by striving for a healthier Europe with greater health equity between and within countries. EuroHealthNet does that by supporting projects and policy development together with its members and the EU institutions; by exchanging information and by communication in and beyond its network.