

# *Nous sauver en réinventant la prévention ?*

Antoine Flahault, 2 octobre 2024



2 octobre 2024  
Évènement Uni3 dans le cadre de la Journée  
internationale des personnes âgées

**VIEILLIR ET VIVRE ENSEMBLE  
ENTRE GÉNÉRATIONS**

Société vieillissante et santé  
Mieux soigner pour mieux vivre  
Conférences et tables rondes

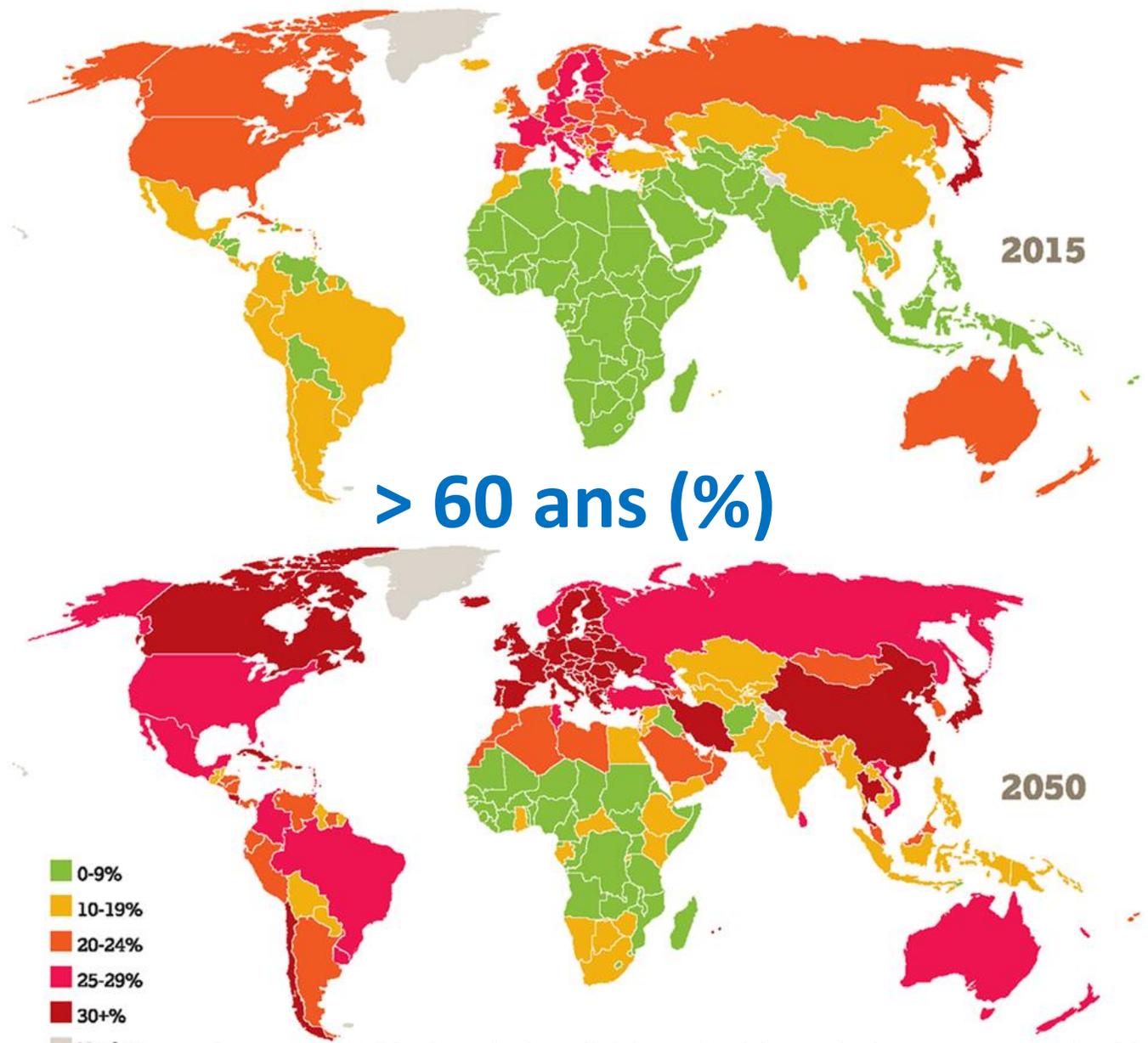


Programme au dos  
Renseignements:  
022 379 70 42 ou [unige.ch/uni3](http://unige.ch/uni3)

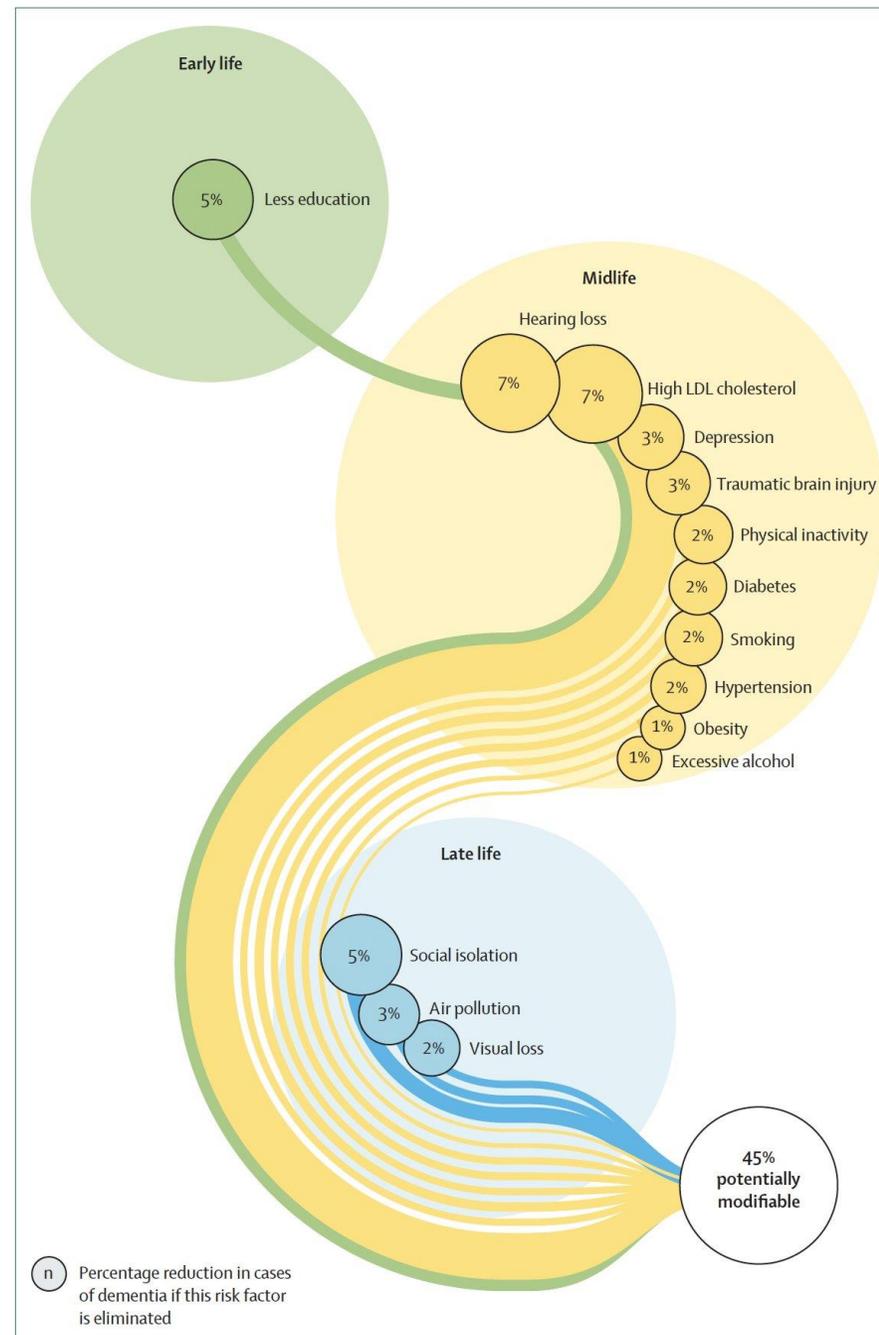


# Quelle résilience à venir ?



Source: UNDESA Population division, World population prospects: the 2015 revision, DVD Edition, 2015.

# 14 déterminants modifiables du déclin cognitif lié à l'âge

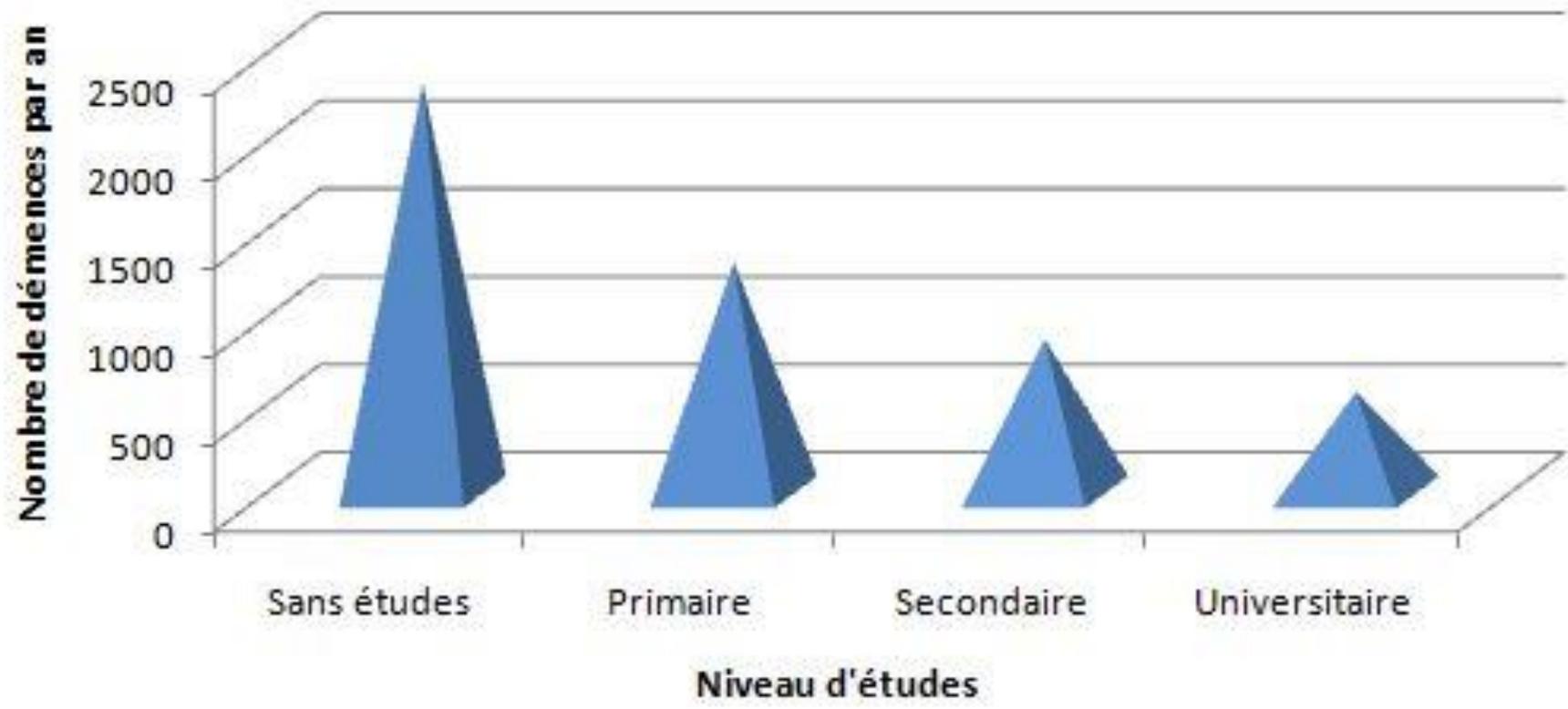


Lancet, 10 août 2024

Figure 9: Population attributable fraction of potentially modifiable risk factors for dementia

# 1. Faible niveau d'instruction

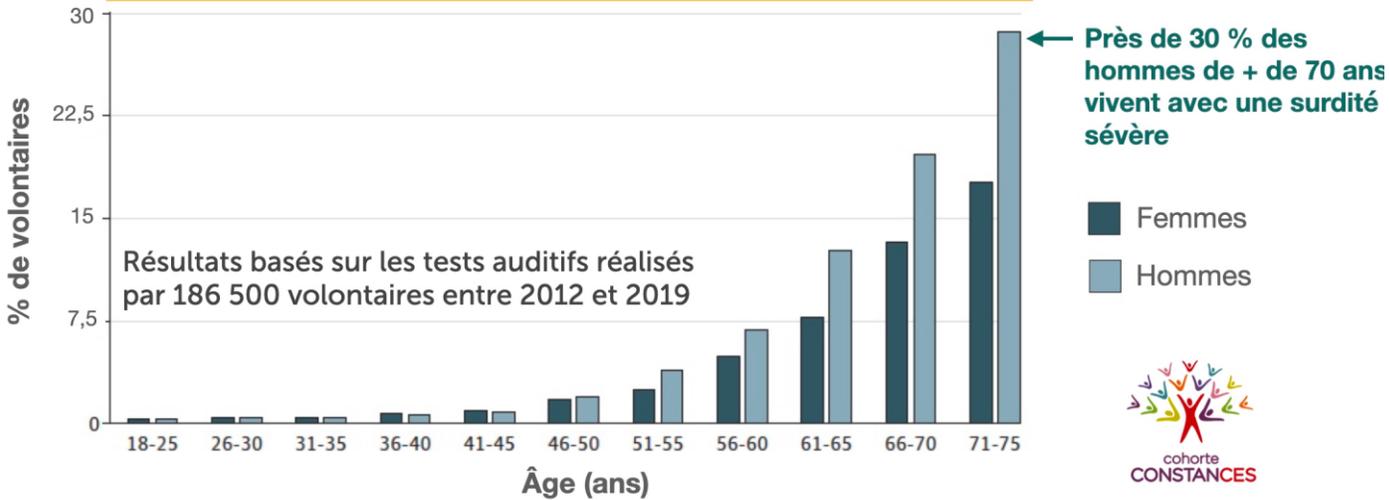
## Incidence de la démence selon le niveau d'instruction (France, 2014)



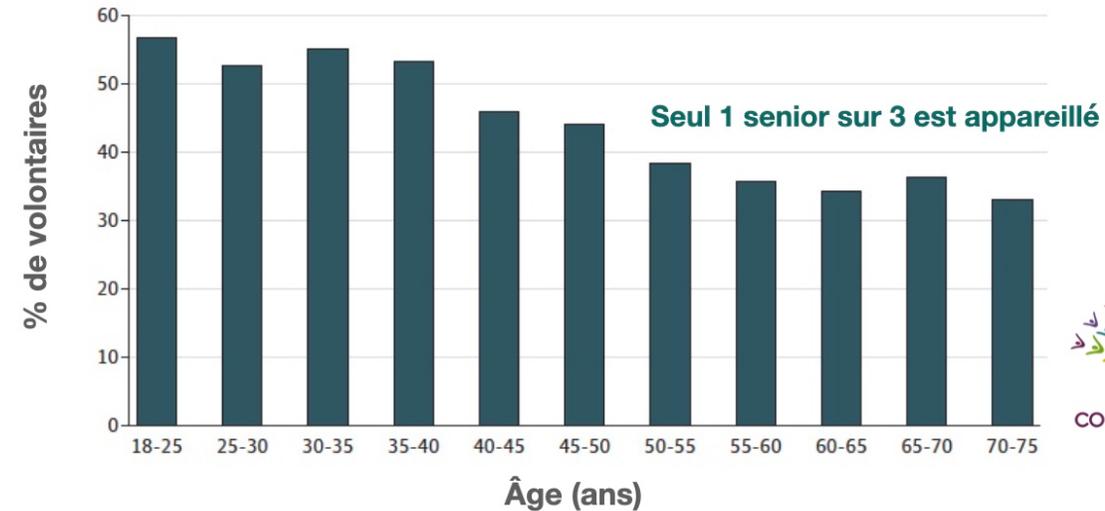
# 2. Troubles de l'audition

## Prévalence en France (2022)

**Pourcentage de volontaires Constances avec une surdité invalidante**



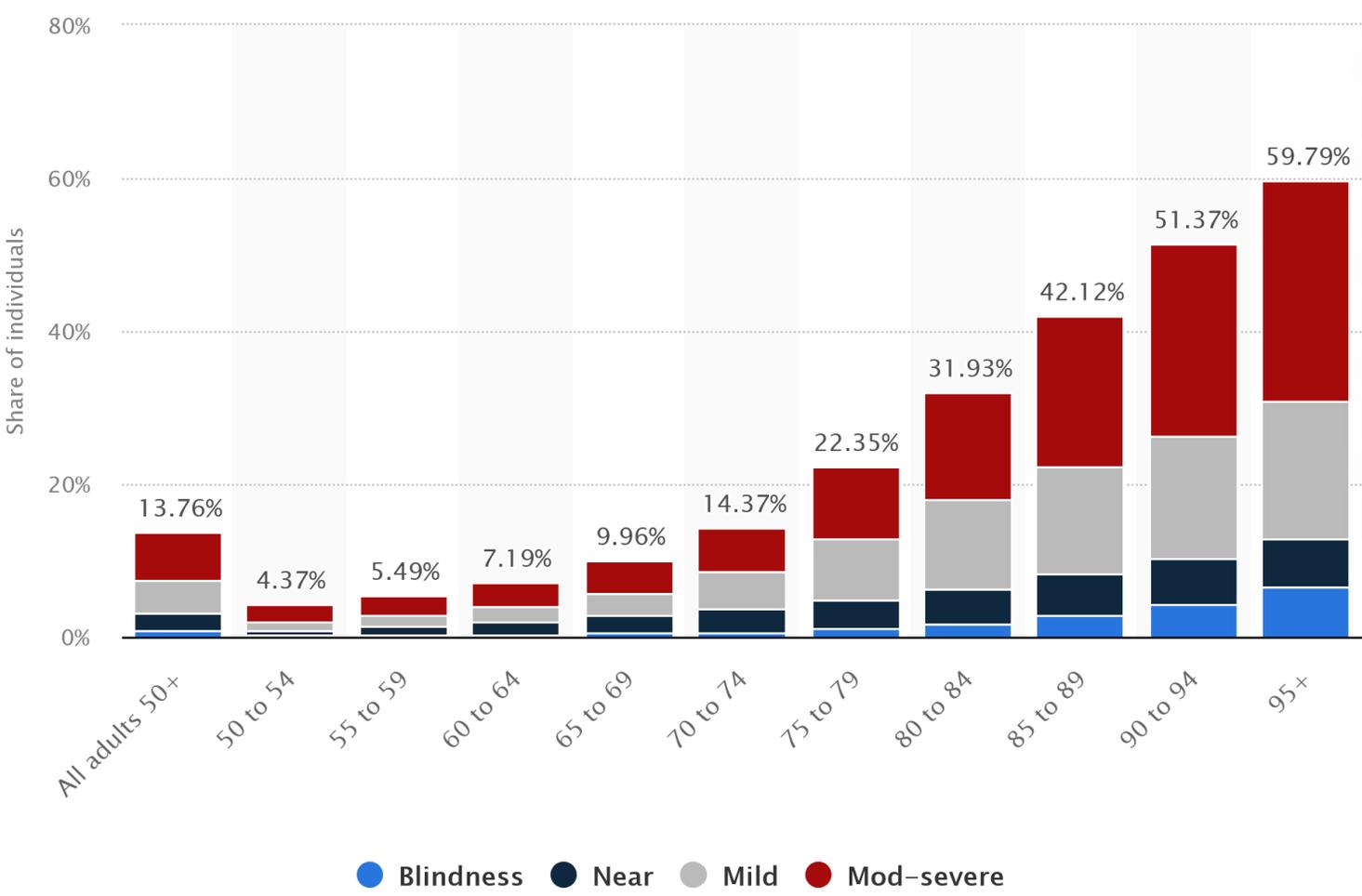
**Pourcentage de volontaires Constances appareillés parmi ceux présentant une surdité invalidante**



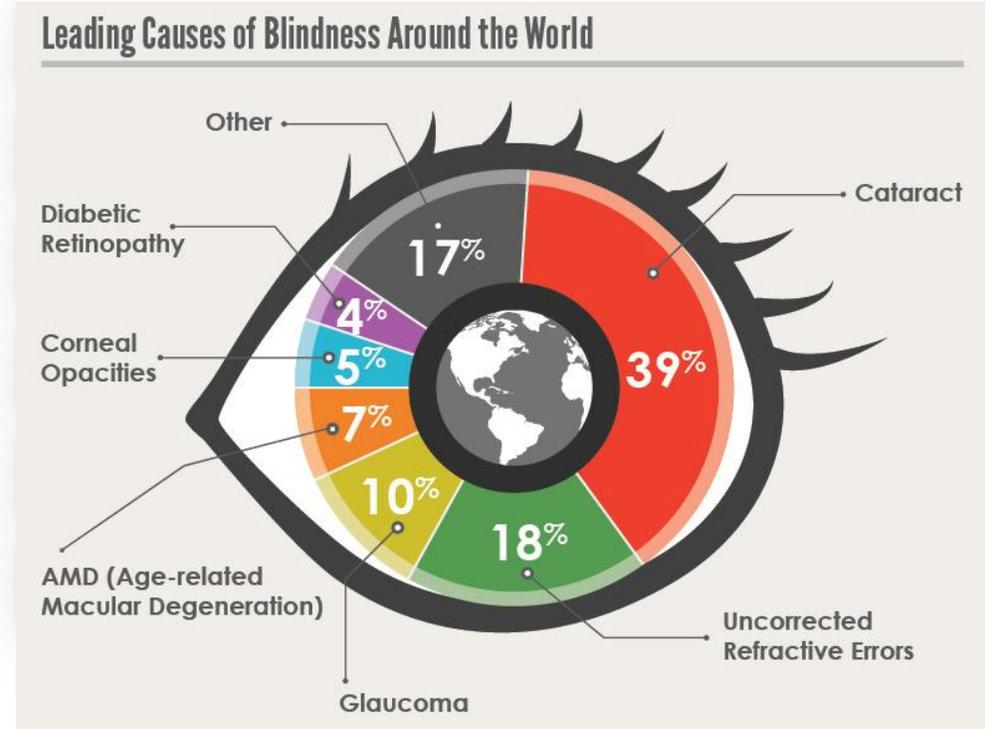
Constances, 2022

# 3. Perte de la vue

## Prévalence en Europe (2020)

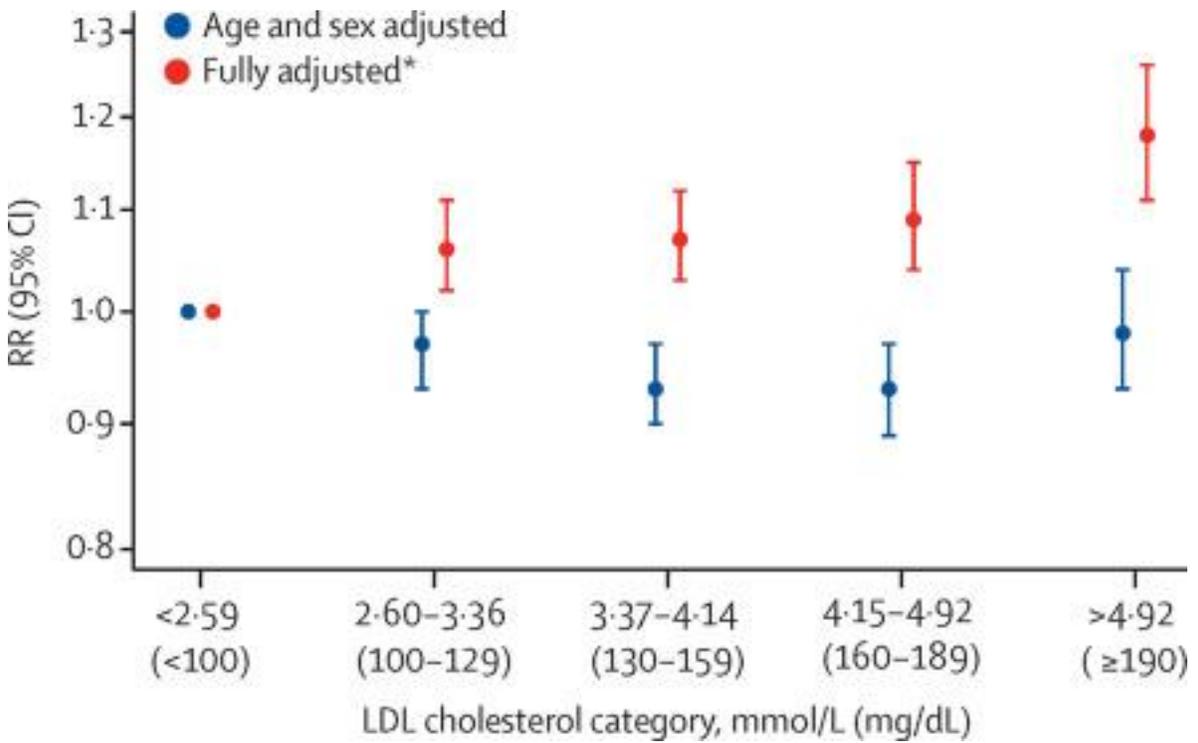


Statista, 2024



<https://www.wisconsinvision.com/News/Latest/VisionHealth>

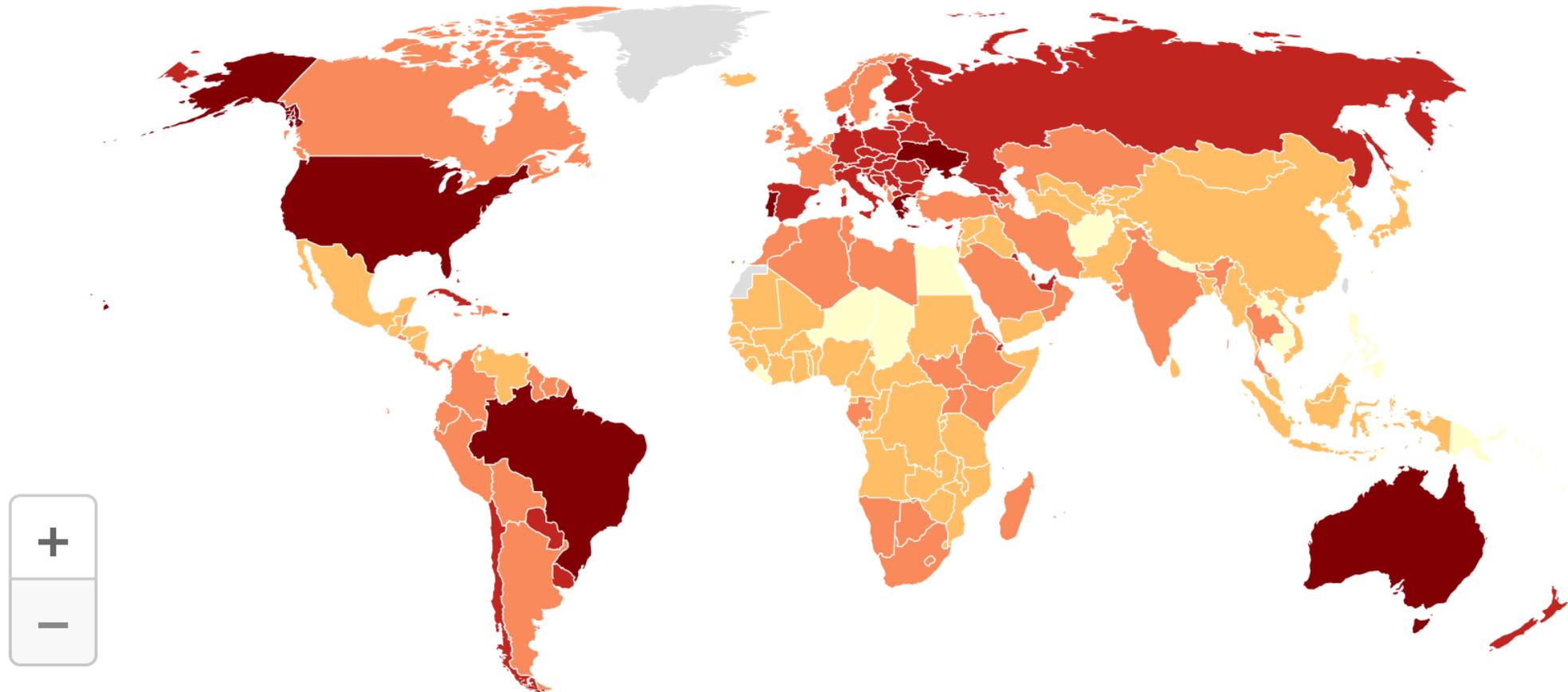
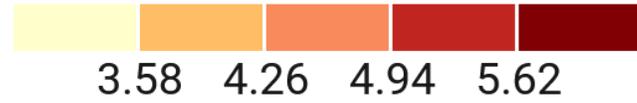
# 4. LDL cholestérol élevé



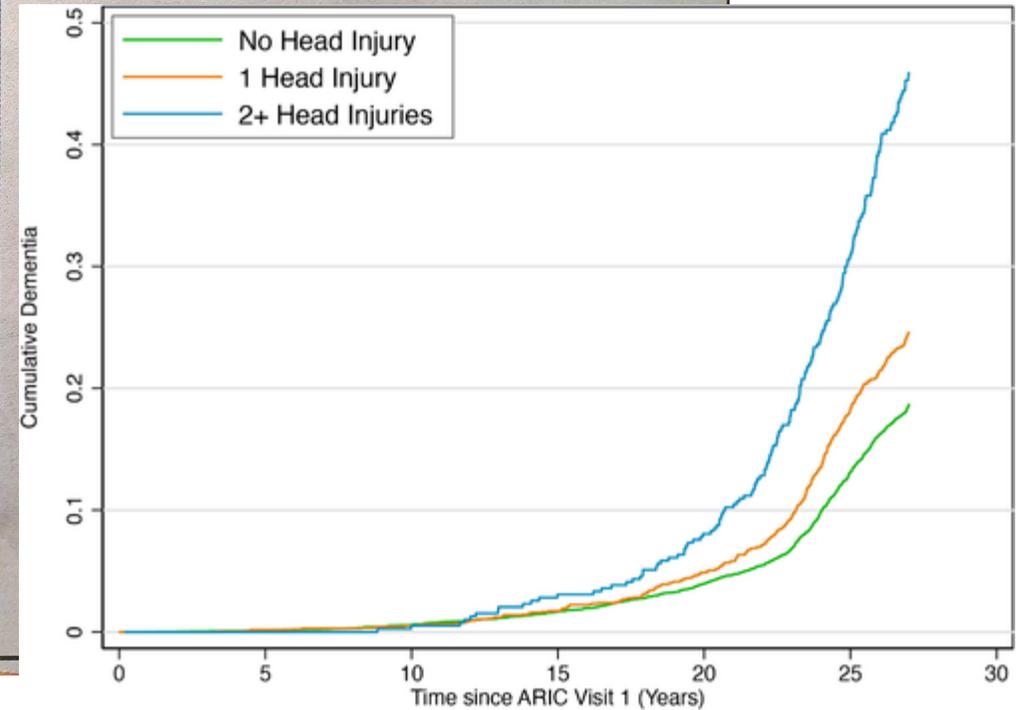
RRs for dementia diagnosis by categories of LDL cholesterol (n=953 635) (Iwagami M., et al. Lancet, 2021)



# 5. Dépression prévalence, OMS, 2017



# 6. Traumatismes crâniens répétés avec commotion cérébrale

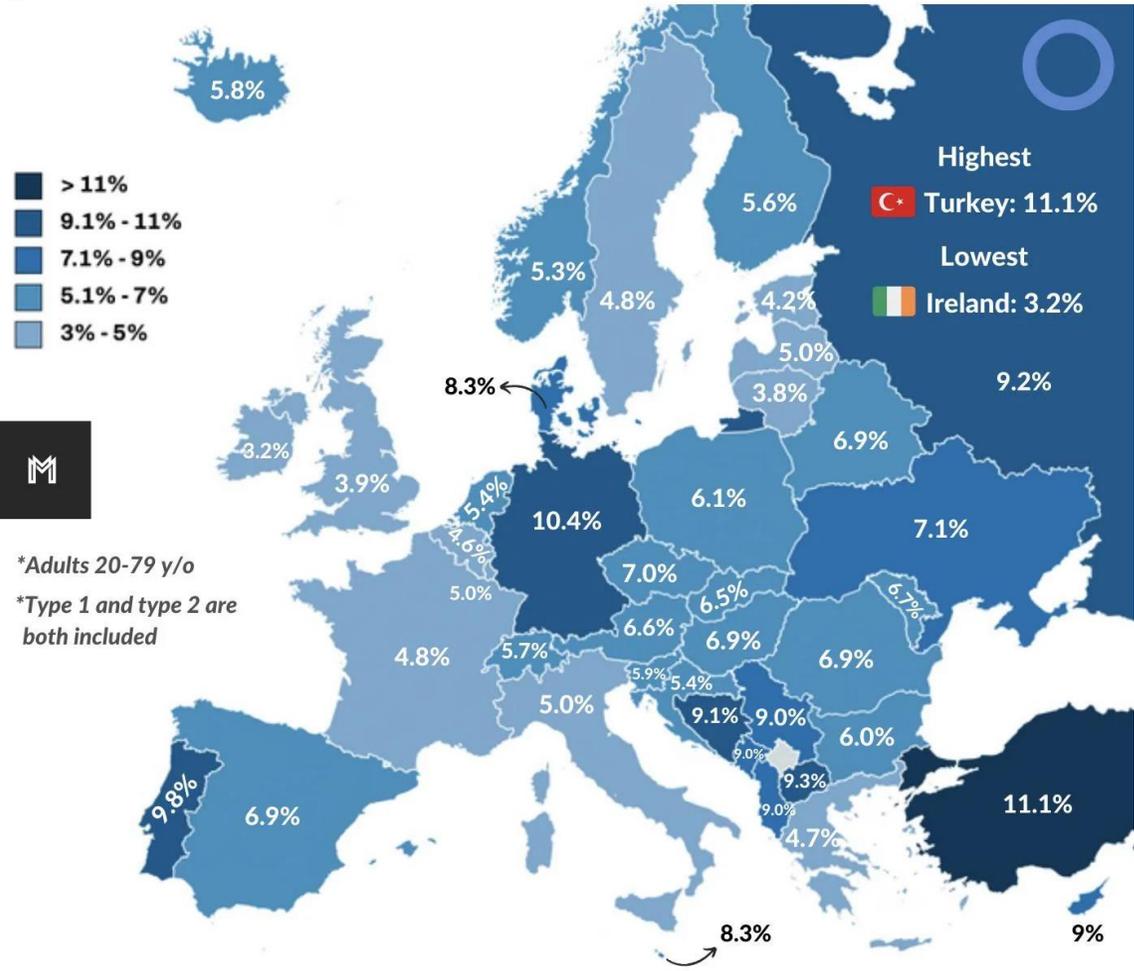


...heads the ball in an international. Picture: AFP

# 7. Diabète

## Prevalence of Diabetes in Europe

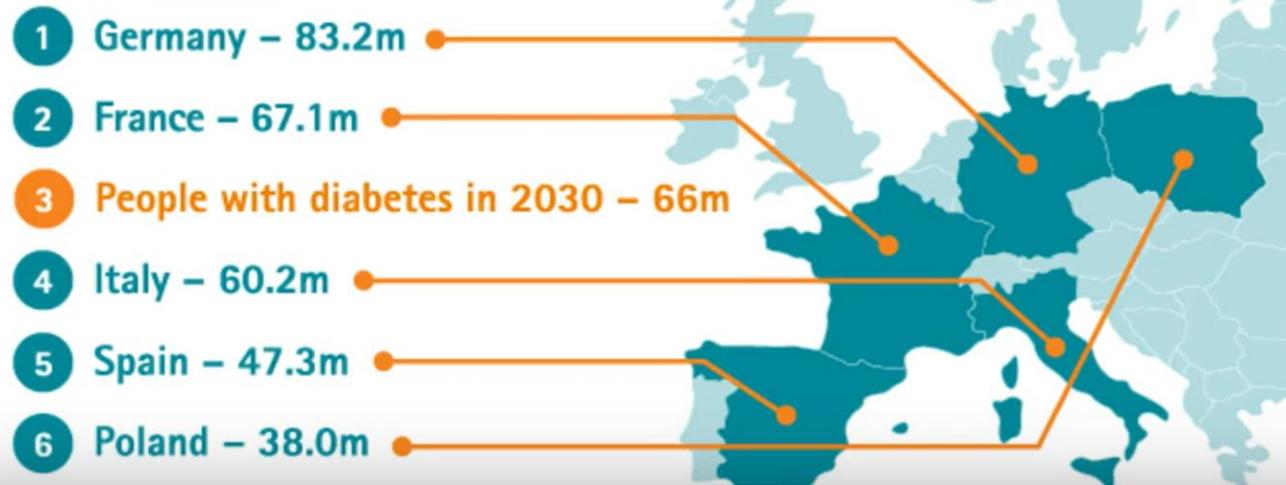
Percentage of adults with diabetes in Europe



  
 \*Adults 20-79 y/o  
 \*Type 1 and type 2 are both included

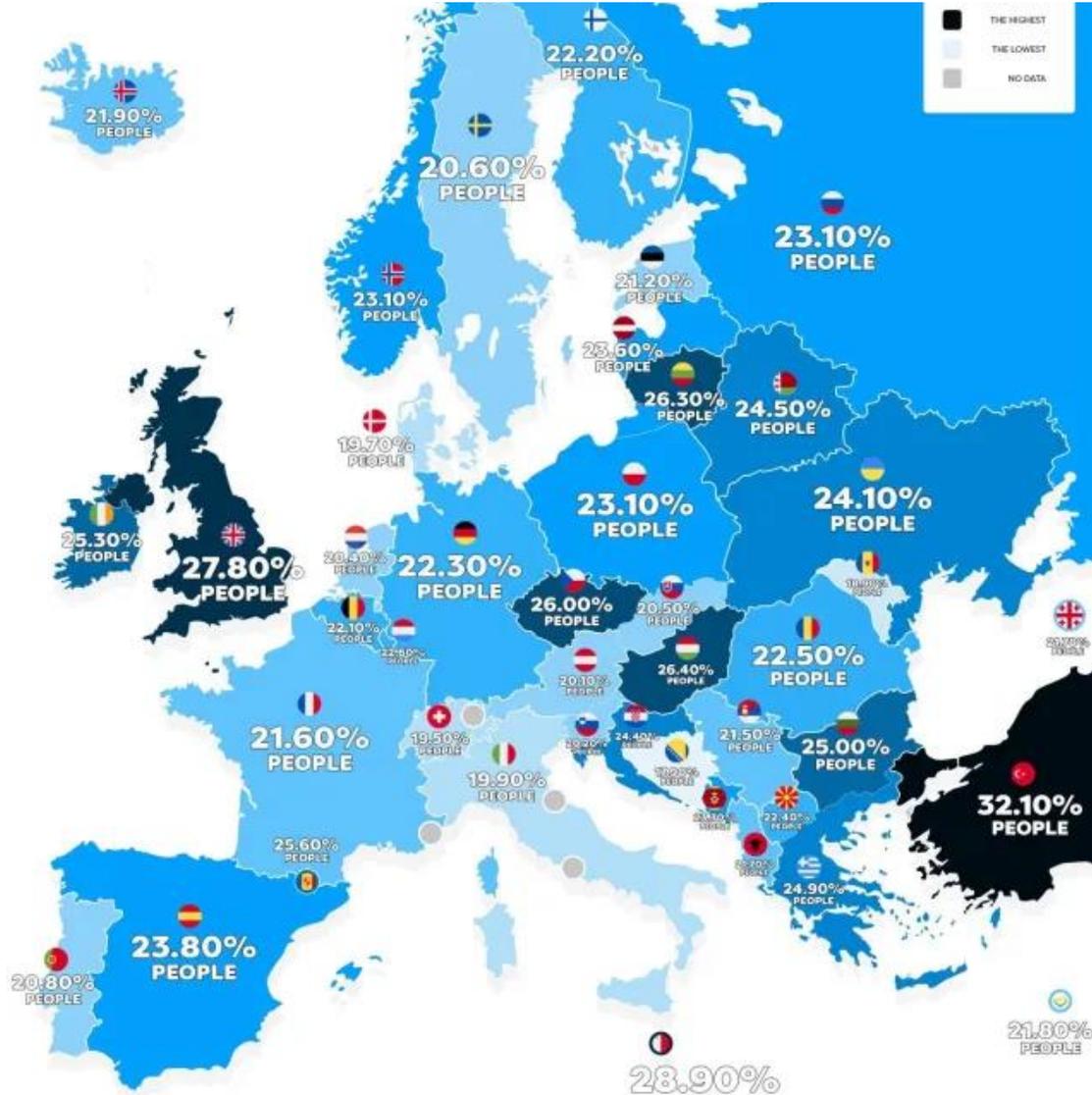
MAPS.INTERLUDE  
 Source: OECD and Others  
 ©2024 Maps.interlude (<https://maps.interlude.wordpress.com>)

## That's equivalent to the size of the third largest country in the EU

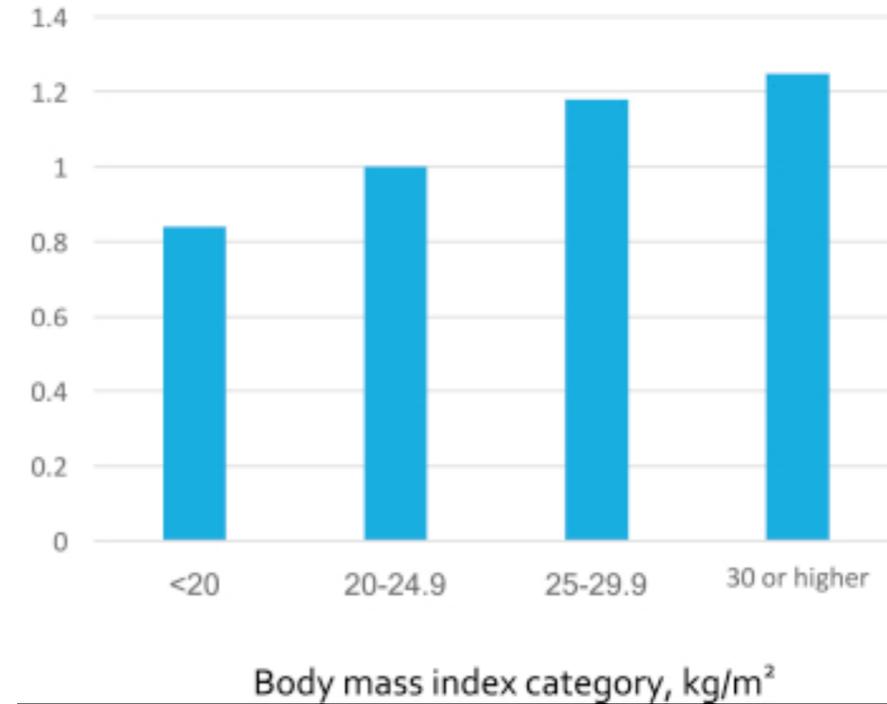


WHO-Europe, 2020

# 8. Obésité



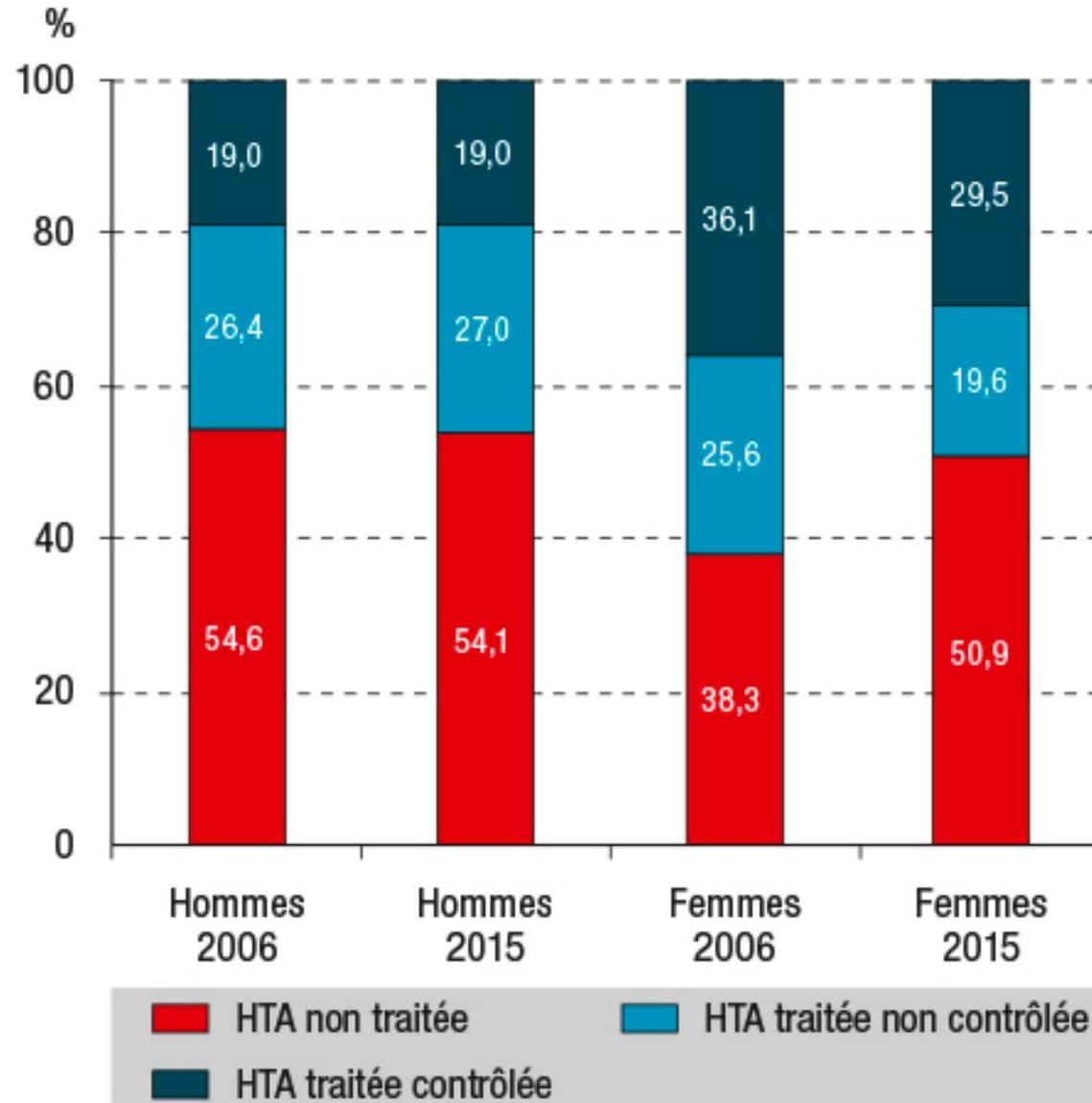
Hazard Ratio for Dementia



Kivimäki, 2018

<https://bigthink.com/strange-maps/two-maps-and-one-graph-comparing-obesity-in-america-and-europe/>

# 9. Contrôle de l'HTA (France, 2015)



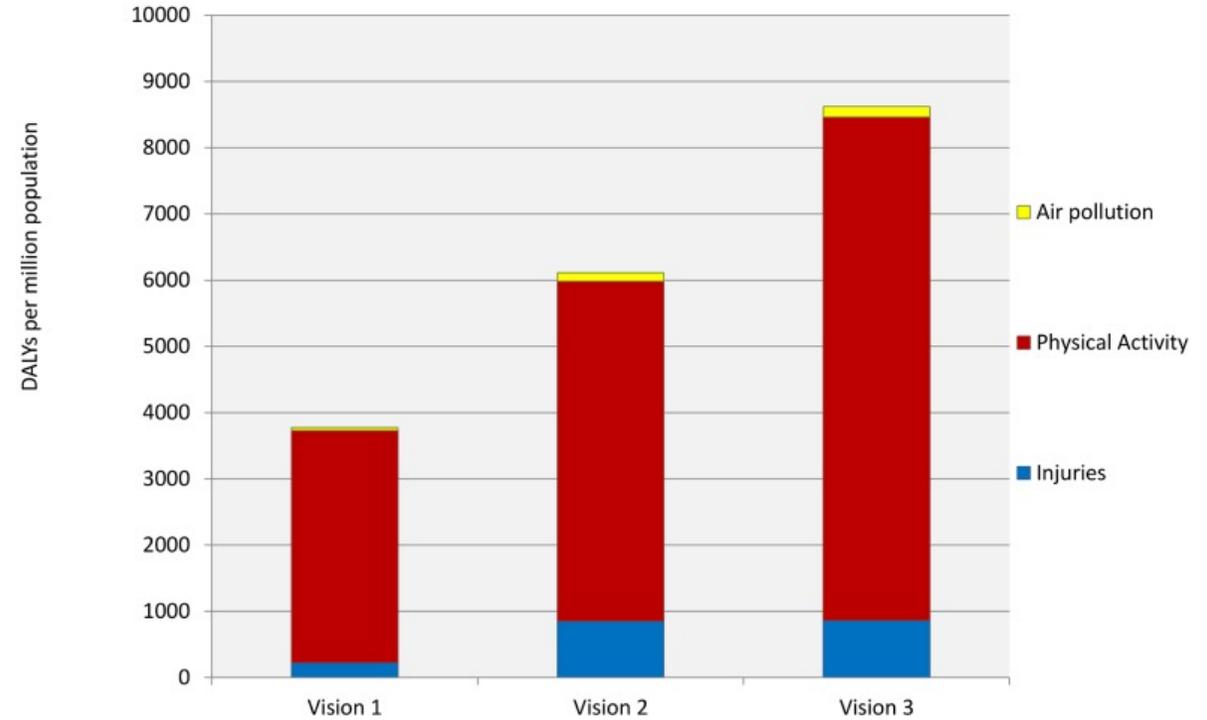
# 10. Co-bénéfices de l'activité physique

## Doublement des années de vie en bonne santé

### Transport

22% des emissions de GES

- 12% : transport aérien
- 44% : voitures individuelles



<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0051462>

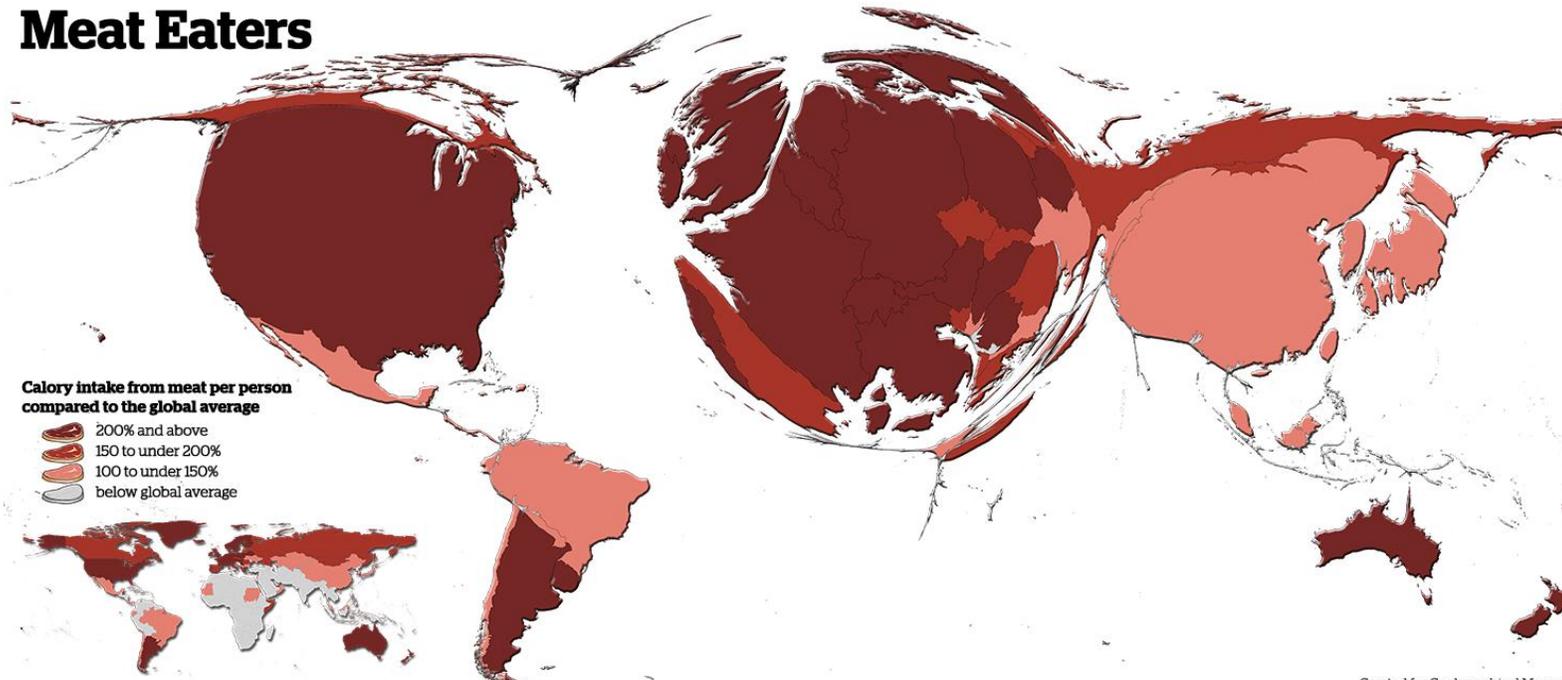


# Co-bénéfices d'une alimentation saine

## Eviter 10 millions de morts prématurées/an

**Alimentation et Agriculture**  
**37% des émissions de GES**  
**- 80% de l'élevage**

### Meat Eaters



Cartogram showing countries resized according to their total excess meat consumption compared to the global average per capita consumption (extra amount of meat eaten in addition to what the current global average would be for each specific country; countries below global average therefore disappear from this map)

Created for Geographical Magazine  
Map by Benjamin Hennig  
[www.viewsoftheworld.net](http://www.viewsoftheworld.net)

# THE LANCET

January, 2019

[www.thelancet.com](http://www.thelancet.com)

Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems



"Food in the Anthropocene represents one of the greatest health and environmental challenges of the 21st century."

A Commission by *The Lancet*

# 11. Tabac fumé (2020)

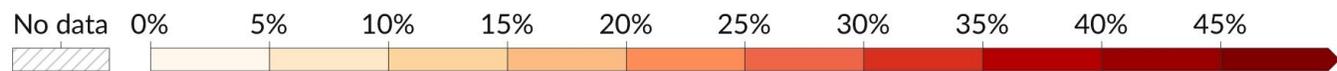
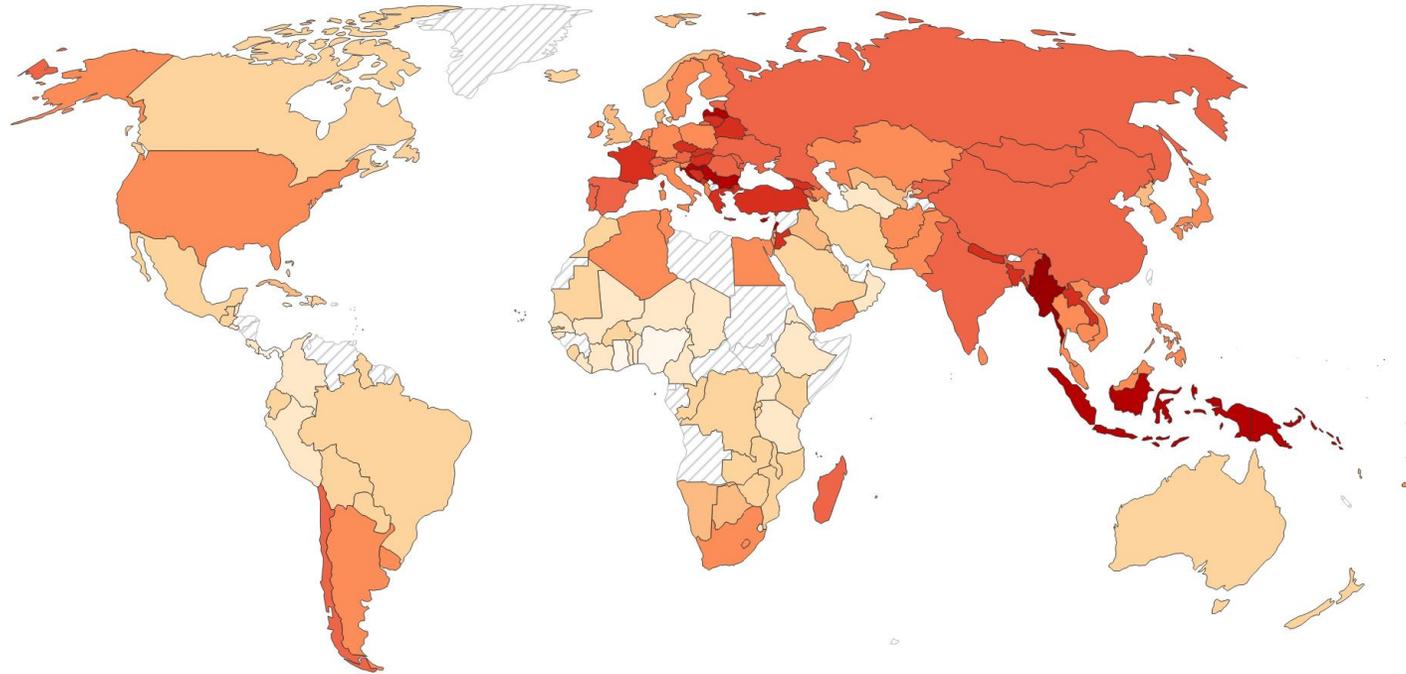
Our World in Data

## Share of adults who smoke, 2020

Share of people aged 15 and older who smoke any tobacco product on a daily or non-daily basis. It excludes smokeless tobacco use. Smoking is a risk factor for chronic complications, including cancers, cardiovascular disease, and premature death.

Table  Map  Chart

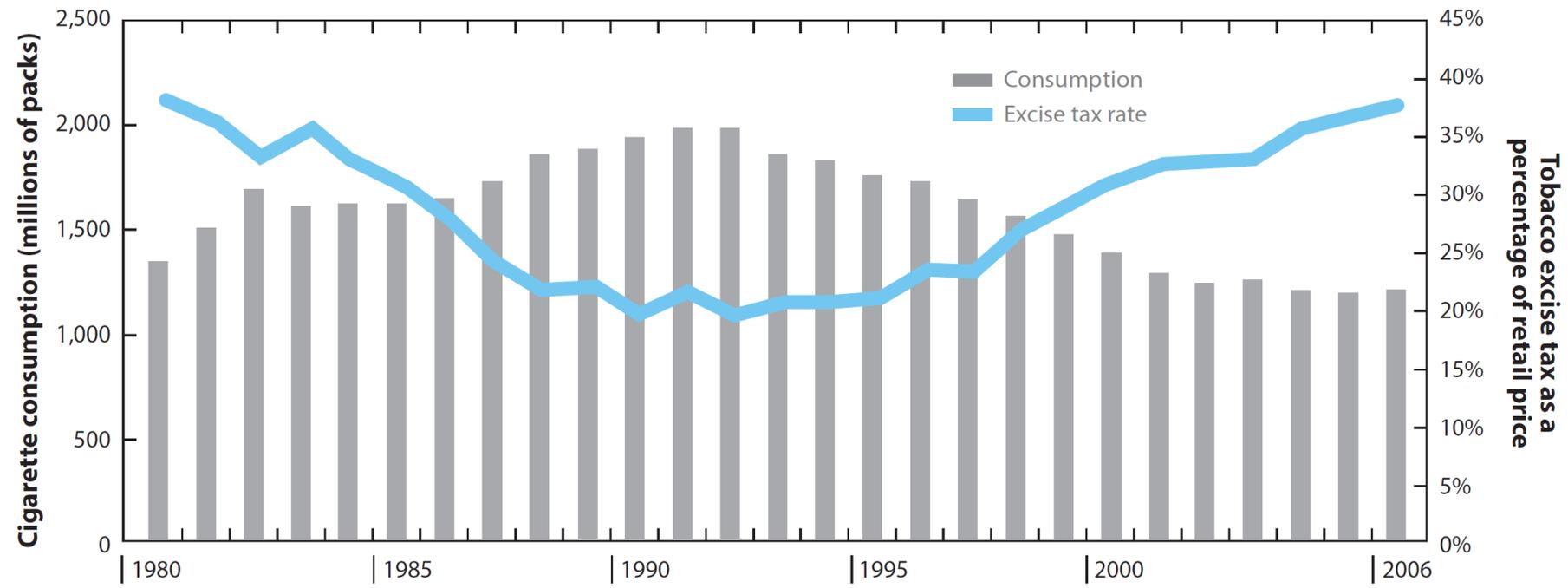
World ▾



Data source: World Health Organization (via World Bank) - [Learn more about this data](#)  
OurWorldInData.org/smoking | CC BY



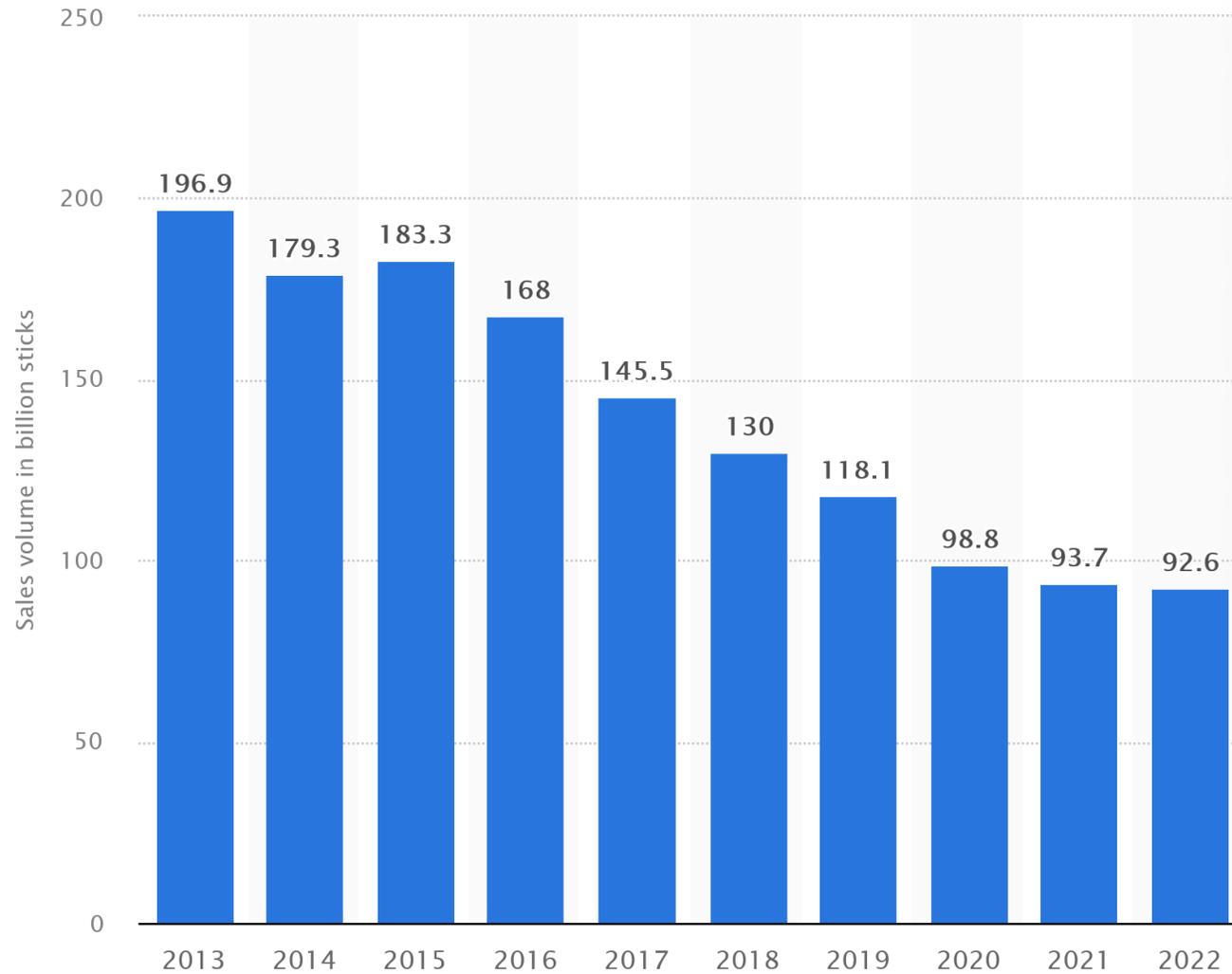
# Cigarettes – Afrique du Sud 1980-2006



**Figure 2**

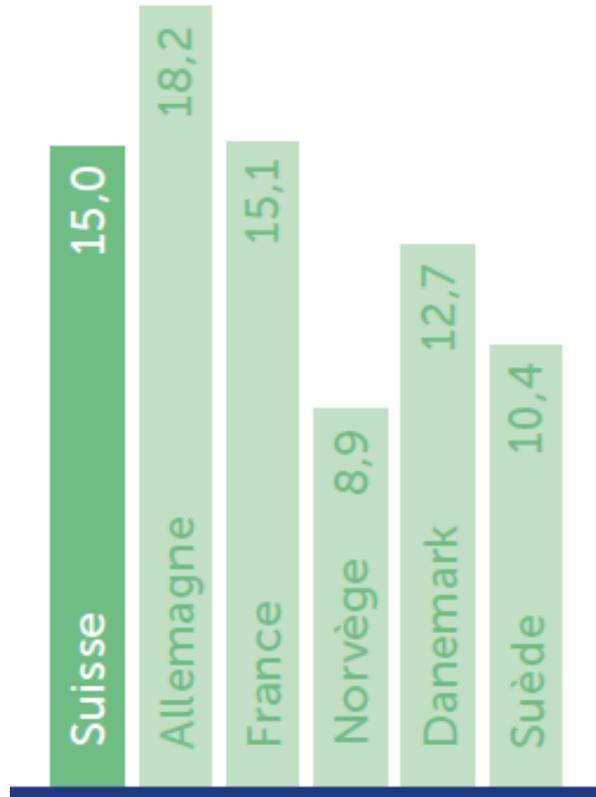
Relationship between cigarette consumption and excise tax rate in South Africa, 1980–2006. From Van Walbeek (98).

# Vente des cigarettes (Japon 2013-2022)



Statistica, 2023

# 12. Alcool: le modèle suédois...

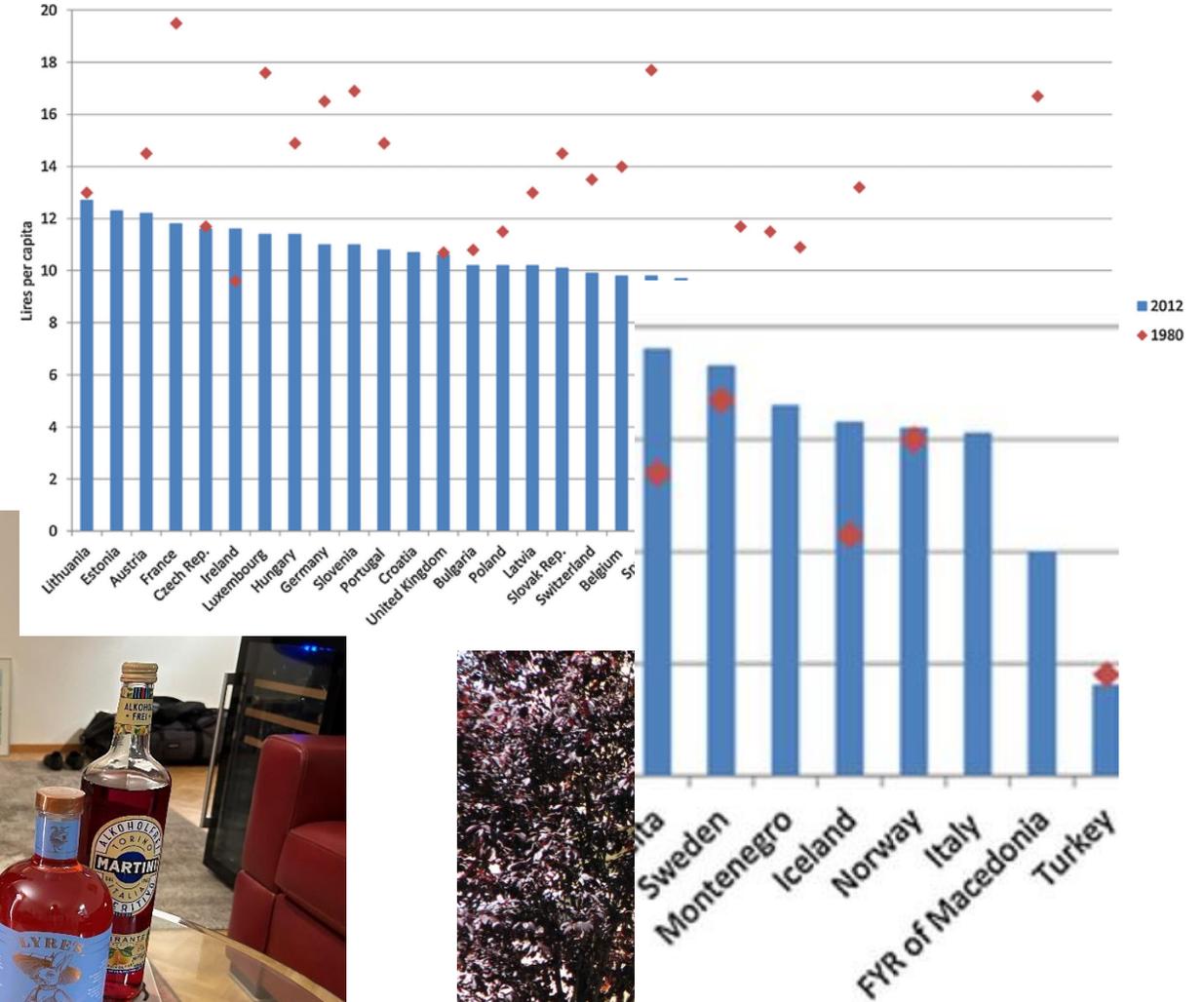


**Alcool**  
Litres d'alcool  
consommés per  
capita / an



<https://drinks-intel.com/latest-news/interview/systembolaget-swedens-state-alcohol-monopoly/>

# ... ou italien ?



# 13. Isolement social

**Les «*Moai*» sont de pure tradition japonaise. Ce sont «des groupes d'entraide mutuelle»**



Open access

Original research

**BMJ Open Association of social isolation, loneliness and genetic risk with incidence of dementia: UK Biobank Cohort Study**

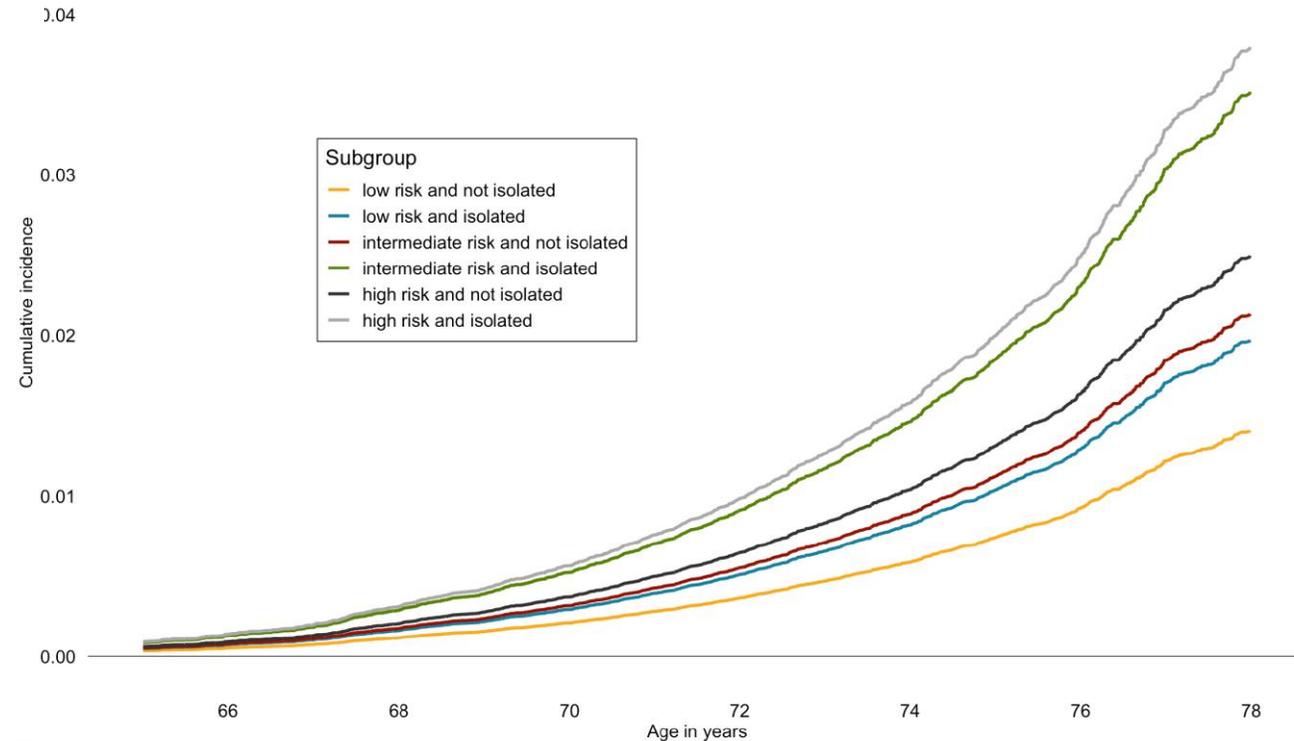
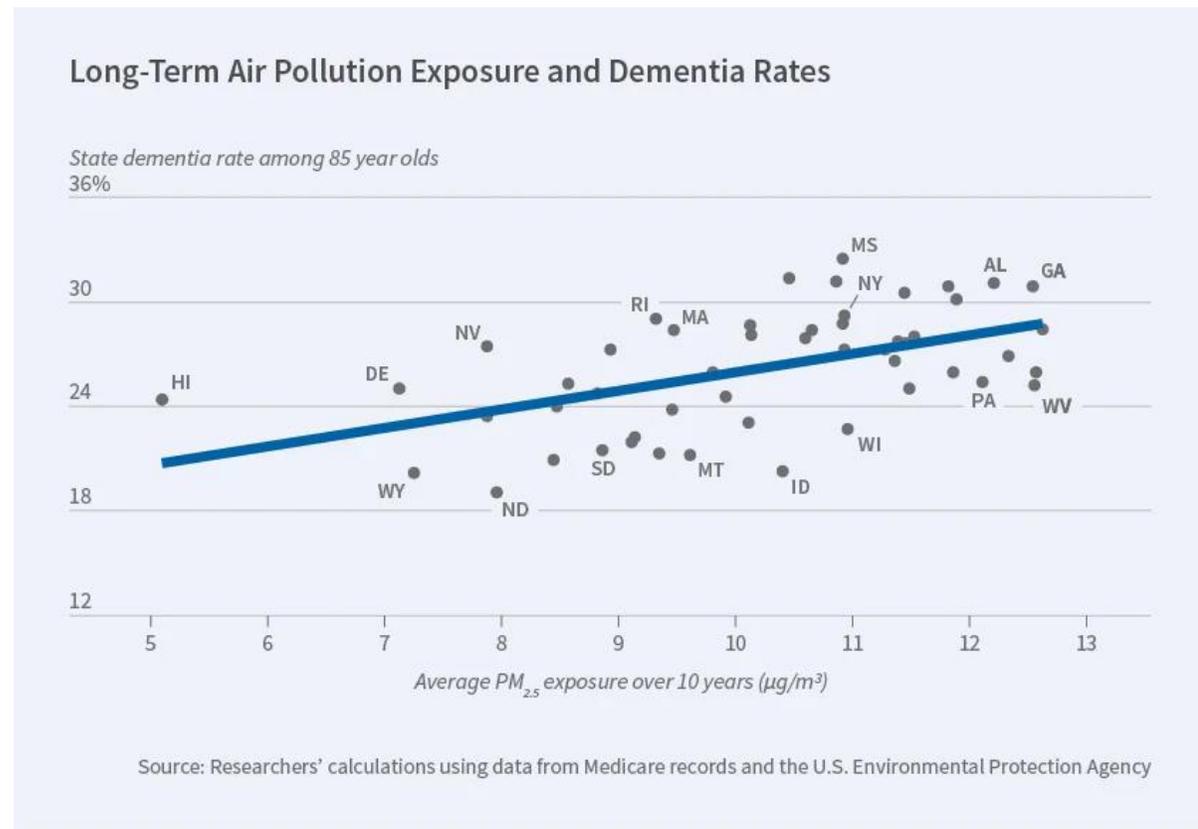
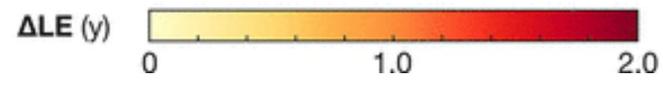
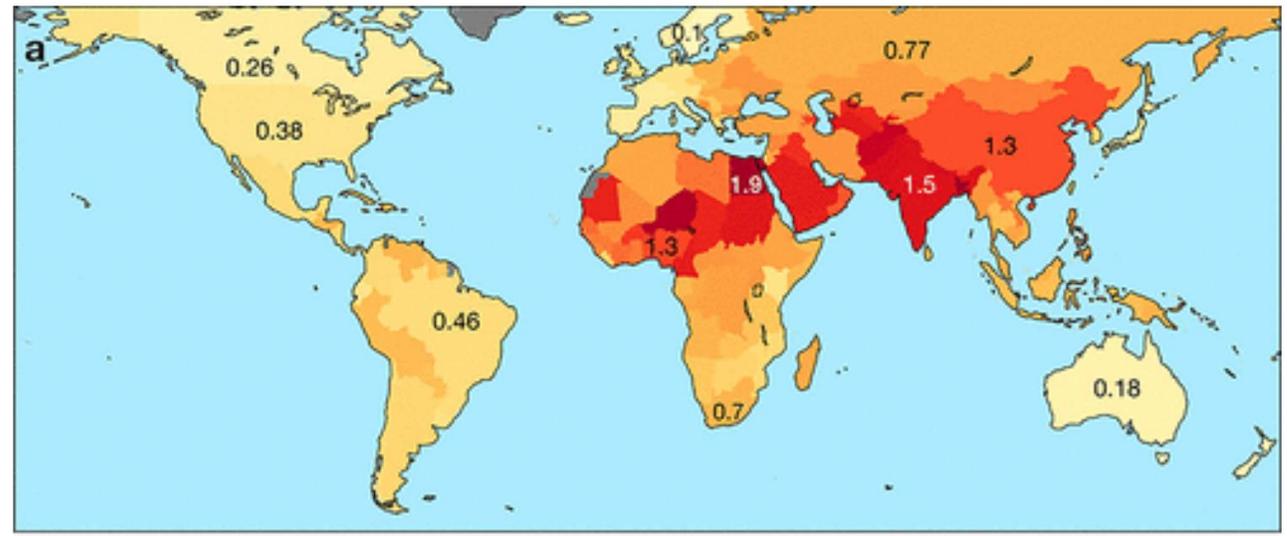


Figure 3 Estimated cumulative incidence of dementia in combined genetic risk and social isolation groups.

# 14. La pollution de l'air (PM<sub>2.5</sub>)

## Pollution de l'air extérieur (PM<sub>2.5</sub>) et réduction de l'espérance de vie (2019)



<https://pubs.acs.org/doi/10.1021/acs.estlett.8b00360#>

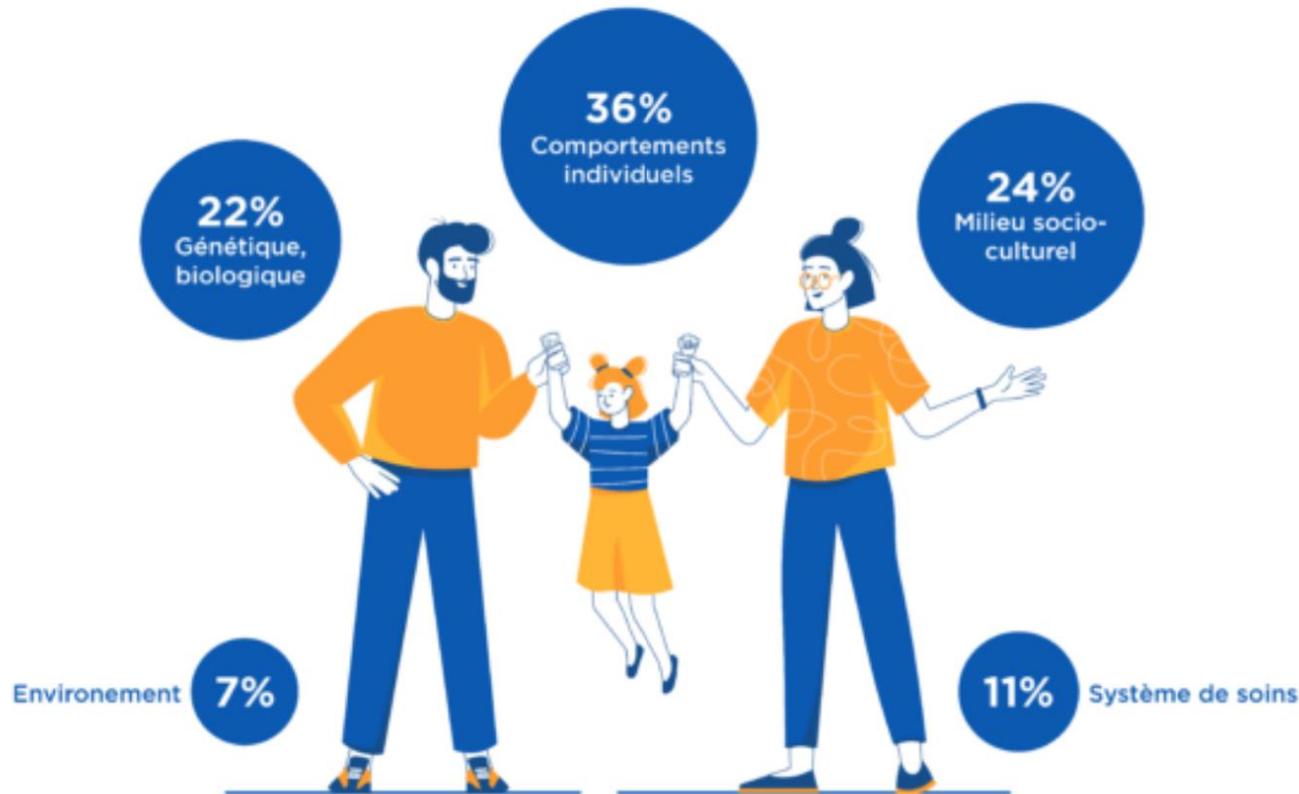


# Vieillir en bonne santé

## = Investissements humain et économique

- **Moins de soins pour les séniors**
- **Davantage d'autonomie**
  - Moindre recours aux proches aidants
  - Moindre recours à l'institutionnalisation
- **Plus grande participation à la vie de la société**
  - Garde des petits-enfants
  - Activités culturelles, sociales et politiques
  - Cumul emploi-retraite
- **Impact économique par la consommation des séniors actifs**
  - Culture, tourisme, restauration, commerces

# Conclusions : la prévention, un cercle vertueux



- **Espérance de vie en bonne santé plus longue**
- **Protection de la planète et du climat**
- **Economies budgétaires, des soins de santé, de l'assurance maladie, de la pénurie de soignants**



<https://www.amazon.fr/Prévenez-moi-Une-meilleure-santé-tout/dp/2221274059>