Brussels Declaration on Longevity for All (November 2026)

8th Eurosymposium on Healthy Ageing and Longevity (EHA 2026) — Brussels and online, 5–6 November 2026

We call on the European Union, the European Commission, the European Parliament and the Member States to make '**longevity for all' a major European policy objective** and to treat biological ageing itself as a priority for scientific research.

Where we stand in 2026

Europe is facing a profound demographic shift, with the proportion of people over age 65 in the EU projected to rise from 21% in 2023 (1 in 5) to 29% by 2050 (2 out of every 7 people).Europeans now live longer than ever. Life expectancy in the EU reached 81.7 years in 2024 (Eurostat). Not all of those years are lived in good health, especially for women. Ageing remains the main risk factor for most chronic diseases and ultimately causes millions of deaths every year.

Scientific advances, particularly in biotechnology and artificial intelligence, offer unprecedented opportunities to understand, slow and potentially reverse biological ageing.

The European Health Data Space (EHDS) and the proposed €175 billion FP10 research programme (2028–2034) offer historic opportunities for European leadership. Longer healthy lives also mean lower care costs and more years of work, care and participation in society.

This declaration builds on the Brussels declarations of 2022 and 2024, calling for ageing and rejuvenation research, health data sharing and the use of AI to accelerate functional longevity.

Our principles

1. **Longevity for all.** A long and healthy life is part of the right to health. Everyone should have this chance, regardless of income, nationality or age.
2. **Ageing as a research priority.** Targeting the mechanisms of biological ageing could delay the onset or reduce the severity of multiple age-related diseases and extend human lifespan.
3. **Universal access.** Treatments that slow or reverse ageing should be scientifically proven, safe, affordable and accessible to everyone.
4. **Open knowledge.** Publicly funded research and voluntarily shared health data should benefit humanity as a whole.

What we call for

1. Make longevity a European priority

- Recognise biological ageing as a legitimate target for medical research and regulatory approval.

- Establish ambitious European objectives for extending human lifespan while improving health throughout life.
- Set an EU target to increase healthy life years, and report on progress every year.
- Encourage European and international cooperation on longevity research.

2. Put the biology of ageing at the heart of FP10

- Establish a dedicated European research mission on biological ageing and rejuvenation within FP10 (2028–2034).
- Prioritise research on the fundamental mechanisms of ageing rather than individual age-related diseases alone.
- Support innovative approaches, including cellular reprogramming, gene, cell and exosome therapies, and senolytics.

3. Accelerate research through data, AI, preclinical and clinical trials for elderly individuals

- Implement the EHDS ambitiously, enabling voluntary health data sharing, open science and responsible access to large-scale datasets.
- Use AI to analyse exposome, multi-omic, clinical and biomarker data, discover rejuvenation interventions and improve clinical trials.
- Validate biomarkers of ageing, develop common European standards for them, and create clear regulatory pathways for treatments that target ageing, expand rigorous preclinical and clinical trials, and remove unnecessary regulatory obstacles while maintaining safety.

4. Bring longevity science into the places where people live

- Recognise housing and the living environment as determinants of biological ageing, and fund research on homes designed to preserve function, autonomy and social connection.

- Support AI-enabled, predictive home monitoring that detects early signs of decline and triggers timely intervention, with full respect for consent and privacy.

- Connect these real-world data to the EHDS to help validate biomarkers of ageing and measure the effect of interventions.

- Include pilots of longevity-oriented housing and care models in FP10, giving priority to rapidly ageing regions, islands and the EU's outermost regions.

Conclusion

Slowing and ultimately reversing biological ageing, so that everyone can live much longer in good health, should become major objectives of European science and policy. Europe has the researchers, institutions and resources to lead this transformation. What is needed now is political will.

One day, it will seem obvious that everyone should have the right to live a much longer life. **May that day arrive as soon as possible!**