



International Conference
at the Seimas
of the Republic of Lithuania



Conference information
(Seimas)

“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

MODERATORS: PROF. DR. SAULIUS ČAPLINSKAS AND LAURA DABULYTĖ

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

Kęstutis Bartuškevičius – Adviser to the Minister of Education, Science and Sport

Deimantė Bukeikaitė – Vice Minister of Social Security and Labour

Renata Kurmin – Vice Minister of Culture

Laimutė Vaidelienė – Vice Minister of Health

09:40-10:10

STRATEGIC PRESENTATIONS: ECONOMIC AND POLICY FOUNDATIONS

9:40-9:50 Dr. Malina Müller (Germany)

A paradigm shift: health as an investment

9:50-10:00 Dr. Ilia Stambler (Israel)

Building a healthy longevity ecosystem through research, innovation, education and policy

10:00-10:10 Sir Michael Hirst (UK)

The global diabetes challenge and policy responses

10:10 GROUP PHOTO

10:10-10:30

COFFEE BREAK

SESSION II. FROM STRATEGY TO PRACTICE

10:30-12:10

MODERATORS: PROF. JŪRATĖ MACIJAUŠKIENĖ, LSMU

PROF. DR. JURGITA PLISIENĖ, LSMU

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

10:45-11:00 Dr. Julius Neverauskas (Lithuania)

Mental health as a prerequisite for healthy longevity

11:00-11:30

SHORT INTERVENTIONS: PRACTICE AND POLICY INSIGHTS

11:00-11:10 Prof. Jūratė Macijauskienė (Lithuania)

Dementia prevention: managing risk factors

11:10-11:20 Dr S. Michal Jazwinski (USA)

Geroscience, healthy ageing and longevity dividends

11:20-11:30 Alexander Tietz-Latza (Germany)

The right to health and longevity

11:30-12:10

DATA, INNOVATION AND REGULATION

11:30-11:40 Didier Coeurnelle (Belgium)

Health data sharing for clinical research

11:40-11:50 Dr. Georgios Mitrou (Cyprus)

Evidence-based medical protocols in longevity medicine

11:50-12:00 Dr. Ugis Kletnieks (Latvia)

Biological foundations of resilience and well-being

12:00-12:10 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

13:00-14:20

**MODERATORS: PROF. DALIUS JATUŽIS, CHAIR OF THE NATIONAL HEALTH COUNCIL AND
PROF. VAIDOTAS URBONAS, VU MF**

STRATEGIC PRESENTATIONS (EXTENDED SESSION)

13:00-13:10 Prof. Vaidotas Urbonas (Lithuania)
Healthy childhood as the foundation of longevity

13:10-13:20 Dr. Sandesh Gulhane (UK)
The global diabetes challenge and policy responses

13:20-13:30 Dr. Lina Zabulienė (Lithuania)
Diabetes prevention in national policy

13:30-13:40 Prof. Jurgita Plisienė (Lithuania)
Cardiovascular longevity: from risk management to systemic prevention

13:40-13:50 Dr. Marius Kinčius (Lithuania)
Oncology: screening and early diagnosis

13:50-14:10 Doc. dr. Tomas Vaičiūnas (Lithuania)
On the Margins of Healthy Ageing: From the Search for the Holy Grail to Evidence-Based Lifestyle Interventions

14:10-14:20 Prof. Natalja Istomina (Lithuania)
Success Stories in Healthy Ageing Policy: International Experience

14:20-14:40
COFFEE BREAK

SESSION IV. INTERVENTIONS AND PRACTICAL MODELS

14:40-15:50

**MODERATORS: PROF SONATA JARMALAITĖ, ADVISOR TO THE PRESIDENT OF LITHUANIA
AND PROF. ROBERTAS BADARAS, VU MF**

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

14:40-14:50 Dr. Tamara Pheiffer (South Africa)
Proactive healthcare in developing countries – utopia or opportunity?

14:50-15:00 Prof. Zenfira Gadimova (Azerbaijan)
Longevity factors in Azerbaijan: physiological and population perspectives

15:00-15:10 Dalia Augustinaitė (Lithuania, USA)
Artistic Solutions in Sustainable Architecture as a Means of Promoting Healthy Human Longevity

15:10-15:25 Prof. Robertas Badaras (Lithuania)
Toxicology and addictions as determinants of life expectancy

15:25-15:40 Yuri Ostrinski (Latvia, Israel)
Targeted physical activity as a new strategy for healthy longevity

15:40-15:50 Kristina Nemaniūtė-Gagė (Lithuania)
The role of the pharmacist

SESSION V. POLICY AND DECISION-MAKING

15:50-16:30

MODERATORS: LAURA DABULYTĖ AND PROF. SAULIUS ČAPLINSKAS

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

15:50-16:00 Silvija Valdonė Alšauskė (Lithuania)
Insights from Clinical Practice and Prevention Day

16:00-16:10 Prof. Limas Kupčinskas (Lithuania)
Key messages from the Scientific Conference on Ageing and Longevity

16:10-16:20 Claudette Buttigieg, MP (Malta)
Perspectives on the promotion of healthy ageing

16:20-16:30 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

MODERATORS: PROF. DR. SAULIUS ČAPLINSKAS AND DR. ILIA STAMBLER

*Healthy ageing is not a narrow reform.
It is a strategic choice for the state.*

17:00 - 19:00

Awards Ceremony and Informal Networking Reception Following the Conference

PARTICIPANTS WILL BE AWARDED LSMU 8 ACADEMIC-HOUR CONTINUING PROFESSIONAL DEVELOPMENT (CPD) CERTIFICATES:

- General Practice Nurses;
- Advanced Practice Nurses;
- Lifestyle Medicine Specialists;
- Biomedical Technologists;
- Physicians of All Specialties;
- Physiotherapists;
- Medical Psychologists;
- Public Health Specialists.



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