

## DO-HEALTH in numbers

- 3** DO-HEALTH will test the efficacy and safety of **three promising preventive interventions**: vitamin D, omega-3 fatty acids and a simple home exercise program for seniors. DO-HEALTH objective is to improve healthy ageing in European seniors and to reduce healthcare costs via the implementation of effective and broadly applicable disease prevention interventions.
- 5** DO-HEALTH will be primarily focused on the effect of the study interventions on **five key health indicators**: risk of fractures, blood pressure, lower extremity function, cognitive function, and rate of infections. In addition, other important aspects of senior health, such as falls and osteoarthritis, as well as blood biomarkers, will be investigated.
- 8** DO-HEALTH will actively recruit participants in **eight European cities**: Zurich, Basel and Geneva in Switzerland, Toulouse in France, Berlin and Nuremberg in Germany, Coimbra in Portugal, and Innsbruck in Austria. Such wide and diverse geographical area means that the study population will be representative of the senior European population and the results will be more generalizable across Europe. This will also allow the study to take into account the roles of diverse environmental and dietary factors experienced by the European seniors.
- 21** DO-HEALTH consortium is made by **twenty-one partners**, which include both public and private stakeholders. DO-HEALTH will benefit from the collaboration of clinical researchers, industry partners, consultants, public health organizations, IT and media partners, selected for excellence in their respective fields of expertise.
- 36** Each DO-HEALTH participant will be followed over **thirty-six months**: every year, the participant will be invited to the trial center for a clinical visit including a physical examination, blood exams, physical and cognitive tests and interviews. Furthermore, every three months each participant will be contacted via phone by the study center, in order to get information about the health status, record any adverse event or new living condition, and to motivate the patient to adhere to the assigned study interventions.

**70**

Men and women aged **70 years and over**, who are living in the community and are sufficiently mobile to reach the study center independently and to perform simple motor tasks, will be eligible to participate in the study. Participants with a history of cancer or other severe diseases (e.g. severe liver, kidney or cardiovascular diseases), or that experience major visual or hearing impairments, will be excluded from the study. All participants will be informed about the details of the study and will sign an informed consent before being recruited.

**2,152**

DO-HEALTH is the largest European healthy ageing study, with **2,152 participants** recruited in five countries. This implies a huge follow-up effort, consisting of more than 8,600 clinical visits and almost 20,000 phone calls over the 5-year study period.

**5Mio**

About **5 million capsules** will be produced for the study purpose. DO-HEALTH is a randomized double-blind study: this means each participant will be *randomly* assigned to one of the 8 treatment groups and will be administered capsules including Vitamin D and/ or omega-3 acids and/ or *placebo*, plus a physical activity program. Neither the patient nor the study staff will know which study group each participant was assigned to, in order to avoid any potential bias or *placebo* effect.

**12.8Mio**

The study is funded by a 6-million Euro grant provided by the European Commission, within the European 7<sup>th</sup> Framework Program for Research and Technological Development. The Universities involved and three industrial sponsors (DSM Nutritional Products, Roche and Nestlé Health Science) are co-funding the study bringing the total DO-HEALTH budget to 12.8 million Euros.