

<p style="text-align: center;">Research program <i>“The aging population and its impact on health care costs”</i></p>

Annex C

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Research project

The growth in the percentage of elderly people – i.e., people aged 65 or older – and in life expectancy has brought to the fore the issue of the impact of aging population on public expenditure, especially health-care and pension expenditures. Concerning the health-care expenditure, among the costs born by the National Health System (NHS) those associated to chronic diseases (e.g., chronic obstructive pulmonary disease, hypertension and diabetes mellitus) are relevant. The objectives of this research project are as follows: (1) identification of the diseases that most affect the health expenditure for elderly people, (2) classification of such expenses and (3) estimation of potential savings due to the adoption of a healthy lifestyle (reduced smoking and alcohol consumptions, the practice of physical activity and healthy eating). The research activity will begin from an in-depth analysis of the literature regarding health-care costs in the elderly population and the disorders contributing to such costs. Then it will be investigated the existence of studies quantifying the impact of healthy lifestyle on these costs. The following step will consist in collecting data regarding the regional public expenditure in Lombardy related to some of the previously identified diseases. Finally, where possible, the aim of the project is to evaluate the potential cost reductions due to a healthy lifestyle.