



ARCTIC HEALTHY AGEING

# NORRUS-AGE

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Researchers' network for healthy ageing in the Nordic-Russian region

# Working towards healthy ageing

**We have created a regional network in gerontology and ageing**, and we work to identify innovative policies and practices supporting healthy ageing nationally and locally, especially those not earlier publicly disseminated, and share the results and recommendations to relevant stakeholders.

**We are interested in collaboration!** Are you a part of research or networking projects concerning ageing or work in the field of gerontology or health and well-being?



Indigenous and non-indigenous residents of the Nordic-Russian region: Best practices for equity in healthy ageing (NORRUS-AGE) is a networking and research project funded from the [Nordic Council of Ministers \(NCM\) Open Call for Nordic-Russian co-operation](#). Its duration is 20 months in 2020–2022. As a coordinating institution, University of Oulu partners with the University of Copenhagen, University of Greenland, University of Tromsø – The Arctic University of Norway, Northern Arctic Federal University, Northern State Medical University, Sociological Institute of FCTAS RAS.

**The NORRUS-AGE consortium includes**  
11 researchers from 7 institutions in Finland,  
Norway, Denmark, Greenland, and Russia –  
countries showing different conditions for  
healthy ageing of the older citizens.



**University of Oulu**  
(coordinating partner)  
Prof. Arja Rautio,  
Dr. Anastasia Emelyanova



**University of Copenhagen**  
Ass. Prof. Kamilla Nørtoft,  
Ass. Prof. Tenna Jensen



**University of Greenland**  
Senior Researcher  
Tine Aagaard



**University of Tromsø – The Arctic University of Norway**  
Prof. Bodil Hansen Blix



**Northern Arctic Federal University**  
Prof. Elena Golubeva



**Northern State Medical University**  
Prof. Andrey Soloviev



**Sociological Institute of FCTAS RAS**  
Prof. Irina Grigorieva,  
Dr. Konstantin Galkin,  
Dr. Oxana Parfenova

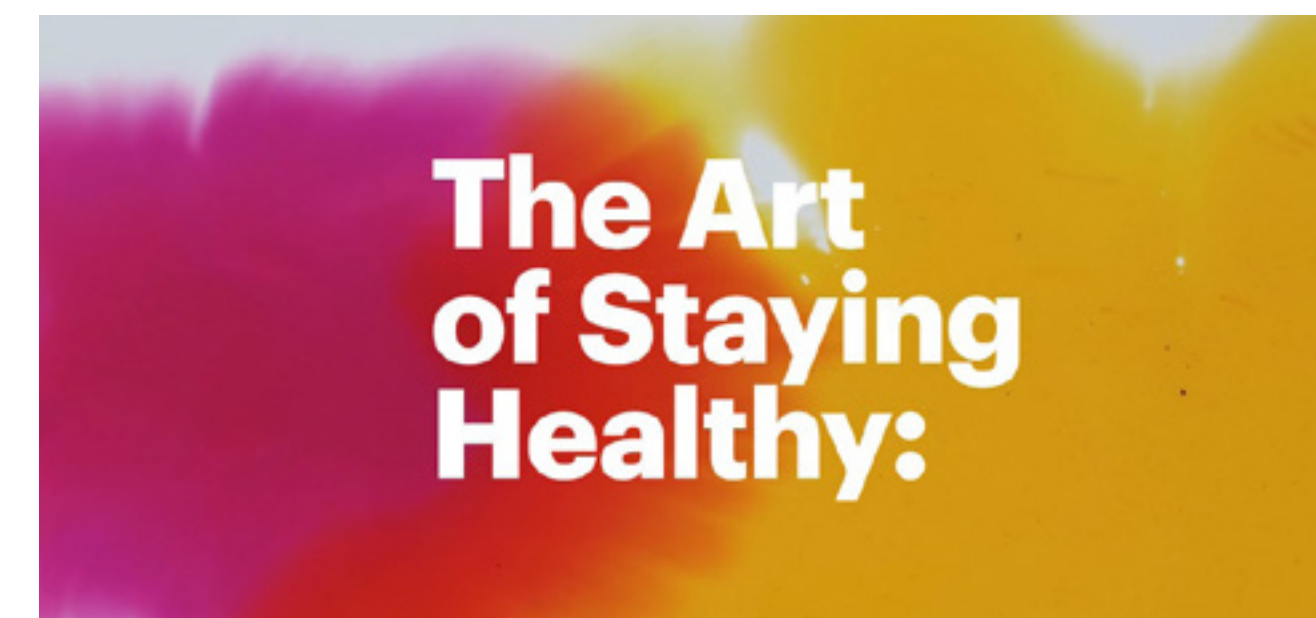
# Our on-going synergy projects focusing on healthy ageing



**1** Nordic Council of Ministers funded “**Indigenous and non-indigenous residents of the Nordic-Russian region: Best practices for equity in healthy ageing**” (NORRUS-AGE), led by University of Oulu, 2020–2022



**2** The Northern Dimension Institute (NDI), led by Aalto University, coordinates the EC DG NEAR co-financed “**Development of think tank functions of the Northern Dimension Institute: the NDI Think Tank Action**” project, 2018–2022



**3** “**Intergenerational practices of art and fairytales therapy for improving mental health and the Northern identity**”, led by Northern State Medical University, as part of the “**Art of Staying Healthy**” is a joint project between the Northern Dimension Partnership on Culture (NDPC), the Northern Dimension Partnership in Public Health and Social Well-being (NDPHS), and the EU National Institutes for Culture (EUNIC), 2021–2023



**4** Nordregio funded “**AGE Arctic: Understanding ageing, gender and ethnicity: Experiences from European Arctic**”, led by the University of Lapland, 2020–2022



**5** The book for Routledge “**Aging, the City and Planning**” is prepared by international team, led by the University of Calgary and University of Applied Sciences and Arts Northwestern Switzerland, 2020–2022



**6** **Ageing in the Arctic (AgeArc)**, Well-being, quality of life, and health promotion among older people in Greenland



**7** Thematic Networks of the University of the Arctic – “**Health and Well-being in the Arctic**” and “**Ageing and Gender in the Arctic**” unite researchers working with demographic issues, ageing policy and older peoples’ agenda



**8** **Kinguaariit Inuunerissut** is a project where young and elderly people exchange knowledge and work with culture, nature, body and traditions. It is led by the Centre for Public Health in Greenland, University of Southern Denmark

“Sustaining and expanding our work is the next natural step. We aim to develop more collaborative healthy ageing projects in the Arctic, including with peers from the North America and hosting an international conference in the future”

– Project Coordinator  
**Dr. Anastasia Emelyanova**

# Why is healthy ageing important?

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**Prof. Bodil Hansen Blix** from Norway states  
“We age from the day we are born. Hence, healthy ageing is not merely a matter for the later parts of the life course.”

“It’s time to stop using the term ‘age-friendly’ initiatives and rather start creating citizen-friendly communities!”



**Prof. Elena Golubeva** thinks  
“The Russian research community needs to raise more public discussion of some core topics related to healthy ageing such as citizen-friendly environment, participation in societal activities, lifelong learning, leisure, and other aspects.”



**Prof. Andrey Soloviev** highlights that mental health problems are not a synonym for old age: “Healthy ageing is, first of all, the intellectual preservation of the individual. Screening of the earliest mental health disorders in old age is not the task of psychiatrists, but of family doctors with the active help of relatives and regional social services.”



**Dr. Konstantin Galkin** from Russia says: “Healthy ageing is achievable only if science and practice complement each other and solve one mutual goal. Healthy ageing should become a trend in the modern world in all countries!”



**Ass. Prof. Kamilla Nørtøf** and **Ass. Prof. Tenna Jensen** from Denmark state

“In the Arctic factors such as nature, geographical conditions, climate, local communities and settlement patterns are particularly important to consider in promotion of healthy ageing initiatives. As researchers we have an obligation to closely collaborate with local communities according to their needs and interests.”

# Contact us!

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Contact Project Coordinator for information on collected practices, team publications, opportunities to join our Nordic-Russian network, and collaboration.

[www.oulu.fi/en/thule-institute](http://www.oulu.fi/en/thule-institute)



**Project Coordinator**

Dr. Anastasia Emelyanova,  
anastasia.emelyanova@oulu.fi



**Project Lead**

Prof. Arja Rautio,  
arja.rautio@oulu.fi