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## Sommario/riassunto

This book provides multinational evidence on active and healthy ageing. It generates authoritative new knowledge for mutual learning and policymaking in addressing challenges linked with population ageing. The authors discuss how to achieve better active ageing outcomes through appropriate policies including addressing life course determinants of active and healthy ageing. The chapters are distinctive in their focus on quantitative analysis of active and healthy ageing based on a first-of-its-kind composite measure, the Active Ageing Index developed during the 2012 European Year for Active Ageing and Solidarity between Generations. Contributors include researchers, civil service representatives, policymakers and other stakeholders from national, regional and European organisations. This edited volume provides a multidisciplinary resource for academics and policy makers in various areas of the social sciences, especially those studying population ageing and its consequences, economists, sociologists, social policy analysts and public health experts. .

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