

# Scientific Plans



Regional context information

Health record linkage

Intervention to prevent  
multimorbidity

Scientific partners:

SHARE family

SBI shareholders

# Preventing Multimorbidity

Multiple medical conditions at once

Prevalence for 50+ in EU: 31.4%

Implications for patients, caregivers,  
healthcare systems, and society

Prevention: complex and multifaceted

Combine gene info and survey data

Intervention to promote healthy living



# PMM: Project Team



Claudia Langenberg (Charité, University of Cambridge)  
Health Science, Epidemiology, Genomics



Paul Gellert (Charité)  
Health Psychology,  
Aging, Prevention



Jan Heißig (wzb)  
Health and Social  
Inequality

SHARE Area Coordinators

SHARE Country Teams from CH, CZ, DE, DK, FR, HR, IT, PL

2026: Ask **80,000** SHARE participants for saliva

New intervention samples in **five countries** (CZ, DE, DK, FR, IT),

Up to **2,000** individuals (50-60 years) **per country**

Calculate risk profiles with Gene & SHARE-Life data

2027: App-based intervention with **800** high-risk indiv. **per country**

2028 and following years: Follow-up within SHARE until end of life

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