

HEALTHY LIFE FORUM BUSINESS PROGRAMME

July 24–25, 2024, Moscow

Programme accurate as at July 30, 2024

July 24, 2024

09:00–10:15

Lomonosov Cluster of
the Sparrow Hills ISTC
of Moscow State
University
1st floor, Business
Programme Hall 1

Medicine for Active Longevity

Business for Advanced Healthcare: Outlook 2030

The Russian President has announced the 'Long and Active Life' national project will be kicking off in 2025, marking the present year as a new reference point. It would not be possible to move medicine forward without innovative drugs, medical devices, and equipment, and the private sector is ready to step in and support national institutions on their innovative development path. Many medical market niches are ready for entrepreneurship, be it in disease prevention and diagnosis or rehabilitation and returning patients a higher quality of life. Business opportunities come in all kinds, from developing and rolling out innovative pharmaceutical and medical technologies, digital solutions, and information systems and setting up modern medical and preventive institutions on a unique base of advanced technologies and medical services to developing products, technologies, and techniques for promoting better health and increasing life expectancy. The state must work together with private enterprise to increase production, develop more modern infrastructure, and create the conditions necessary for technological sovereignty. And if business is the force driving change in medical care, the state should be driving and motivating business, providing places where unique business ideas can be developed and opportunities where they can be implemented. How does business approach its role in advanced healthcare? What will the next six years of the national project challenge business? What innovative developments and technological solutions could raise the standard of living in Russia? What support measures are needed in the interests of the nation's technological sovereignty? What quality control and accessibility systems are capable of keeping the nation healthy and happy? How does co-operation between government and the private and non-profit sectors contribute to national goals?

Moderator:

- **Elena Aksenova**, Director, Research Institute for Healthcare Organization and Medical Management of Moscow Healthcare Department

Speakers:

- **Timur Akhmerov**, General Director, BARS Group
- **Alexander Gershtansky**, Minister of Health of the Arkhangelsk Region
- **Yulia Gukkina**, General Director, EndoArt

Front row participants:

- **Andrey Golubev**, Medical Director, Ozon Pharmaceuticals Group
- **Alexey Mikheev**, Director for Drug Market Access, Promomed

09:00–10:15

Lomonosov Cluster of
the Sparrow Hills ISTC
of Moscow State
University
1st floor, Business
Programme Hall 2

Medicine for Active Longevity

Healthy Lifestyle in the Workplace: The Role of Socially Responsible Business in Creating a Healthy Society

Supporting the health-maintaining trend is no longer an exclusive practice but a mainstream concept for big businesses. Enterprise employee activities aimed at prevention and early detection of diseases that might cause a significant reduction in the quality and length of life is a must for big corporations as part of their social responsibility. A competitive advantage for companies and industries, including on the labour market, is the content and diversity of corporate programmes, plus the innovative health-maintaining technologies integrated into them making it possible to monitor and control health systematically. An equally important aspect of preventing disease development is a healthy workplace environment promoting primary prevention of risk factors. Sharing successful practices between companies can help not only in improving productivity but also generally in creating a sustainable educational environment for enhancing health literacy. What preferences for business does CSR offer? What corporate strategies should help draw employees' attention to the high prevalence of socially significant diseases and communicate the importance of regular preventive check-ups? What health-promoting technologies in corporate programmes can create opportunities for health monitoring and incentives for a healthy lifestyle at work?

Moderator:

- **Evelina Zakamskaya**, TV Presenter, Russia 24 TV Channel; Chief Editor, Doctor TV Channel

Speakers:

- **Alexey Danilov**, Director, Institute of Interdisciplinary Medicine; Head of the Department of Nervous Diseases, I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University)
- **Natalia Darbinyan**, Deputy Head of the Directorate for Support of National Projects, National Priorities; Member, Public Council under the Ministry of Health of the Russian Federation
- **Oleg Ergashev**, Vice-Governor of Saint Petersburg
- **Nadiya Imametdinova**, HR Director, Sovcombank
- **Evgeny Kamkin**, Deputy Minister of Health of the Russian Federation
- **Oleg Shaitan**, Head of the Department of Industrial Medicine and Health Protection, Gazprom Neft
- **Natalya Smolyakova**, President, National Assembly of Specialists in the Field of Labor and Social Policy

10:30–12:15

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
2nd floor, Business Programme Hall 3

Plenary session

How to Live a Longer Healthy and Active Life

The key to a long, healthy and happy life is in our own hands. But it is vital that we create the prerequisites for every single person to maintain good health for many years, as well as to help them understand the benefits of leading a healthy lifestyle and motivate them to monitor their health. The President of the Russian Federation announced the launch of the Long and Active Life national project in 2025, which aims to increase average life expectancy in the country to 78 years by 2030, and 81 years by 2036 as part of the national development goal of the Russian Federation “Preservation of the population, strengthening the health and welfare of the people, and supporting the institution of the family”, and improve the overall quality of life of the Russian people. Under the project, ongoing federal projects and activities (including those aimed at combatting cardiovascular diseases, cancer, diabetes mellitus, hepatitis C, medical rehabilitation, etc.) will continue, and new federal projects will be launched, including initiatives to create digital platforms to preserve the health of citizens and develop federal medical organizations. The plenary session will include a discussion of key events of the national project with the participation of the country’s leading experts.

Moderator:

- **Tatyana Golikova**, Deputy Prime Minister of the Russian Federation

Speakers:

- **Sergey Bagnenko**, Chief Visiting Specialist in Emergency Medical Services of the Ministry of Health of the Russian Federation; Rector, Pavlov First St. Petersburg State Medical University of the Ministry of Health of the Russian Federation
- **Oksana Drapkina**, Director, National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation; Chief Visiting Specialist in Therapy and General Medical Practice of the Ministry of Health of the Russian Federation
- **Olga Krivonos**, Deputy Chief of Staff of the Government of the Russian Federation
- **Mikhail Murashko**, Minister of Health of the Russian Federation
- **Anna Popova**, Head of the Federal Service for Surveillance on Consumer Rights Protection and Human Wellbeing; Chief State Sanitary Physician of the Russian Federation
- **Veronika Skvortsova**, Head, Federal Medical-Biological Agency of the Russian Federation
- **Artem Zdunov**, Head of the Republic of Mordovia
- **Vladimir Zelensky**, First Deputy Minister of Health of the Russian Federation

Front row participants:

- **Ilya Balanin**, Chairman, Federal Mandatory Medical Insurance Fund (FOMS)
- **Sergey Boytsov**, Director, National Medical Research Centre of Cardiology of the Ministry of Health of the Russian Federation; Chief Visiting Cardiologist Specialist of the Ministry of Health of the Russian Federation
- **Vladimir Chulanov**, Deputy Director for Research and Innovation Development, National Medical Research Center for Phtisiopulmonology and Infectious Diseases; Chief Visiting Specialist on Infectious Diseases of the Ministry of Health of the Russian Federation
- **Andrey Kaprin**, General Director, National Medical Research Radiological Centre of the Ministry of Health of the Russian Federation; Chief Visiting Oncologist Specialist of the Ministry of Health of the Russian Federation
- **Natalia Mokrysheva**, Director, Head of the Department of Personalized and Translational Medicine, National Medical Research Center of Endocrinology of the Ministry of Health of the Russian Federation; Corresponding Member of the Russian Academy of Sciences
- **Leonid Ogul**, First Deputy Chairman of the Health Protection Committee of the State Duma of the Federal Assembly of the Russian Federation
- **Ekaterina Priezzheva**, Deputy Minister of Industry and Trade of the Russian Federation

- **Denis Protsenko**, Chief Visiting Specialist in Anesthesiology and Resuscitation of Moscow Healthcare Department; Director, Moscow Multidisciplinary Clinical Center "Kommunarka"
- **Anastasiya Rakova**, Deputy Mayor of Moscow in the Government of Moscow for Social Development
- **Alla Samoylova**, Head, Federal Service for Surveillance in Healthcare (Roszdravnadzor)
- **Denis Sekirinsky**, Deputy Minister of Science and Higher Education of the Russian Federation
- **Evgeny Shlyakhto**, General Director, Almazov National Medical Research Centre of the Ministry of Health of the Russian Federation; Chief Visiting Cardiologist Specialist of the Ministry of Health of the Russian Federation
- **Sergey Tsarenko**, Chief Visiting Specialist in Anesthesiology and Resuscitation of the Ministry of Health of the Russian Federation; Director, National Medical Research Center "Treatment and Rehabilitation Center" of the Ministry of Health of the Russian Federation

13:00–14:15

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 1

Medicine for Active Longevity

Who Are the Medical Personnel of the Future?

Today, the global health care system is undergoing a paradigm shift from focusing on disease treatment, so-called "repair medicine," to integrated health engineering. The consequence of such steps will be an increase in life expectancy and preservation of an active long life, which is the key national development goal of the Russian Federation for the period up to 2036. The transformation of the healthcare system entails changes in medical education: the boundaries between a strict sectoral focus and training of specialists with interdisciplinary competences are becoming blurred. Modern medical universities face the challenge of training visionary specialists who will shape a new professional environment involving use of innovative technologies, including digital, genetic, molecular and biological ones. In addition to traditional medical specialties, the demand for cyberneticians, bioengineers, bioinformaticians, salutogenic designers, materials science and nanomaterials specialists is growing by the year. What steps are modern medical universities taking to attract new educational and research agenda? What kind of specialists does the healthcare system need in order to develop preventive medicine and health modelling technologies? What medical education areas are relevant today, considering the demands of society and the national healthcare system? How to effectively employ graduates of innovative medical education programmes. Who are they, the medical personnel of the future?

Moderator:

- **Viktoria Madyanova**, Deputy Director, Institute of Leadership and Healthcare Management, Sechenov University of the Ministry of Health of the Russian Federation

Speakers:

- **Georgy Nadareishvili**, First Vice-Rector – Vice-Rector for Strategic Development, Pirogov Russian National Research Medical University
- **Alexander Samoilov**, General Director, A.I. Burnazyan Federal Medical Biophysical Center of the Federal Medical-Biological Agency
- **Tatyana Semenova**, Deputy Minister of Health of the Russian Federation
- **Beatrice Volel**, Director, N.V. Sklifosovsky Institute of Clinical Medicine, Sechenov University of the Ministry of Health of the Russian Federation

Front row participants:

- **Marina Dubovitskaya**, Project Manager "Children's Play Spaces in Hospitals", Charitable Foundation "Life is a Miracle"
- **Yekaterina Kakorina**, Deputy Director for Science and International Relations, Vladimirsky Moscow Regional Research Clinical Institute
- **Olesya Sagaidak**, Deputy General Director, EVOGEN; Researcher, Federal State Budgetary Institution "National Medical Research Center of Cardiology" of the Ministry of Health of the Russian Federation

13:00–14:15

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 2

Medicine for Active Longevity

Getting Active Again: A Fresh Start with Rehabilitation

In partnership with the Federal Medical and Biological Agency of Russia

Rehabilitation is about more than recovering from an injury or illness, it is about returning to a fully active way of life and requires effective new techniques capable of restoring mental health as well as physical. Some of the innovative physical rehabilitation technologies currently in development include robotic systems, VR-therapy, and biomechanical stimulation. Neurorehabilitation is the key to restoring the function lost after a stroke, brain injury, and other neurological disease, and it deserves special mention. A comprehensive approach to rehabilitation integrating physical, psychological, and social elements is essential. It is to this end that Russia has developed and successfully implemented a comprehensive auditory and speech rehabilitation programme for hearing impaired children. How can we move society away from seeing rehabilitation as 'functional recovery' to 'a return to a fully active way of life'? What

new technologies and treatments show the greatest potential for improving quality of life? How important is a multidisciplinary approach to the rehabilitation process? What is the outlook for the development of rehabilitation in Russia? What special rehabilitation programmes exist for military personnel returning from the front lines?

Moderator:

- **Olga Turenko**, Deputy Head, Department of Organization of Medical Care and Industrial Medicine, Federal Medical-Biological Agency of the Russian Federation

Speakers:

- **Anatoly Fesyun**, Acting Director, National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of the Russian Federation
- **Elena Gameeva**, Acting General Director, Federal Scientific and Clinical Center for Medical Rehabilitation and Balneology of the Federal Medical-Biological Agency of the Russian Federation
- **Galina Ivanova**, Chief Visiting Specialist in Medical Rehabilitation of the Ministry of Health of the Russian Federation; Head, Research Center for Medical Rehabilitation, Federal Center for Brain and Neurotechnology of the Federal Medical and Biological Agency of the Russian Federation
- **Elena Kostenko**, Deputy Director for Research, S.I. Spasokukotsky Moscow Scientific and Practical Center for Medical Rehabilitation, Restorative and Sports Medicine, Department of Health of the City of Moscow
- **Denis Kovlen**, Head of the Department of Physical and Rehabilitation Medicine, Kirov Military Medical Academy of the Ministry of Defence of the Russian Federation
- **Mikhail Nikitin**, Chief Visiting Specialist in Sanatorium and Resort Treatment of the Ministry of Health of the Russian Federation
- **Boris Polyaev**, Chief Visiting Specialist in Sports Medicine of the Ministry of Health of the Russian Federation
- **Vladimir Preobrazhensky**, Head, Center for Medical Rehabilitation, National Medical Research Center "Treatment and Rehabilitation Center" of the Ministry of Health of the Russian Federation
- **Viktor Spektor**, General Director, CITO
- **Oksana Vladimirova**, Deputy Head, Medical Higher School (Institute), Russian State Social University; International UN and UNICEF expert on disability and rehabilitation
- **Yury Zinchenko**, Dean of the Faculty of Psychology, Lomonosov Moscow State University; Chief Visiting Specialist in Medical Psychology of the Ministry of Health of the Russian Federation; Director, Federal Scientific Center for Psychological and Interdisciplinary Research

13:00–14:15

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
3rd floor, Business Programme Hall 4

Medicine for Active Longevity

Cooperation for Healthier People

Increasing life expectancy and making people more aware of the importance of healthy lifestyle choices is a socio-economic trend worldwide, and it has a direct impact on quality of life. Contemporary challenges of a demographic nature, among others, and rapidly evolving technology require greater international co-operation on health. We must work with other countries to develop a shared approach to the integration of advanced technologies and exchange experience of effective innovative strategies capable of drastically improving health and longevity. Adding years to people's lives and raising awareness of the importance of healthy lifestyle choices is a multidimensional, multifaceted task, and it requires a comprehensive approach and the engagement of existing socio-economic actors. The agenda for regional and international co-operation between agencies and institutions is preoccupied with strengthening cooperation in digital innovation, personalized medicine, healthcare programmes, prevention, and promoting a responsible civic attitude towards health. What trends are shaping the future of health and longevity globally? What successful innovative strategies and cases are different countries implementing to improve public health and longevity? To what extent do existing national public health management systems satisfy healthcare policy objectives? What programmes and initiatives are needed for communication strategies to be more effective and nations to be able to exchange experience more freely? What areas should be earmarked as priorities for co-operation right now?

Moderator:

- **Ivan Deev**, Director, Department of the Monitoring, Analysis, and Strategic Development of Healthcare, Ministry of Health of the Russian Federation

Speakers:

- **Batyr Berdyklychev**, Representative of the World Health Organization (WHO) in the Russian Federation
- **Almagul Kauysheva**, Director of the Department of Science and Human Resources, Ministry of Health of the Republic of Kazakhstan
- **Asilbek Khudayarov**, Acting Minister of Health of the Republic of Uzbekistan

- **Oleg Kuvshinnikov**, First Deputy Chairman of the Committee of the Federation Council of the Federal Assembly of the Russian Federation on Agrarian and Food Policy and Nature Management; Chairman, Association "Healthy Cities, Districts and Towns"
- **Victoria Makarova**, Minister of Health of the Smolensk Region
- **Ghafur Muhsin Muhsinzoda**, First Deputy Minister of Health and Social Protection of Population of the Republic of Tajikistan

13:15–13:45

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
Outdoor lounge area 5

Women for a Healthy Society

Master class

Мы то, что мы едим. Как можно продлить молодость с помощью питания?

Speaker:

- **Marina Kurganova**, Director, National Agency for the Development of Social Initiatives

14:45–16:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 1

Key Components of a Healthy Lifestyle

The Diet of the 21st Century: Nutrition for an Active and Healthy Life

The past few years have seen a surge in the popularity of biohacking: a body of scientifically proven knowledge allowing everyone to become a biological hacker of their own body in order to unlock its new potential and learn how to manage their health for years to come by adhering to a healthy lifestyle, an important part of this being functional nutrition. You cannot provide your body with the right quantity of proteins, fats and carbohydrates, vitamins, amino acids and minerals, or introduce into your routine diet a useful set of foods that promote health and prevent disease without knowing the properties of foods, aspects of their combination with one another and the rules for preparing them, and without understanding the individual body's characteristics and taking environmental conditions into account. The health-maintaining credo of a person today should be based on medical literacy. While the idea that you can improve your quality of life through a healthy diet is attractive, today, given the availability and uncontrollability of information, it is important for everyone to understand that the development of a healthy diet and healthy eating programme should be supervised by a specialist. Is functional nutrition and so-called "biohacking" really capable of fundamentally changing human nature and helping in achieving a healthy and happy life for many years to come? What should the diet of a modern person be like? What nutrients are essential for a healthy and nutritious diet? How does nutrition affect a person's appearance? What are the global trends in healthy eating? Is it difficult to cook tasty and healthy food, and can "homemade" smart food win in the competition with fast food?

Moderator:

- **Elena Ebadi**, Anti-age Journalist; Founder, ProBeauty Agency

Speakers:

- **Anastasia Badaeva**, Neurologist; Coordinator of Neuronutritional Sciences, Association for Interdisciplinary Medicine; Assistant of the Department of Pathological Physiology, I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University)
- **Elena Chichkanova**, Managing Partner, Communications Director, MAYRVEDA
- **Sergey Leonov**, Chef, Founder, Online Academy of Healthy Eating "ZOzhigay"
- **Alexander Orlov**, Therapist, Cardiologist; Ideologist, RODINA Health Club
- **Ekaterina Sandina**, Chief Teacher of Amateur and Professional Studies, Novikov Space
- **Ekaterina Vasilyeva**, Founder, Arleto Clinic

14:45–16:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
3rd floor, Business Programme Hall 4

Medicine for Active Longevity

One Step Ahead. Innovations in Pharmaceuticals That Determine Our Future

Today, innovative pharmaceuticals are transforming global healthcare at an unprecedented rate. The development of breakthrough technologies in cell and gene therapy, nuclear medicine and radiopharmaceuticals, neurotechnology and other research areas is making possible progress in therapeutic areas considered intractable only recently. Innovative medicines can change the treatment paradigm by targeting and individualizing the causes of many currently untreatable diseases rather than just controlling their symptoms. So the degree of public accessibility of highly effective and innovative drugs that not only prolong or save life but also significantly improve the quality of life of patients with serious chronic diseases reflects the level of efficiency and development of both the pharmaceutical industry and healthcare in general. What are the current trends in global pharmaceutical innovation? What will the immediate future be of disease prevention and therapy shaped by the innovative expansion of the pharmaceutical industry? What impact does development of innovative pharma and introduction of innovative technologies have on the economy and people's standard of living? What regulatory solutions can accelerate introduction of innovations and what barriers still stand in their way? What tools and support measures will allow an innovative environment to be built in the domestic pharmaceutical industry as part of import substitution?

Moderator:

- **Valentina Kosenko**, General Director, Scientific Center for Expertise of Medicinal Products of the Ministry of Health of the Russian Federation

Speakers:

- **Alisa Dzhangiryants**, Deputy General Director for Ensuring Access of Drugs to the Market and Oncology, Swix Healthcare
- **Sergey Glagolev**, Deputy Minister of Health of the Russian Federation
- **Alexey Kosolapov**, Commercial Director, Alexion Pharmaceuticals
- **Vitaliy Omelyanovskiy**, General Director, Center for Healthcare Quality Assessment and Control of the Ministry of Health of the Russian Federation
- **Ekaterina Priezzheva**, Deputy Minister of Industry and Trade of the Russian Federation
- **Lyudmila Scherbakova**, President, Velfarm Group of Companies
- **Oleg Shuhov**, Head of the Department for Analysis of Drug Supply and Circulation of Medical Products in the Subjects of the Russian Federation, National Medical Research Center for Hematology of the Ministry of Health of the Russian Federation

Front row participant:

- **Aleksandr Bykov**, Director of Healthcare Economics, R-Pharm

14:45–16:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 2

Medicine for Active Longevity

Health Saving Technologies: A Response to Global Challenges

In partnership with the Association of Medical Specialists on Risk Modification

In 2023, the average life expectancy in Russia was almost 73.5 years, which is a record high for the country. This record growth is directly attributable to the Healthcare national project and related federal projects. Thanks to these, the availability of primary medical care has been improved significantly, early diagnosis of chronic diseases has become more frequent, and a significant proportion of the Russian population have been covered by preventive medical examinations. All this has had a positive impact on the people's interest in a healthy lifestyle: the number of smokers and alcohol abusers has been reduced. The new task outlined in the Presidential Decree on national development goals is to increase life expectancy to 78 years by 2030 and to 81 years by 2036, including a faster growth in healthy life expectancy. To address these challenges, innovative approaches are required to modify the risks of chronic non-communicable diseases, as well as use of international best practices, including in terms of flexible state regulation and public health management. What are the current global trends in health protection? How to ensure a risk-based approach in regulation. What strategies are available to counter such contemporary global challenges and threats to human health and well-being as tobacco smoking, alcohol, an unhealthy diet, physical inactivity, chronic stress, etc.? How can a transition be ensured to personalized medicine, high-tech healthcare and smart health technologies?

Moderator:

- **Aleksandr Rozanov**, Director, Association of Medical Specialists on Risk Modification

Speakers:

- **Georgy Burkov**, Deputy, Advisor to the Deputy Chairman, Moscow City Duma
- **Viktor Cherepov**, Executive Vice President, Russian Union of Industrialists and Entrepreneurs (RSPP)
- **Sergey Katasonov**, Deputy Chairman of the Government of the Orenburg Region for Interaction with Federal Government Bodies
- **Inna Misnikova**, Chief Visiting Endocrinologist Specialist of the Ministry of Health of the Moscow Region; Leading Researcher, Department of Therapeutic Endocrinology, M.F. Vladimirsky Moscow Regional Research Clinical Institute
- **Larisa Popovich**, Director, Institute for Health Economics, National Research University Higher School of Economics
- **Zaur Shugushev**, Chief Cardiologist, Central Directorate of Health Care -a branch of the Russian Railways; Head, National Medical Research Center for Cardiovascular Surgery, Ministry of Health of the Russian Federation
- **Nataliya Ushakova**, General Director, Social Technologies Group; Chairwoman, Social and Labour Relations Committee and Member of the Management Board, OPORA RUSSIA

16:30–18:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business

Women for a Healthy Society

Stress and Health in the Digital Age: New Challenges and Solutions

The rapid development of medical technologies characterizing the current state of global health offers increasingly opportunities for preventing, supporting and improving mental health. People are becoming more and more interested in mindfulness and stress management practices. Society is becoming more

Programme Hall 1

open and ready to discuss various aspects of mental health but people have less and less free time for themselves, especially those living in big cities. Also in the digital era, people have fewer and fewer live contacts, this raising the demand for mental health support. In today's world, where the boundaries between the virtual and the real are increasingly blurred, maintaining mental health is becoming a priority. The digitalization of the modern world undoubtedly brings many benefits but it also requires us to develop new skills of self-regulation and self-care as mental health is not a static state but a constant process of self-discovery. Through joint efforts, society can successfully adapt to such changes by utilizing advanced technologies in promoting mental health. What challenges and opportunities do people face in adopting digital innovations for mental health? Can artificial intelligence replace a live psychologist? How do modern applications collect quantifiable and qualitatively analyzable data on someone's psycho-emotional state? What innovative programmes and technologies for supporting mental health have proven most effective?

Moderator:

- **Evgenia Kotova**, Deputy Minister of Health of the Russian Federation

Speakers:

- **Olga Chashchina**, Head of Medical Service, Head of the Department of Neurobioregulation, X-Clinic
- **Marina Kurganova**, Director, National Agency for the Development of Social Initiatives
- **Svetlana Shport**, General Director, Serbsky National Medical Research Centre for Psychiatry and Narcology of Ministry of Health of the Russian Federation; Chief Visiting Psychiatrist Specialist of the Ministry of Health of the Russian Federation
- **Alexander Zharkov**, Chairman, Health Committee of the Leningrad Region
- **Alexander Zheleznov**, Founder, Norbu

Front row participants:

- **Elena Bryzgalina**, Head of the Department of Philosophy of Education, Faculty of Philosophy, Lomonosov Moscow State University
- **Sergey Golubev**, Deputy Medical Director, P.B. Gannushkin Psychiatric Clinical Hospital No. 4

16:30–18:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
2nd floor, Business Programme Hall 3

Key Components of a Healthy Lifestyle

Art performance

Art as Medicine

Is it possible for art to be used as a therapy? The term "art therapy" first appeared in the 1940s. At that time, it was about the positive influence of visual art on human health, above all people's psycho-emotional state. Today, this term is interpreted more broadly to embrace music, drama and dance therapy. The practices of the positive impact of art on health are being actively integrated into psychotherapy. It plays a significant role in maintaining health, improving the work of the nervous system, promoting stress relief and relaxation, mobilizing the body's vital resources and improving the quality of life. How exactly does neuroscience explain the impact of art therapy on human health? How popular and widespread are arts-based health promotion practices in healthcare today? Is it possible to use art as a complete medicine? Is it possible to prevent any diseases using art? And can art be considered a necessary element of a healthy lifestyle?

The art performance will be accompanied by an instrumental orchestra.

Speaker:

- **Alexey Danilov**, Director, Institute of Interdisciplinary Medicine; Head of the Department of Nervous Diseases, I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University)

16:30–18:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 2

Key Components of a Healthy Lifestyle

Food Culture in Russia. A Habit or Tradition?

Health is inextricably linked to what we eat. Given the cultural and climatic diversity of our country's population, different dietary traditions have developed historically, this determining, in many respects, the specific features of morbidity and prevalence of certain health risks. Differences in dietary culture also exist among urban and rural populations, younger and older groups. According to various estimates, Russia's rural population, especially older men, consumes significantly more added sugar and salt, while not consuming enough fruit and vegetables. Urban dietary patterns, on the other hand, are characterized by more balanced diets and higher consumption of dairy products, meat and plant foods. Today we can say in general that the nutritional behaviour of the population is changing towards a healthier and more conscious one, but it is still an important task for the state and public health experts to inform the population about proper and healthy nutrition. How are the food habits of Russia's people shaped - by family, environment or tradition? How does a family's financial status influence the formation of dietary habits and what can be done to balance the possibilities of people with different income levels? What strategies for establishing good eating habits from early childhood have proven most effective? What

healthy eating programmes are considered optimal for modern people? How to effectively inform the population about food culture and healthy foods.

Moderator:

- **Olga Kobyakova**, Director, Russian Research Institute of Health

Speakers:

- **Elena Baturova**, Deputy Chairman of the Board, Russian Agricultural Bank
- **Inna Bogdanova**, Founder, Brand of natural low-carb products Beauty Bite
- **Ildar Fakhradiev**, Head of the Science and Technology Park, S.D. Asfendiyarov Kazakh National Medical University
- **Inna Korotenina**, Senior Quality Director, Vkusno – i Tochka
- **Zukhra Pavlova**, Endocrinologist, Doctor of Medical Sciences, Senior Employee of the Department of Age-Associated Diseases of the Lomonosov Moscow State University

Front row participants:

- **Daria Bagreeva**, Acting Head of the Department of Food Hygiene, Federal Scientific Center for Hygiene named after F.F. Erisman
- **Irina Ilyukhina**, General Director, ArtVkus

16:30–18:00

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
3rd floor, Business Programme Hall 4

Medicine for Active Longevity

How to Prevent the Progression of Diseases in the Modern World? Live and Learn to Be Healthy

Significant efforts are being made in Russia to shift the healthcare paradigm from disease treatment to prevention. A programme of medical check-ups is being developed, preventive examinations are being made more accessible, and public health technologies are growing in popularity. Even so, in order to achieve a full life expectancy of 80 years, additional preventive efforts and health-maintaining technologies need to be introduced to reduce the risk of disease, lower premature mortality rates and improve the quality of life in general. What role does prevention play in public health development? How can the focus within the healthcare system be shifted from treatment to preventive medicine? How can the potential of modern preventive pharmacy be increased? What technologies and medicines will help us to live happily ever after?

Moderator:

- **Oksana Drapkina**, Director, National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation; Chief Visiting Specialist in Therapy and General Medical Practice of the Ministry of Health of the Russian Federation

Speakers:

- **Aleksandr Gintsburg**, Director, Honorary Academician N.F. Gamaleya National Research Center for Epidemiology and Microbiology of the Ministry of Health of the Russian Federation
- **Evgeny Kamkin**, Deputy Minister of Health of the Russian Federation
- **Andrey Kaprin**, General Director, National Medical Research Radiological Centre of the Ministry of Health of the Russian Federation; Chief Visiting Oncologist Specialist of the Ministry of Health of the Russian Federation
- **Ekaterina Milova**, Director for Development, ORBI Foundation
- **Oksana Nemakina**, Minister of Health of the Zabaikalsky Krai
- **Tatyana Savinova**, Vice-Governor – Deputy Chairman of the Government of the Orenburg Region for Social Policy; Minister of Health of the Orenburg Region
- **Olga Starikova**, Head of the Directorate of Projects Support and Traditional Media, National Priorities
- **Yan Vlasov**, Co-Chairman, Russian Patient Association (**video message**)

Front row participant:

- **Tamara Zhilyaeva**, Chief Physician, Kuzbass Center for Public Health and Medical Prevention; Chief Regional Specialist for Medical Prevention of the Ministry of Health of Kuzbass

July 25, 2024

10:00–11:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 2

Medicine for Active Longevity

Looking Beyond the Limits of What's Possible: Can We Freeze the Aging Process?

Increasing life expectancy is the result of medicine's consistent victory over life-threatening diseases. Yet, the discovery and development of innovative technologies in relation to each chronic disease can increase life expectancy by only a few years. Today, advanced science is trying to make a kind of quantum leap, setting itself a fundamentally new task: to cancel aging, freezing all functions of the organism at the level of a biological age of no more than 30–40 years, and to increase human life expectancy many times over. Even so, if the issues of radical life prolongation are still a matter of visionary thinking, the task of achieving a healthy long life is on today's healthcare agenda. How does aging happen? Is it possible to "crack the age code", increasing human life several fold; how close to a long life has science come? What can pharmacology, genetics, regenerative medicine offer today to increase the life span? What innovative solutions are available today to stop age-associated diseases developing? Why and how does a healthy lifestyle trigger anti-aging mechanisms? How can disease prevention be incorporated into the formula for future longevity? And is humanity today ready to live happily ever after?

Moderator:

- **Olga Krivonos**, Deputy Chief of Staff of the Government of the Russian Federation

Speakers:

- **Vittorio Calabrese**, Professor, University of Catania (UNICT); President, ESAAM; European Academy Antiaging Medicine
- **Ilya Eremin**, Deputy Director for Research, B.V. Petrovsky Russian National Research Center of Surgery
- **Alexey Moskalev**, Director of the Research Institute of Aging Biology, N.I. Lobachevsky National Research Nizhny Novgorod State University
- **Mikhail Piradov**, Vice President, Russian Academy of Sciences
- **Kirill Rodin**, Director of Government Relations, Russian Public Opinion Research Center
- **Olga Tkacheva**, Director of the Russian Gerontological Research and Clinical Center, N.I. Pirogov Russian National Research Medical University» of the Ministry of Health of the Russian Federation; Chief Visiting Geriatrician Specialist of the Ministry of Health of the Russian Federation

10:00–11:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 1

Women for a Healthy Society

Heart to Heart Conversation: How a Woman Sees Herself in a Healthy Society

The modern woman has many opportunities for self-realization. Yet, such freedom does not come cheaply. In exchange for equal rights, society has given women the responsibility to be simultaneously, a mother, wife, educated, well-groomed, and professionally successful. Today, women cannot afford to limit themselves to a single social role: in the family, it is often the woman who takes responsibility for building a healthy climate, while also giving her energies to professional fulfilment and promoting society's health agenda. While striving to combine social roles harmoniously, a woman should not squander the valuable personal resource that helps a person avoid emotional and professional burnout. Health, family, career – these are the aspects of a woman's harmonious development and a balance between them must be struck and maintained. How does a woman see herself in modern society? What values and needs are shaping her way of life? Is a woman ready to follow society's demands regarding her social roles? Why is it important for women in building a healthy society? Are family and children a burden or an incentive to self-realization for modern women? How to balance women's employment in the family and at work. What measures could help women protect their time and boundaries, promote harmonious development and restore their personal resources?

Moderator:

- **Daria Reshke**, Publisher, Moskvichka

Speakers:

- **Irina Gildebrandt**, Director of Strategic Projects, NAFI Research Center
- **Maria Grudina**, Co-Founder, "First Line. Health Care Resort"
- **Vladimir Sheikin**, General Director, IRONSTAR
- **Ksenia Zaitseva**, Founder, XELLA Aesthetic Medicine Clinic

Front row participants:

- **Natalia Baklanova**, Communications Director, LIBREDERM
- **Yulia Lapshina**, Founder, Communications Agency Brand Navigator Agency
- **Anna Petrosyan**, Head of Community Marketing, OSKELLY

10:00–11:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
3rd floor, Business Programme Hall 4

Women for a Healthy Society

Social Projects That Change Lives for the Better

Social effects are those favourable changes in the life of society achieved through successful implementation of projects. Creation of additional social services or modernization of existing ones, development of systemic solutions at the federal level to improve the public's quality of life and life expectancy are all important transformations implemented directly for the people constitute the project target audience. As a result of two all-Russia contests "Women for a Healthy Society", innovative projects have been selected as having a positive impact on the lives of modern women, families with children and single parents. How do the social projects of the Women for a Healthy Society movement change people's lives in Russia? What is the significance of such projects in practice? What social projects have proven most effective? What cumulative social effect of the Women for a Healthy Society movement's initiatives is already noticeable, two years into the project?

Moderator:

- **Olga Postnikova**, Chief Executive Officer, Dobroe Delo Social Care Centre

Speakers:

- **Diana Farakhova**, Member, Public Chamber of the Republic of Bashkortostan; Chairperson of the Supervisory Board, Mother of the Republic of Bashkortostan
- **Lyudmila Keshchyan**, Doctor of the Highest Qualification Category in the Specialty "Obstetrics and Gynecology", Naro-Fominsk Perinatal Centre
- **Larisa Nazarova**, President, BlagoDat Charitable Foundation
- **Natalya Rodikova**, Editor-in-Chief, "New Hearth" Magazine
- **Sergey Rybalchenko**, General Director, Scientific and Public Expert Evaluation Institute; Chair, Commission for Demography and the Protection of Family, Children, and Traditional Family Values, Public Chamber of the Russian Federation
- **Tatiana Shestakova**, Executive Director, "Healthy Cities, Districts and Towns" Association
- **Irina Shuvalova**, Minister of Labor and Social Development of the Rostov Region

Front row participant:

- **Vera Korennaya**, Chief Visiting Specialist in Gynecology of the Department of Health, Moscow Government

10:30–11:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
Outdoor lounge area 5

Women for a Healthy Society

Master class

Contemporary Cosmetology: Trends

Is modern science for or against a preventative approach in cosmetology? This masterclass will introduce you to contemporary cosmetology's most important trends, including preventative aesthetic treatments, why hardware methods are not always effective, and why a full body medical examination is important even in the case of minimally invasive procedures. The body is a holistic biological system, and the condition of a person's skin is a reflection of their overall health and bodily functions. That is why a cosmetologist should always work together with other physicians – endocrinologists and gynaecologists in particular – and why internal organ dysfunction may affect one's appearance. What can the skin, the largest organ of the human body, tell us about other health problems? How can we evaluate a cosmetologist's professional competence? How does a cosmetologist interact with doctors of related specialities? What accounts for the positive impact of a preventative approach in cosmetology? What professional Russian cosmetic brands exist on the market and in what ways are they superior to foreign analogues?

Speaker:

- **Sophia Teter**, Cosmetologist, Dermatologist, Maxillofacial Surgeon

12:00–13:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
2nd floor, Business Programme Hall 3

Key Components of a Healthy Lifestyle

Open dialogue with the Minister of Health of the Russian Federation

What the Minister Prescribed

Health and sport are an integral part of everyday life for lots of people, even for those who have a really tight schedule. Actors, athletes, doctors, and people in high government positions, despite their busy lives, find time to look after their health and adhere to certain principles of a healthy lifestyle. These principles are crucial not only for personal well-being, but also for setting positive examples for society. During an open conversation with the Russian minister of health, prominent speakers will share their experiences and speak about how they integrate healthy habits into their lives and what they believe needs to be done to popularize healthy lifestyle technologies among the public. The session will focus on five ways to maintain a healthy lifestyle: proper nutrition, physical activity, sleep, quitting bad habits, and

stress management.

Moderator:

- **Mikhail Murashko**, Minister of Health of the Russian Federation

Speakers:

- **Igor Artamonov**, Governor of Lipetsk Region
- **Alexey Nemov**, Ambassador, "Sport – A Way of Life" Federal Project; Four-Time Olympic Champion in Artistic Gymnastics; Vice President, Artistic Gymnastics Federation
- **Daria Poverennova**, Theatre and Film Actress; Honored Artist of the Russian Federation
- **Denis Protsenko**, Chief Visiting Specialist in Anesthesiology and Resuscitation of Moscow Healthcare Department; Director, Moscow Multidisciplinary Clinical Center "Kommunarka"
- **Aleksandr Rumyantsev**, Scientific Director, Dmitry Rogachev National Research Centre

14:00–15:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 1

Medicine for Active Longevity

Only Together: Doctors and Patients against Diabetes

"Only together!" – that's what doctors say about the strategy for fighting diabetes mellitus. Despite the fact that, today, the intensive development of medicine has opened up new opportunities for diagnosing and compensating for this disease, with ongoing development of technology, personal medical assistants and innovative drugs for treating type I and type II diabetes mellitus, it is impossible to ensure a high quality of life without the patient themselves being involved. At the request of the Russian President, a new federal project "Combating diabetes mellitus" has been developed and approved. While it is important to achieve results such as ensuring broad access to modern medicines, technology and medical devices, creating favourable conditions for developing new technologies in the field of gene and immune therapy, and rapidly introducing them into clinical practice to save millions of lives depends directly on the level of vigilance of both patients and physicians with regard to diabetes, as well as development of a responsible attitude in patients towards their own health. Another important factor is creation of a systematic educational environment for teaching the basic principles of living with type I and type II diabetes. What are the most promising innovative technologies for treating diabetes mellitus? What is the role of a multidisciplinary approach in preventing and treating diabetes mellitus? How to provide training and professional development for diabetic care providers. How can lifestyle education for patients with diabetes be integrated into the healthcare system? What digital solutions and technologies can provide a single platform for doctors and patients to help unite their efforts in the fight against diabetes?

Moderator:

- **Elena Aksenova**, Director, Research Institute for Healthcare Organization and Medical Management of Moscow Healthcare Department

Speakers:

- **Gagik Galstyan**, President, Russian Diabetes Association
- **Sergei Lukyanov**, Rector, N.I. Pirogov Russian National Research Medical University
- **Inna Makarova**, Chief Physician, Clinic "Source of Longevity"
- **Natalia Mokrysheva**, Director, Head of the Department of Personalized and Translational Medicine, National Medical Research Center of Endocrinology of the Ministry of Health of the Russian Federation; Corresponding Member of the Russian Academy of Sciences
- **Elena Petryaykina**, Director, Russian Children's Clinical Hospital – Branch of N.I. Pirogov National Medical and Surgical Center of the Ministry of Health of the Russian Federation
- **Anastasia Stolkova**, First Deputy Chief Executive Officer for Development, Director of the Healthcare Directorate, Roscongress Foundation

Front row participant:

- **Natalya Galkina**, Head of the Diabetic Foot Center, Endocrinologist of the Highest Qualification Category, Federal Scientific and Clinical Center of Physical and Chemical Medicine named after Academician Yu.M. Lopukhin, Federal Medical and Biological Agency of Russia

14:00–15:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
1st floor, Business Programme Hall 2

Medicine for Active Longevity

Investing in the Health of the People of the Future

The Russian state guarantees its citizens unique access to free medical care. Even so, society itself should be guided by the realization that the main aspect of maintaining a healthy and active life for many years to come is investment in one's own health. Investing in health, specifically making a conscious choice in favour of preventive measures, such as regular medical examinations and checkups, including with use of modern genetic diagnostic technologies, incorporating use of digital assistants, services and telemedicine technologies into daily practice, as well as following the principles of a healthy lifestyle, helps in reducing future risks of developing serious diseases at a young age. Development of health-

maintaining technologies for human beings and timely investment in their own health not only contributes to long-term preservation of the quality of life but also brings significant economic benefits in the long term for both the state and each individual, making it possible to save money on treatment and preserve the ability to work for as long as possible. How can society be motivated to invest in health and which institutions will share responsibility for this "healthy habit"? How can we encourage the development of health-maintaining technologies and ensure that they reach the end user quickly? What opportunities in early diagnosis and health monitoring are offered by development of biotechnology? What are the prospects for and potential of digital medtech in public health? What comprehensive health improvement programmes are offered today by medical and sanatorium-resort facilities and can they be made affordable for everyone? How will the paradigm of investing in health set the stage for people of the future to live long and active lives?

Moderator:

- **Evelina Zakamskaya**, TV Presenter, Russia 24 TV Channel; Chief Editor, Doctor TV Channel

Speakers:

- **Alexey Alehin**, President, Altaivitamins
- **Oleg Apolikhin**, Member of the Public Chamber of the Russian Federation; Corresponding Member of the Russian Academy of Sciences
- **Vittorio Calabrese**, Professor, University of Catania (UNICT); President, ESAAM; European Academy Antiaging Medicine
- **Maria Grudina**, Co-Founder, "First Line. Health Care Resort"
- **Svetlana Gruznykh**, Acting Deputy Governor of the Tomsk Region for Social Policy
- **Mohamed Hassany**, Assistant to the Minister of Health for Public Health Projects and Initiatives, Egypt Healthcare Authority
- **Alla Samoylova**, Head, Federal Service for Surveillance in Healthcare (Roszdravnadzor)

Front row participant:

- **Veronika Aksenova**, Director of the Center for Biological and Medical Technologies in the field of Integrated Diagnostics and Monitoring, Skolkovo Foundation

14:00–15:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
3rd floor, Business Programme Hall 4

Women for a Healthy Society

A Healthy Family: The Cornerstone of the Population Protection Policy

A healthy family is a family that shares health values, is orientated towards disease prevention and leads an active healthy lifestyle. A healthy family builds a culture of family relations based on the traditions of having many children and respect for one another, care for the younger generations and a respectful attitude towards the elderly. This is an alliance of people who, based on the paradigm of personal responsibility for protection of Russia's population and the well-being of society as a whole, build a system of intra-family values based on commitment to spiritual and moral traditions, adherence to civic duty and love of the homeland. Formation of a society focused on building strong and healthy family unions that preserve traditions in order to pass them on to younger generations, while also implementing a set of policy measures to support such families, this lies at the heart of Russia's strategy for protecting its population. What factors influence the formation of a healthy lifestyle as a family cultural tradition? How to educate a society whose value system relies on a healthy, fully-fledged, big family? How to embed moral spirituality, patriotism, reverence for historical and cultural heritage in basic family values. What state support measures should contribute to the formation of a healthy family as the basis of Russia's population protection policy?

Moderator:

- **Inna Svyatenko**, Deputy Chairman of the Federation Council of the Federal Assembly of the Russian Federation

Speakers:

- **Elena Golukhova**, Director, A.N. Bakulev National Medical Research Center for Cardiovascular Surgery of the Ministry of Health of the Russian Federation; Chief Visiting Specialist in Arrhythmologist of the Ministry of Health of the Russian Federation
- **Natalia Kostenko**, Head of the Department of Planning and Organization of Medical Care, Central Healthcare Directorate, Russian Railways
- **Saniyam Koval**, President, Charity Foundation Give Sunlight
- **Natalya Moskvitina**, Member, Russian Public Chamber; Presenter, Spas TV Channel; Co-Founder, President, Charitable Foundation for the Support of Family, Motherhood and Childhood "Women for Life"
- **Ekaterina Myslitskaya**, General Director, Family Together Charitable Foundation

Front row participants:

- **Viktoriya Bessonova**, Acting Deputy Chairman of the Government of the Zabaikalsky Krai

- **Lyubov Drozdova**, Head of the Polyclinic Therapy Laboratory, National Medical Research Centre for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation; Chief Visiting Specialist in Medical Prevention of the Ministry of Health of the Russian Federation
- **Aleksandra Zaitseva**, Practicing Psychologist; Blogger

14:00–15:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
Outdoor lounge area 5

Key Components of a Healthy Lifestyle

Master class

Healthy Lifestyle Trends to Change Lives for the Better**Speaker:**

- **Olga Kobyakova**, Director, Russian Research Institute of Health

15:30–16:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
Outdoor lounge area 5

Women for a Healthy Society

Master class

Vaccinating Yourself Against Obesity

Despite everything we already know about nutrition, obesity and ailments resulting therefrom remain the number one cause of death among non-communicable diseases. Obesity is the great pandemic of the 21st century, and it threatens the health of people everywhere. According to statistics, 90% of weight gain is related to eating habits. The influence of behaviour on obesity is psychological in nature. This masterclass will acquaint participants with the secret ingredient missing from the well-known admonition to 'eat less and move more' and how to get 'psychologically vaccinated' against obesity. The masterclass will likewise provide an opportunity to test out several practical exercises from the only psychological weight loss programme to attract the attention of the Institute of Nutrition of the Russian Academy of Sciences. This masterclass will benefit people looking to lose weight and dietitians and nutritionists.

Speaker:

- **Galina Turetskaya**, Psychologist; Full member of the All-Russian Professional Psychotherapeutic League

16:00–17:30

Lomonosov Cluster of the Sparrow Hills ISTC of Moscow State University
2nd floor, Business Programme Hall 3

Women for a Healthy Society

Strategic session

Women for a Healthy Society: Trends and Initiatives for Active Longevity

Increasing healthy life expectancy and an active long life have been identified as a fundamental trend in social transformation policy in Russia. Today, it is being shaped with active participation by women. Their driving role is becoming more and more prominent in each of the areas constituting the basis of the strategy for protecting the population and improving the nation's health - achieving drug safety, developing medical science, introducing innovative medical products and biomedical technologies, and shaping a preventive model of healthcare and society's commitment to the values of a healthy lifestyle. Further expansion of opportunities for realizing women's potential, strengthening their leadership role in political and socio-economic life, and comprehensive support for women's activities related to launching and promoting initiatives in the area of health and social well-being ultimately have a key impact on the development of a healthy society in Russia and make a significant contribution to preservation of a healthy, long and active life for the people of Russia. How fully realized is the role of women in the social sphere today and what measures can give an impetus to growth of women's initiatives to increase the potential for an active long life in Russia? What exactly can women offer the Russian population in terms of health maintenance and an extended healthy life expectancy? How to build the right mechanism for supporting and consolidating women and helping them jointly realize their ideas and social projects. What is the role of women in achieving the goals of the new national health project?

Moderator:

- **Galina Karelova**, Chair, Council of the Eurasian Women's Forum

Speakers:

- **Evgenia Kotova**, Deputy Minister of Health of the Russian Federation
- **Olga Krivonos**, Deputy Chief of Staff of the Government of the Russian Federation
- **Ekaterina Priezzheva**, Deputy Minister of Industry and Trade of the Russian Federation
- **Alla Samoylova**, Head, Federal Service for Surveillance in Healthcare (Roszdravnadzor)
- **Lyudmila Scherbakova**, President, Velfarm Group of Companies
- **Anastasia Stolkova**, First Deputy Chief Executive Officer for Development, Director of the Healthcare Directorate, Roscongress Foundation
- **Tatyana Yakovleva**, First Deputy Head, Federal Medical-Biological Agency of the Russian Federation

- **Elena Zhidkova**, Head, Central Directorate of Healthcare – a branch of the Russian Railways