*Following its introduction of the first of its kind globally licensing framework*

**Department of Health – Abu Dhabi licenses Institute for Healthier Living Abu Dhabi as the world’s first specialised Healthy Longevity Medicine Centre**

**Abu Dhabi, United Arab Emirates – 19 November 2024:** The Department of Health – Abu Dhabi (DoH) has announced the licensing of the Institute for Healthier Living Abu Dhabi (IHLAD) as the first specialised healthy longevity medicine centre in the world. This designation follows the institute’s successful adherence to the licensing framework standards developed by DoH, marking a first-of-its-kind initiative worldwide.

The IHLAD will provide a comprehensive range of services aiming to optimise health span of individuals and the population by targeting the fundamental aging process and chronic disease progression throughout the lifespan. Through a blend of preventative and therapeutic practices, the institute will empower community members to adopt healthier lifestyles. IHLAD will offer AI enabled personalised and collaborative treatments tailored to the patient’s biology, lifestyle, goals and clinical needs.

Dr Rashed Obaid Al Suwaidi, the Executive Director of the Healthcare Workforce Planning Sector at the Department of Health – Abu Dhabi (DoH), said: “The Department of Health – Abu Dhabi (DoH) is pleased to license the Institute for Healthier Living Abu Dhabi (ILHAD) as the world’s first specialised Healthy Longevity Medicine Centre. The development of this regulatory framework and set of standards reflects the department’s commitment to empowering the emirate’s healthcare ecosystem. This initiative marks a significant step in our transition from a reactive to a proactive healthcare model that prioritises disease prevention and holistic wellness at its core. These efforts further cement Abu Dhabi’s position as a global leader in healthcare excellence.”

Dr Nicole Sirotin, CEO of the Institute for Healthier Living and HLMS Council Member said: “The rising global burden of disease places unprecedented demands on individuals and healthcare systems. In order to counteract this, we must shift our collective efforts toward optimising health span and reducing the burden of chronic disease. The Department of Health - Abu Dhabi, in partnership with the Institute for Healthier Living Abu Dhabi and the Healthy Longevity Medicine Society, has introduced the world’s first evidence-based guidelines for healthy longevity medicine. This framework not only establishes new clinical standards but also redefines the next era of precision healthcare—promising a future where optimal health and extended longevity become the new reality for all.”

The IHLAD supports the UAE's vision for excellence in life sciences, healthcare and innovation. As the world's first regulated longevity medicine facility, it will contribute to establishing new global standards in healthy longevity medicine, promising a future where optimal health and enhanced longevity becomes the new standard of living.

The HLMCs will be equipped to address various aspects of care, including lifestyle, medications and therapeutics, mental well-being, social and environmental factors. This includes diagnostic and interventional services designed to prevent and treat age-related conditions, enhance physical fitness, improve rehabilitation outcomes, ensuring that optimal health and enhanced longevity become the new standard of living.

For more information on the standards for Healthy Longevity Medicine Centres, visit: <https://www.doh.gov.ae/-/media/01AAA6E9CC9942EAA6887E414234814F.ashx>.

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**About Department of Health – Abu Dhabi (DoH):**

The DoH is the regulatory body of the healthcare sector at the Emirate of Abu Dhabi and ensures excellence in healthcare by monitoring the health status of the population. DoH defines the strategy for the health system, monitors and analyses the health status of the population and performance of the system. In addition, DoH shapes the regulatory framework for the health system, inspects against regulations, enforce standards, and encourages adoption of world-class best practices and performance targets by all healthcare service providers in the Emirate. DoH also drives programmes to increase awareness and adoption of healthy living standards among the residents of the Emirate of Abu Dhabi in addition to regulating scope of services, premiums and reimbursement rates of the health system.

For further information on DOH, visit <https://www.doh.gov.ae/> and follow on [X](https://twitter.com/dohsocial), [Instagram](https://www.instagram.com/dohsocial/), [Facebook](https://www.facebook.com/DoHSocial/), [LinkedIn](https://ae.linkedin.com/company/dohsocial) and [YouTube](https://www.youtube.com/c/dohsocial).

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