# XPrize Healthspan launches $101m challenge to extend healthy ageing by up to 20 years



The recent announcement of the $101 million XPrize Healthspan marks a significant moment in the global fight against the effects of ageing. Valued as the largest prize focused on longevity to date, this initiative seeks bold solutions to rejuvenate muscle, cognitive function, and immune response in individuals aged 50 to 80. The XPrize Foundation and its partners, notably the Hevolution Foundation, underscore the audacity of this endeavour, which aims to redefine our understanding and approach to ageing over the next seven years.

Jamie Justice, the executive director of XPrize, articulated the competition's transformative potential, stating, “This competition isn’t just accelerating progress; it’s shattering the limits of what’s possible when it comes to ageing.” Indeed, the undertaking is not merely about pushing the boundaries; it is about fundamentally altering how society addresses the inevitable decline in health that often accompanies increased longevity. The winner of this competition is expected to develop a method that not only restores key physiological functions by at least ten years but ideally up to twenty, with an emphasis on accessibility and immediacy post-award.

Recent reports highlight the widening chasm between overall life expectancy and the quality of life in later years. For instance, in the UK, women spend an average of 22 years in poor health, while men experience 17 years plagued by chronic conditions. This discrepancy reveals a pressing need for innovations that extend not just lifespan but healthspan—the period during which individuals enjoy good health. The XPrize initiative will directly tackle this issue by promoting strategies that enhance quality of life rather than simply extending life.

The competition is unique not only in scale but also in its scope. Unlike many traditional medical interventions that focus reactively on specific diseases, the XPrize Healthspan aims to target the underlying processes of biological ageing. Justice noted that the expected interventions would not hinge on conventional disease management, giving preference to holistic strategies that include lifestyle modifications alongside technological innovations. The proposed solutions have ranged considerably from pharmacological interventions, such as repurposed drugs like metformin and rapamycin, to lifestyle-based strategies that incorporate tailored exercise and diet plans.

An encouraging aspect of this competition is its inclusiveness, attracting over a thousand applicants including scientists, engineers, and biohackers. Among the promising entries are teams focused on harnessing biomedical technologies—such as stem cell therapies and immunotherapies—as well as behavioural approaches melded with cognitive training and community engagement. These diverse strategies reflect an understanding that the path to healthier ageing is multifaceted, blending scientific innovation with lifestyle adjustments to support longevity.

Additionally, the competition includes a $10 million bonus specifically aimed at restoring muscular function in patients suffering from Facioscapulohumeral Muscular Dystrophy (FSHD). This nuanced focus clearly indicates an intention to not only advance general healthspan but also to address specific, debilitating conditions that disproportionately impact quality of life for many.

This ambitious undertaking aligns with similar global initiatives, such as the $1 billion commitment from the Hevolution Foundation for longevity research and clinical trials. Such funding points to a burgeoning market and a heightened recognition of the importance of health as we age. The urgent call to action on ageing comes as lifestyles across the globe evolve, underscoring the necessity for proactive measures that address chronic ailments often associated with advanced age.

Justice believes that the XPrize Healthspan competition has the potential to revolutionise approaches to ageing, stating, “Success will profoundly change our approach to ageing and positively affect quality of life and healthcare costs.” The implications of this endeavour could resonate widely, particularly as countries grapple with the economic burden of an ageing population—a challenge that necessitates innovative solutions.

As the shortlist of semi-finalists is set to be unveiled, the anticipation around the potential breakthroughs in the field is palpable. With various teams proposing a blend of advanced therapies and novel lifestyle interventions, the competition is emblematic of a broader shift towards harnessing science and technology for the betterment of human health.

In an era where medical interventions often lag behind the latest scientific insights, the XPrize Healthspan stands as a beacon of hope, promising that the healthspan can indeed be extended, allowing individuals not just to live longer, but to live better.

### Reference Map

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## Bibliography

* <https://www.theguardian.com/science/2025/may/11/101m-xprize-healthspan-longevity-research-prize-ageing> - Please view link - unable to able to access data
* <https://www.xprize.org/articles/xprize-hevolution-solve-fshd-launch-101-million-healthspan-largest-history> - The XPRIZE Foundation, in partnership with the Hevolution Foundation and SOLVE FSHD, has launched the $101 million XPRIZE Healthspan competition. This seven-year global initiative aims to incentivize teams to develop therapeutics that restore muscle, cognitive, and immune function by a minimum of 10 years, with a goal of 20 years, in individuals aged 65-80. The therapeutic treatment must be completed within one year. The competition also includes a $10 million FSHD Bonus Prize for teams that demonstrate the ability to restore lost muscular function due to Facioscapulohumeral Muscular Dystrophy (FSHD) in one year or less. The announcement was made alongside Hevolution’s Global Healthspan Summit in Riyadh, Saudi Arabia. ([xprize.org](https://www.xprize.org/articles/xprize-hevolution-solve-fshd-launch-101-million-healthspan-largest-history?utm_source=openai))
* <https://learning.xprize.org/prizes/healthspan> - The XPRIZE Healthspan competition is a seven-year, $101 million global initiative designed to revolutionize the approach to human aging. The competition is made possible through the generosity of co-title sponsors Hevolution and SOLVE FSHD, along with other individual sponsors. The goal is to develop a proactive, accessible therapeutic that reduces the risk of chronic age-related diseases, increases human healthspan, and extends quality of life well into later years. The competition is structured across two tracks: the main XPRIZE Healthspan and the $10 million FSHD Bonus Prize. The competition aims to prove that it is possible to improve health as we age and to create guidelines and new solutions for healthy aging. ([learning.xprize.org](https://learning.xprize.org/prizes/healthspan?utm_source=openai))
* <https://www.forbes.com/sites/alexknapp/2023/11/29/new-xprize-will-award-101-million-to-innovators-who-can-reverse-aging/> - The XPRIZE Foundation has announced a new $101 million 'Healthspan' XPRIZE, aiming to reward research teams that can develop therapies to reverse age-related degradation in cognition, immune system, and muscle function in healthy adults aged 65-80. The prize includes a $10 million bonus for teams able to reverse muscle degradation among patients with Facioscapulohumeral Muscular Dystrophy (FSHD). The treatments must be completed within one year and demonstrate efficacy for at least ten years. Funding for the prizes comes from various sources, including $40 million from the Hevolution Foundation and $26 million from Lululemon founder Chip Wilson. ([forbes.com](https://www.forbes.com/sites/alexknapp/2023/11/29/new-xprize-will-award-101-million-to-innovators-who-can-reverse-aging/?utm_source=openai))
* <https://www.forbes.com/sites/josipamajic/2024/09/12/the-trillion-dollar-quest-for-healthier-aging-how-hevolution-foundation-is-reshaping-longevity-research/> - The Hevolution Foundation is reshaping longevity research by bridging academia and industry. The foundation has made strategic investments in biotech companies like Aeovian Pharmaceuticals, contributing $20 million to advance therapies targeting the mTORC1 biological pathway. This approach aims to catalyze private sector involvement in longevity research. Hevolution has also partnered with XPRIZE to launch the $101 million Healthspan global competition, challenging teams to develop therapeutics that target biological aging. The foundation emphasizes the importance of ensuring equitable access to these advancements, especially in low and middle-income countries. ([forbes.com](https://www.forbes.com/sites/josipamajic/2024/09/12/the-trillion-dollar-quest-for-healthier-aging-how-hevolution-foundation-is-reshaping-longevity-research/?utm_source=openai))
* <https://www.businesswire.com/news/home/20231212060240/en/Extended-Longevity-Enters-XPRIZE-Healthspan-Competition-with-Groundbreaking-Anti-Aging-Solutions> - Extended Longevity, a company specializing in longevity and anti-aging, has entered the $101 million XPRIZE Healthspan competition. The company focuses on reversing biomarkers of aging through natural product solutions, targeting internal biological factors that control aging. Their approach has shown promising results in reducing aging biomarkers, including improvements in epigenome health and telomere length, as well as optimal immune and inflammatory responses. ([businesswire.com](https://www.businesswire.com/news/home/20231212060240/en/Extended-Longevity-Enters-XPRIZE-Healthspan-Competition-with-Groundbreaking-Anti-Aging-Solutions?utm_source=openai))