



Health + Wellness: Opportunities for Innovation and Engagement

Enjoying the Aging Process

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Life Span

- *Life span* - the “absolute” longest a human is capable of living

The Oldest Human – Jeanne Calment (1875-1997)



1900



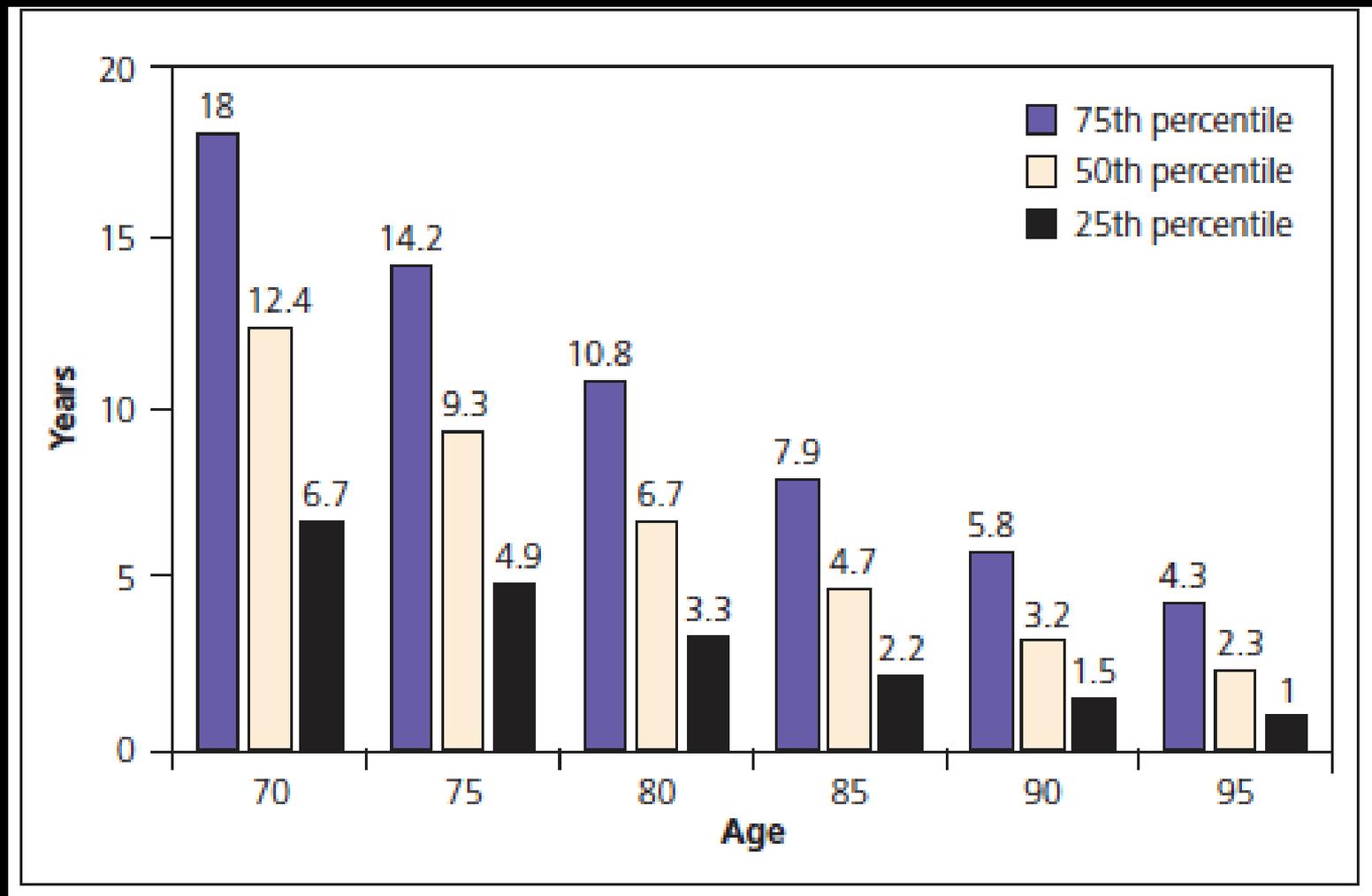
1995

Life Expectancy

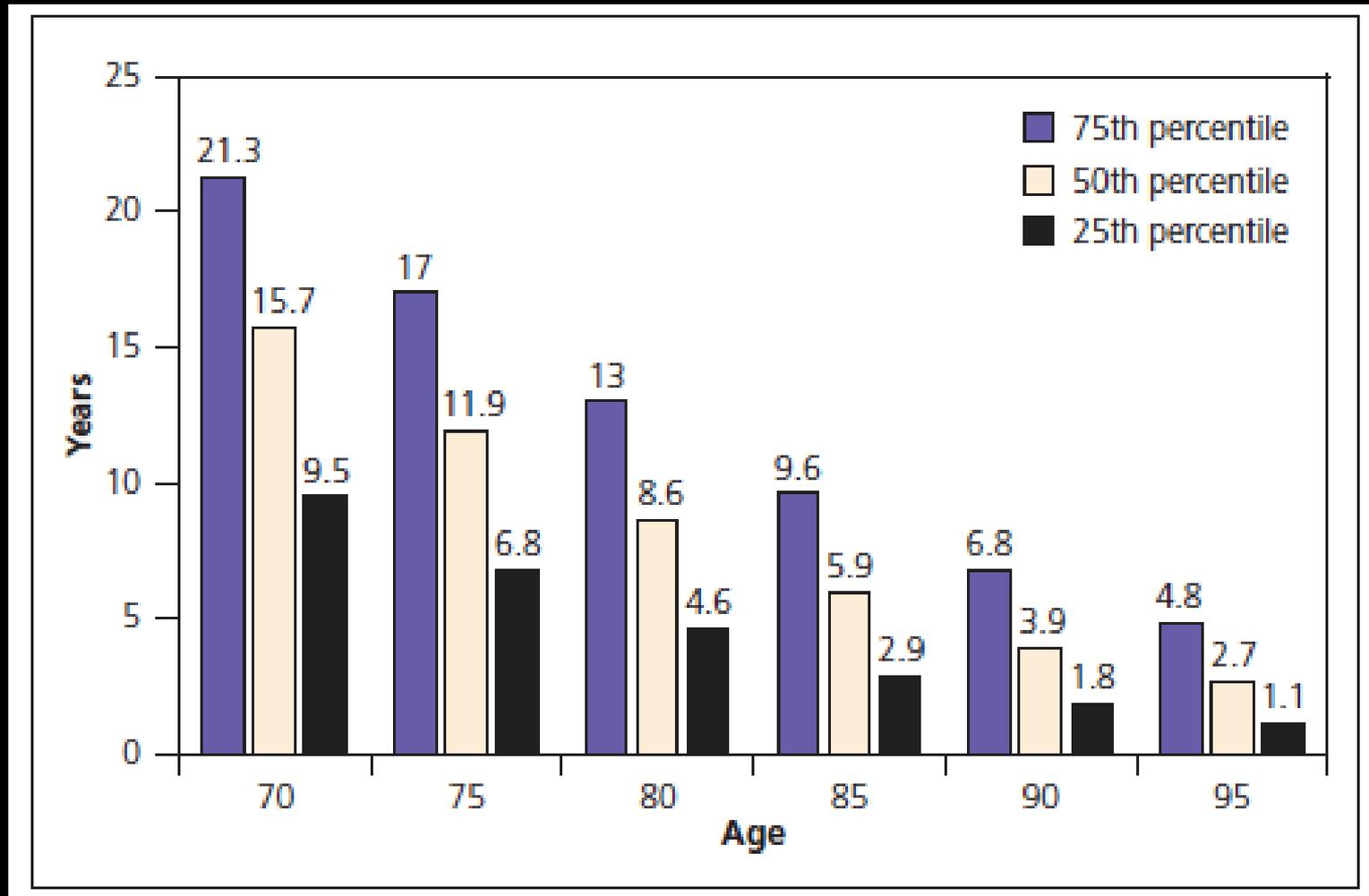
- *Life expectancy* - how long an “average” person can expect to live, at any age

Life Expectancy at birth

- Early man
- 20-30 years
- Early 20th century
- 50 years
- Early 21st century
- 80 years

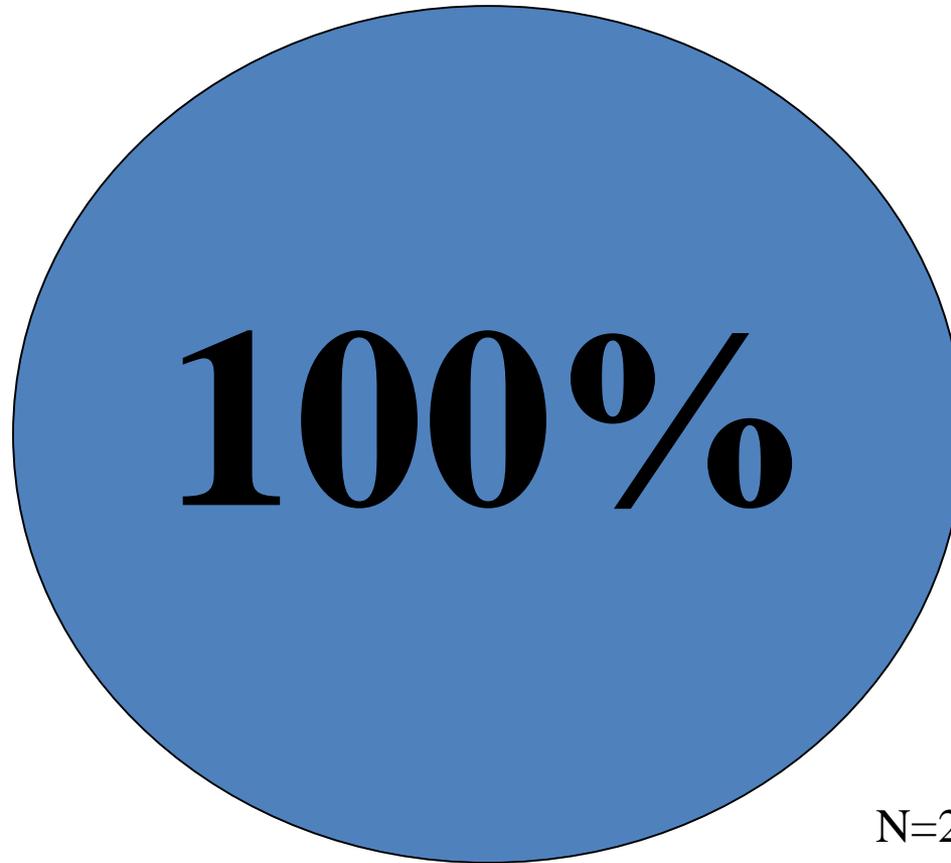


Life expectancy for older men in the U.S.

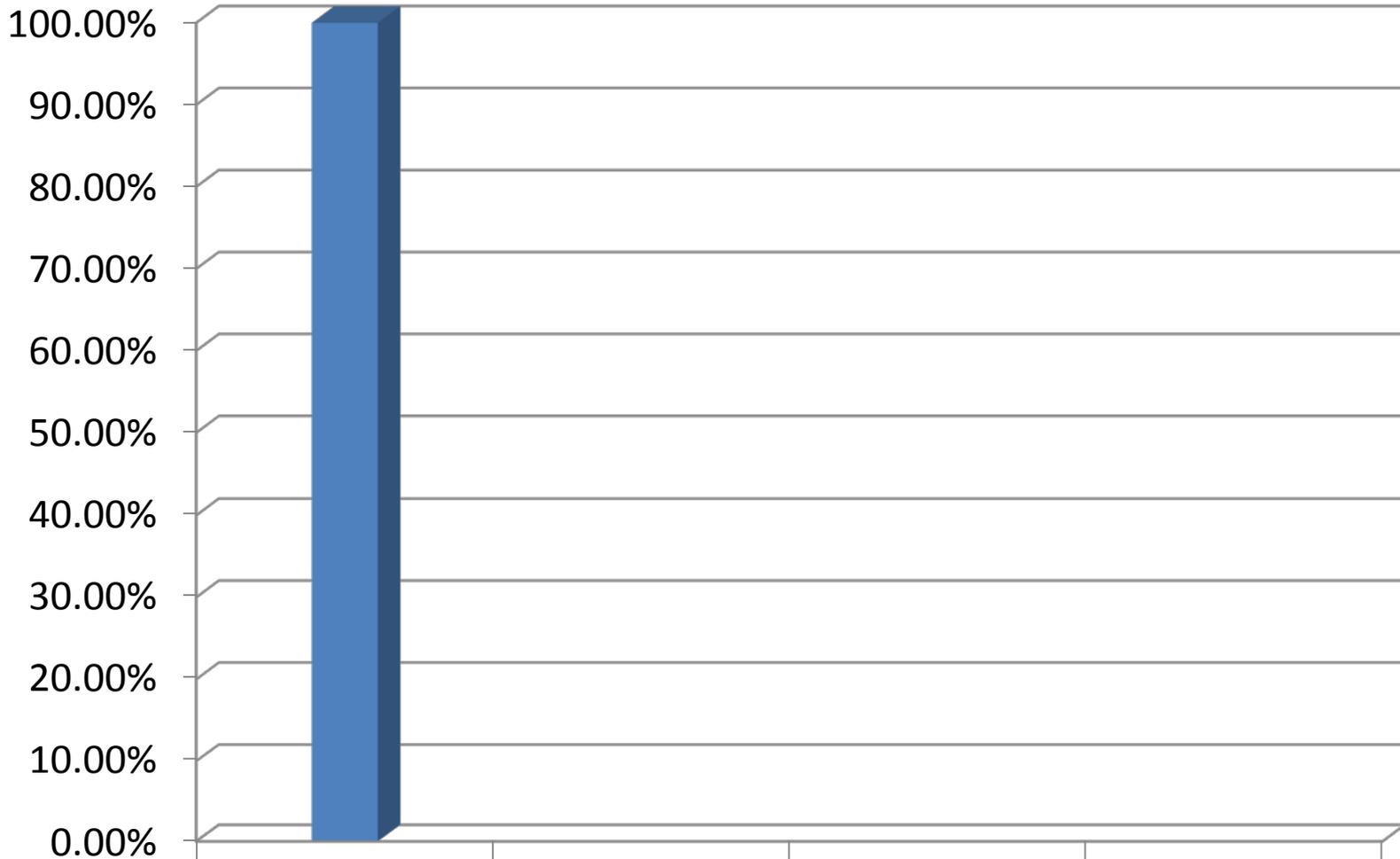


Life expectancy for older women in the U.S.

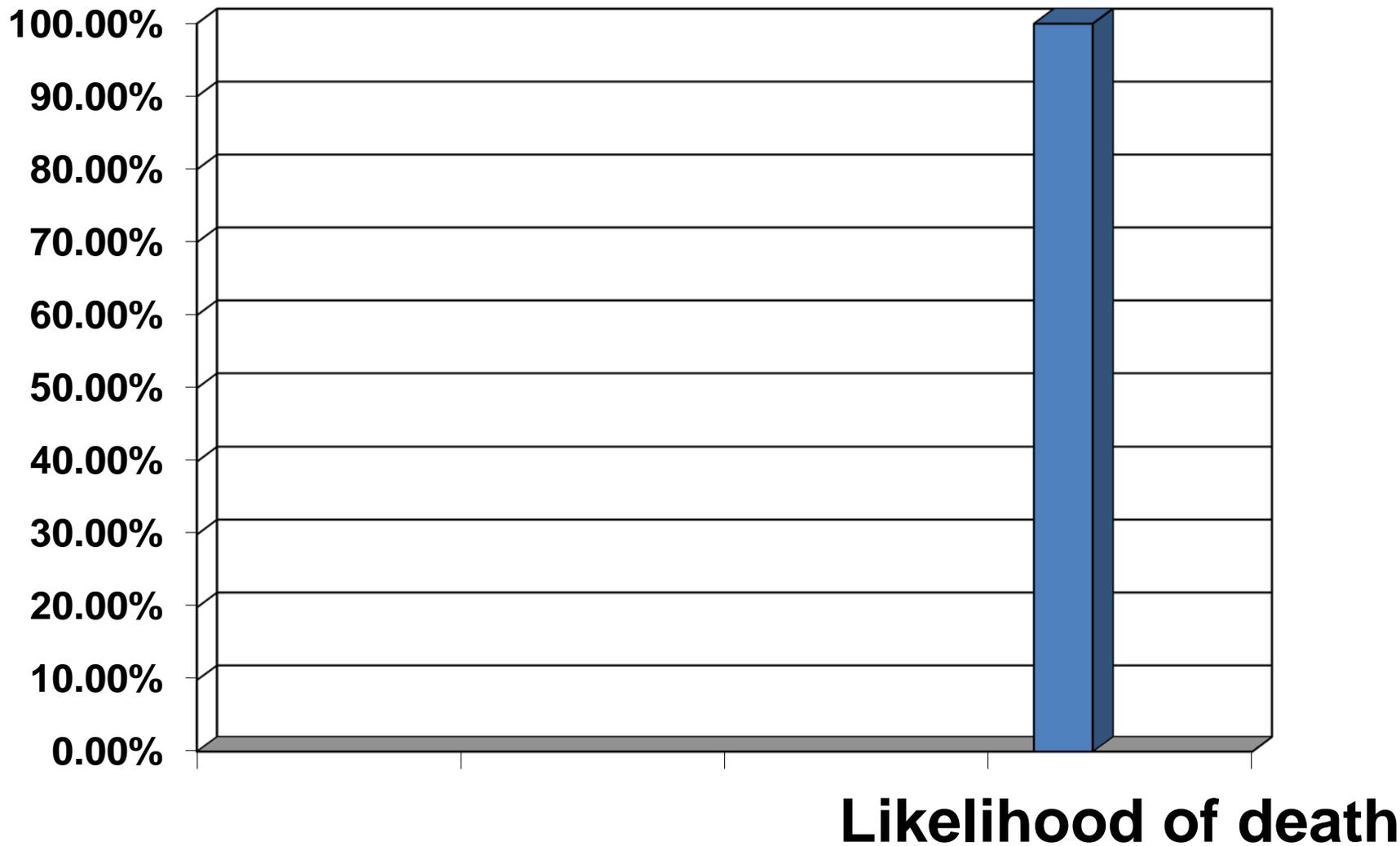
Percentage of the U.S. population who are aging



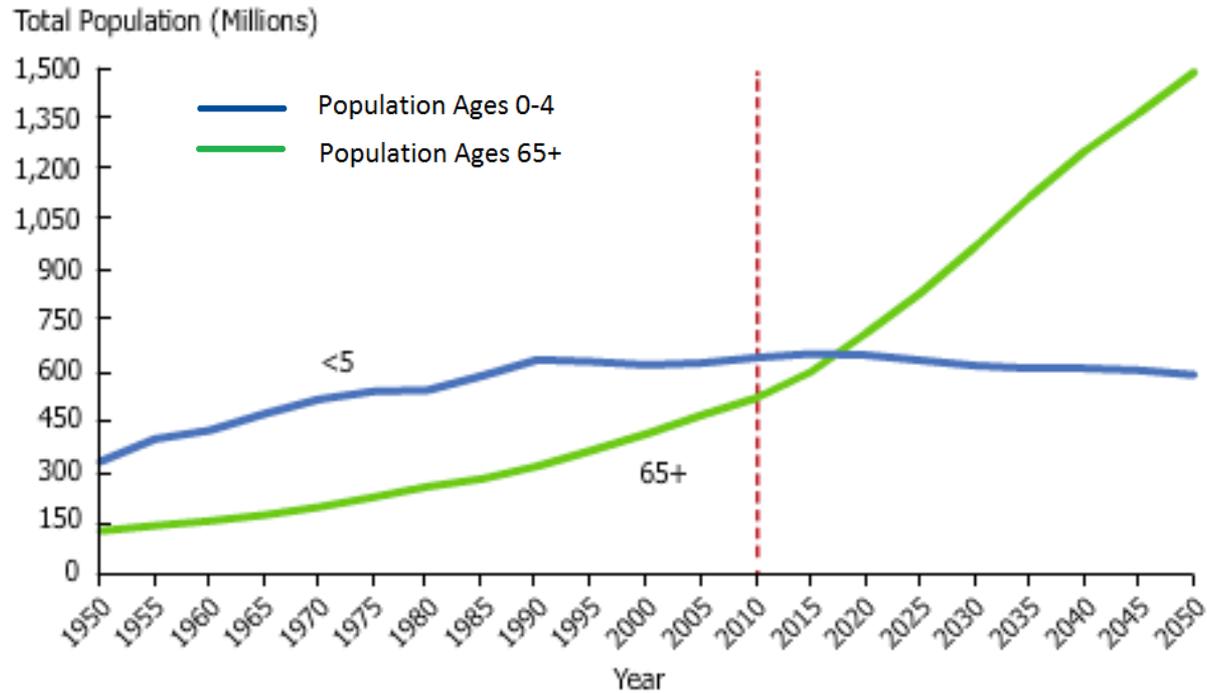
N=297,810,917



Likelihood of Aging

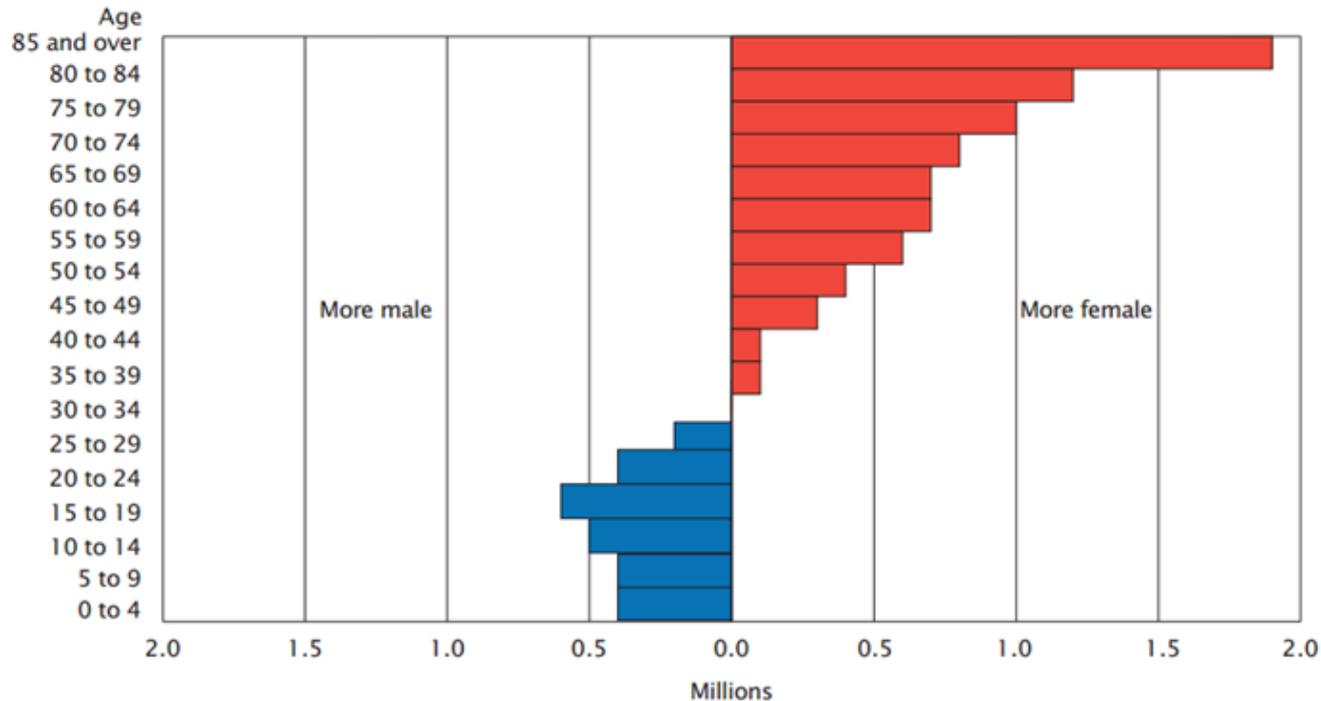


World Population Aging



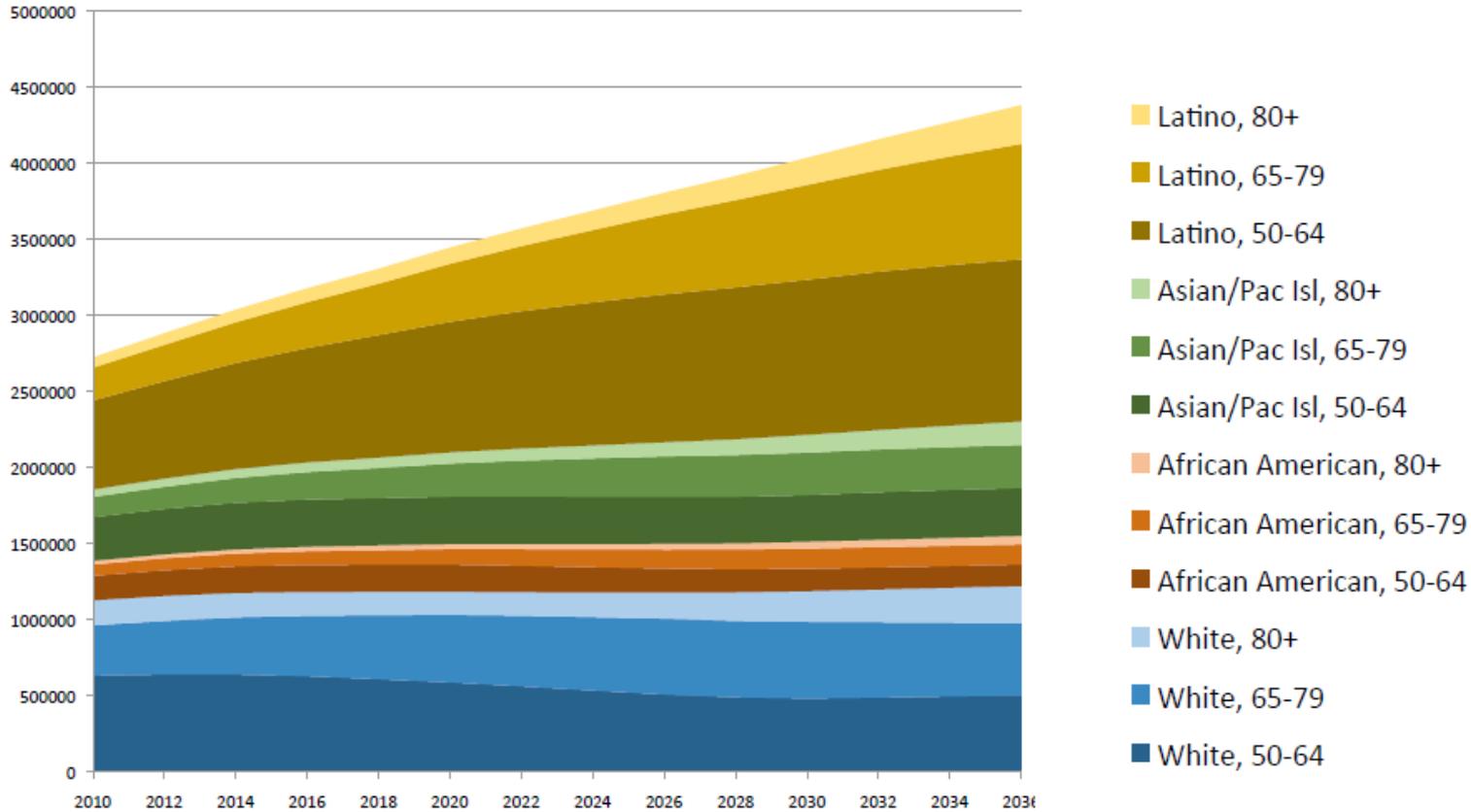
World Population Aging. *National Institute on Aging*

Difference Between Female and Male Populations by Age in the United States: 2010



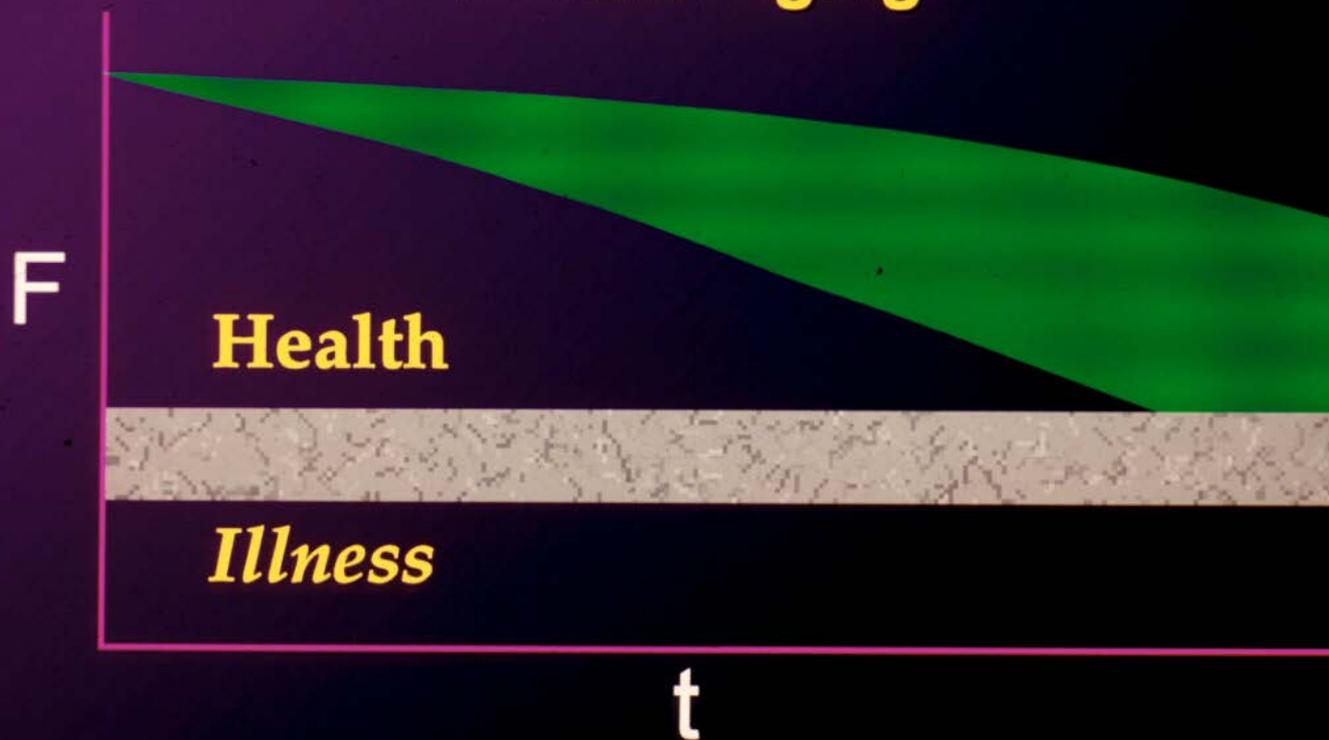
He, Wan, Daniel Goodkind, and Paul Kowal. *An Aging World: 2015*. Rep. U.S. Census Bureau

Projected Population by Ethnicity and Age Group, LA County

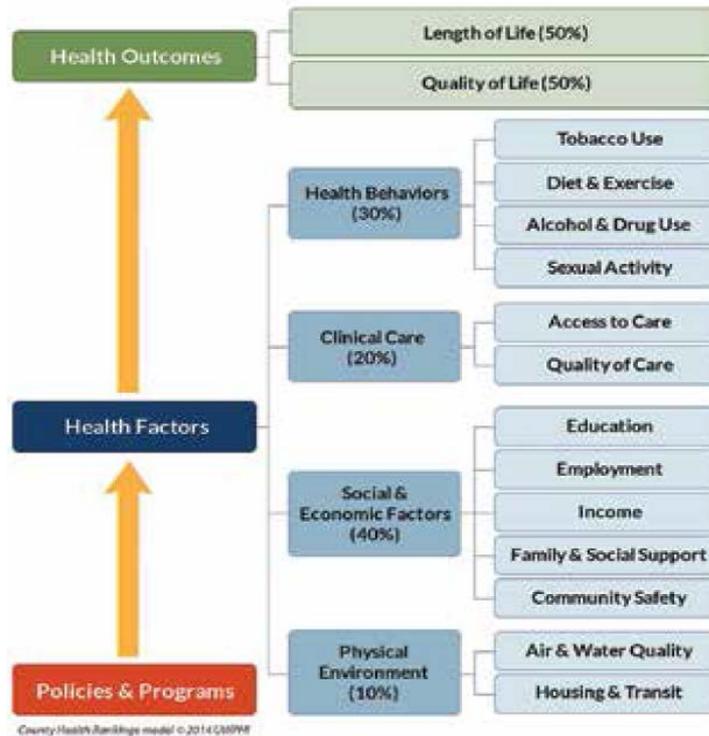


Los Angeles Healthy Aging Report 2015. Rep. USC Edward R Roybal Institute on Aging

Decrease in Physiologic Reserve - Normal Aging



Determinants of Health



Determinants of Health

- 10% Physical environment
 - air quality
 - water quality
 - transportation
 - housing

Determinants of Health

- 20% Clinical care
 - Access
 - Quality

Determinants of Health

- 30% Health behaviors
 - tobacco
 - diet
 - exercise
 - alcohol and drugs
 - sexual activity
 - seat belts

Determinants of Health

- 40% Social and economic factors
 - Education
 - Employment
 - Income
 - Family and social support
 - Community safety

Social Determinants of Health

- We need to do a better job of linking and harmonizing these sectors to promote health across the life course.
- We must reduce the burden of disease in populations, thereby promoting healthy aging and reducing the demand for intensive medical services. (thank you, PPACA!)

Community Assets: healthcare professionals

Licensed Practitioners (Per 100,000)				
	Physician	Allied health	Dentist	Pharmacist
Antelope Valley	109.5	831.6	30.2	16.4
San Fernando	258.5	1232.5	103.3	26.2
San Gabriel	285.1	1248.1	106.5	26.6
Metro	473.9	721.3	69.2	31.9
West	1116.4	1234.9	225.0	33.4
South	49.1	262.6	11.6	12.4
East	165.5	925.7	59.7	21.5
South Bay	284.0	1066.4	74.0	20.4

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Life Expectancy at Age 50 in LA SPAs



Maximizing Healthy Aging

- Healthy aging means more than just managing and preventing disease and chronic conditions. It also means continuing to live a productive, meaningful life by having the option to stay in one's home, remain engaged in the community, and maintain social networks.
- Many of us will require social and community services and age-friendly communities in order to maximize our independence and healthy aging.

Optimal aging - The capacity to function across many domains (physical, functional, cognitive, emotional, social, and spiritual) to one's satisfaction and in spite of one's medical conditions

Approaches to Optimal Aging

- Biological
 - Exercise, nutrition, sleep, practicing preventive medicine, early treatment of diseases, cognitive stimulation, avoidance of iatrogenic complications
- Psychological
 - Attitude, resilience, stress management, viewpoint

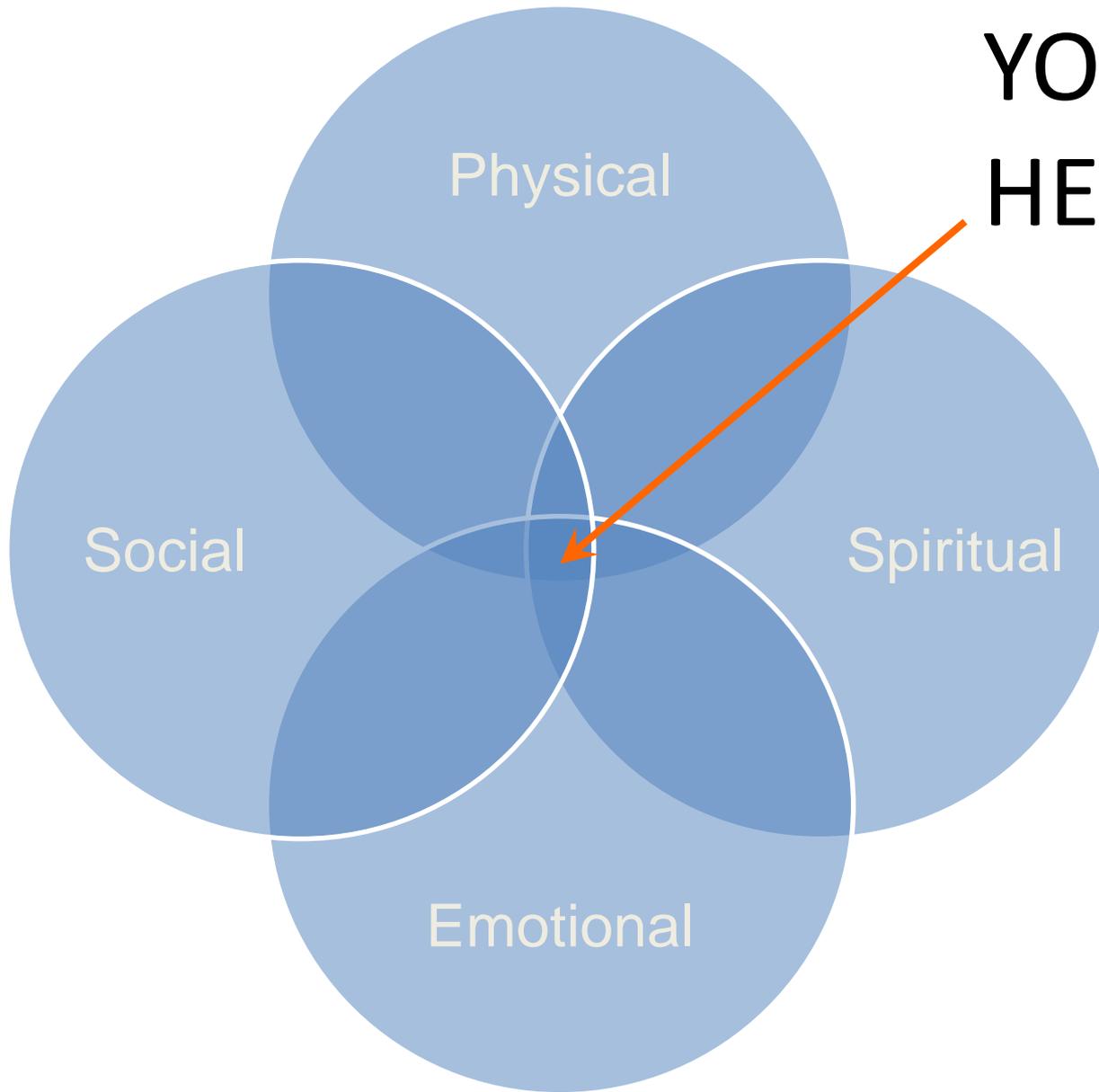
Approaches to Optimal Aging

- Social
 - Support, activities, work, volunteerism, sexuality, religion, spirituality, “other-orientation”
- Functional
 - Strength, balance, flexibility, conditioning
- Societal
 - Health education, chronic disease self management training, access to information, community services, environmental design, health policies and insurance

We Are Social Animals

- People who aren't isolated are more likely to age optimally (i.e. happily and healthily)
- Relation by kinship and relation by affection
- We may have fewer relationships as we age but they may be more deeply held and treasured

**YOU ARE
HERE**



Physical

Social

Spiritual

Emotional

Components of Joyful Aging

- Activity
 - Mental
 - Physical
 - Social Acceptance and Adaptation
- Listening and Caring
- Aspiration
- Play

The care we provide....

- Patient-centered, family-focused
- Team-based, interprofessional
- Strong focus on prevention and healthy lifestyle
- Care that is holistic and accounts for people's wishes, values and situations
- Blending the science of medicine with the art of medicine

Aging is a Treat

- Living beyond the time needed for reproducing and raising our young is a luxury
- Let's be smart and compassionate about how we help others use this time
- Let's be smart and compassionate about how **WE** use this time

Our opportunity today

- Innovations for
 - Age-friendly communities
 - Prevention of chronic illness
 - Using technology to promote healthy aging
 - Health promotion
- Engaging with our communities to promote healthy aging across the lifespan