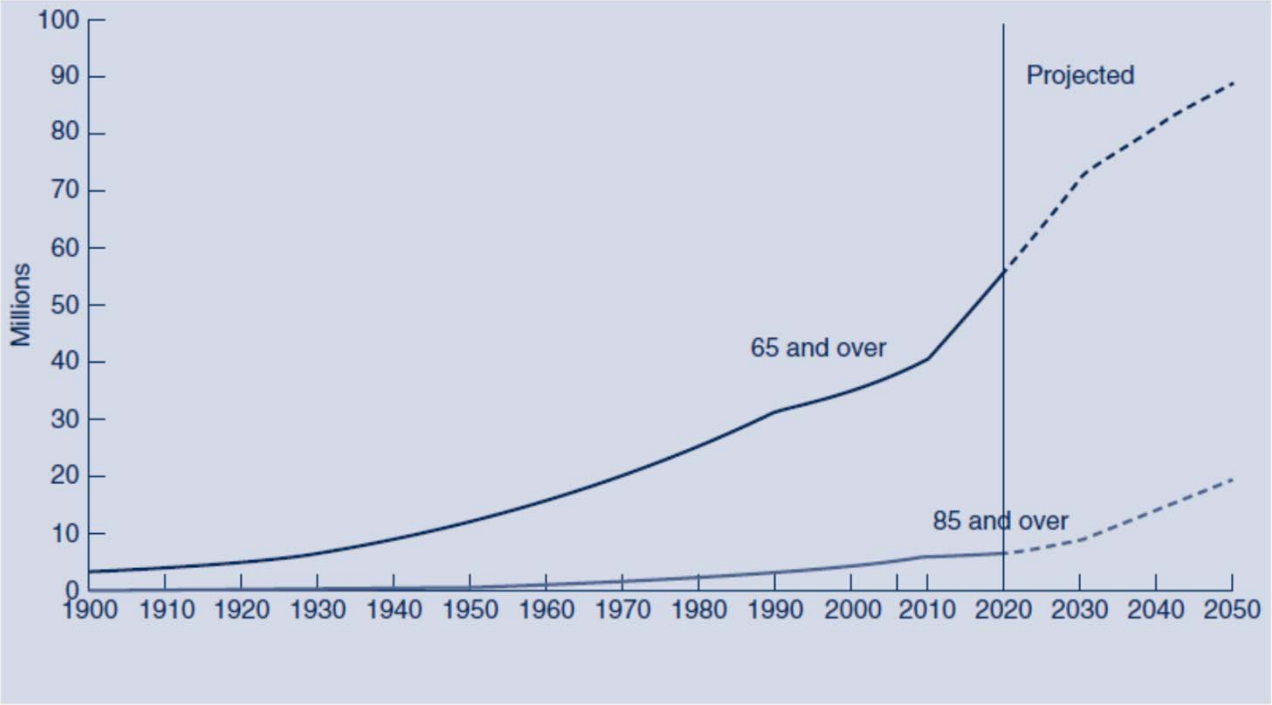
US Population is Aging

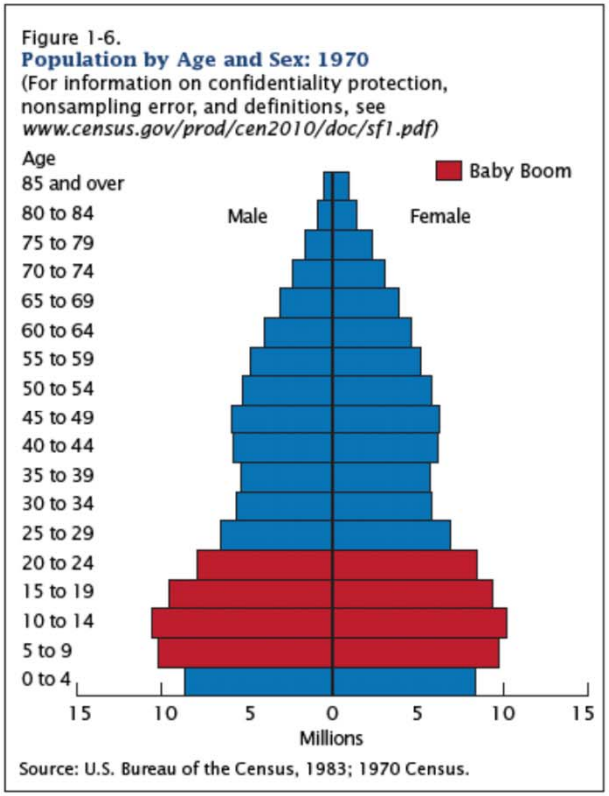
Population Age 65 and Over and Age 85 and Over, Selected Years 1900-2008 and Projected 2010-2050

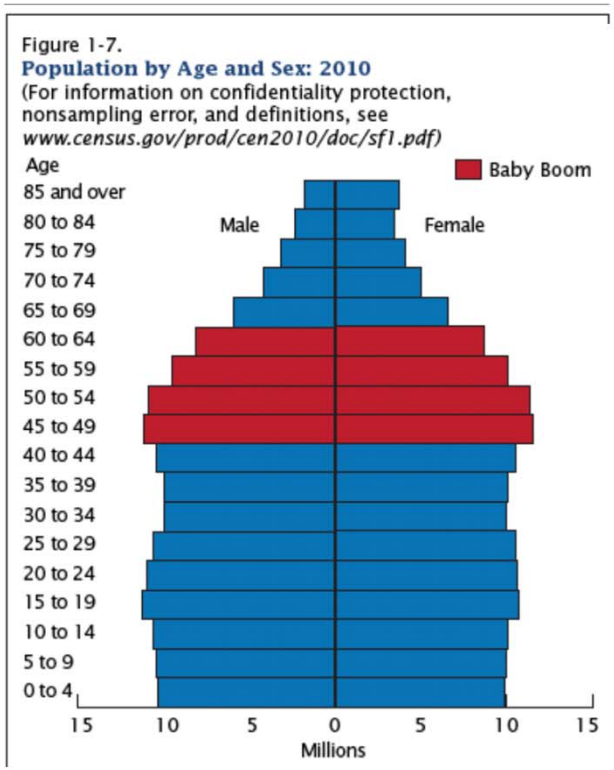


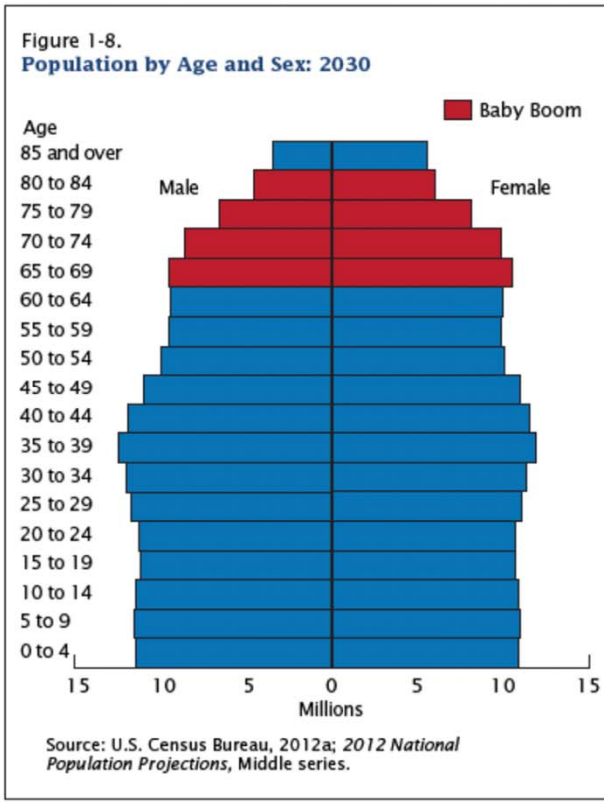
Source: Federal Interagency Forum on Age-Related Statistics. (2012). Older Americans 2010: Key indicators of well-being, from http://www.agingstats.gov/agingstatsdotnet/Main Site/Data/2010 Documents/Docs/OA 2010.pdf

US Population is Aging

1970 2010 2030

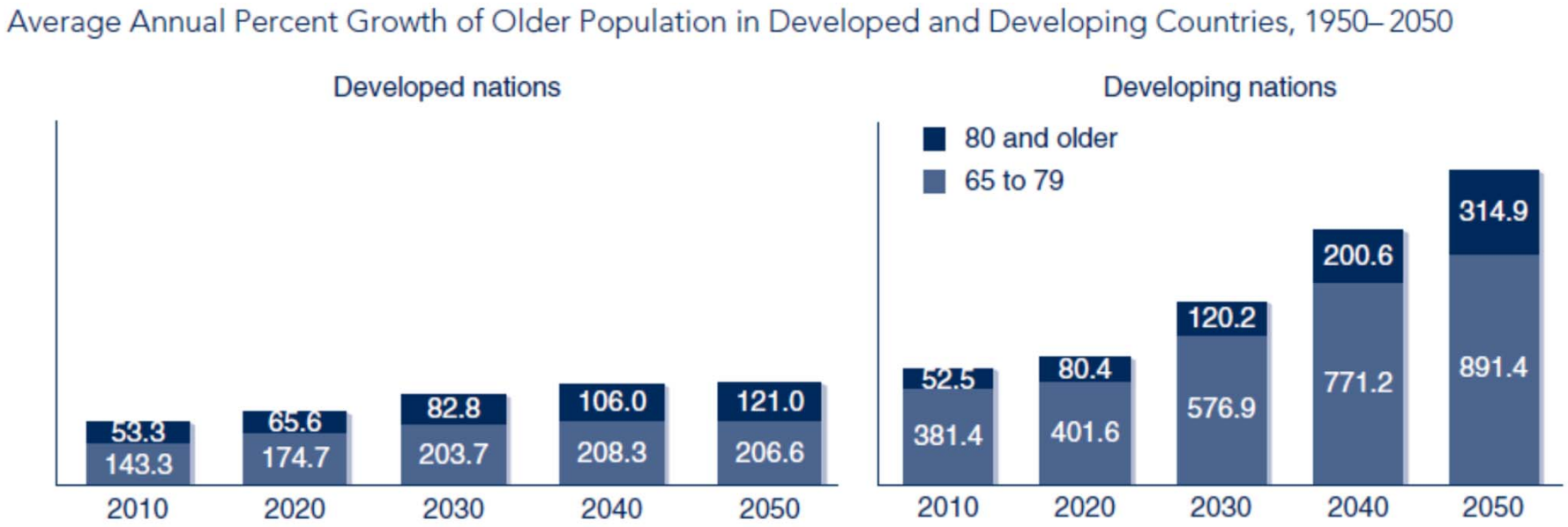






2014 US Census Report
https://www.census.gov/content/dam/Census/library/publications/2014/demo/p23-212.pdf

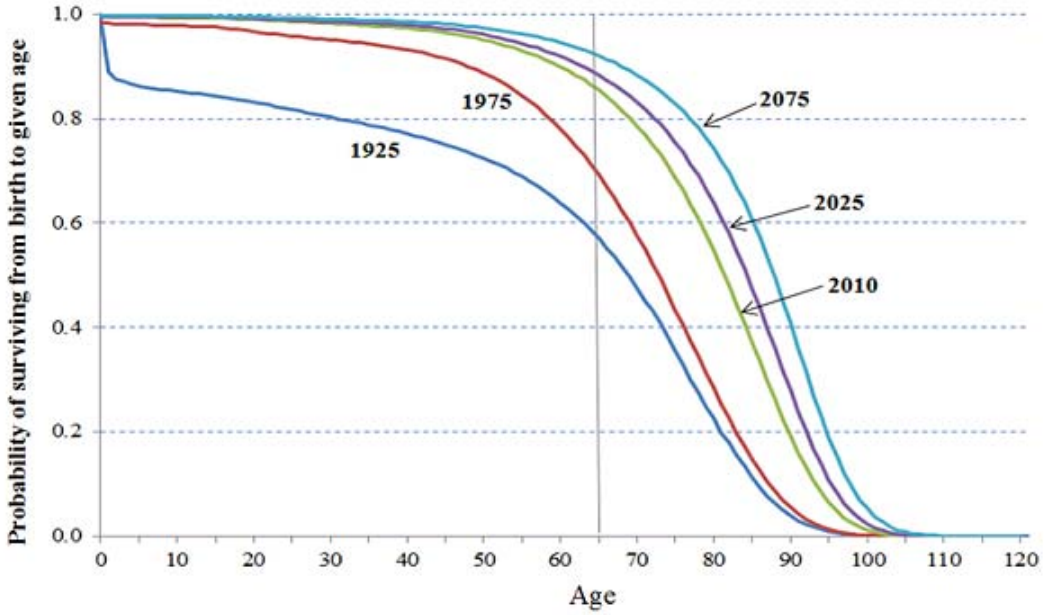
World Population is Aging



Source: U.S. Bureau of the Census. (2009). Census Bureau Reports World's Older Population Projected to Triple by 2050. Retrieved from http://www.census.gov/Press-Release/www/releases/archives/international population/013882.html

Biological Age

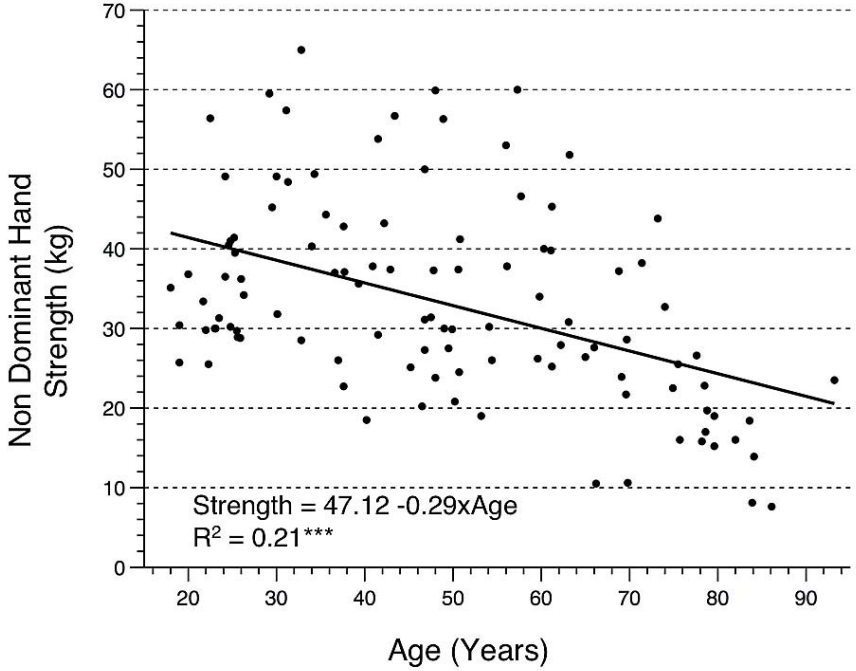
Life expectancy



Boundless life expectancy: The future of aging populations
Johannes Koettl
https://www.brookings.edu/blog/future-development/2016/03/23/boundless-life-expectancy-the-future-of-aging-populations/

Biological Age

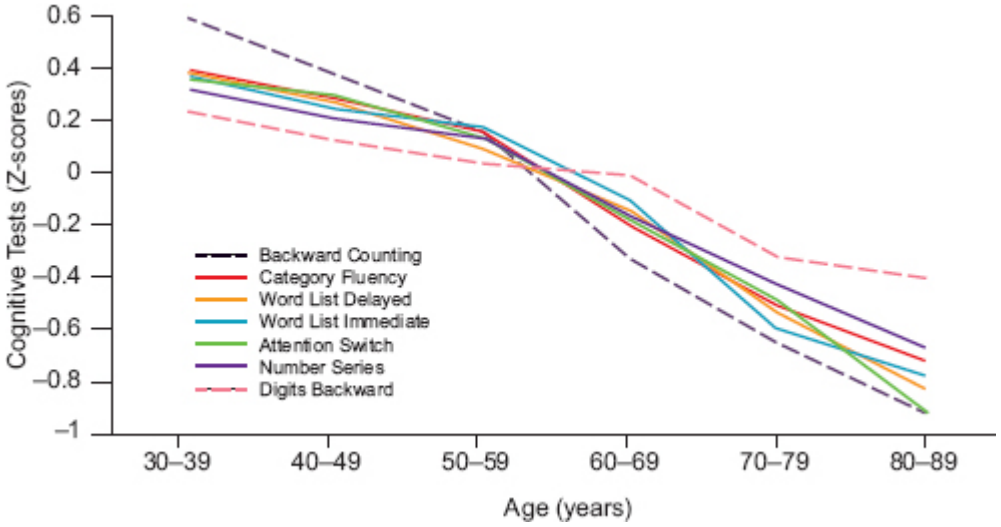
Muscle strength



Martin, J. A., Ramsay, J., Hughes, C., Peters, D. M., & Edwards, M. G. (2015). Age and grip strength predict hand dexterity in adults. PloS one, 10(2), e0117598.

Psychological Age

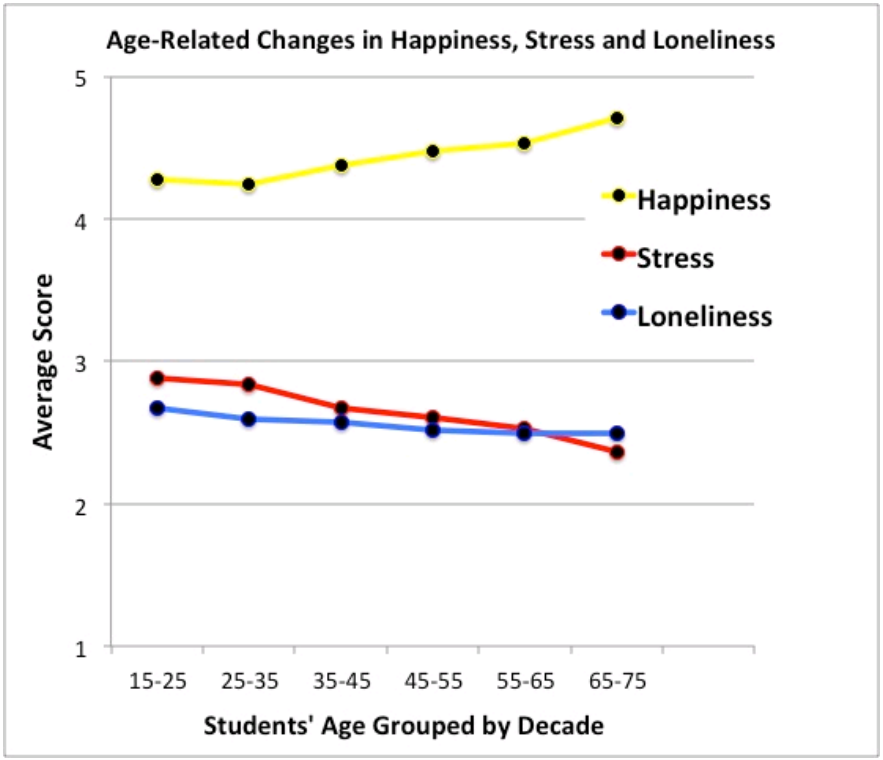
e.g., memory



Blazer, D. G., Yaffe, K., & Liverman, C. T. (Eds.). (2015). Cognitive aging: Progress in understanding and opportunities for action. National Academies Press.
https://www.nap.edu/read/21693/chapter/5

Psychological Age

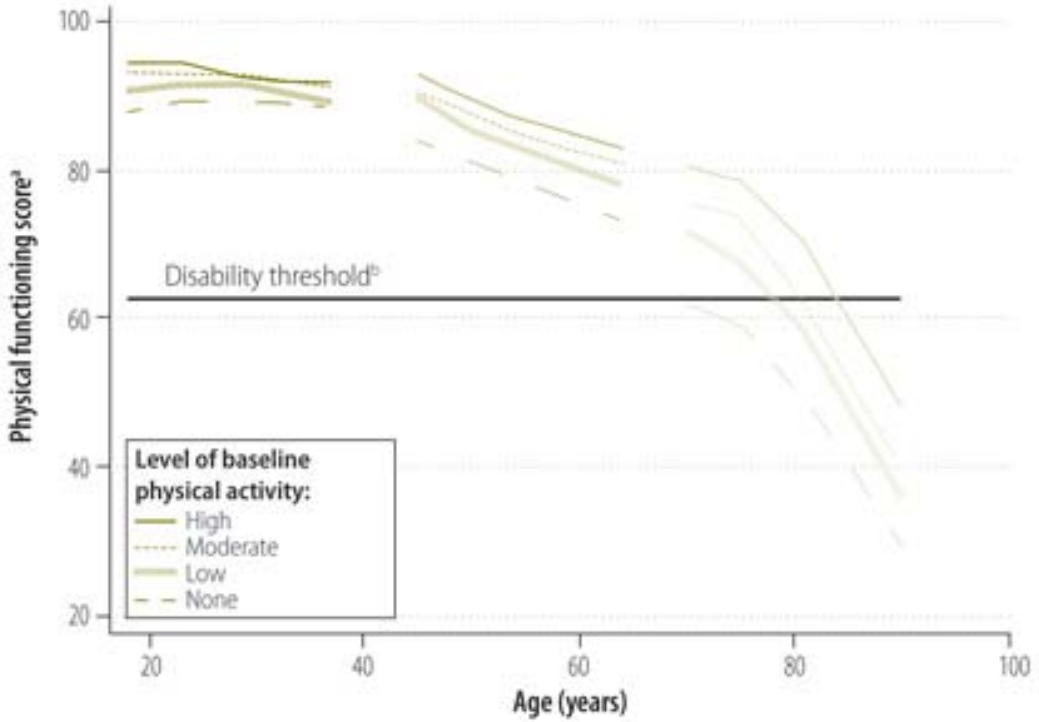
e.g., emotional



Simon Thomas & Green (2015) UC Berkeley Greater Good project
http://greatergood.berkeley.edu/article/item/wheres_your_spot_on_the_happiness_starting_block

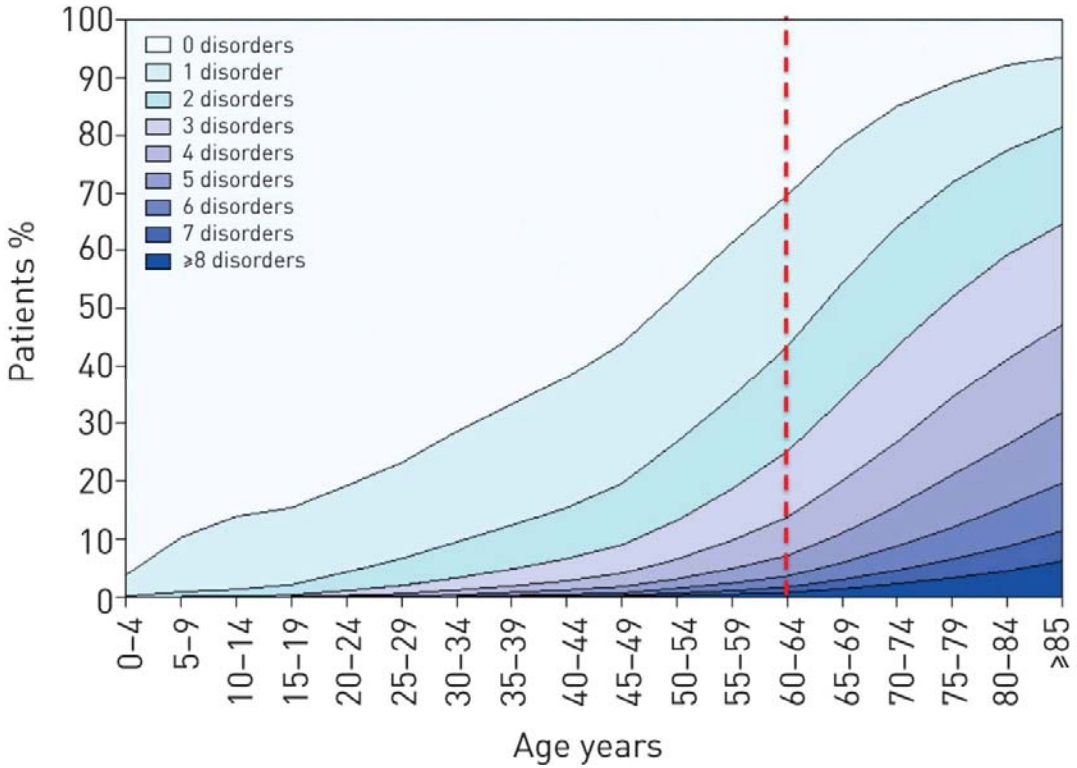
Independence/Disability

Health and functioning decline



World Health Organization http://www.who.int/bulletin/volumes/91/9/13-123075/en/

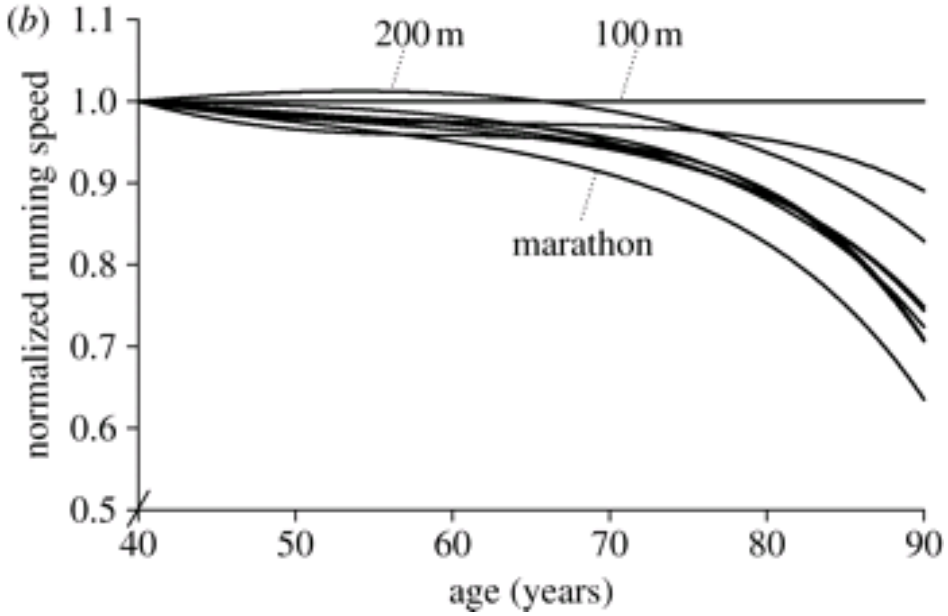
Increasing Variation: Disease



Divo, M. J., Martinez, C. H., & Mannino, D. M. (2014). Ageing and the epidemiology of multimorbidity. *European Respiratory Journal*.

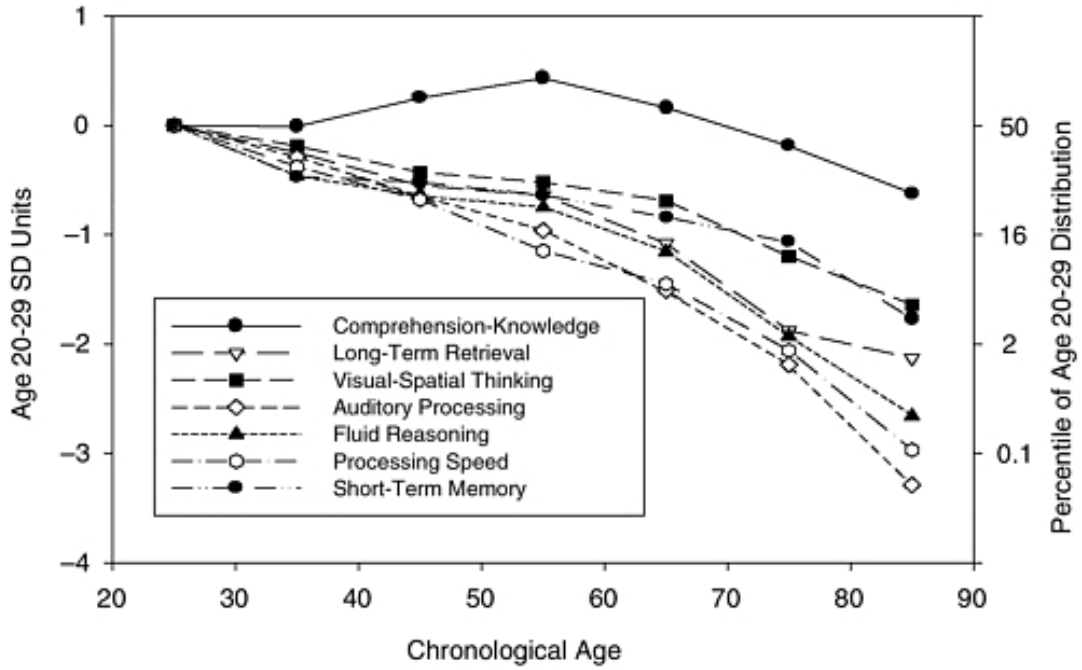
Rittweger, diPrampero, Maffulli, & Narici (2009)

Increasing Variation: Running Speeds



Rittweger, diPrampero, Maffulli, & Narici (2009)

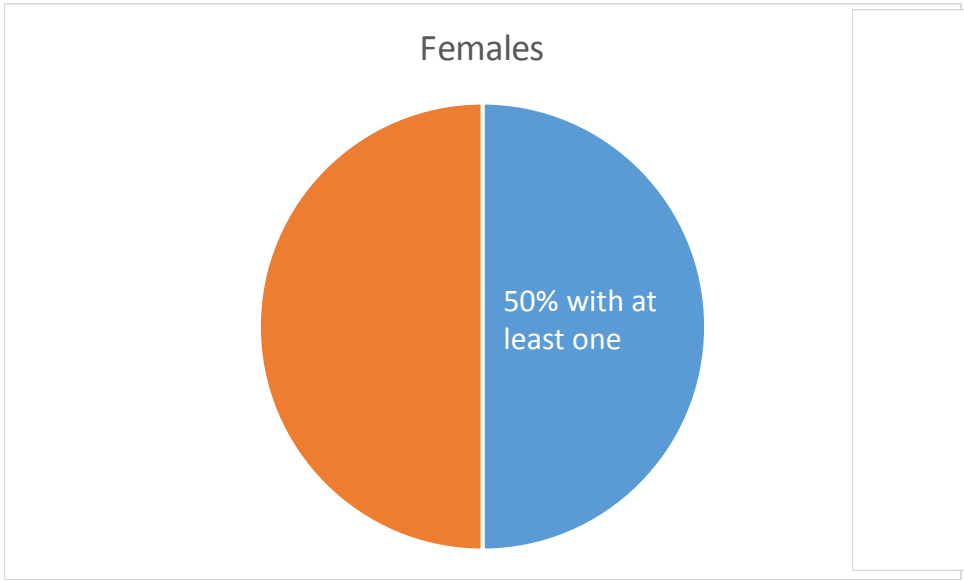
Within-Person Variation: Memory

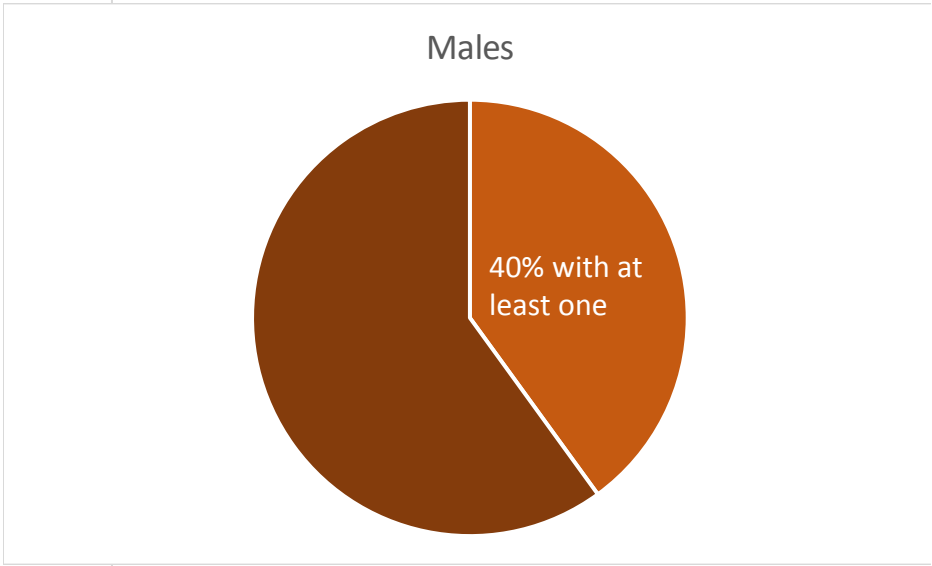


Wegman & McGee (2004)

Disease in Older US Population

Percent 65+ with at least one medical condition





Anderson, G., & Horvath, J. (2004). The growing burden of chronic disease in America. *Public health reports*, *119*(3), 263.

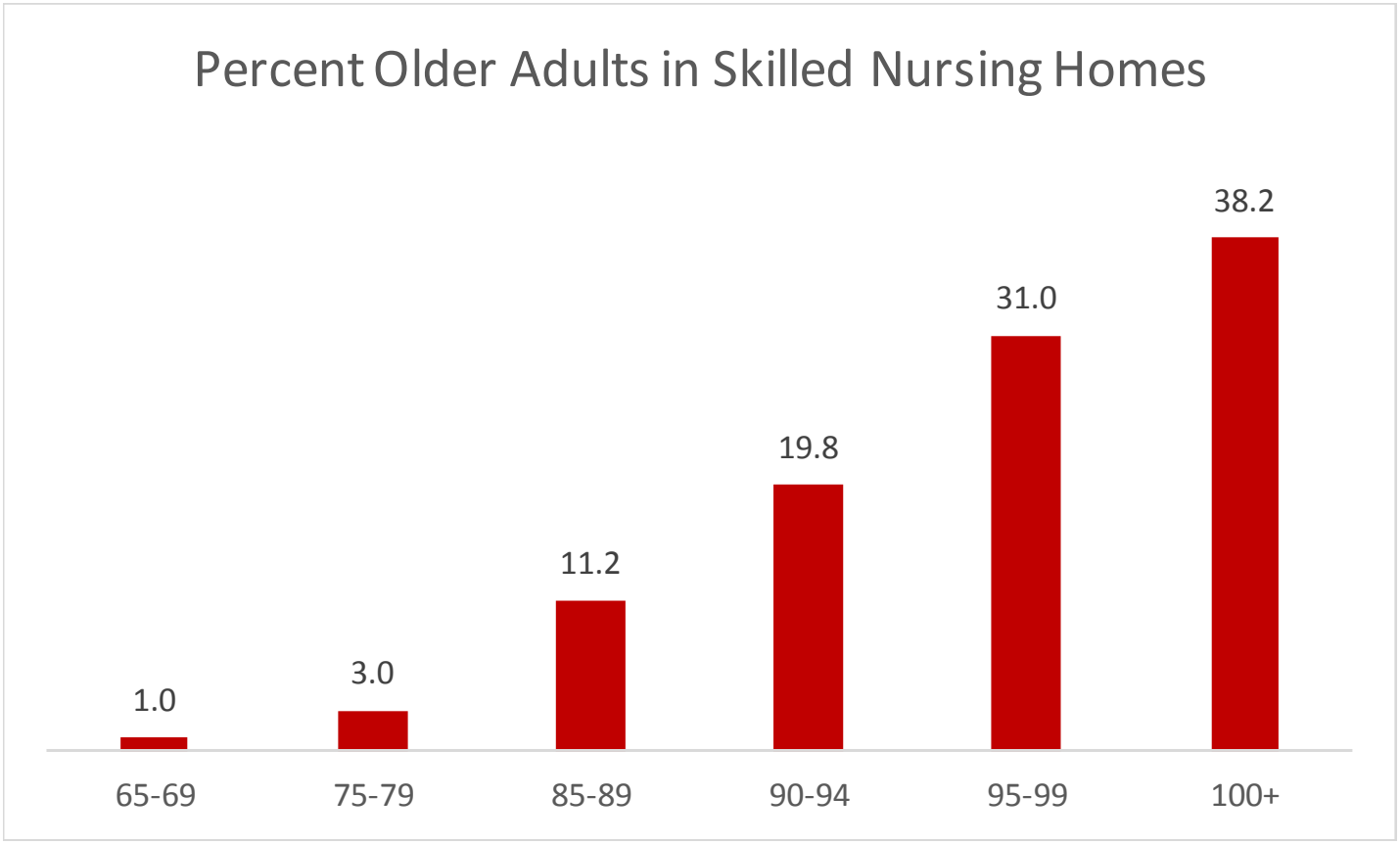
Disease in Older US Population

Leading Causes of Death (approx. percent)

- Heart disease: 614,348 (32%)
- Cancer: 591,699 (31%)
- Chronic lower respiratory diseases: 147,101 (8%)
- Accidents (unintentional injuries): 136,053 (7%)
- Stroke (cerebrovascular diseases): 133,103 (7%)
- Alzheimer's disease: 93,541 (5%)
- Diabetes: 76,488 (4%)
- Influenza and Pneumonia: 55,227 (3%)
- Nephritis, nephrotic syndrome and nephrosis: 48,146 (2%)
- Intentional self-harm (suicide): 42,773 (2%)

CDC: https://www.cdc.gov/nchs/fastats/deaths.htm

Disease in Older US Population



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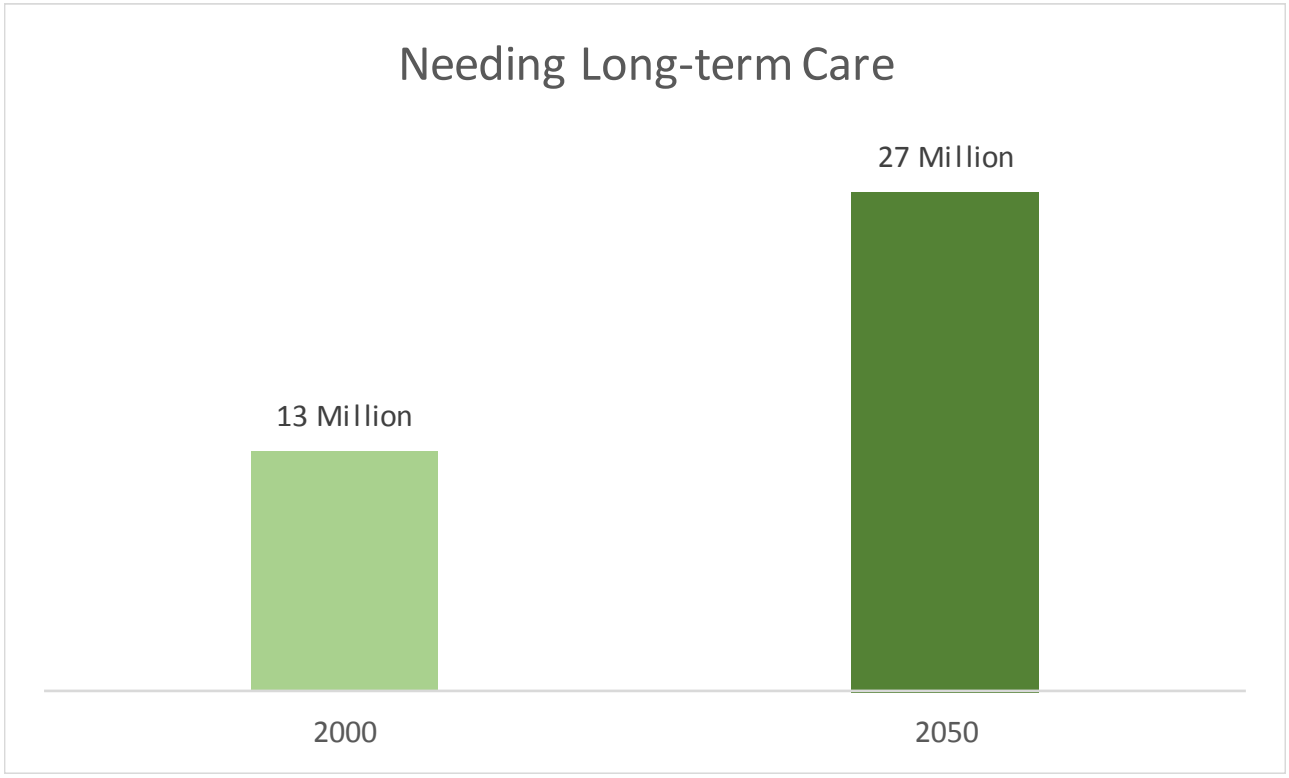
Disease in Older US Population



Family Caregiver Alliance
https://www.caregiver.org/selected-long-term-care-statistics