What is successful aging?

- Your definition? What is difference between “successful aging” and “longevity”

- What factors influence successful aging?

- If someone has a physical disability can they not age “successfully”?

- What are issues for centenarians?

- What programs can be introduced to ensure successful aging?
“Beautiful minds” campaign

NCCA website's "Beautiful Minds" campaign
http://www.beautiful-minds.com/

A national photo essay exhibit celebrating men and women 55 and older who are doing beautiful things with their mind regardless of age
2011 Beautiful Minds

Sue Kelley
72, Olmsted Township, Ohio
I believe you do not grow old; you become old by not growing. That’s why I volunteer for several charitable causes; eat a healthy diet...
Read Her Story

John Guider
62, Nashville, Tennessee
A professional photographer, adventurer, boater and author; I’ve traveled 5,500 miles of America’s waterways, including the entire Mississippi...
Read His Story

Alvin H. Reiss
81, New York, New York
Words keep me young. As an accomplished journalist, songwriter, editor and author, I listen carefully to spoken words...
Read His Story

Ernestine Shepherd
75, Baltimore, Maryland
I transformed myself from an average middle-aged woman with a sedentary lifestyle into the World’s Oldest Performing Female Bodybuilder...
Read Her Story
Baltes’ SOC theory

- How to maintain or enhance competence
- Fail to perform up to true level because of
  - Biological, psychological, sociocultural, life-cycle forces
- Interventions focus on individual or the task
- Positive adaptations rather than coping
  - Balance gains and losses

- **Selection**: development and choosing goals
- **Optimization**: application and refinement of goal-related actions
- **Compensation**: change in actions if not able/available
• When the concert pianist Arthur Rubinstein, as an 80-year-old, was asked in a television interview how he managed to maintain such a high level of expert piano playing, he hinted at the coordination of three strategies.

• First, he played fewer pieces (selection); he practiced these pieces more often (optimization); and to counteract his loss in mechanical speed he now used a kind of impression management, such as playing more slowly before fast segments to make the latter appear faster (compensation).
Heckhausen & Lang (1996)  
Model of successful aging (p 540-1)

- Life-span theory of control
  - Uses SOC model
  - Aging is complex process; influenced by factors unrelated to age
  - Keep balance between gains and losses; minimize factors unrelated to aging

- Powerful role of stereotypes
  - Intentionally or unintentionally fail to perform to true level due to social stereotypes that limit what older adults are expected to do

- Successful aging is subjective
  - Reached when individual achieves his/her desired goals

- Outcomes of model
  - Enhanced competence, quality of life, future adaptation
Vaillant (2002)

- 6 criteria for successful aging
  - 3: health
    - Low physical disability at 75
    - Increased subjective physical health
    - Short length of disabled life
  - 3: social engagement/productivity
    - Good mental health
    - Objective social support
    - Self-rated life satisfaction (8 categories)
Rowe & Kahn

Absence/presence or severity of risk

Interpersonal relationships
Productive activity

What person can do

Figure 1. A model of successful aging.

Figure 2. Relation of risk of disease to presence of disease, disability, and death in an aging population.
Rowe & Kahn (1997)

- **Reducing risk factors for disease/disability**
  - Genetic risks decline with age; lifestyle factors determine risk
  - Risk factors can be reduced/modified (e.g. weight loss program effect on cardiovascular disease)
  - Increased within-person variability is predictor of mortality (better than just their mean level of performance)

- **Maximizing cognitive and physical function**
  - Predictors of cognitive function: education, strenuous activity around home, peak pulmonary flow rate, self-efficacy
    - Education: due to direct beneficial effect or leads to life-long learning?
    - Cognitive function can be enhanced; plasticity persists in older age

- **Continuing engagement with life**
  - Social relations: Being part of social network determines longevity, esp for men
    - Socio-emotional (affection) vs instrumental (direct assistance) support
    - Productive activity predictors: functional capacity, education, and self-efficacy

- **Response to stress**
  - More ‘stressful life events’ and ‘daily hassles’; need resilience to recover and meet criteria for successful aging
Successful Aging books

- Avoid disease
- Engaged with life
- Maintain phy/cog functioning

p546

Identity
Intimacy
Generativity
Stable marriage
Adaptive coping style
Exercise

P547 (3 health; 3 social)

Followed 678 nuns
Education/linguistic ability
Food-antioxidants
Exercise
Optimism
Jeanne Louise Calment
Oldest person in the world
turned 122 on February 21, 1997
Jeanne Louise Calment was born
in Arles, France on February 21, 1875.
http://www.wowzone.com/calment.htm

• Chechnya claims 'oldest living person'
• Zabani Khakimova
• 124 years old
• Wednesday, 30 July, 2003
• http://news.bbc.co.uk/1/hi/world/europe/3110525.stm
Blue Zones and Longevity

- [http://www.youtube.com/watch?v=3v5TJ_Nql8Q](http://www.youtube.com/watch?v=3v5TJ_Nql8Q)
- [http://www.youtube.com/watch?v=W92F-iTlmG4](http://www.youtube.com/watch?v=W92F-iTlmG4)
- [http://www.youtube.com/watch?v=csa3EQw-wls&feature=related](http://www.youtube.com/watch?v=csa3EQw-wls&feature=related)
- [http://www.youtube.com/watch?v=4GcEfNlqdgl](http://www.youtube.com/watch?v=4GcEfNlqdgl)
Okinawa Islands

• In 1990, the total population of Okinawa Island was an estimated 1.22 million people
How to become a(n healthy) centenarian?

- Genetics
- Lack disease
- Nutrition
- Physical activity
- Cognitive activity
- Education
- Social life
- Spirituality
- Less stress
- Where you live?

National Geographic cover story in 2011

Prevention strategies to maximize successful aging (p 541)

• Adopt healthy lifestyle
  • Physical exercise (especially aerobic)
  • Nutrition (note changes in metabolism, cholesterol)

• Stay active cognitively
• Maintain social network
• Maintain good economic habits
Prevention efforts

• Primary prevention
  • Before disease condition exists
  • Immunizations

• Secondary prevention
  • Early after diagnosis before significant change
  • Cardiovascular screening

• Tertiary prevention
  • Avoid secondary chronic conditions, manage pain
  • Moving patients

• Quaternary prevention
  • Focus on improving functional capacities for those with chronic conditions
  • Cognitive interventions
The Older Americans Act was originally signed into law by President Lyndon B. Johnson on July 14, 1965. In addition to creating the Administration on Aging, it authorized grants to States for community planning and services programs, as well as for research, demonstration and training projects in the field of aging.

The Older Americans Act Amendments of 2000 was signed into law on November 13, 2000.

3 general goals:
• Increase healthy life expectancy
• Reduce health disparities among Americans
• Achieve access to preventative services for all
Maintain Your Brain

http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp

- Engage in diverse and new cognitive activities
- Heart health = brain health
  - Watch weight, blood pressure, cholesterol
- Nutrition
- Physical exercise
  - Avoid head injuries
- Remain connected to others
  - Leisure activities
  - Spirituality
  - Purpose in life
Exercise guide for older adults

Healthy & Successful Aging: A Public Health Mandate // An online clearinghouse focusing on the individual's and the population's health and successful aging.

Welcome

Posted on November 12, 2012 by UGA Institute of Gerontology

Join Our Conversation

We want to start a conversation with anyone who is interested in healthy and successful aging. We are nine gerontologists, each with over 30 years of experience on aging research. We want to share our thoughts on healthy and successful aging. We want your critique, comments, feedback on our ideas, and we want you to share your ideas with us.

What Is Successful Aging?

We all want to be successful, and no one wants to be not successful in our aging. But what does successful aging mean? Is healthy aging the same as successful aging? If we have some health problems, does it mean we are not aging successfully? How does one know one is aging successfully? How is aging (or successful aging) different for different people in different cultures or environments? How do we measure successful aging? What have we found in our quest for knowledge for successful aging? What are the necessary and sufficient conditions to attain successful aging? And finally, based on what we know, what can public health do to help older adults age successfully?