

Roadmap to Healthy Longevity and Implementing a society of longer lives

Presentation to the Federal Advisory Committee on Interdisciplinary, Community-Based
Linkages

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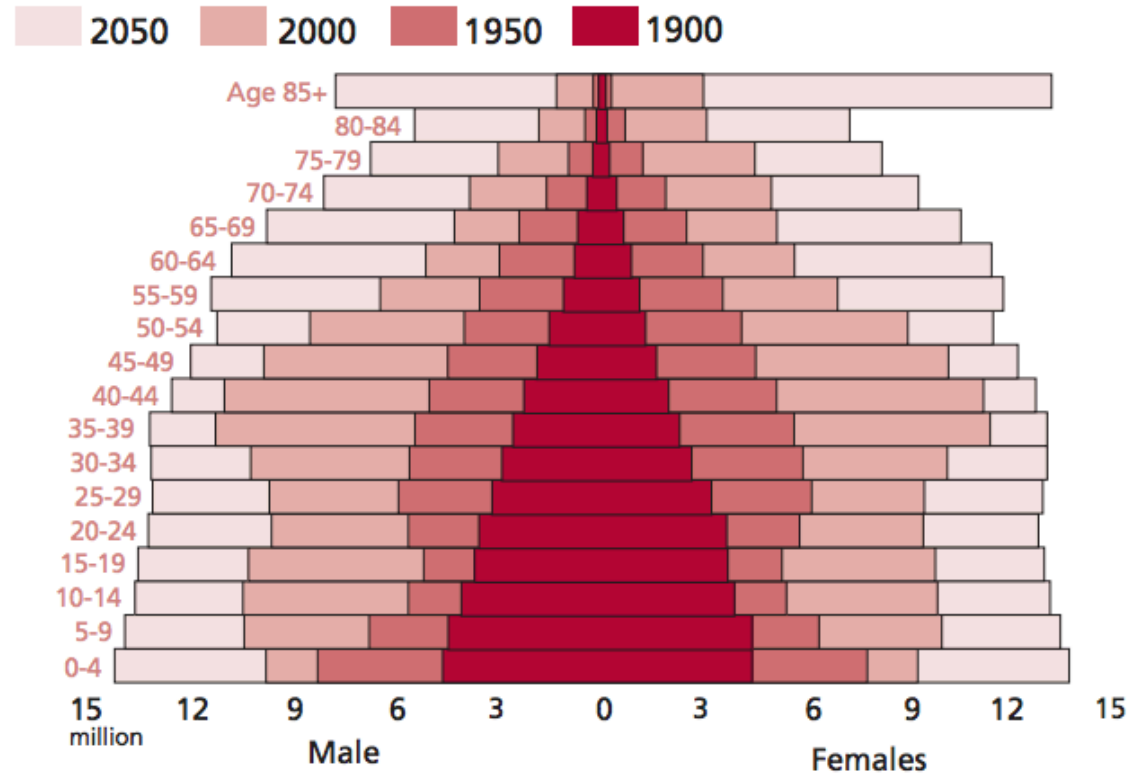
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Longevity: the immense success of the last century



U.S. Age Pyramid

U.S. age pyramid



Source: <http://www.ctmt.com/pdfs%5CemergingDirections%5Cdemographicsasdestiny.pdf>

Facts and Fictions about an Aging America by the Macarthur Foundation Research Network on an Aging Society. (2009). *Contexts*, 8(4), 16–21. <https://doi.org/10.1525/ctx.2009.8.4.16>



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An Aging Society

- Proportion of US population 65 or older (U.S.):
 - 1900: 4%
 - 2000: 12%
 - 2030: 20%
 - 2050: 27%



Demographic Change Impacts Societal Functions

In all countries the rate of population aging stands to fundamentally impact how families, communities, societies, industries and economies function – and the converse

- Family structure and relationships
- Social infrastructure
- Social insurance and retirement programs
- Housing, transportation, and public space
- Chronic conditions: patterns and prevalence
- Health care delivery and financing
- Workforce size and composition



Are we prepared?

- **Most current societies were designed when life expectancy was half of what it will be in 2050**
- Overall, very mixed levels of preparedness globally (CSIS Global Aging Preparedness Index; HelpAge International Global Age Watch Index)
 - ***Very few countries are prepared to both meet needs and seize opportunities of longer lives; vision is clouded by concerns about the old age dependency ratio.***
 - ***Few countries that score well on the multiple dimensions of aging preparedness***
 - While some countries and governments have begun to act and are starting plan for the long-term, too many have not
- ***Preparing financially, socially, and scientifically for longer lifespans is a global imperative***





Global Roadmap for Healthy Longevity

- **Conduct a comprehensive assessment of the challenges and opportunities presented by global aging**
- **Recommend promising solutions for policymakers, governmental and non-governmental organizations, & the private sector to improve health, productivity, and quality of life**

Healthy Longevity Global Competition

- **Catalyze breakthrough ideas and research that will extend the healthspan**
- **Achieve transformative and scalable innovation in healthy aging and longevity**
- **Build a broad ecosystem of support**



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International Commission Membership

- **Linda P. Fried (co-chair)**, Mailman School of Public Health, Columbia University
- **John Eu-Li Wong (co-chair)**, National University of Singapore
- **Isabella Aboderin**, University of Bristol
- **Ann Aerts**, Novartis Foundation
- **John Beard**, University of New South Wales
- **Lisa Berkman**, Harvard Center for Population and Development Studies
- **Laura L. Carstensen**, Stanford Center on Longevity
- **Michele J. Grimm**, Michigan State University
- **Paul H. Irving**, Milken Institute
- **Mehmood Khan**, Hevolution Foundation
- **Jeanette Vega Morales**, Ministry of Social Development and Family, Chile
- **Mosa Moshabela**, University of KwaZulu-Natal
- **Hiroki Nakatani**, Keio University
- **John Piggott**, University of New South Wales
- **Jennie Popay** (2019-2021) Lancaster University
- **John W. Rowe**, Mailman School of Public Health, Columbia University
- **Andrew J. Scott**, London Business School
- **Eric Verdin**, Buck Institute for Research on Aging
- **Yaohui Zhao**, Peking University



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Health Longevity:

Definition by *Healthy Longevity Roadmap* report

- “The state in which years in good health approach the biological life span, with physical, cognitive and social functioning, enabling well-being across populations.”
- Foundation: preservation of *health for all* – into older ages.



Is there a value to healthy, longer lives?

Science offers a wider lens

- Living out the *full* human life course and stages of life
- Health span = life span an enabler of the opportunities
- Families of multiple generations and intergenerational supports
- Intrinsic assets that are accrued to older age:
 - Abilities, skills and goals: expertise and experience;
 - Higher order cognitive skills, with complex problem solving capabilities;
 - Socioemotional: priorities of meaning, connection, giving back, values;
 - Capabilities, eg, conflict resolution; long term-ism with urgency;
 - “Wisdom”;
 - Life stage goals and priorities: meaning, prosocial, generativity, legacy.
- Implications:
 - The societal import of assets of older age, and at a scale never before available
 - Optimism for the young;



NAM Roadmap Report:

*The evidence supports potential for
Health span \approx Life span*



Health Longevity: *Import*

By increasing healthy longevity, societies can:

- Minimize individual and societal burdens of *unhealthy* longevity;
- Unleash the potential of older people in the near and long terms through *enabling productive engagement*
- *Benefit people of all ages*
- Results:
 - *Longevity dividend for individuals and society*
 - *Thriving societies of longer lives – for all ages*



The Costs of Inaction

- More people living their longer lives with poor health, suffering, and dependence
- GDP that is lower than it would be with better health and full inclusion of older people
- Increased fiscal burdens on government
- Increased financial burdens on individuals and families
- Loss of contributions of older people
- Loss of opportunity for young people, and all ages



How to set goals for what is possible *and* desirable?

The creation of a “Future-back vision” that
*describes a society that successfully utilized
the evidence of how healthy longevity will
create a positive future for all*



Vision 2050 – *for Individuals*

- All people are enabled to have *long lives with health and function into oldest ages, and have agency in the creation of health*
- *Aging-associated needs* are well met, for long lives of dignity
- Healthy older people have *full opportunity to engage in meaningful and productive activities* that meet their goals, whether working for pay and/or bringing their social capital to contribute to societal and intergenerational well-being and cohesion and leave a better future
- Loneliness and isolation are not the default experiences of aging
- Young adults have greater intergenerational support and more job opportunities
- Adults of all ages are valued

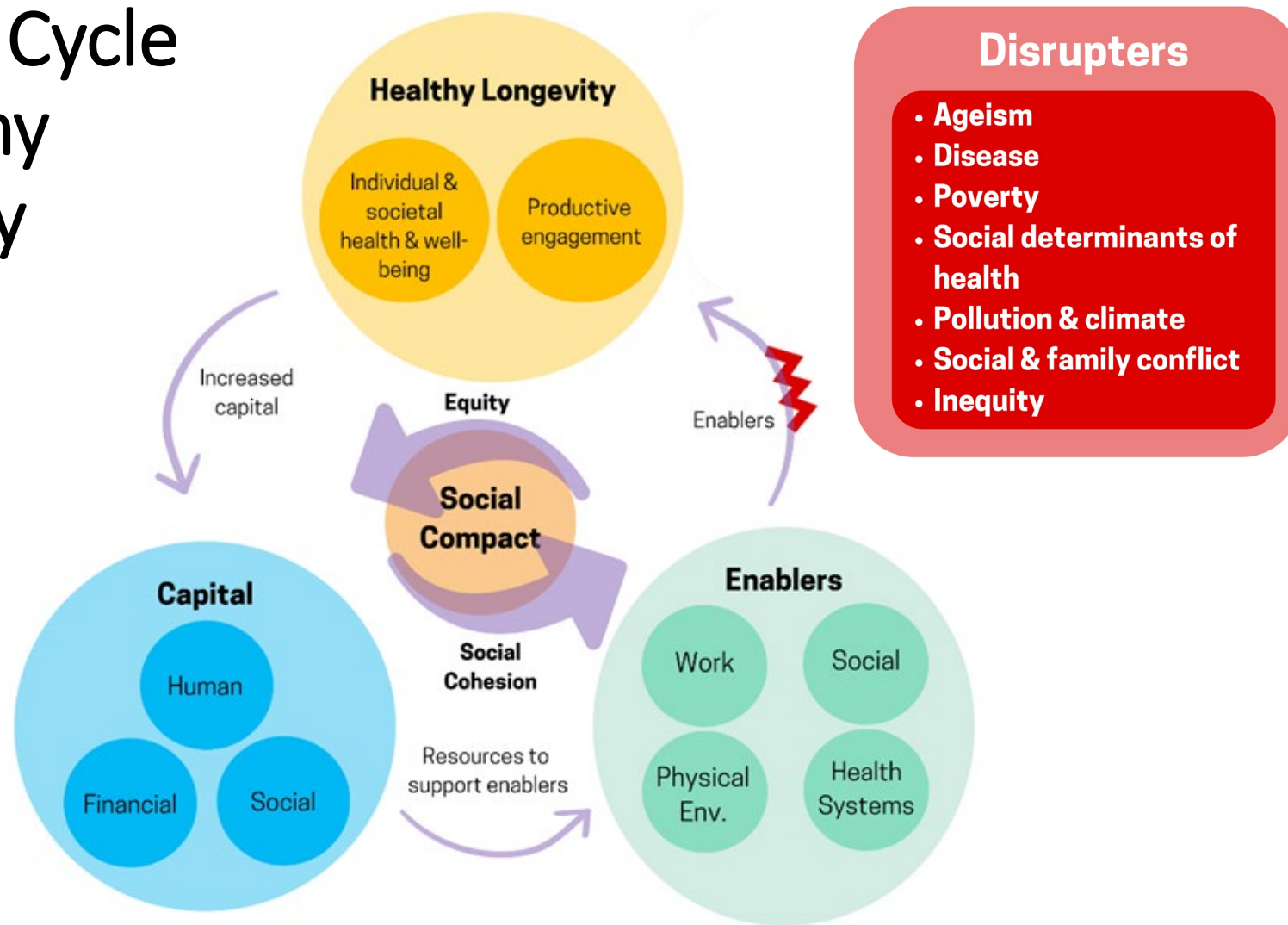


Vision 2050 – *for Societies*

- Long health span and decreased health disparities are assets for nations and societies
- Intrinsic assets and goals of older people valued and enabled, with all-of-society benefits from their contributions in monetary and nonmonetary roles
- Younger people more successful, more jobs and less disaffection
- Enlarged workforce, stronger economy, increased ability to invest in human capital and public goods
- Enhanced social capital, with strengthened prosocial goals
- When older people thrive all people and economies thrive
- Equity, intergenerational cohesion, and decreased precarity within and between countries



Virtuous Cycle of Healthy Longevity



How to begin?

- Invest in complex system's initiating levers toward Vision 2050
- Recommendations for 2022-2027



Relevant Actors



Global Roadmap for Healthy Longevity

8 Goals for 2050

1. **Economic and social benefits generated** by people living, working, volunteering, and engaging longer
2. **Social Infrastructure, institutions, and business systems** that enable safe and meaningful work and other community engagement at every stage of life
3. **Education and training** opportunities that promote participation in lifelong learning and growth
4. **Social cohesion** augmented by intergenerational connections and the creation of opportunities for purposeful engagement by older people at the family, community, and societal levels
5. **Social protections and financial security** that mitigate the effects of financial vulnerability at older ages
6. **Physical environments and infrastructure** that support functioning and engagement for people at older ages
7. **Integrated public health, social service, person-centered health care, and long-term care** systems designed to extend years of good health and support the diverse needs of older people
8. **Quality long-term care** systems to ensure that people receive the care they require in the setting they desire for a life of meaning and dignity



Re-Design Health Systems for Healthy Longevity



Fully age-friendly public health systems designed to enable healthy longevity and community-based support for homebound and disabled



New long-term care models and trained workforce with career pathways

Training in geriatrics for public health, health care, and long-term care.



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Global Roadmap for Healthy Longevity

Key Recommendations

- Vision 2050 Goals:
 - Integrated public health, social service, person-centered health care, and longterm care systems designed to extend years of good health and support the diverse health needs of older people
 - Quality longterm care systems to ensure that people receive the care they require in the setting they desire for a life of meaning and dignity
- Recommendations for 2022-2027
- 6-1: Develop strategies to increase investments in robust public health systems
 - Interventions at population and individual level to reduce underlying risk factors for aging and chronic conditions; close collaboration with social service, workplace and medical providers
- 6-2: Shift health care systems to focus on healthy longevity
 - Geriatrics workforce that can adequately care for older people
 - Integrated person centered care, including care coordination, across primary care, public health, social services, palliative and longterm care
- 6-3: Make available culturally sensitive, person-centered and equitable longterm care –
 - in setting the person chooses, to the extent possible;
 - Supports for families and family caregivers, while making formal care available when needed



Empowering Communities To Create Societies for Longer Lives

- Age-Friendly Communities provide an opportunity for communities to improve social and public infrastructure for healthy longevity
- Goals: to meet both needs and opportunities of older age & longevity
 - Gives older people more opportunities to participate in everyday life, age in a healthy way, and live without fear of discrimination or poverty.
 - Offers older people the opportunity to grow and develop as an individual while contributing to their community.
 - Allows older people to age with dignity and autonomy.
 - Promotes healthy aging through policies, services, environments, and structures

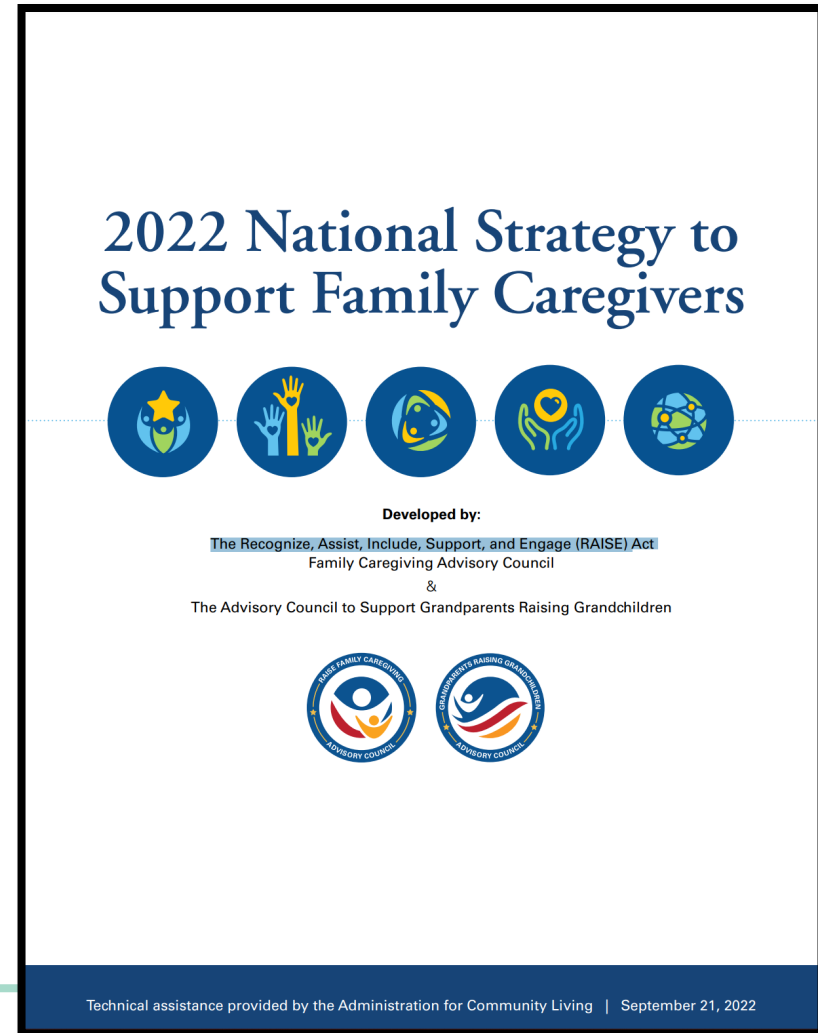
<https://www.paho.org/en/topics/age-friendly-cities-and-communities>



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Enhance Support for Family Caregivers

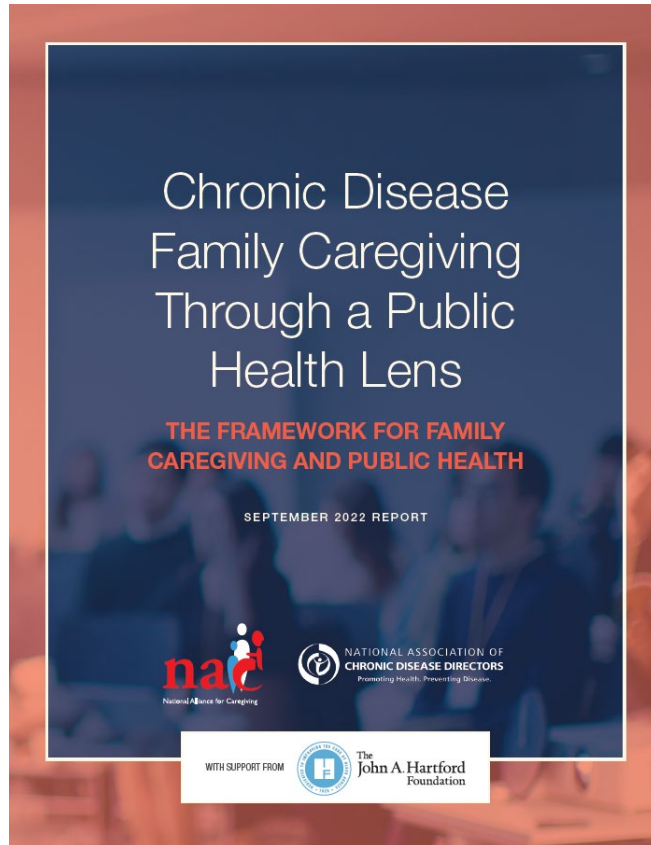
- Substantial national attention to needs of family caregivers through efforts such as the Recognize, Assist, Include, Support, and Engage (RAISE) Act and its required National Strategy
 - Nearly 350 actions that 15 federal agencies will take in the near term
 - More than 150 actions for states, communities, and others



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Supporting Family Caregivers:

Family Caregiving as a Public Health Priority



- Family caregiver health and wellness (including mental health needs) must be addressed
- Care coordination efforts are needed because complexity of care provided by family caregivers is increasing



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Public Health Priority: Addressing Family Caregiver Health and Wellness

- Focus Areas

- Population health surveillance on caregivers
- Public health research & Education about Caregivers
- Public Health Messaging to Caregivers

- Examples of Interventions

- Strengthen family caregiver data collected in the core sections of the Behavioral Risk Factor Surveillance System (BRFSS)
- Design and implement public health research analyzing interventions for family caregivers
- Conduct awareness efforts describing the value of the family caregiver in chronic disease management and intervention

Chronic Disease Family Caregiving through a Public Health Lens, National Alliance for Caregiving, 2022.



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Public Health Priority: Address Care Coordination Needs as Family Caregivers Coordinate Increasingly Complex Care

- Focus Areas

- Entry-Point Service Coordination for Family Caregivers Across Sectors
- Expanded Service Delivery for Family Caregivers

- Examples of Interventions

- Ensure family caregivers of those across the range of conditions are identified, assessed, and referred to services early in their care journey
- Implement educational programs for family caregivers across all chronic conditions, allowing for the training and development of additional skills that would allow them to augment a care team and complement, not compete with, clinical visits

Chronic Disease Family Caregiving through a Public Health Lens, National Alliance for Caregiving, 2022.



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Building a Geriatrically-Capable Workforce

- HRSA's Geriatrics Workforce Enhancement Program(GWEP) is generating evidence-based models to build geriatrically-capable workforce; this should span medical care, public health, longterm care
- Develop incentives and loan repayment that will bring health professionals to geriatrics training and careers
- ACL's Direct Care Workforce Capacity Building Center supports recruitment, retention, and professional development of workers providing home and community-based services
- Some universities, such as Columbia and SUNY Downstate School of Public Health, providing Advanced Certificate in Public Health Geriatrics.



Position the Public Health System to Better Anticipate Future Need

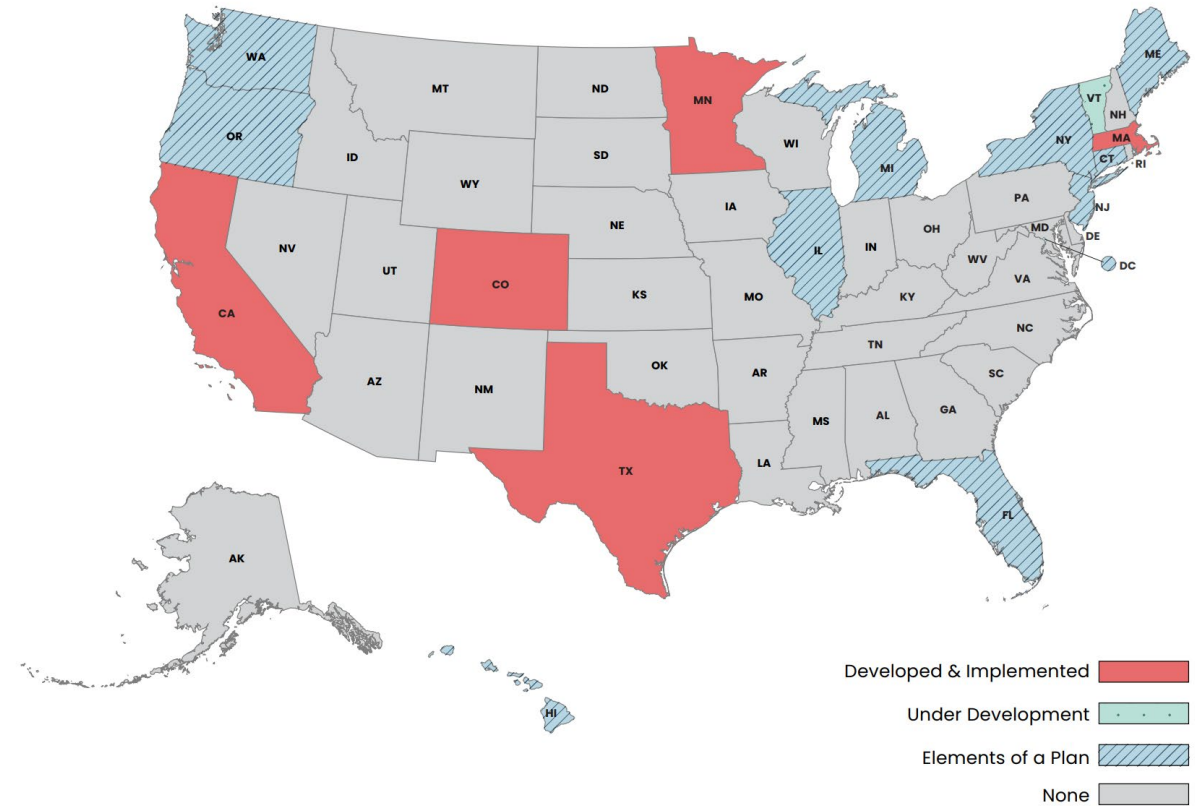
- More resources for prevention and health promotion for every age group: recommended in report, to create conditions for healthy longevity for all.
- Need Public health systems' leadership and community-focused programs and policies that prevent chronic disease and emphasize aging as a risk factor for chronic conditions
- Close cooperation and integration needed between public health, health care, and social services to address social determinants of health
- Data and analytics systems are critical for surveillance, precision public health, and assessing efficacy of interventions
- Public health workforce must be knowledgeable about geriatrics and gerontology
 - U.S. National Academy of Medicine Global Roadmap for Healthy Longevity



Create Federal and State Master Plans on Aging

- Federal and State Governments create all-of-government entities and Master Plans on Aging to create societies with healthy longevity that support people in the second half of life:
 - Promote transparency and inclusion at all stages of MPA development.¹
 - Embed equity into all stages of development.¹
 - Incorporate the principle of person-centered planning.¹

¹ Center for Health Care Strategies



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The SCAN Foundation