

Public Health Mandate for Healthy and Successful Aging

Questions:

- What is successful aging?
- Is healthy aging the same as successful aging?
- If one has some health problems, does that mean one cannot age successfully?
- How do you know you have successfully aged?
- How is it different for different persons in different cultures and contexts?
- How do we measure successful aging?
- What have we found that would help people become successful agers?
- What are the necessary and sufficient conditions to attain successful aging?
- Based on what we know, what can public health do to help older adults to age successfully?



To answer these questions, it would be helpful …

- to review what we know and don't know
- To obtain some consensus about our current knowledge, criticisms, and disagreements
- To discuss future directions and mandates

Some previous explorations…

- From a medical perspective
  - Decline of both biological and cognitive systems
  - Rowe and Kahn
  - Rehabilitation of deficits
- From a sociological perspective
  - Mathilda White Riley
- From a human development perspective
  - Baltes & Baltes
- From a biopsychosocial perspective
  - Stress-Resource-Outcome Models
  - Distal and proximal influences
- From a public health perspective
  - Systems and culture change



NIA R13 Behavioral-Social Science Project

- To define what we know
- To solicit peer criticisms and input
- To share outcome of discussion
- To define new directions
- To mentor emerging scholars



Core members:

- Leonard W. Poon, PI, Psychology
- Peter Martin, Psychology & Human Development
- Eva Kahana, Sociology
- Boaz Kahana, Psychology
- Chris Fry, Sociology and Anthropology
- May Wykle, Nursing
- Craig Willcox, Anthropology
- Brad Willcox, Medicine, Geriatrics, Geneticist
- Rachel Pruchno, Psychology



Five Concept Papers:

- History and definitions
- Society structures and contexts
- Measurement
- Intervention
- Bibliography

Time Line:

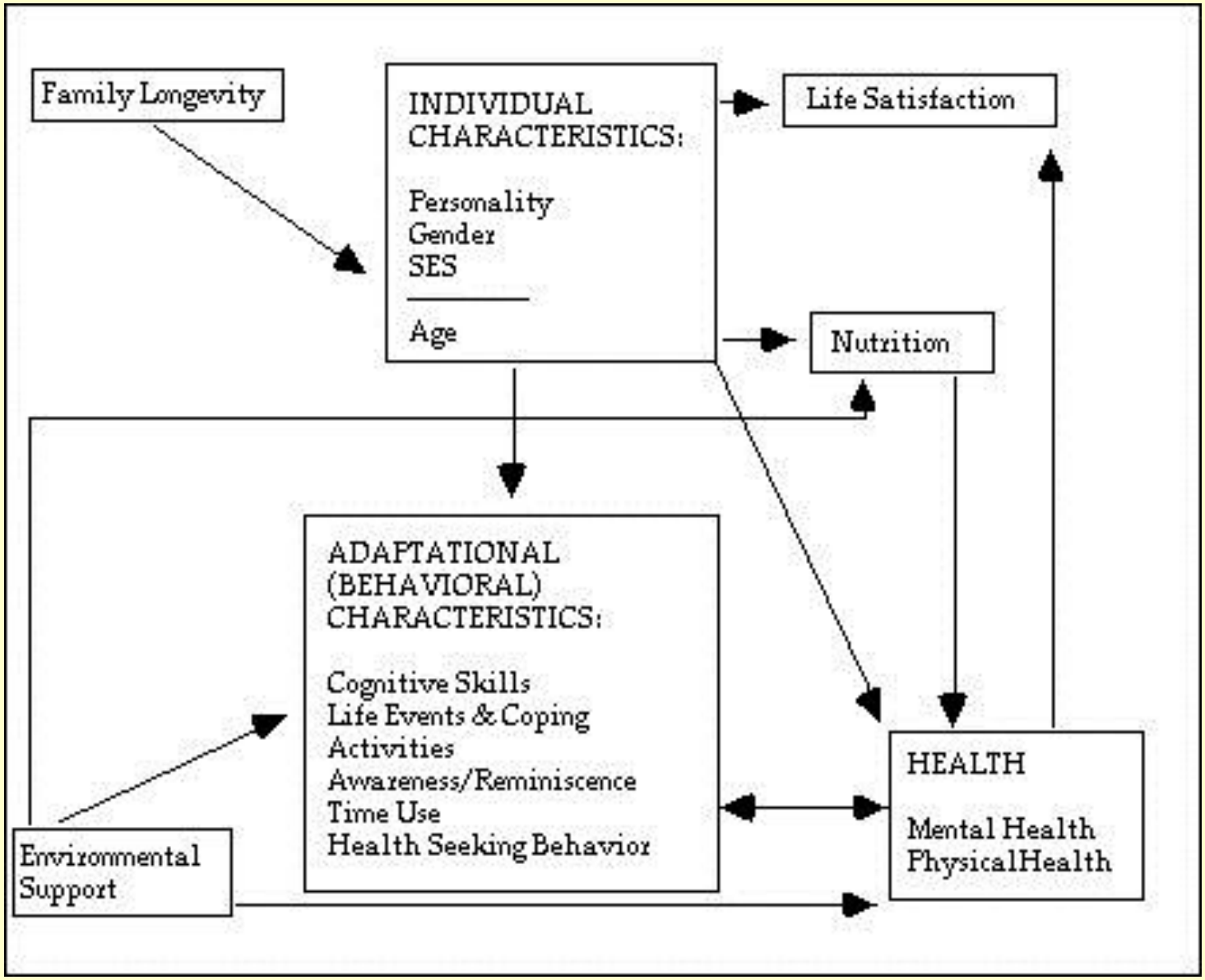
- April, 2012: Release papers for comments through website and facebook
- July: Incorporate input by core members
- August: First workshop to deliberate current state-of-the-art with webcast
- Nov: GSA Fellowship Committee sponsored symposium
- Dec: Solicitation of input for new directions
- April, 2013: Second workshop with webcast
- August: Publication of findings
- Nov: GSA mentoring workshop for emerging scholars

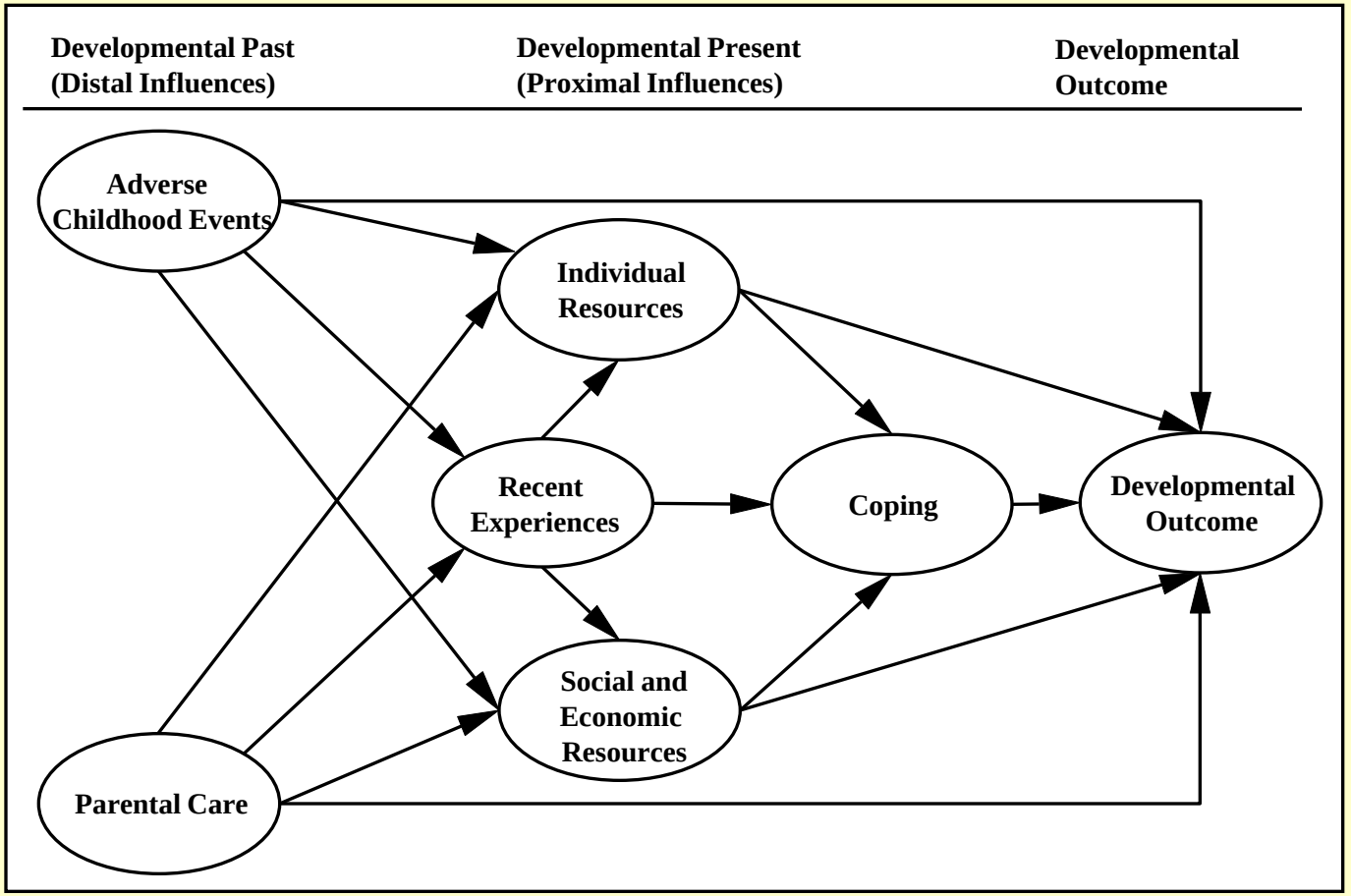
The Georgia Centenarian Study

1988-2009



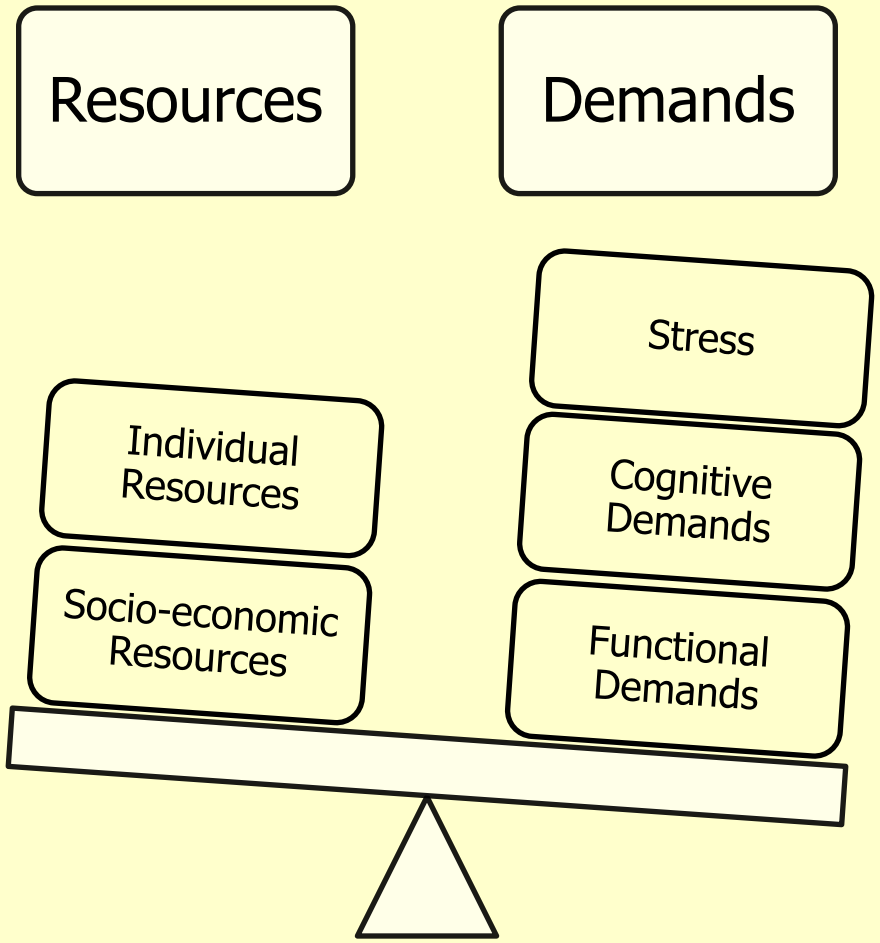
- Phase 1 (1988-1992) Cross sectional comparison of 100, 80, 60 year old (NIMH)
- Phase 2 (1992-1998) Longitudinal study of stability & change (NIMH)
- Phase 3 (2001 – 2009) Genetics, neuropathology, functional capacity, & supportive resources of centenarians (NIA)


Family Longevity
INDIVIDUAL CHARACTERISTICS:
Personality
Gender
SES
Age
Life Satisfaction
Nutrition
ADAPTATIONAL (BEHAVIORAL) CHARACTERISTICS:
Cognitive Skills
Life Events & Coping
Activities
Awareness/Reminiscence
Time Use
Health Seeking Behavior
HEALTH
Mental Health
PhysicalHealth
Environmental Support



Martin, P., & Martin, M. (2002). Proximal and distal influences on development: The model of developmental adaptation. *Developmental Review, 22,* 78-96.

Longevity: A balancing act

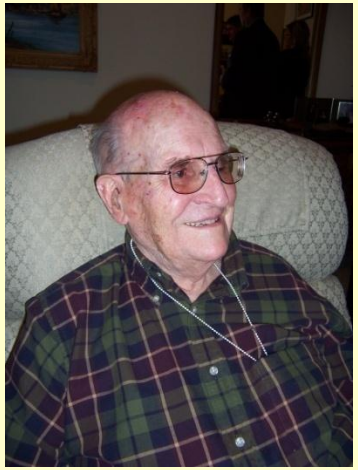


An Irish Prayer

- Take time to work, it is the price of success.
- Take time to think, it is the source of power.
- Take time to play, it is the secret of perpetual youth.
- Take time to read, it is the foundation of wisdom.
- Take time to be friendly, it is the road to happiness.
- Take time to love and be loved, it is the privilege of the gods.
- Take time to share, life is too short to be selfish.
- Take time to laugh, laughter is the music of the soul.

My Models for Successful Agers





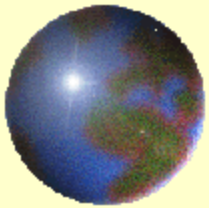












Thank You.