





Nancy Pelosi

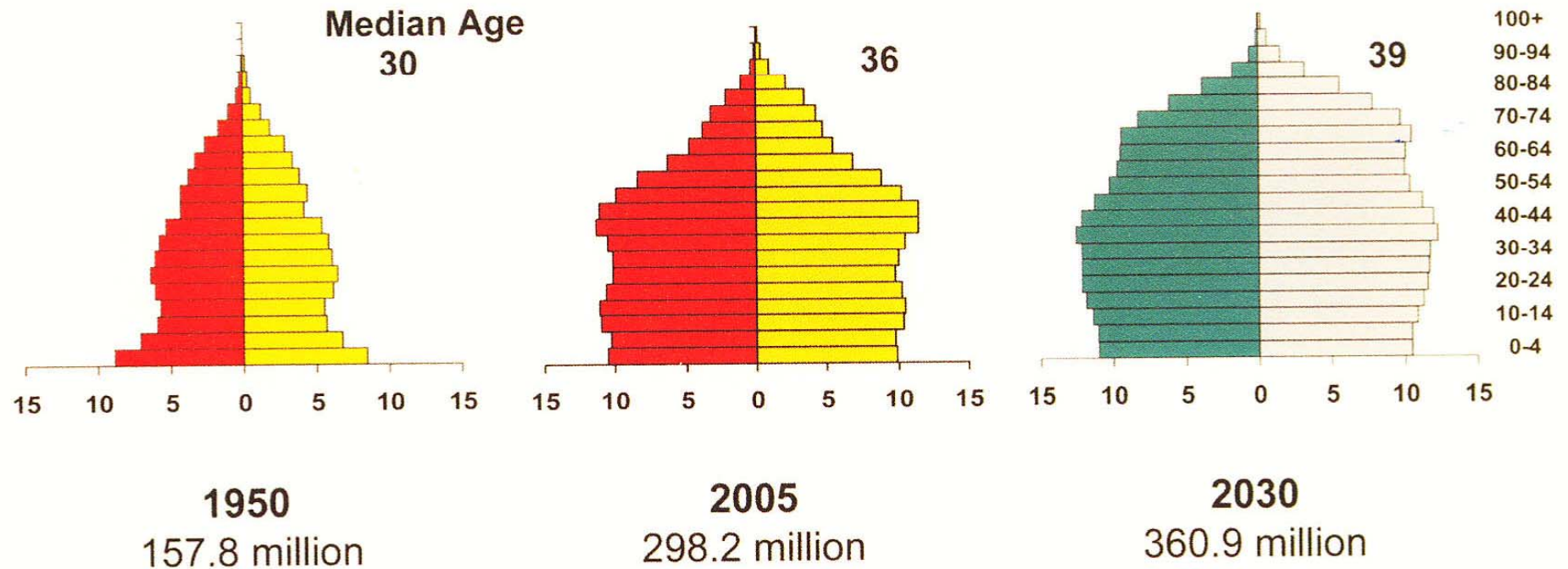
Aging

- Is not a disease
- Occurs at different rates
among individuals
between individuals
- Increases susceptibility to illness / frailty
- Does not generally cause symptoms

Aging Concepts

- Chronologic /Biologic/Psychologic/Actuarial
- Maximum documented life span 122+ yrs
- Life expectancy 47 years in 1900`
Ma Pampo
- Life Expectancy 64 years in 1960
- Life expectancy 77 years in 2000

United States: From pyramid to cube as the population ages

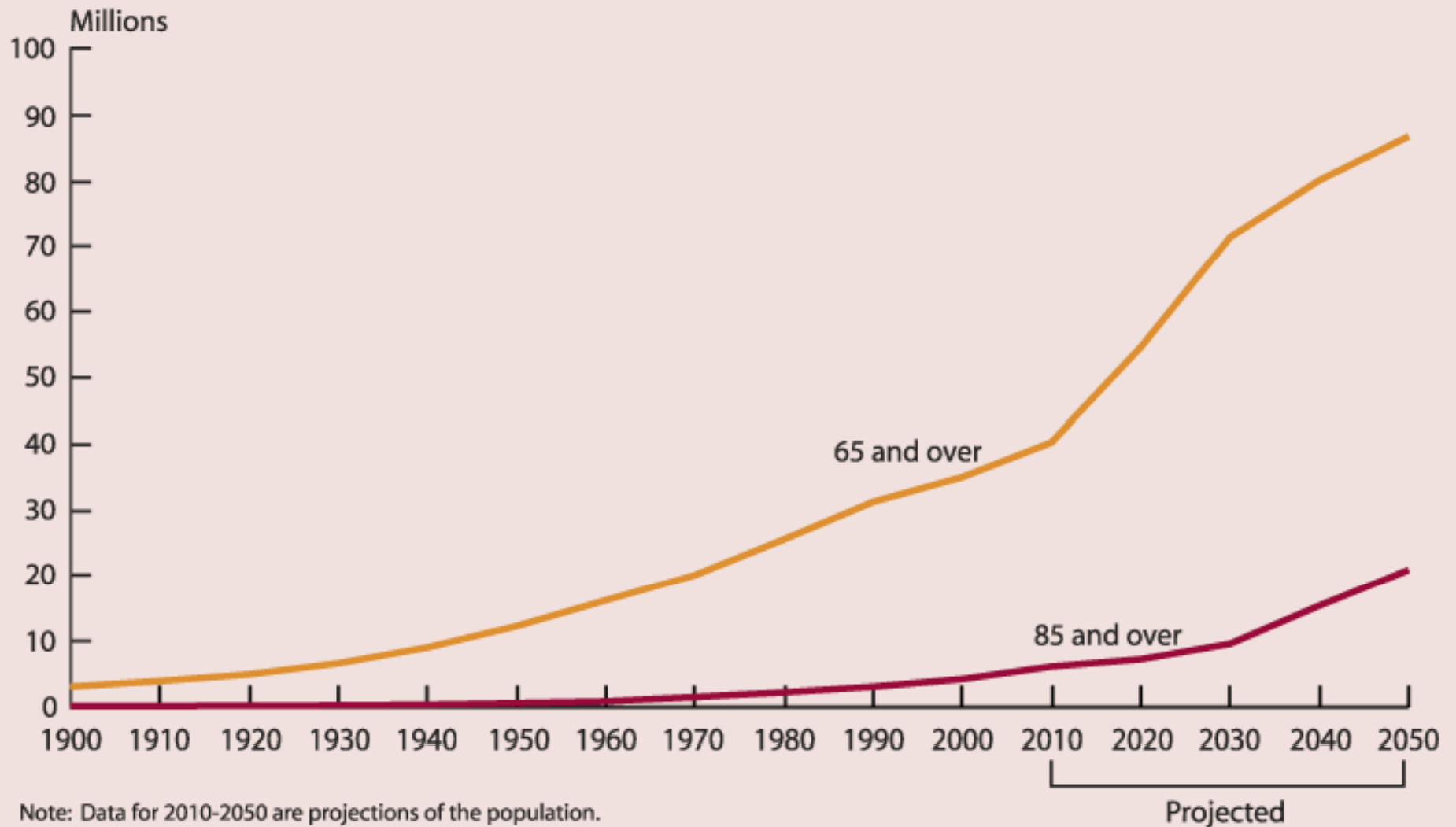


Population in millions by five-year age bracket; males on left, females on right.

Source: United Nations 2004 medium variant forecast

Indicator 1 - Number of Older Americans

Number of people age 65 and over, by age group, selected years 1900-2000 and projected 2010-2050

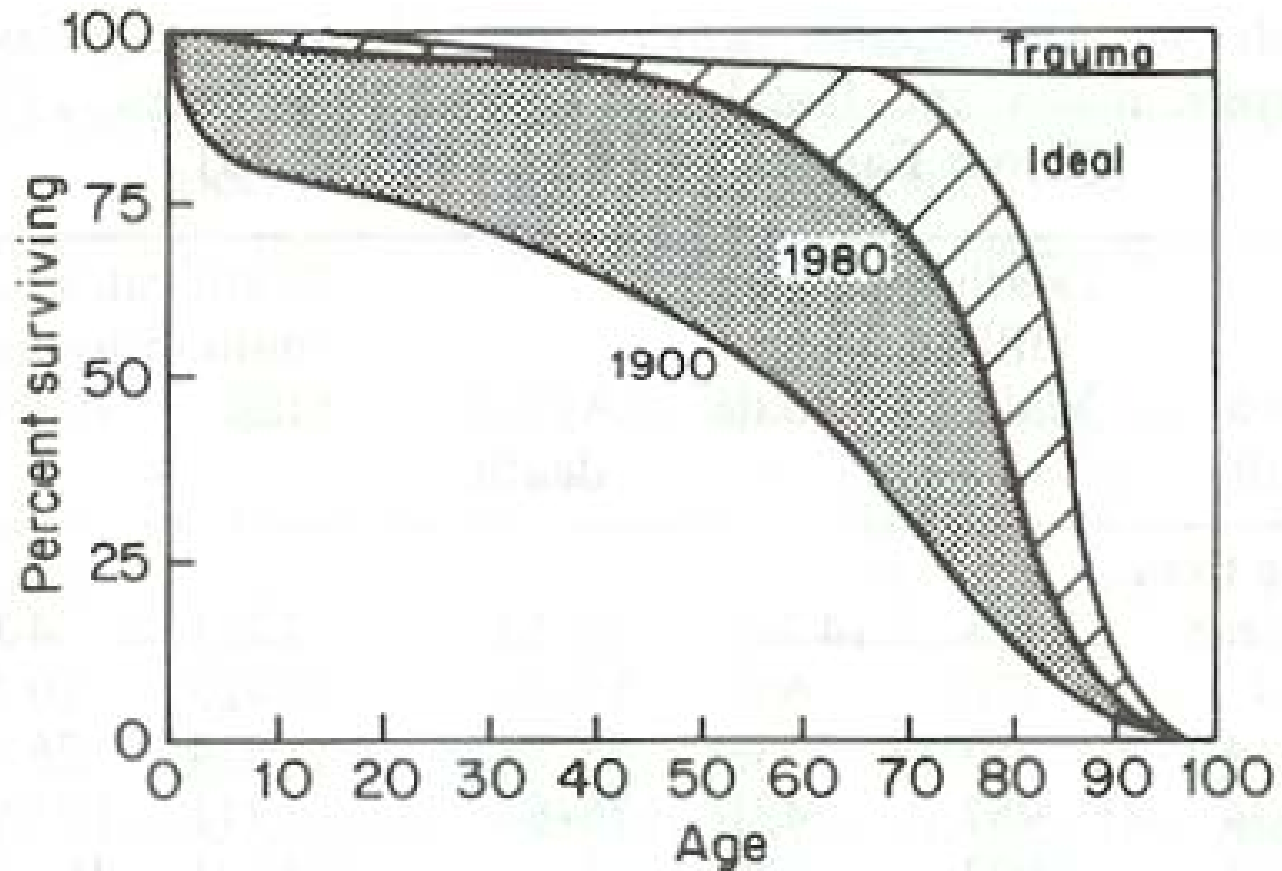


Note: Data for 2010-2050 are projections of the population.

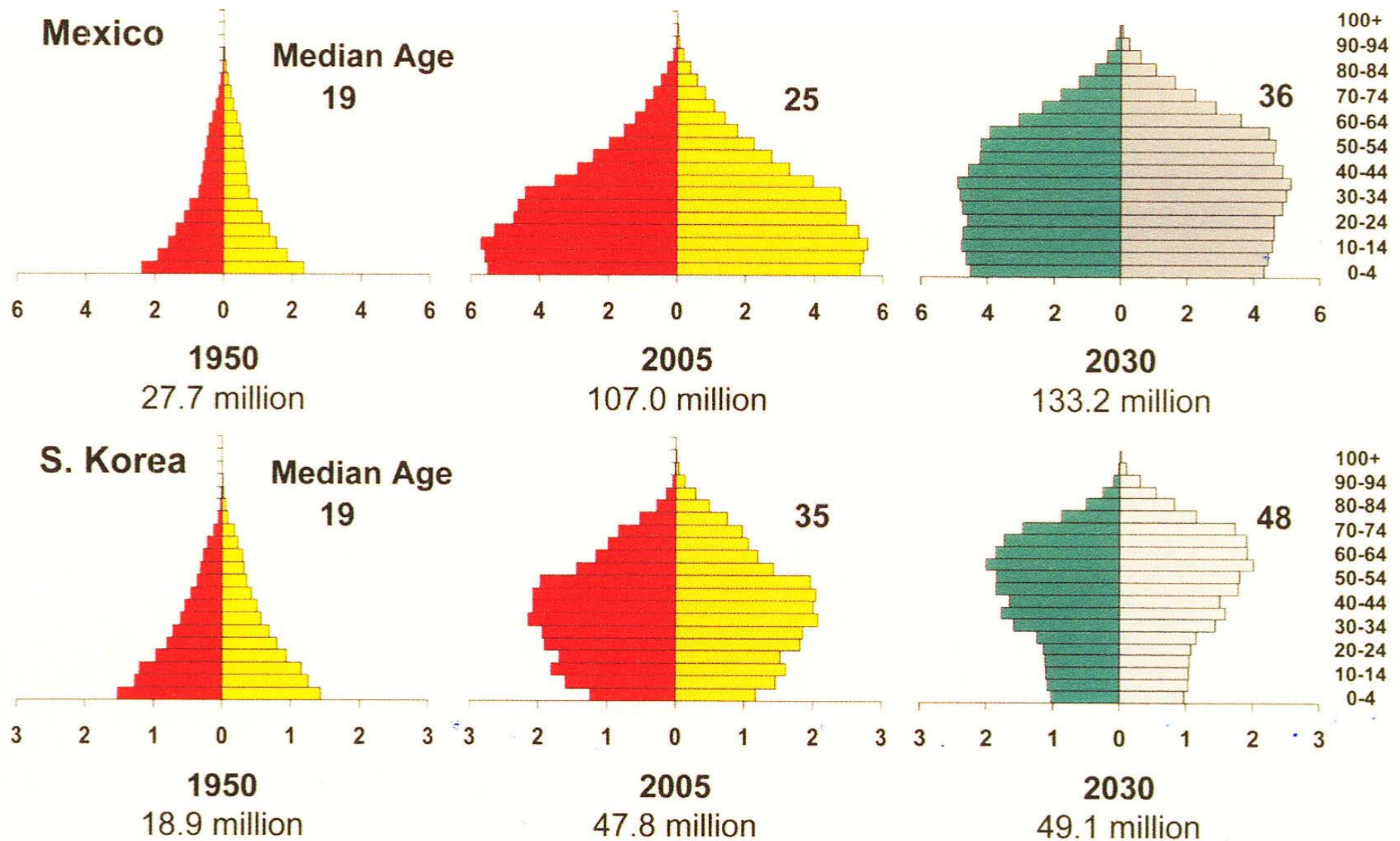
Reference population: These data refer to the resident population.

Source: U.S. Census Bureau, Decennial Census and Projections.

Survival Curves



Mexico and South Korea: Rapidly aging

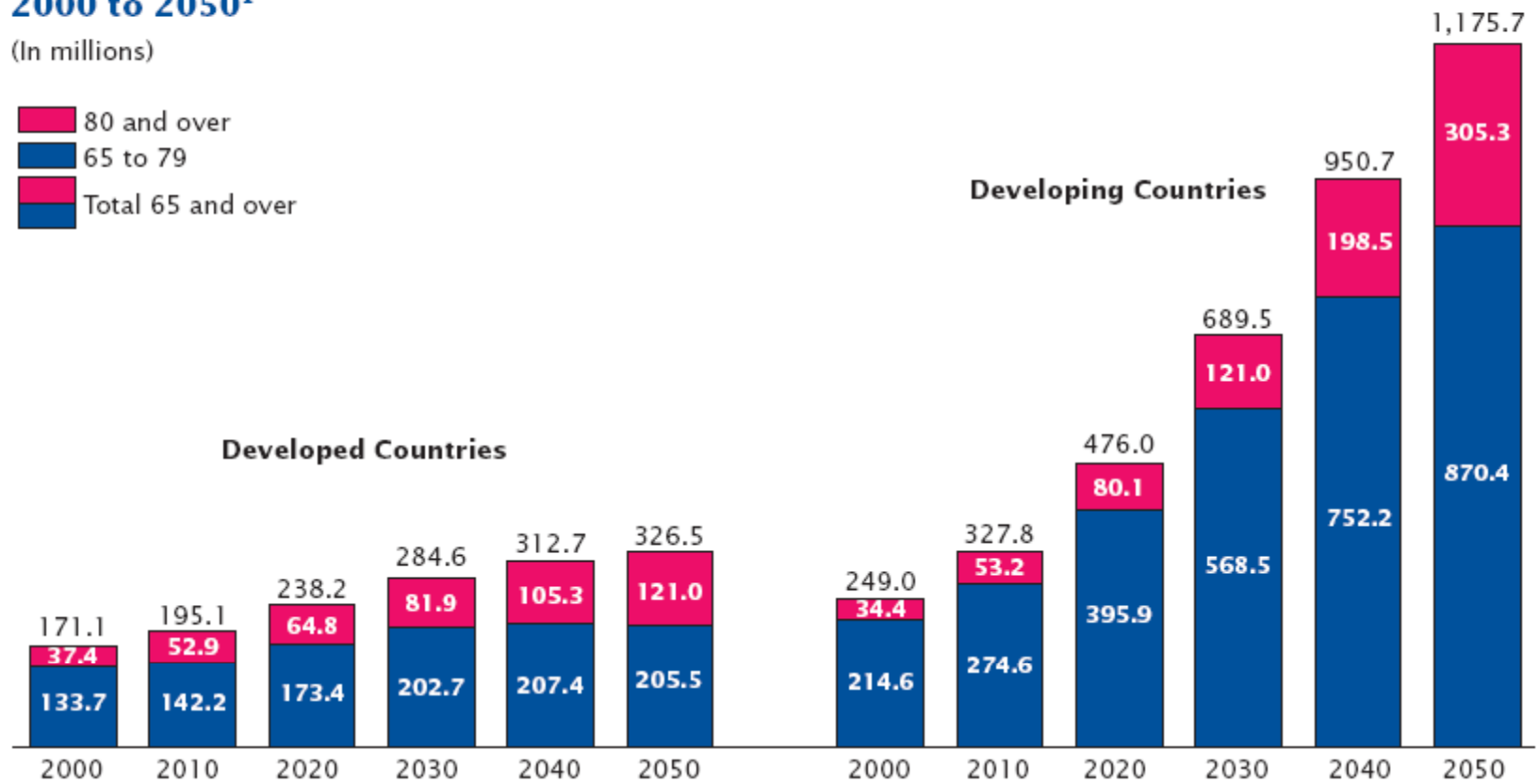
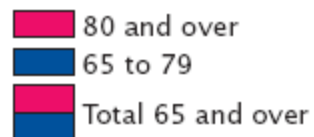


Population in millions by five-year age bracket; males on left, females on right.

Source: United Nations 2004 medium variant forecast

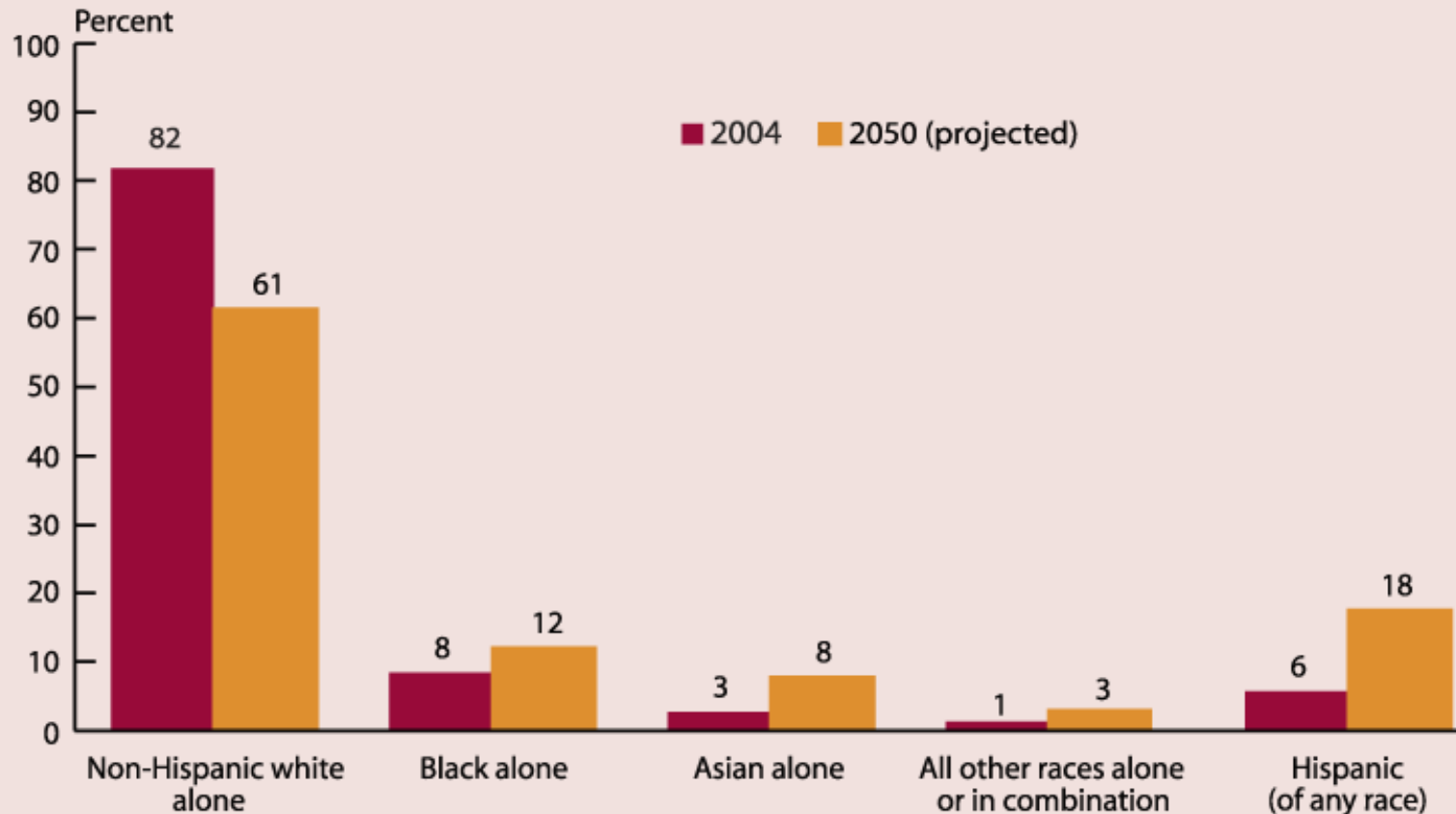
Population Aged 65 and Over for Developed and Developing Countries by Age: 2000 to 2050¹

(In millions)



Indicator 2 - Racial and Ethnic Composition

Population age 65 and over, by race and Hispanic origin, 2004 and projected 2050



Note: The term "non-Hispanic white alone" is used to refer to people who reported being white and no other race and who are not Hispanic. The term "black alone" is used to refer to people who reported being black or African American and no other race, and the term "Asian alone" is used to refer to people who reported only Asian as their race. The use of single-race populations in this report does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches. The race group "All other races alone or in combination" includes American Indian and Alaska Native, alone; Native Hawaiian and Other Pacific Islander, alone; and all people who reported two or more races.

Reference population: These data refer to the resident population.

Source: U.S. Census Bureau, Population Estimates and Projections, 2004.

Men Per 100 Women

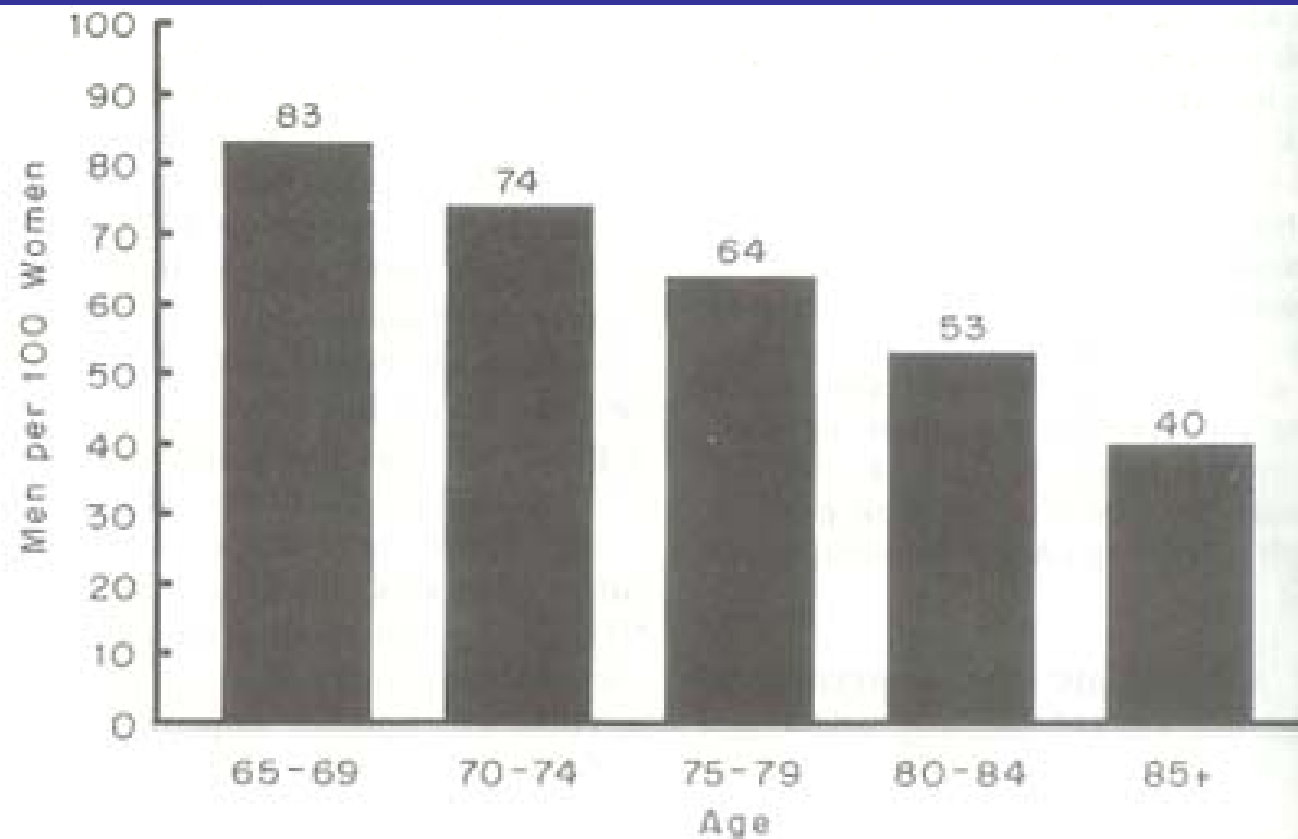
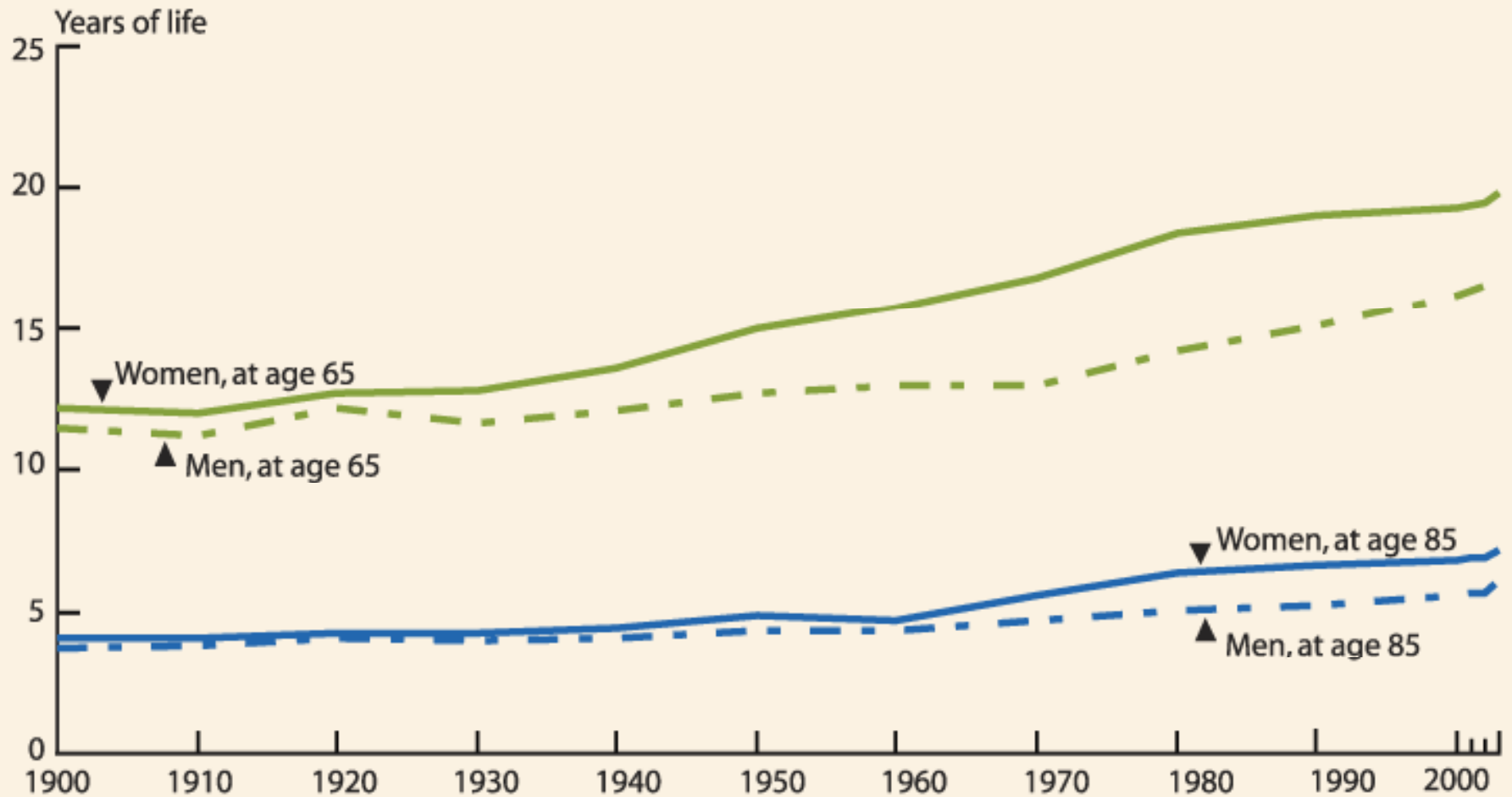


Figure 2 Number of men per 100 women by elderly age group: 1986. (From United States Senate Comm. on Aging, 1987)

Indicator 13 - Life Expectancy

Life expectancy at ages 65 and 85, by sex, selected years 1900-2003

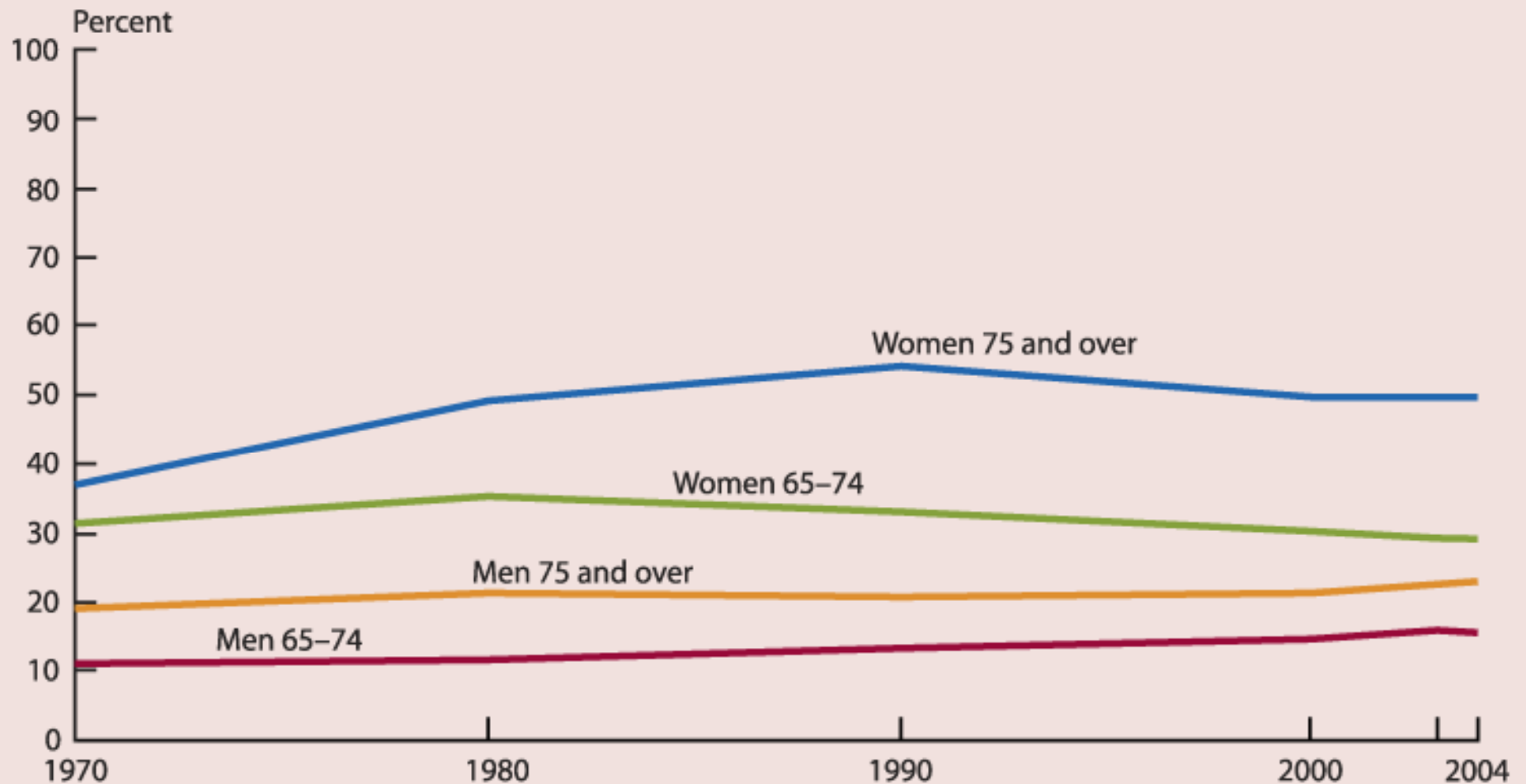


Reference population: These data refer to the resident population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.

Indicator 5 - Living Arrangements

Population age 65 and over living alone, by age group and sex, selected years 1970-2004

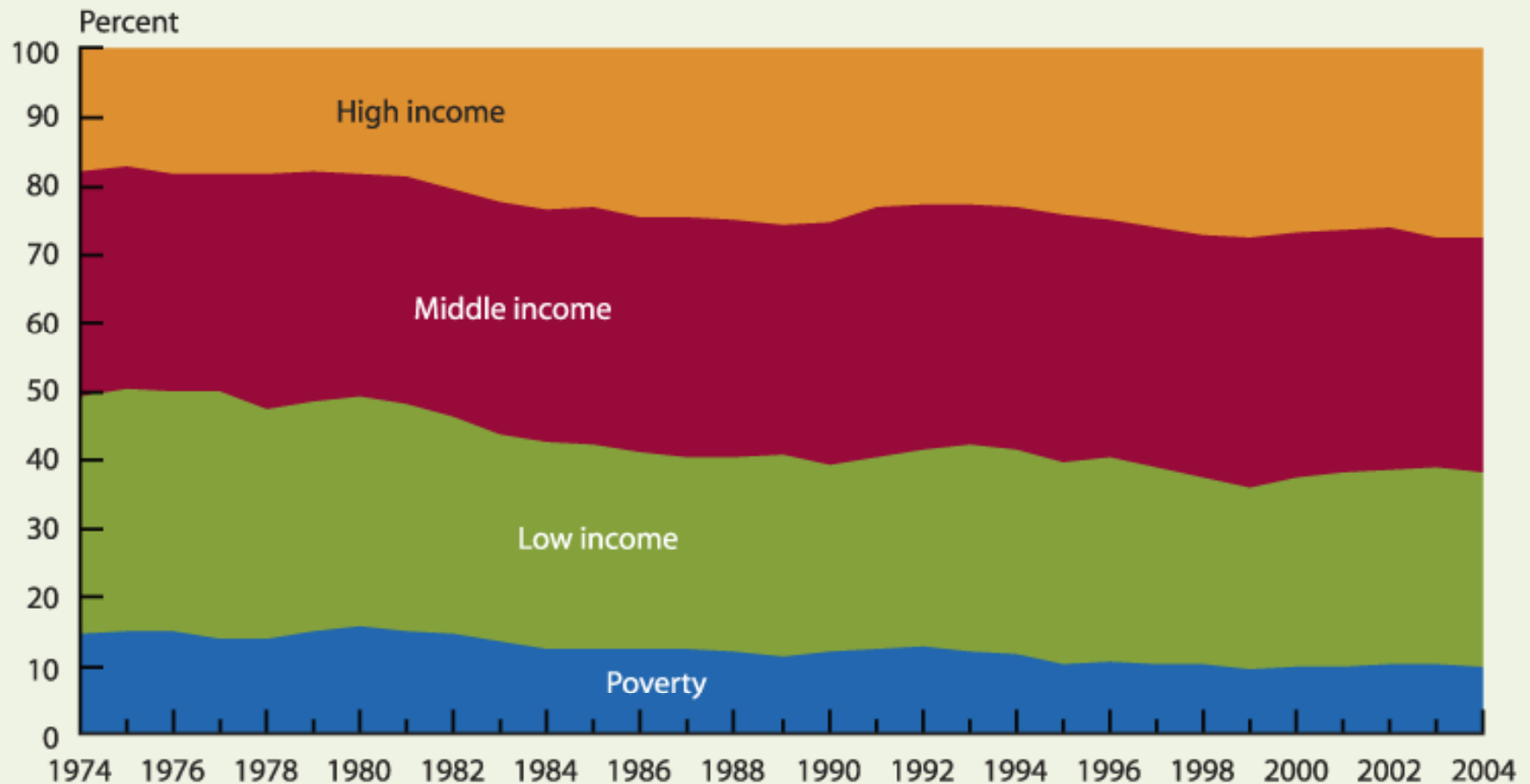


Reference population: These data refer to the civilian noninstitutionalized population.

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

Indicator 8 - Income

Income distribution of the population age 65 and over, 1974-2004



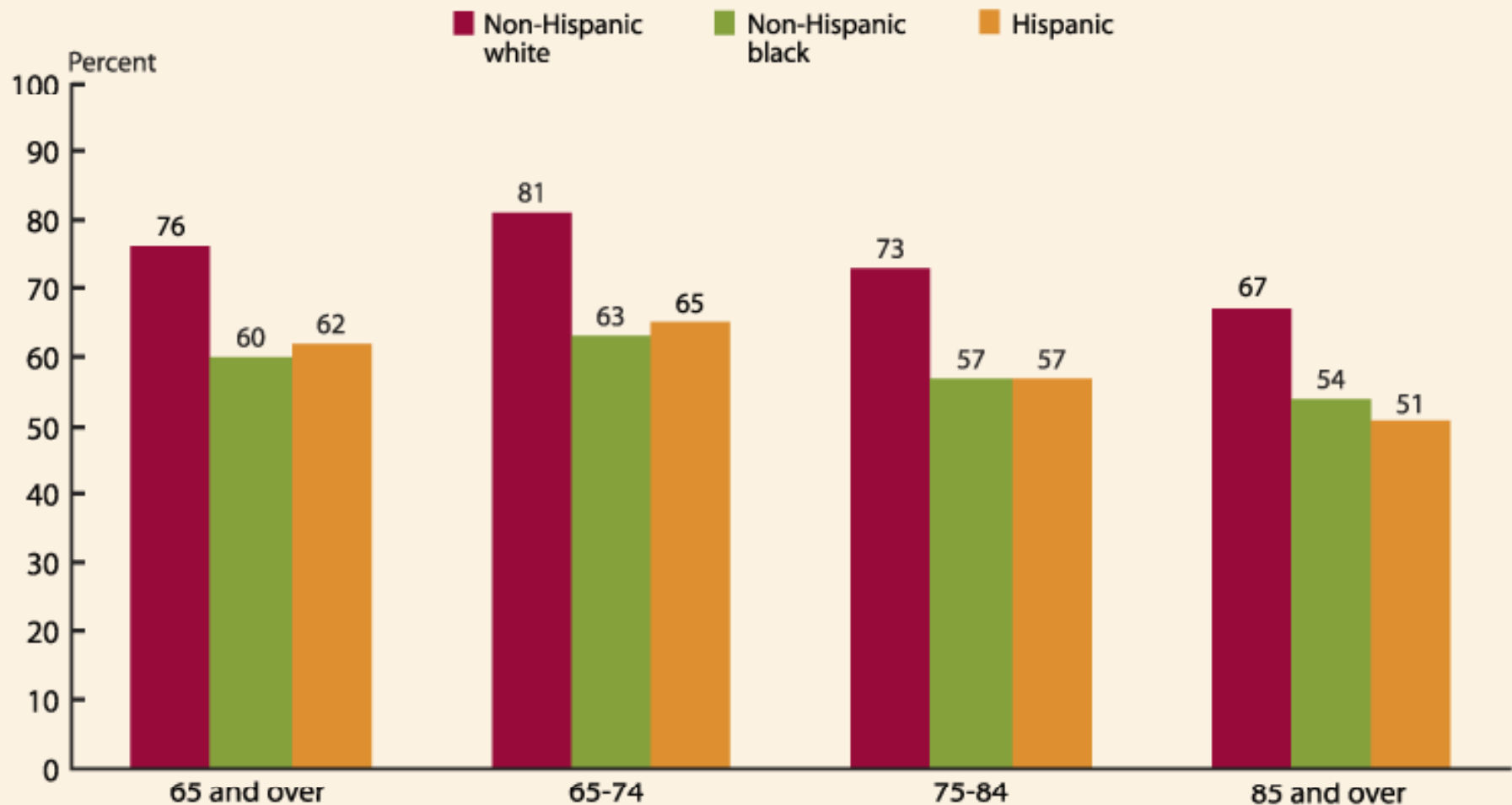
Note: The income categories are derived from the ratio of the family's income (or an unrelated individual's income) to the corresponding poverty threshold. Being in poverty is measured as income less than 100 percent of the poverty threshold. Low income is between 100 percent and 199 percent of the poverty threshold. Middle income is between 200 percent and 399 percent of the poverty threshold. High income is 400 percent or more of the poverty threshold.

Reference population: These data refer to the civilian noninstitutionalized population.

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement, 1975-2005.

Indicator 20 - Respondent-Assessed Health Status

Percentage of people age 65 and over who reported having good to excellent health, by age group and race and Hispanic origin, 2002-2004



Note: Data are based on a 3-year average from 2002-2004. People of Hispanic origin may be of any race.

Reference population: These data refer to the civilian noninstitutionalized population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

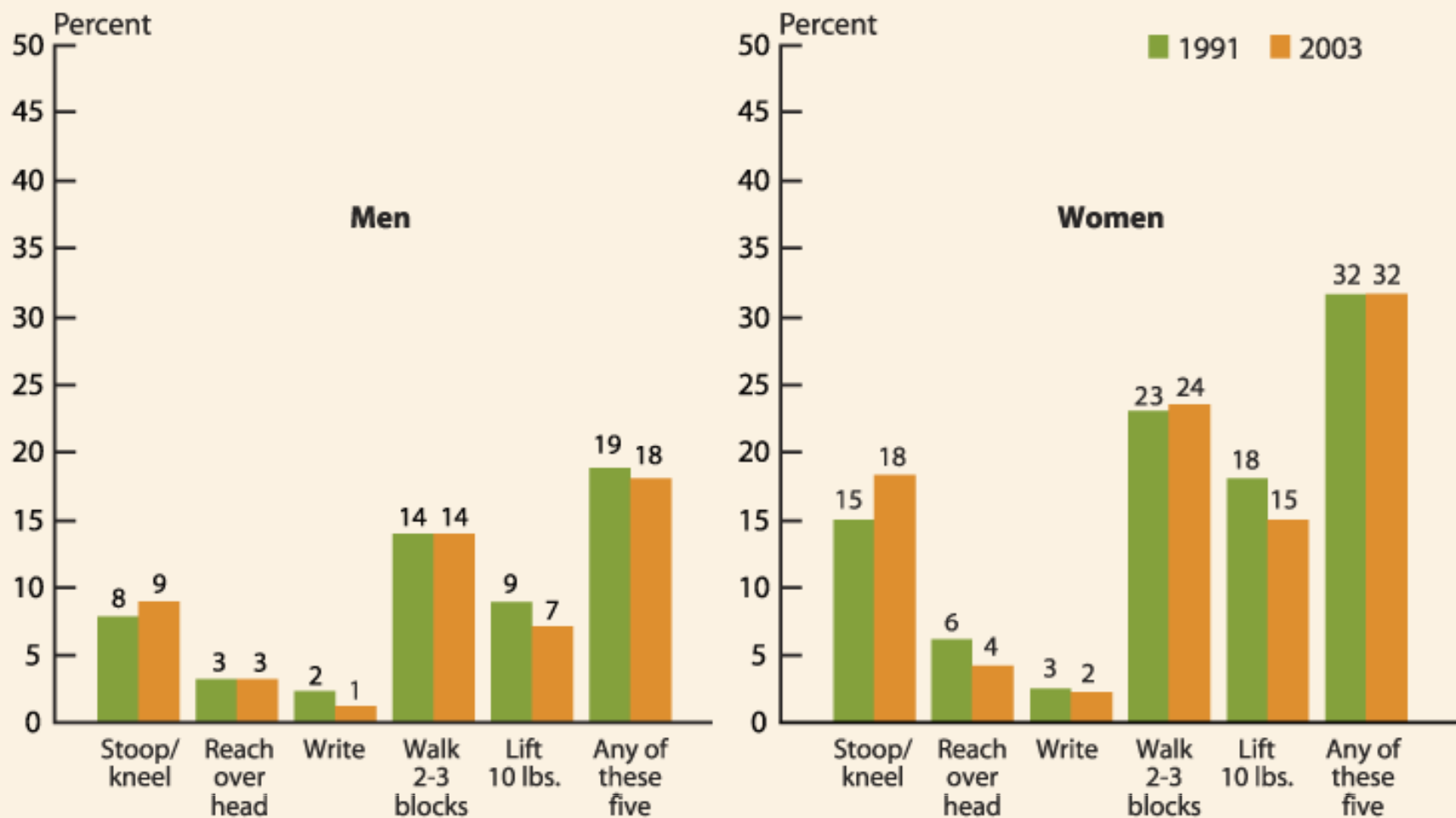
Years of Healthy Life & Life Expectancy

	All	White	Black	Hispanic
Healthy Years:	64.0	65.0	56.0	64.8
Life Expectancy:	75.4	76.1	69.1	75.8

Data from National Center for Health Statistics, USPHS - 1995

Indicator 19 - Disability

Percentage of Medicare enrollees age 65 and over who are unable to perform certain physical functions, by sex, 1991 and 2003



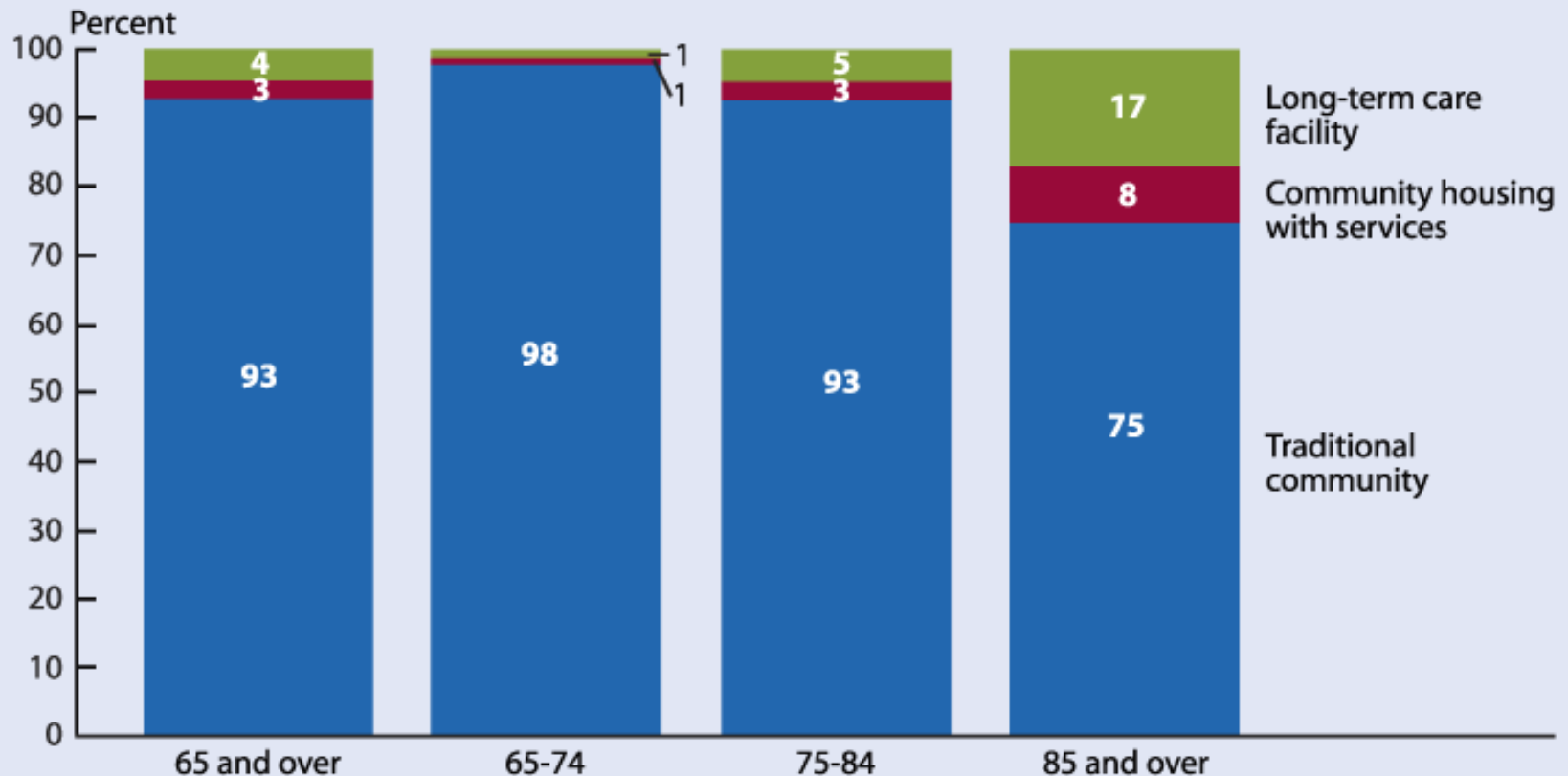
Note: Rates for 1991 are age-adjusted to the 2003 population.

Reference population: These data refer to Medicare enrollees.

Source: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey.

Indicator 36 - Residential Services

Percentage of Medicare enrollees age 65 and over residing in selected residential settings, by age group, 2003

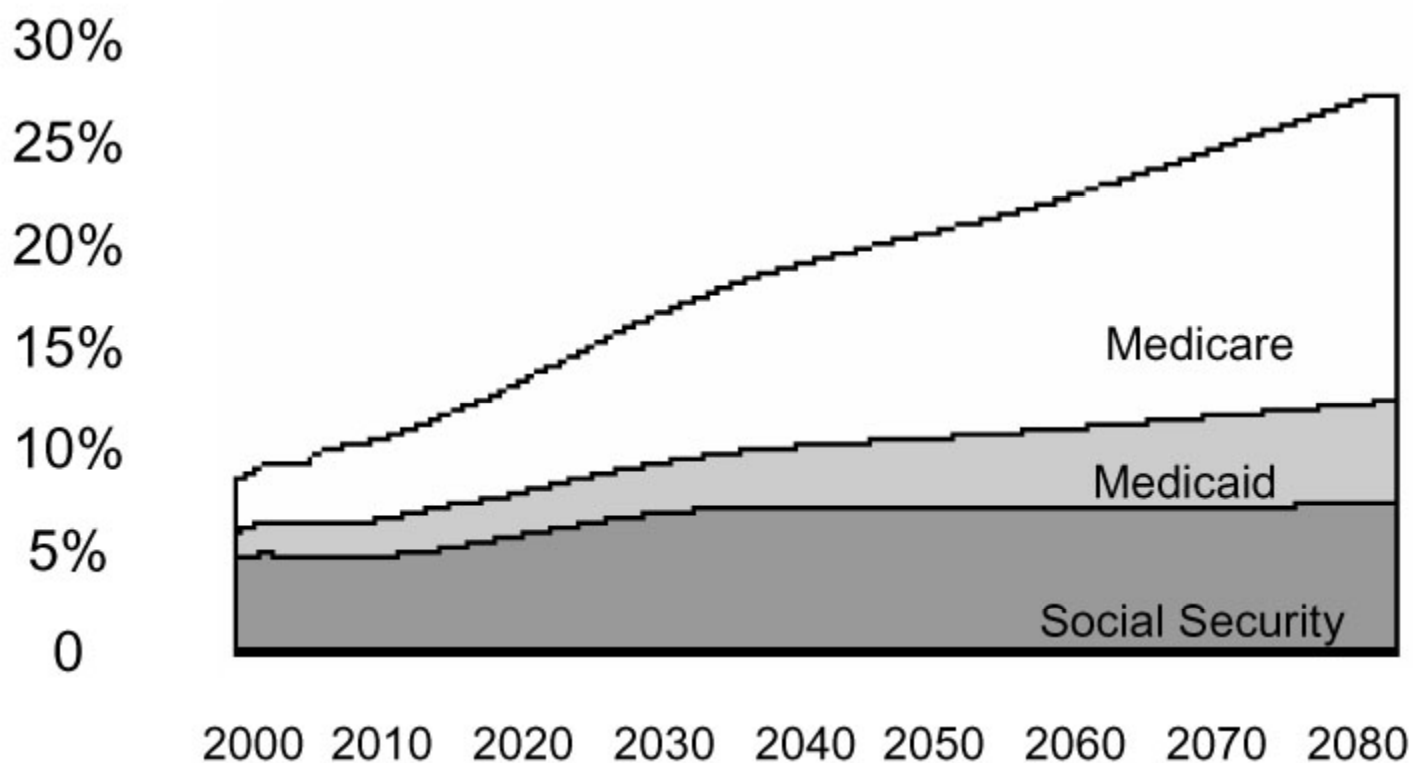


Note: Community housing with services applies to respondents who reported they lived in retirement communities or apartments, senior citizen housing, continuing care retirement facilities, assisted living facilities, staged living communities, board and care facilities/homes, and other similar situations, AND who reported they had access to one or more of the following services through their place of residence: meal preparation, cleaning or housekeeping services, laundry services, help with medications. Respondents were asked about access to these services but not whether they actually used the services. A residence is considered a long-term care facility if it is certified by Medicare or Medicaid; or has 3 or more beds and is licensed as a nursing home or other long-term care facility and provides at least one personal care service; or provides 24-hour, 7-day-a-week supervision by a caregiver.

Reference population: These data refer to Medicare enrollees.

Source: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey.

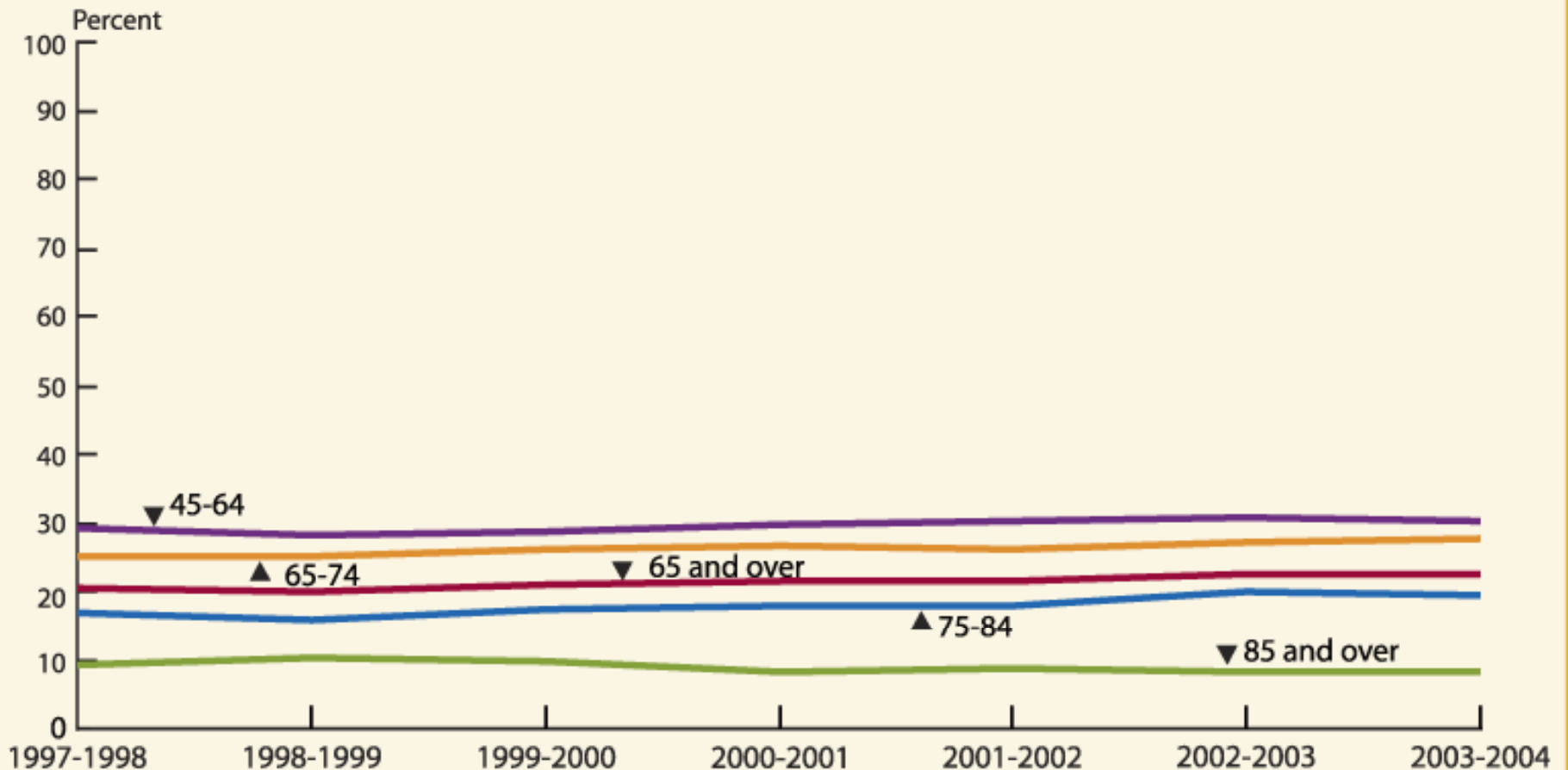
Social Security, Medicare, and Medicaid Spending as Percent of GDP 2000 - 2080



GAO. Social Security: Long-Term Challenges Warrant Early Action. Testimony to Senate Special Committee on Aging. GAO-05-303T. Feb. 3, 2005

Indicator 24 - Physical Activity

Percentage of people age 45 and over who reported engaging in regular leisure time physical activity, by age group, 1997-2004



Note: Data are based on 2-year averages. "Regular leisure time physical activity" is defined as "engaging in light-moderate leisure time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to 5 times per week, or engaging in vigorous leisure time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to 3 times per week."

Reference population: These data refer to the civilian noninstitutionalized population.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

“All parts of the body which have a function, if used in moderation and *exercised* in labors in which each is accustomed, become thereby healthy, well-developed and age more slowly, but if unused and left idle they become liable to disease, defective in growth, and age quickly.”

Hippocrates

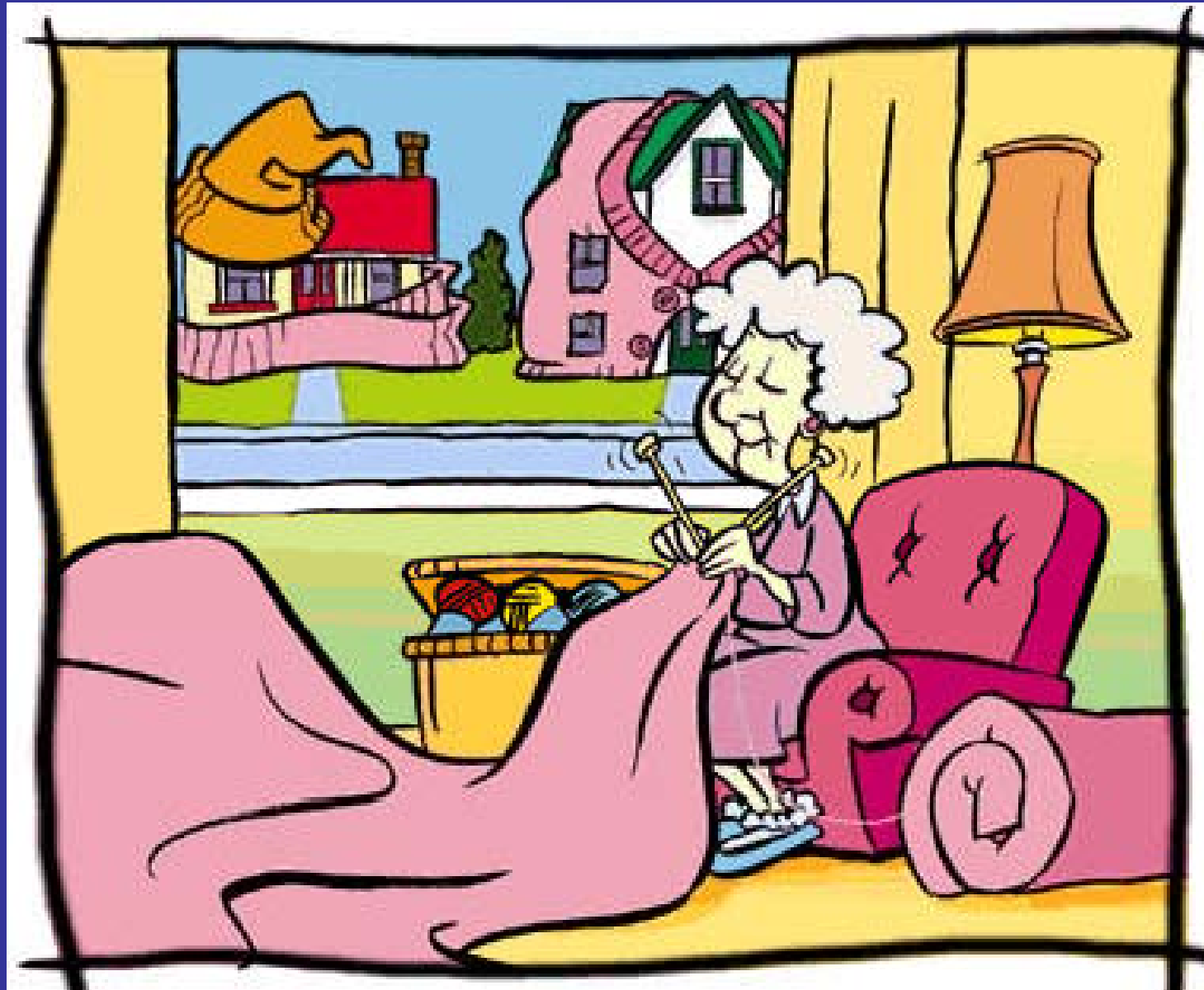
SUCCESSFUL AGING

- Overall physical, mental, social, and spiritual well-being
- Minimize disability
- Increase longevity
- Decrease morbidity
- Improve physical and mental function
- Enhance quality of life

Functional Fitness and Agility

Keys to Successful Aging

- Cardio respiratory endurance
- Muscle/motor coordination
 - balance
 - strength
 - flexibility
- Recommendations for physical activity







A 90 year old was a lot older 50 years ago!