Long Beach: Creating a Living Laboratory for the Study of our Longevity Revolution

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There has been an \(~30\text{-year gain}\) in life expectancy since 1900, nearly equal to what had been attained over the preceding \textbf{5,000 years}\ of human life.

This is the \textbf{most dramatic population shift in history}. 
Average Length of Life from Ancient to Modern Times

- Early Iron/Bronze Age (~5,000 years ago) 18
- ~2,000 years ago
- Middle Ages 1687 - 1691
- Before 1789
- 1834 - 1854
- 1900 - 1902 49
- 1946
- 2000 74-78
- 2015 79-89

In ~5,000 years

In 100 years

Source: Butler, *The Longevity Revolution* (figure adapted from Dublin, Lotka, Spiegelman, *Length of Life*).
Rapidly Increasing Number of Older Adults

United States – in millions

<table>
<thead>
<tr>
<th>Year</th>
<th>65+</th>
<th>85+</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>1910</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>1920</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td>1930</td>
<td>25</td>
<td>5</td>
</tr>
<tr>
<td>1940</td>
<td>35</td>
<td>8</td>
</tr>
<tr>
<td>1950</td>
<td>45</td>
<td>13</td>
</tr>
<tr>
<td>1960</td>
<td>55</td>
<td>20</td>
</tr>
<tr>
<td>1970</td>
<td>65</td>
<td>25</td>
</tr>
<tr>
<td>1980</td>
<td>75</td>
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<td>1990</td>
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<td>2010</td>
<td>105</td>
<td>45</td>
</tr>
<tr>
<td>2020</td>
<td>115</td>
<td>50</td>
</tr>
<tr>
<td>2030</td>
<td>125</td>
<td>55</td>
</tr>
<tr>
<td>2040</td>
<td>135</td>
<td>60</td>
</tr>
<tr>
<td>2050</td>
<td>145</td>
<td>65+</td>
</tr>
</tbody>
</table>

Note: The data for years beyond 2040 is projected.
OUR AGING POPULATION
RACIALLY DIVERSE

U.S. adults age 65+

2008

2050

Increasing Educational Attainment
Economically Diverse

Source: U.S. Census Bureau, Current Population Survey
[poverty = <100% of poverty threshold for household size, low income = 100-199%, middle income = 200 – 399%, high income = 400%+]
Disparate Income Sources

2008 household income sources for those age 65 and over by income quintile
Diverse Living Situations

CA has more older adults than any other state.

In 2013:
CA: 4.8M
FL: 3.6M

Long Beach:
>40K age 65+
(~10%)

>28% of households have a member age 60+

(Source: U.S. Census Bureau, Population Estimates)
NEEDS AND CONCERNS
The United States of Aging Survey – *What Worries You Most?*

<table>
<thead>
<tr>
<th>Concern</th>
<th>Older Adults</th>
<th>Aging Professionals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintaining physical health</td>
<td>40%</td>
<td>40%</td>
</tr>
<tr>
<td>Losing your memory</td>
<td>35%</td>
<td>40%</td>
</tr>
<tr>
<td>Maintaining your mental health</td>
<td>30%</td>
<td>35%</td>
</tr>
<tr>
<td>Managing chronic health conditions</td>
<td>25%</td>
<td>30%</td>
</tr>
<tr>
<td>Living independently</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Paying for unexpected illnesses or accident</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>Protection from financial scam/abuse</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Staying happy or positive</td>
<td>5%</td>
<td>10%</td>
</tr>
<tr>
<td>Maintaining a sense of purpose/meaning</td>
<td>5%</td>
<td>10%</td>
</tr>
<tr>
<td>Visiting family and/or friends</td>
<td>5%</td>
<td>10%</td>
</tr>
</tbody>
</table>

*National Association of Area Agencies on Aging (n4A), National Council on Aging (NCOA), & United Health Care*
The United States of Aging Survey – How Satisfied Are You?

Older Adults

- Your mental wellbeing: 71% very satisfied, 26% somewhat satisfied, 3% not satisfied
- Your relationships with family and friends: 78% very satisfied, 17% somewhat satisfied, 2% not satisfied
- Your housing situation: 73% very satisfied, 22% somewhat satisfied, 3% not satisfied
- Your physical health: 40% very satisfied, 46% somewhat satisfied, 4% not satisfied
- Your financial situation: 41% very satisfied, 43% somewhat satisfied, 7% not satisfied

Aging Professionals

- Their mental wellbeing: 17% very satisfied, 49% somewhat satisfied, 7% not satisfied
- Their relationships with family and friends: 26% very satisfied, 53% somewhat satisfied, 2% not satisfied
- Their housing situation: 18% very satisfied, 51% somewhat satisfied, 2% not satisfied
- Their physical health: 21% very satisfied, 61% somewhat satisfied, 16% not satisfied
- Their financial situation: 11% very satisfied, 56% somewhat satisfied, 25% not satisfied

Older adults: For each of the following, please tell me how satisfied you are today.

Aging professionals: Please tell me how satisfied you are with how your community is meeting each of the following needs for Older Adults.
MEETING THE NEEDS AND DESIRES OF AN AGING SOCIETY
MAINTAINING HEALTH
Older adults: Please indicate how interested you would be in the expansion of each of the following services in your local community to help Older Adults maintain their health.

Aging professionals: Please indicate how helpful the expansion of each of the following services in your local community would be to help Older Adults maintain their health.

**DESIRED HEALTH SUPPORT**

- Information about how to help maintain your health as you get older (43% Older Adults, 64% Aging Professionals)
- Fitness classes tailored to your needs (35% Older Adults, 66% Aging Professionals)
- Seminars on topics such as Medicaid, Medicare, and how to finance health care later in life (33% Older Adults, 51% Aging Professionals)
- Medical office helpline outside of regular office hours (32% Older Adults, 56% Aging Professionals)
- Medicare education and counseling for re-enrollment (30% Older Adults, 67% Aging Professionals)
- In-home visits by your primary health care physician or other health care provider (26% Older Adults, 65% Aging Professionals)
- Community-based health promotion programs (self-management, falls prevention, etc.) (26% Older Adults, 56% Aging Professionals)
- Programs to help you stay current with your medication regimen (23% Older Adults, 64% Aging Professionals)
93% HAVE MEDICARE
54% HAVE PRIVATE INSURANCE
36% HAVE A DISABILITY
66% HAVE 2+ CHRONIC CONDITIONS
26% OF PHYSICIAN VISITS

Geriatric-trained:
- PAs <1%
- Pharmacists <1%
- RNs <1%
- Social Workers 4%

Sources: American Geriatric Society, Kaiser Family Foundation, Older Americans 2010
INDEPENDENT LIVING
Future Support Needs

Older adults: What services do you anticipate needing as you age?  
Aging professionals: What services do Older Adults need as they age?

- Home maintenance
- Long-term care
- Managing health/wellness
- Transportation
- For staying socially connected
- Getting around home
- Managing nutrition/meals
- Exploring housing options
- Managing disease prevention
- Managing finances
- Other
- Don't know
ECONOMIC SECURITY
FINANCIAL CONCERNS

Increasing cost of living
Unaffordable housing
Not being able to pay back your debts
Not knowing who to ask for help
Medical or credit card debt
Not having a will in place
Not being able to travel
Unaffordable housing
Living beyond your means
Other
None of these

Older adults: What worries keep you up at night when it comes to your finances?
Aging professionals: What are your biggest concerns when it comes to their finances?
Community Involvement

- Running errands: Older Adults (54%), Aging Professionals (65%)
- Church or other faith-based organizations: Older Adults (52%), Aging Professionals (91%)
- Attending events for grandchildren: Older Adults (40%), Aging Professionals (75%)
- Attending local social events: Older Adults (40%), Aging Professionals (53%)
- Visiting cultural centers: Older Adults (39%), Aging Professionals (42%)
- Visiting local libraries: Older Adults (35%), Aging Professionals (49%)
- Exercising in public: Older Adults (32%), Aging Professionals (47%)
- Volunteering: Older Adults (32%), Aging Professionals (69%)
- Attending sporting events: Older Adults (31%), Aging Professionals (69%)
- Working: Older Adults (24%), Aging Professionals (47%)
- Participating in clubs: Older Adults (22%), Aging Professionals (54%)
- Senior centers: Older Adults (19%), Aging Professionals (83%)
- Attending classes: Older Adults (16%), Aging Professionals (36%)
- Other community centers: Older Adults (14%), Aging Professionals (55%)
- Other: Older Adults (7%), Aging Professionals (4%)

 Older adults: Where are you participating in the community the most? Please tell me all that apply.
 Aging professionals: Where do you see Older Adults participating in the community the most? Please tell me all that apply.
Maintaining Cognitive Vitality

For 60+: Please indicate how interested you would be in the expansion of each of the following services to help Older Adults stay mentally sharp in your local community.

For aging professionals: Please indicate how helpful the expansion of each of the following services would be to help Older Adults stay mentally sharp in your community.

- Opportunities to volunteer: 34% (Older Adults), 76% (Aging Professionals)
- Opportunities for social interaction with your peers: 33% (Older Adults), 73% (Aging Professionals)
- Transportation services to places like libraries, parks or museums: 32% (Older Adults), 73% (Aging Professionals)
- Courses or seminars for older adults: 29% (Older Adults), 45% (Aging Professionals)
- Help with adaptive technologies, walkers, and hearing aids to support social interaction: 26% (Older Adults), 63% (Aging Professionals)
- Opportunities to work with children in schools: 24% (Older Adults), 45% (Aging Professionals)

*Not showing “don’t know”*
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CREATING A GERONTOLOGICALLY-EDUCATED CITIZENRY
GERONTOLOGY AND GERIATRICS TRAINING PROGRAMS

CA Gerontology Programs ≥ 38
≥12 California State University campuses
≥4 University of California campuses
Private colleges and universities
Community colleges

CA Geriatrics fellowship programs ≥ 8
(2nd to NY for most programs)

Data compiled from California Council on Gerontology & Geriatrics and Association for Gerontology in Higher Education records.
THE PATH FORWARD

We need a gerontologically-educated citizenry, and aging-aware communities, that can capitalize on the opportunities, and meet the demands, of our longevity revolution.