

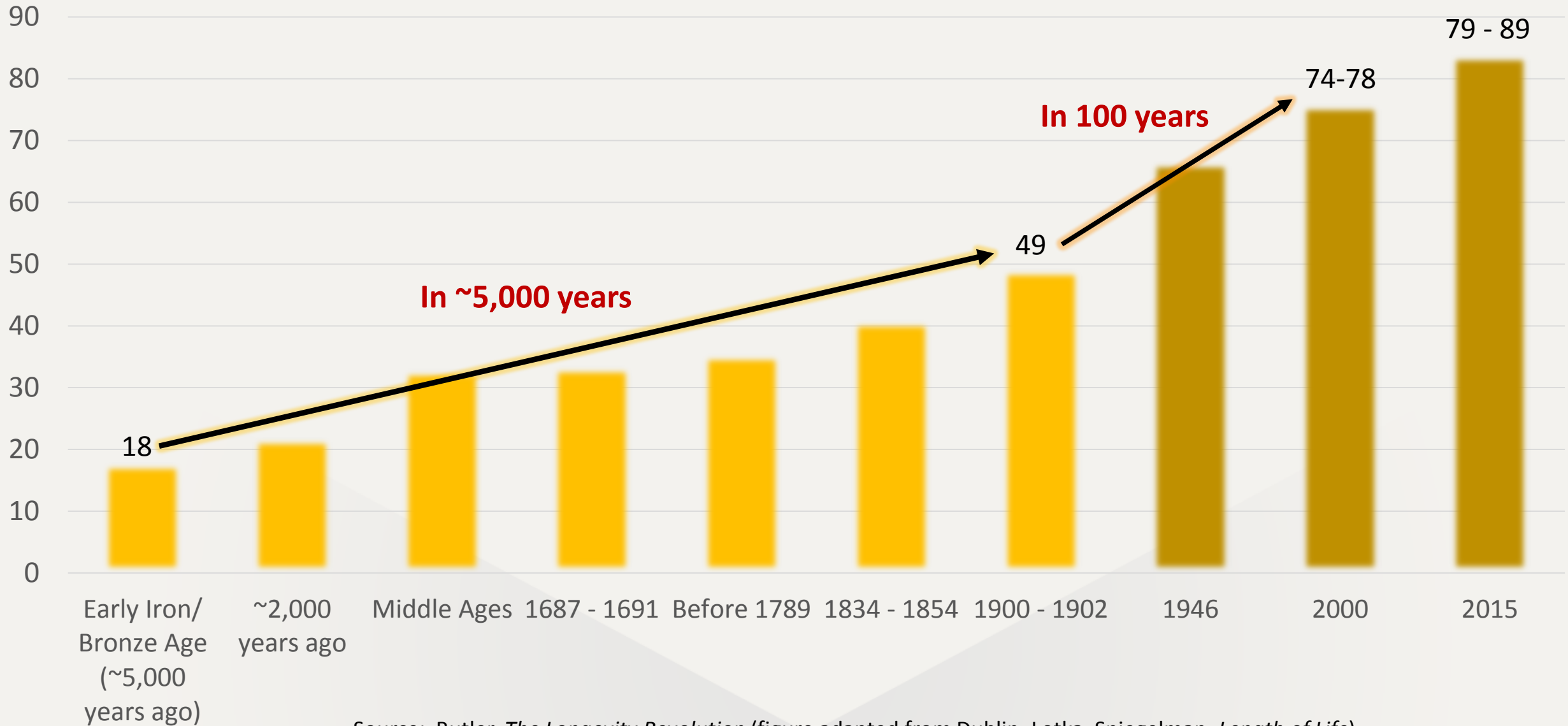
**Long Beach:  
Creating a Living Laboratory for the  
Study of our Longevity Revolution**

**Tara L. Gruenewald, PhD, MPH  
Associate Professor of Gerontology  
Director, Center for Successful Aging**

There has been an **~30-year gain** in life expectancy since 1900, nearly equal to what had been attained over the preceding **5,000 years** of human life.

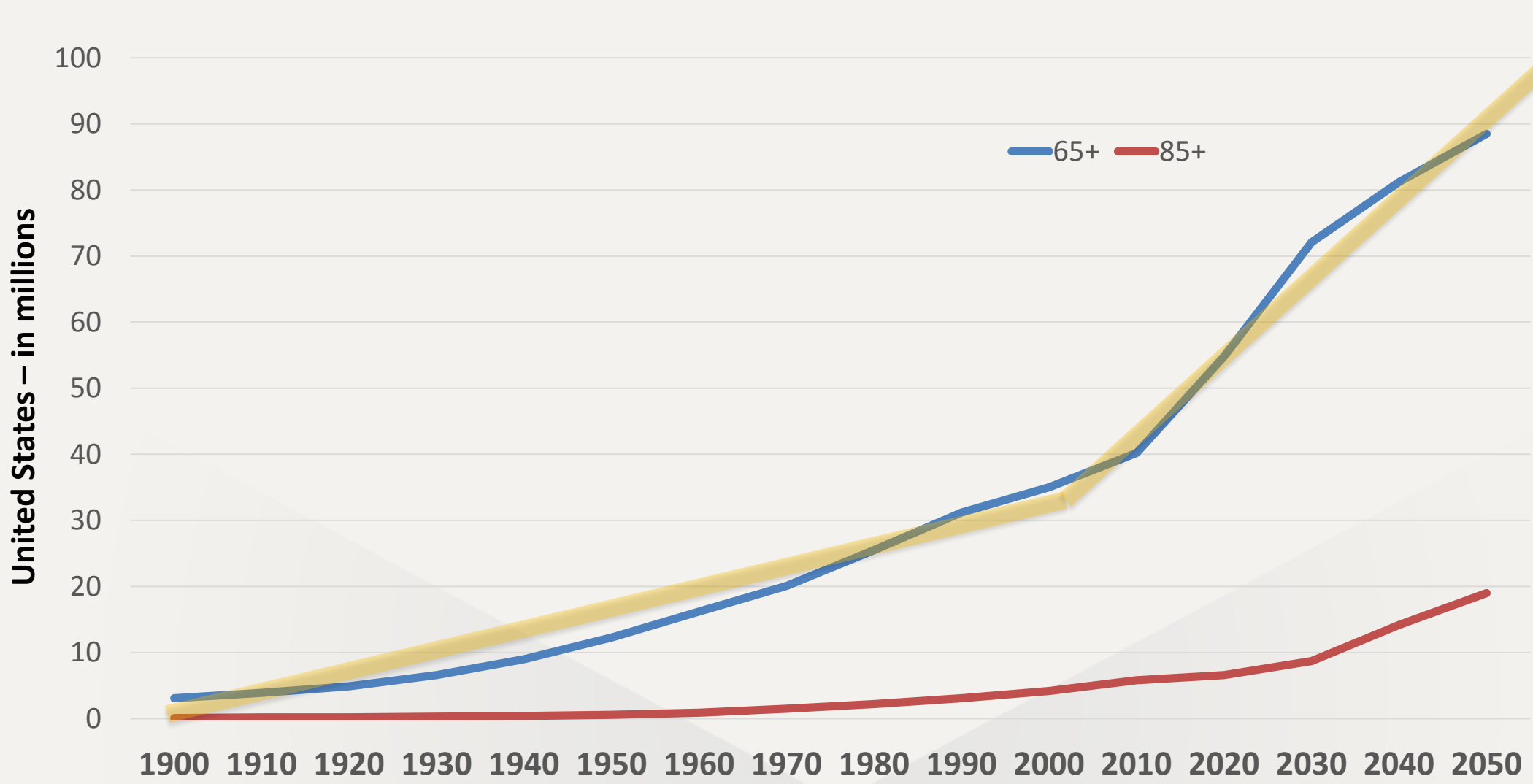
This is the **most dramatic population shift in history.**

# Average Length of Life from Ancient to Modern Times



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

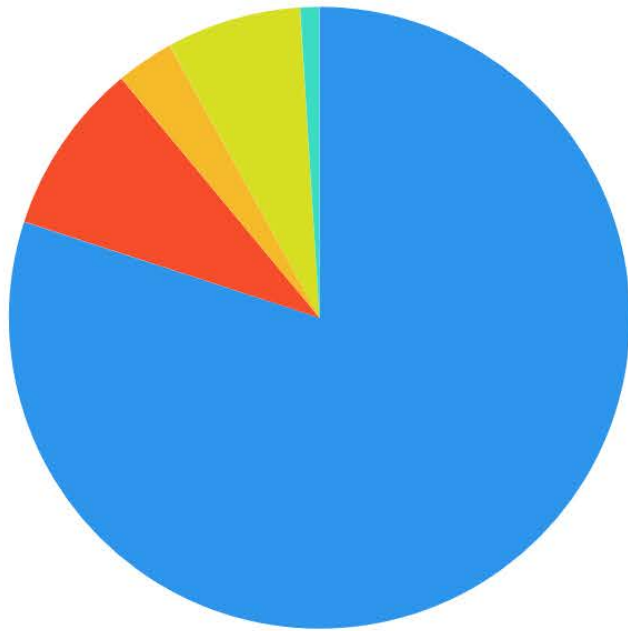
# Rapidly Increasing Number of Older Adults



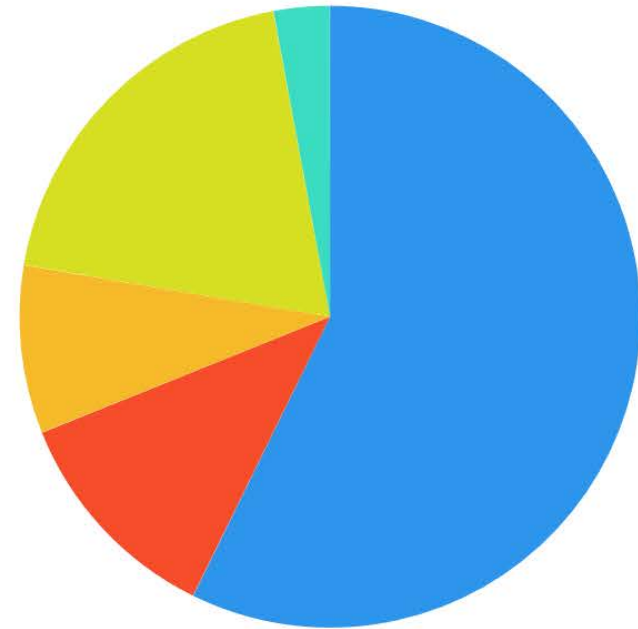
# OUR AGING POPULATION

# RACIALLY DIVERSE

2008



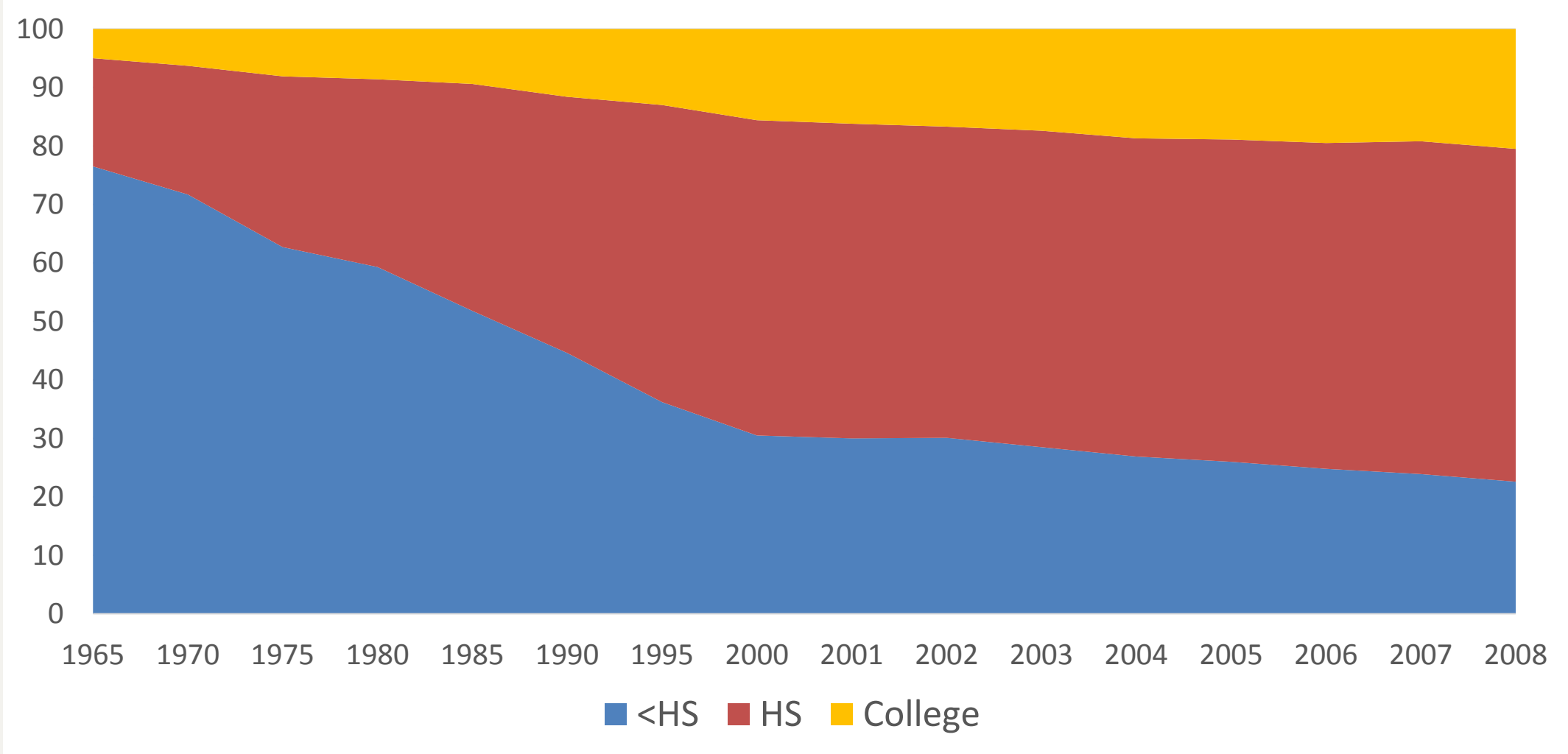
2050



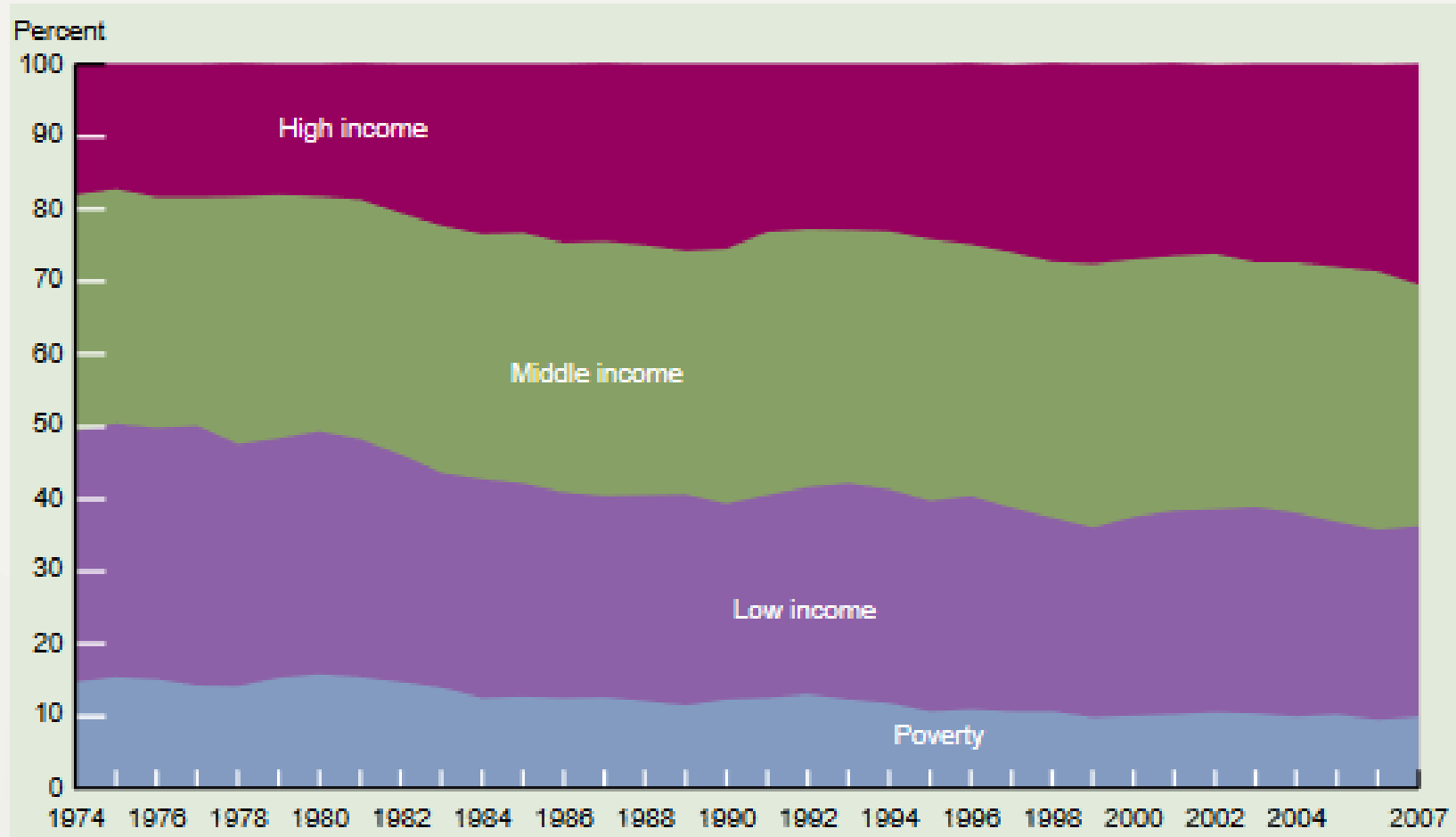
**U.S. adults age 65+**

● White ● Black ● Asian ● Hispanic ● Other

# Increasing Educational Attainment



# Economically Diverse

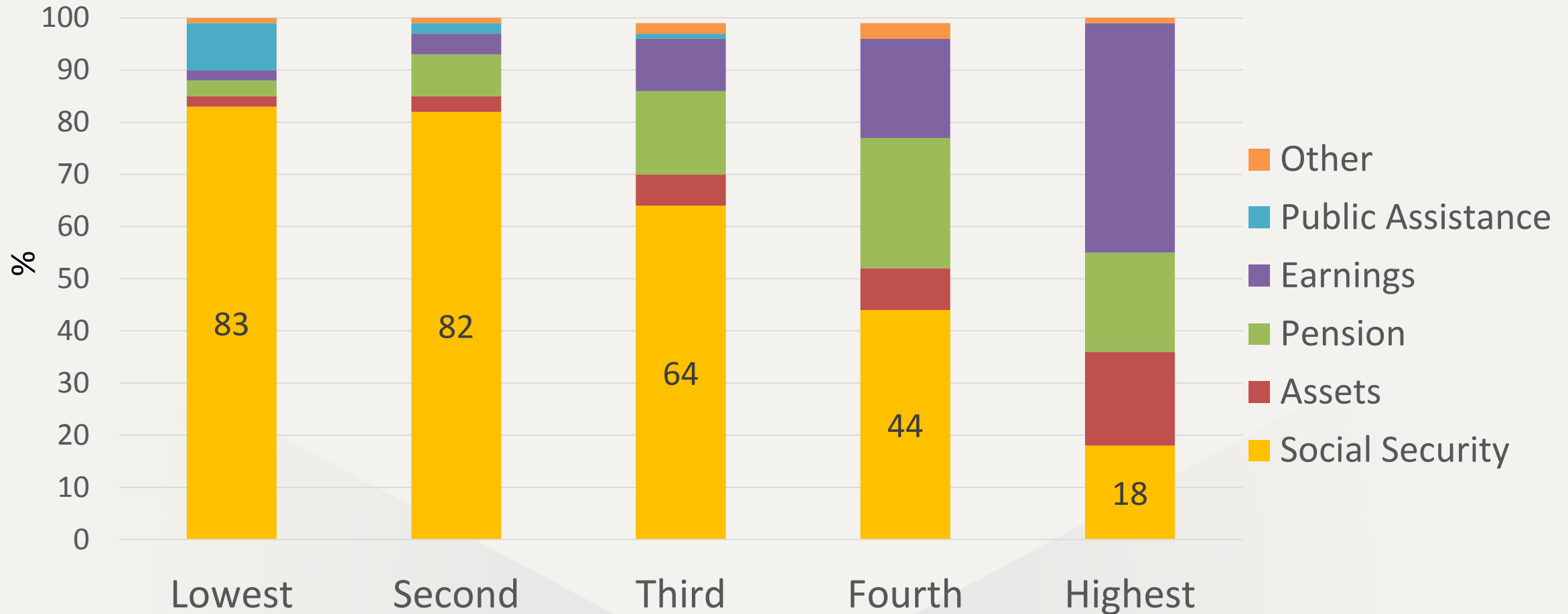


Source: U.S. Census Bureau, Current Population Survey

[poverty = <100% of poverty threshold for household size, low income = 100-199%, middle income = 200 – 399%, high income = 400%+]

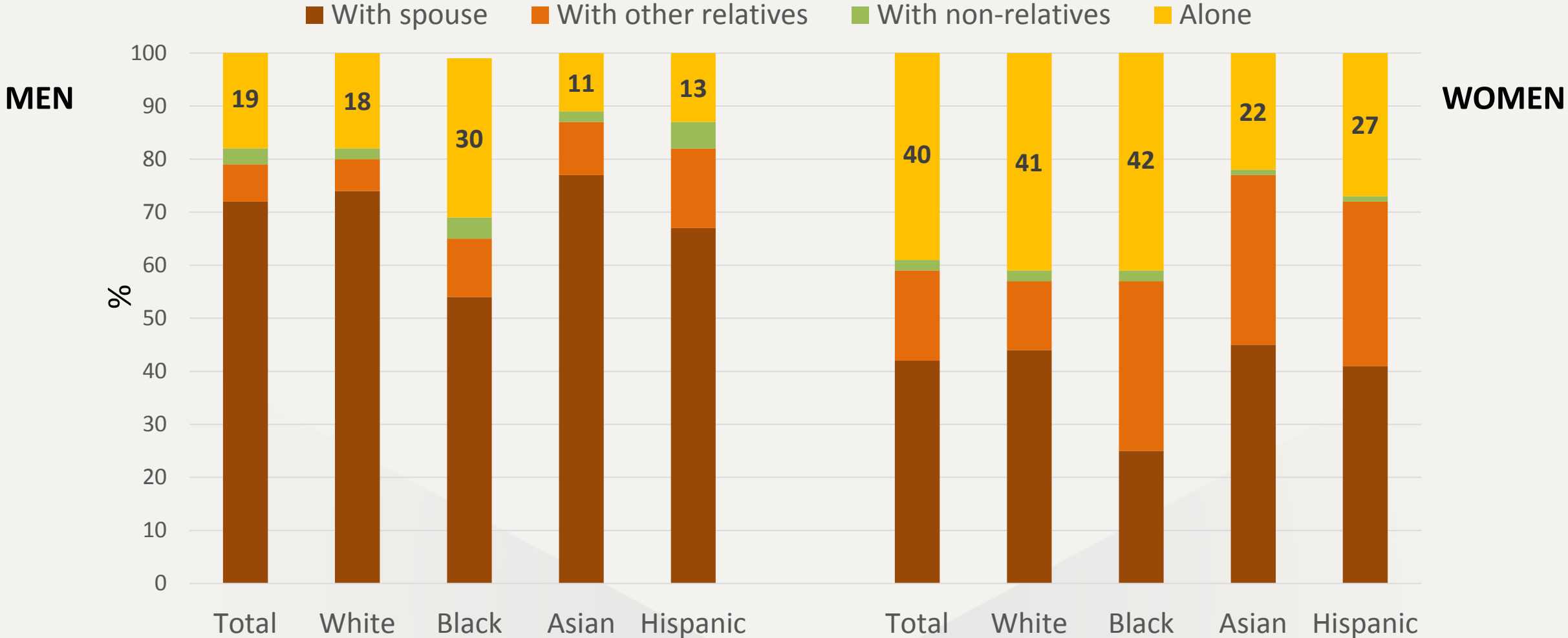


# Disparate Income Sources



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

# Diverse Living Situations

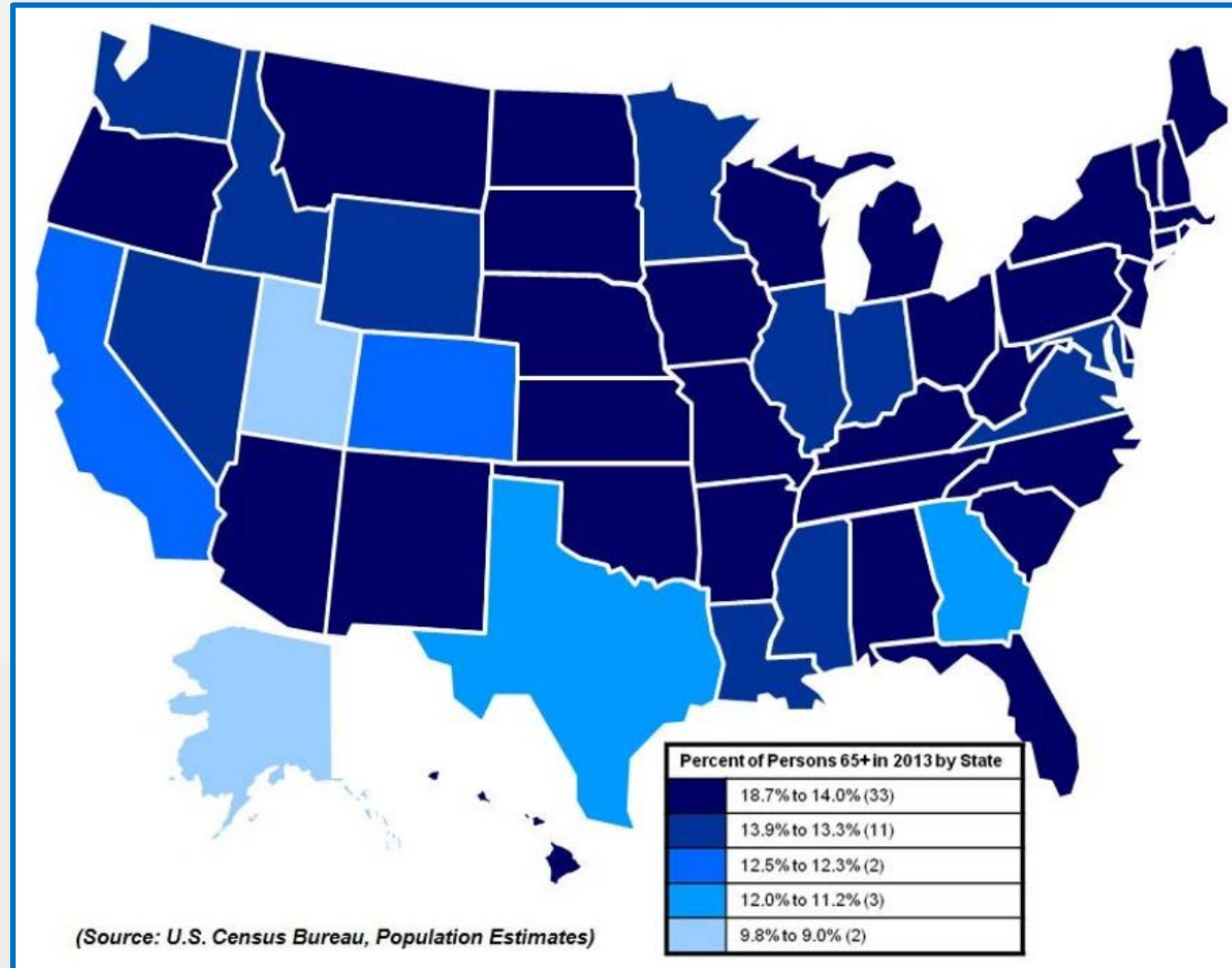


Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement, 2008

# GEOGRAPHIC CHARACTERISTICS

CA has more older adults than any other state.

In 2013:  
CA: 4.8M  
FL: 3.6M

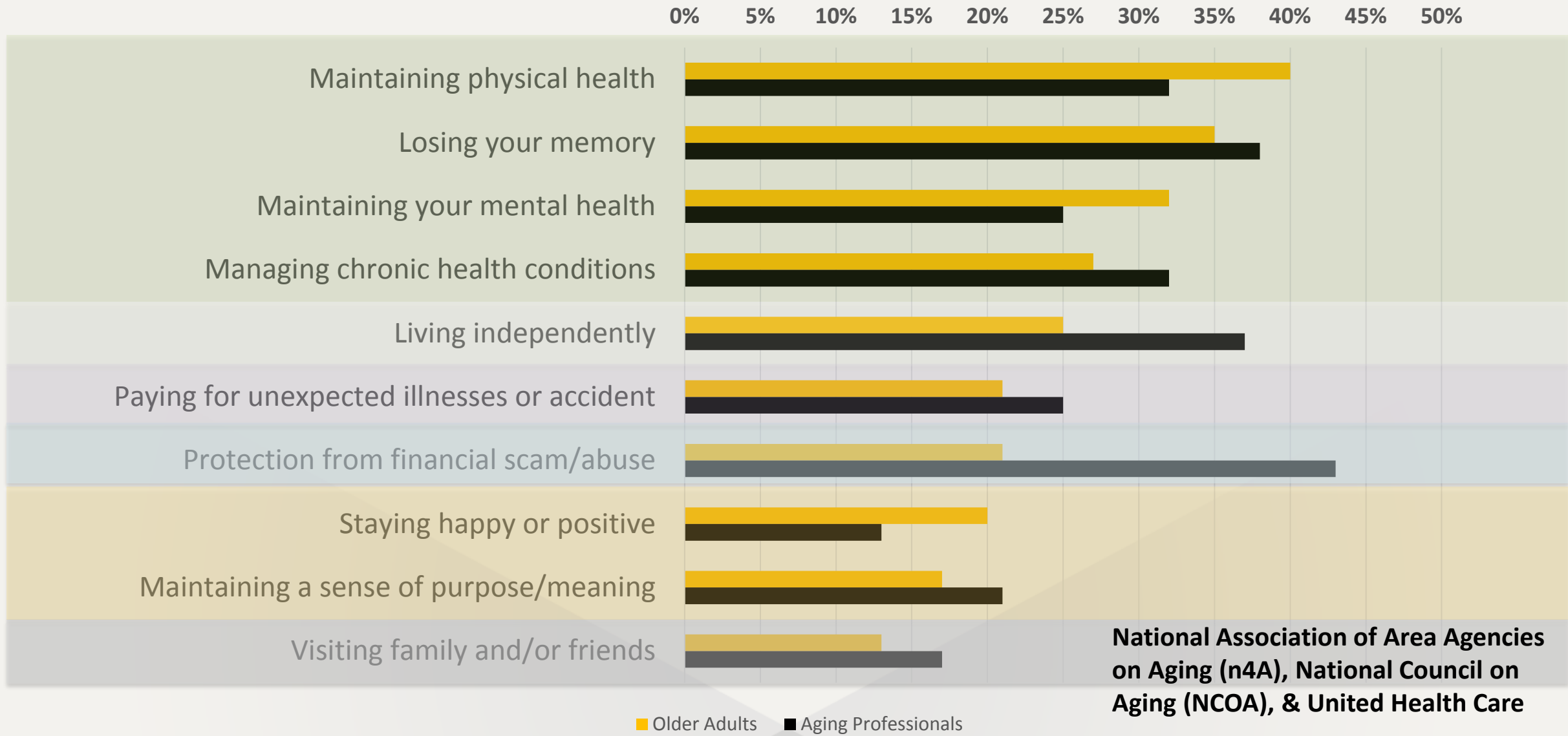


Long Beach:  
>40K  
age 65+  
(~10%)

>28% of  
households have  
a member  
age 60+

# NEEDS AND CONCERNS

# The United States of Aging Survey – *What Worries You Most?*

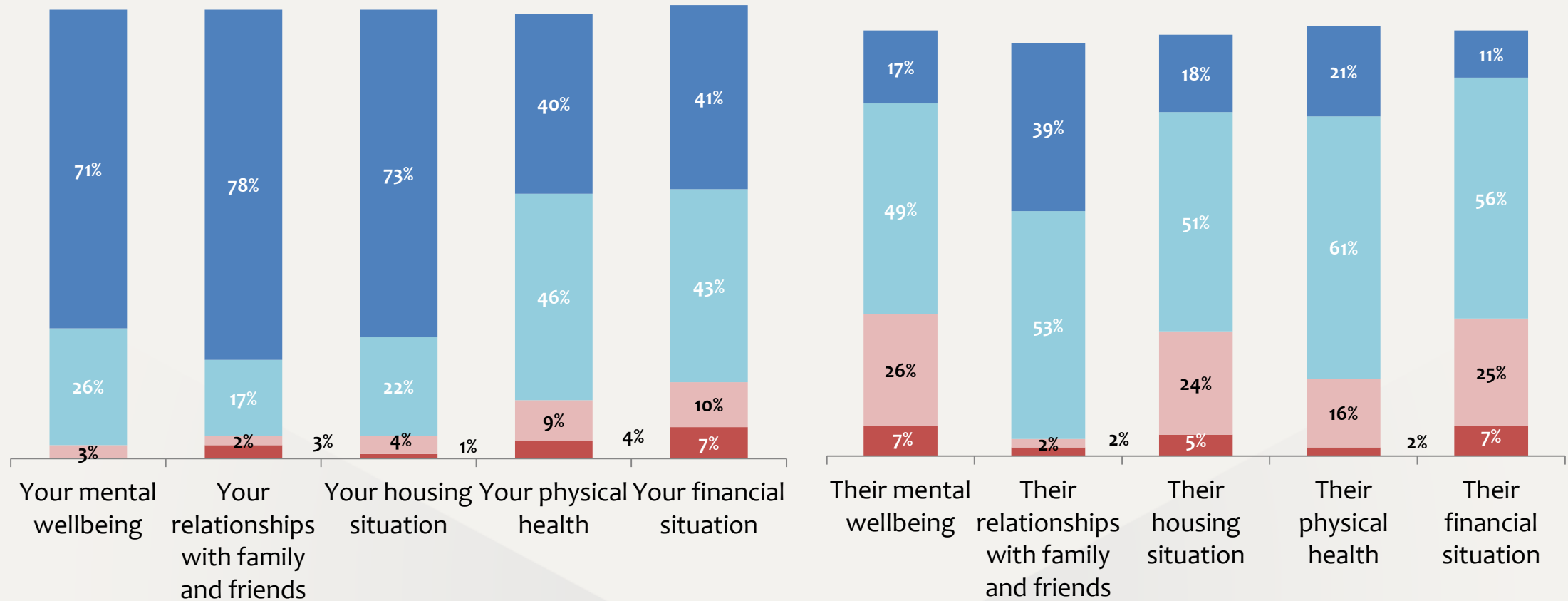


**National Association of Area Agencies on Aging (n4A), National Council on Aging (NCOA), & United Health Care**

# The United States of Aging Survey – How Satisfied Are You?

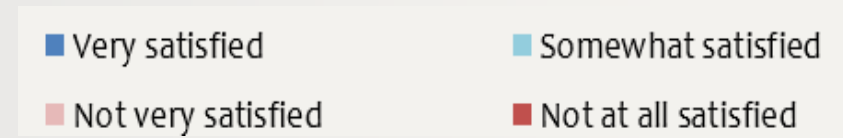
Older Adults

Aging Professionals



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**

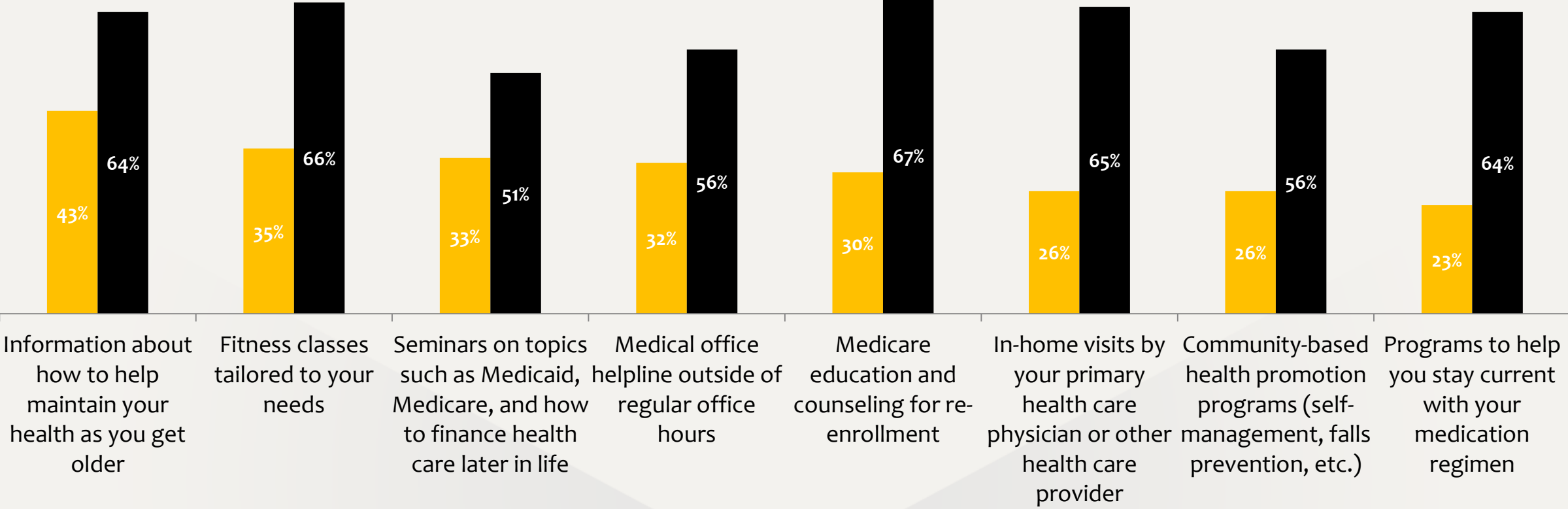
# MAINTAINING HEALTH



# DESIRED HEALTH SUPPORT

■ Older Adults

■ Aging Professionals



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.

# MEDICAL CARE

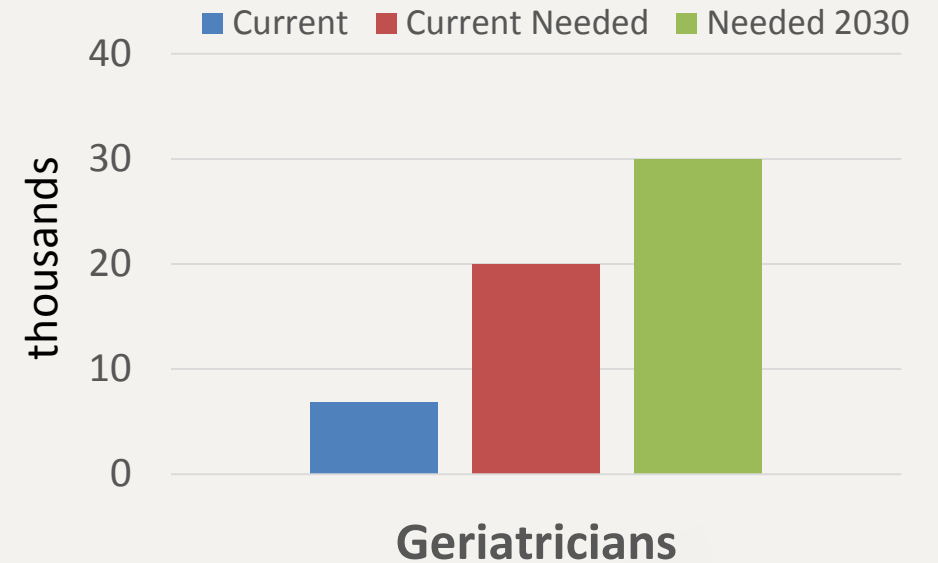
**93%** HAVE MEDICARE

**54%** HAVE PRIVATE INSURANCE

**36%** HAVE A DISABILITY

**66%** HAVE 2+ CHRONIC CONDITIONS

**26%** OF PHYSICIAN VISITS

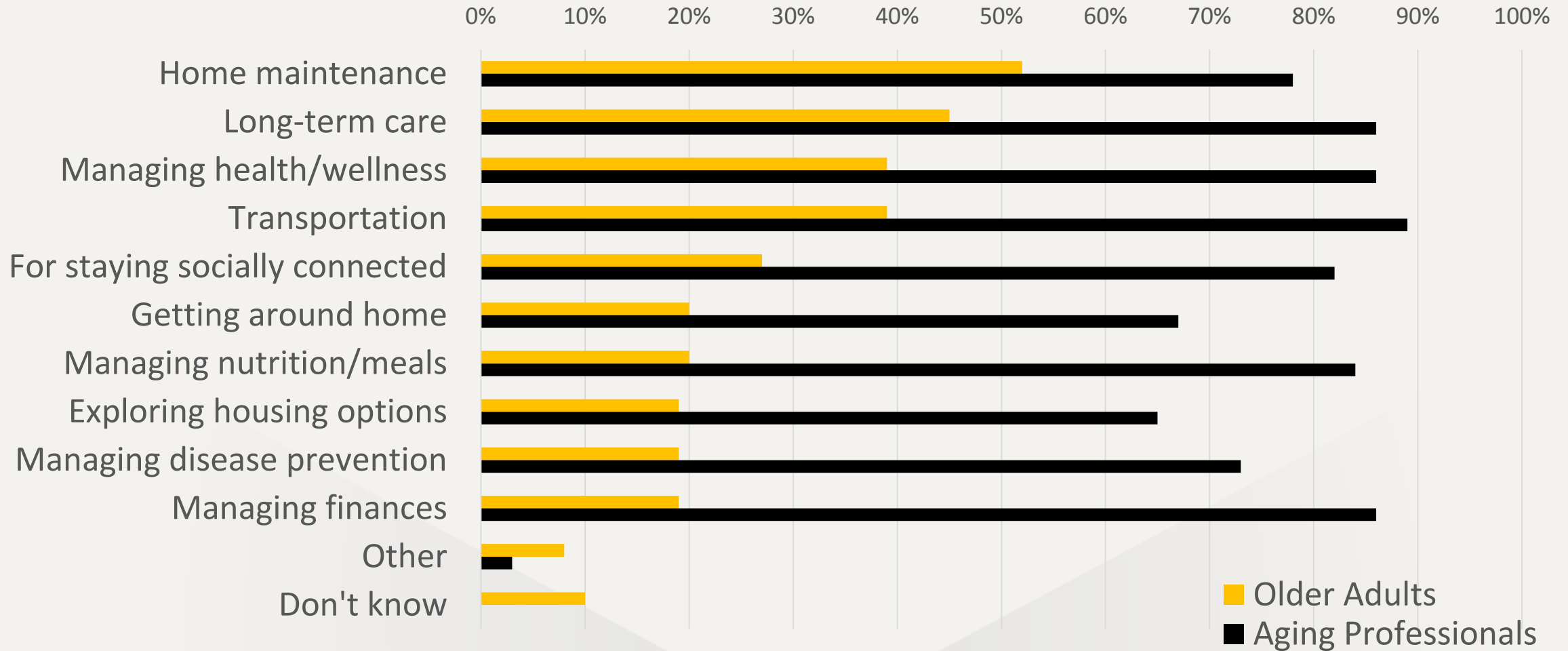


**Geriatric-trained:**  
PAs <1%  
Pharmacists <1%  
RNs <1%  
Social Workers 4%

Sources: American Geriatric Society, Kaiser Family Foundation, Older Americans 2010

# INDEPENDENT LIVING

# Future Support Needs

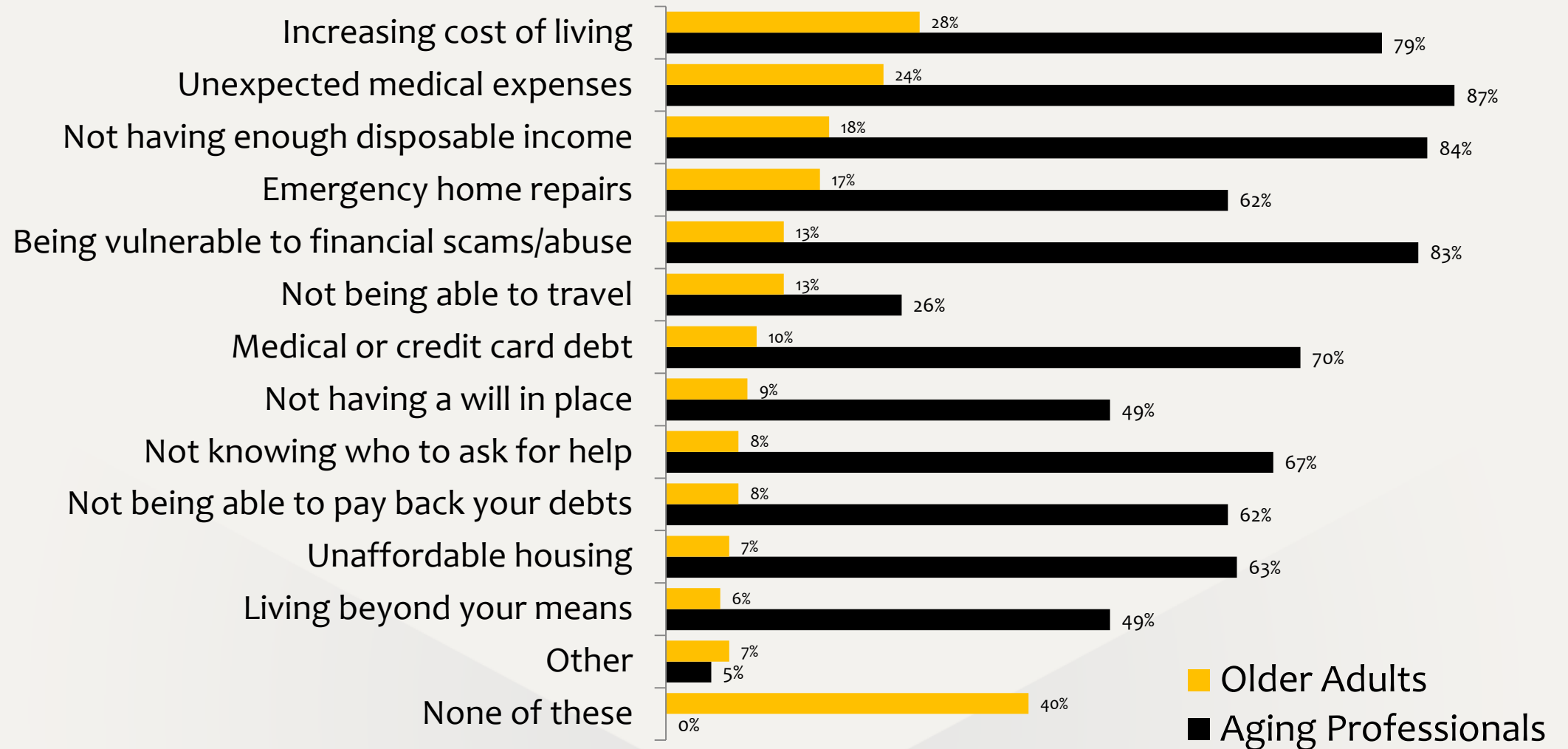


*Older adults: What services do you anticipate needing as you age?*

*Aging professionals: What services do Older Adults need as they age?*

# **ECONOMIC SECURITY**

# FINANCIAL CONCERNS

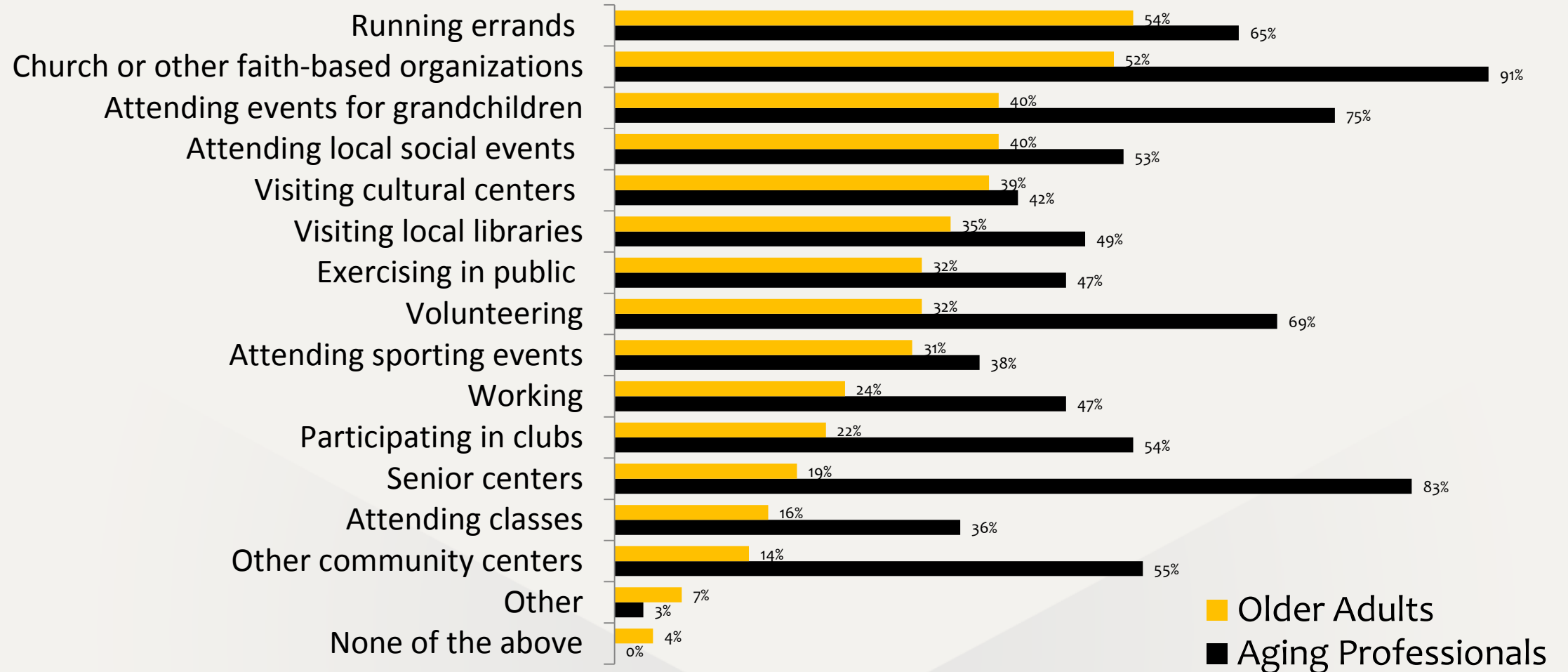


Older adults: What worries keep you up at night when it comes to your finances?

Aging professionals: What are your biggest concerns when it comes to their finances?

# CREATING LIFE WORTH LIVING

# Community Involvement



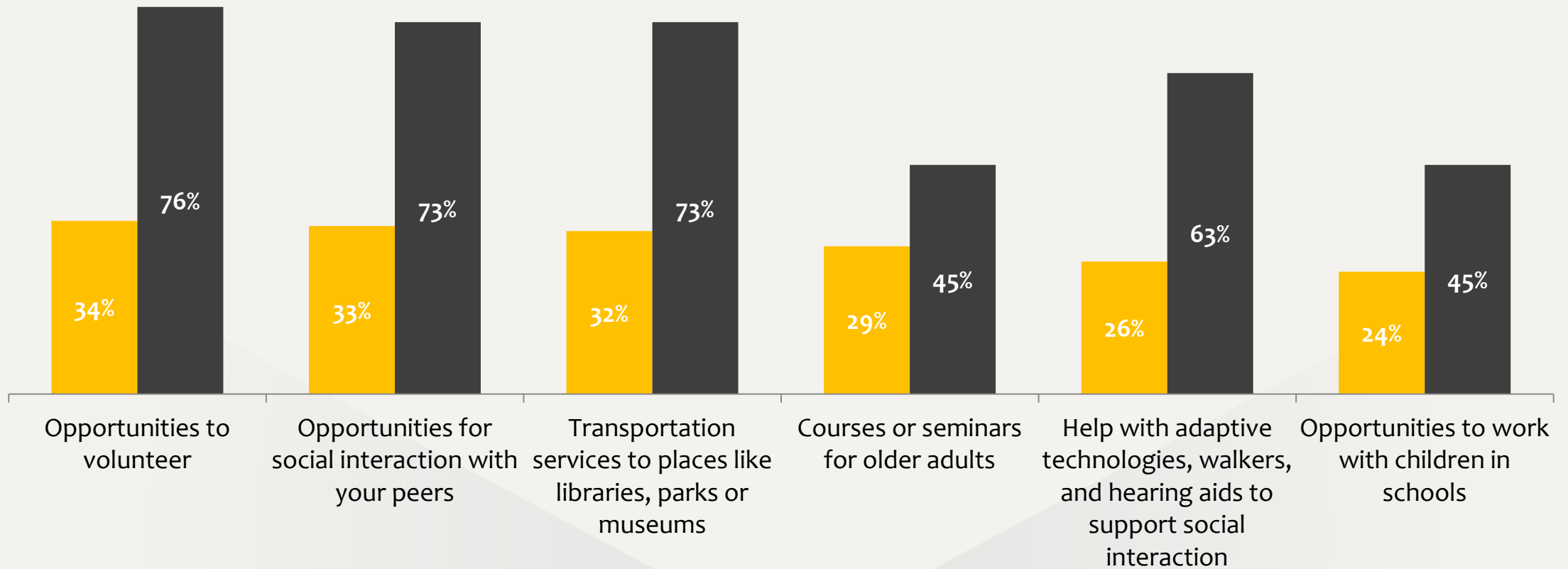
Older adults: Where are you participating in the community the most? Please tell me all that apply.

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



# Maintaining Cognitive Vitality

■ Older Adults ■ Aging Professionals



\*Not showing "don't know"

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.



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Make a difference!  
Join  
the Baltimore  
Experience Corps®  
Study



# **CREATING A GERONTOLOGICALLY- EDUCATED CITIZENRY**





# GERONTOLOGY AND GERIATRICS TRAINING PROGRAMS

## CA Gerontology Programs $\geq 38$

$\geq 12$  California State University campuses

$\geq 4$  University of California campuses

Private colleges and universities

Community colleges

## CA Geriatrics fellowship programs $\geq 8$

(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.*

