

Longevity, Equity, and Healthy Aging

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UNPRECEDENTED GAINS IN HUMAN LONGEVITY



1900

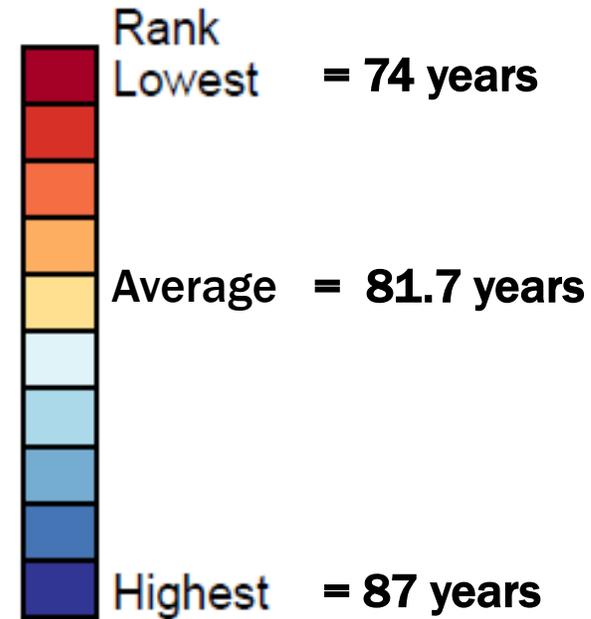
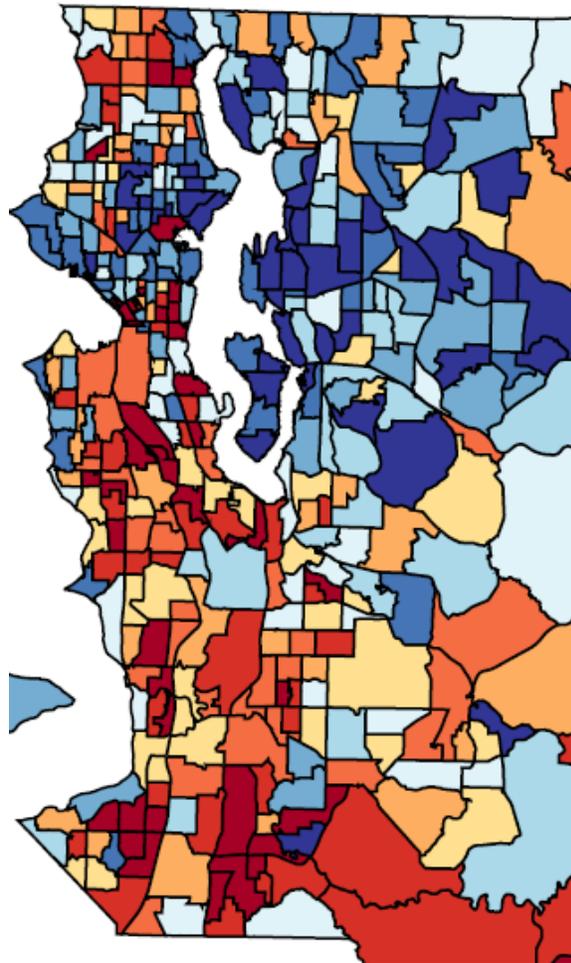
Life Expectancy at Birth = 48



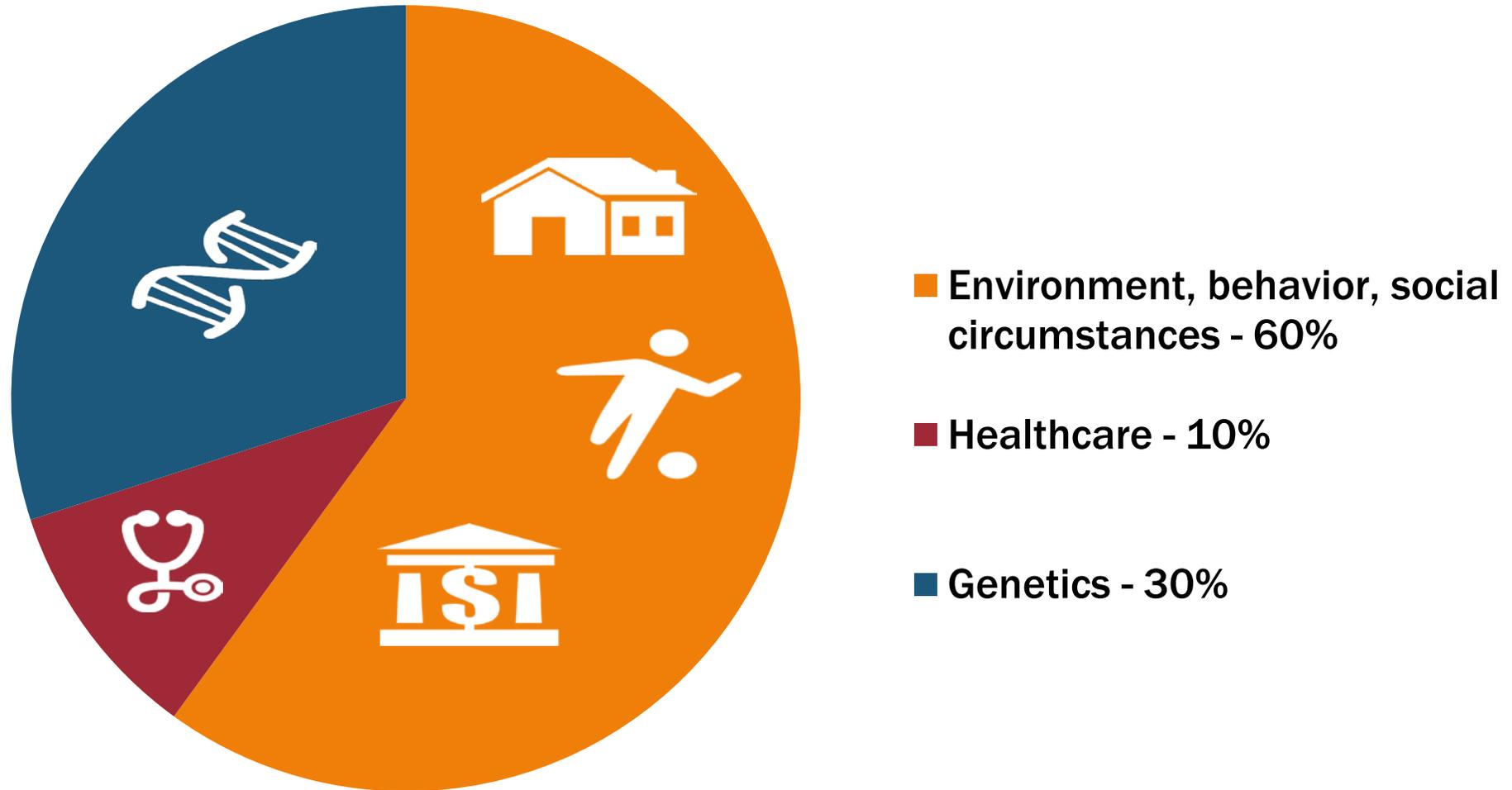
2015

Life Expectancy at Birth = 81

LIFE EXPECTANCY IN KING COUNTY: UNEVEN GAINS



What Determines Health?



Source: *New England Journal of Medicine*. We Can Do Better Improving the Health of the American People, Sept. 2007

WHAT ARE THE DETERMINANTS OF HEALTHY AGING?



Healthy Living

Diet / Exercise
Disease Management
Access to Care



Social Engagement

Companionship
Community
Purpose



Financial Security

Stop Financial Exploitation
Build Food & Housing Security
Help People Work & Save

Living long and living well is most realistic for those who are socially engaged, who adopt healthy living behaviors and who are able to build financial security.

- Stanford Center on Longevity



Healthy Living



PUBLIC HEALTH & OLDER ADULTS

- **Influenza:** Flu outbreaks disproportionately impact older adults
- **Screenings:** Promote breast, cervical cancer screenings
- **Food safety:** People age 65+ are at higher risk for hospital or death from food borne illness
- **Emergency response:** Emergency Medical Services follow up on calls related to falls with home assessments to prevent future falls



EMERGING ISSUES: WHAT WE'RE WATCHING

- **Communicable Diseases:** Hepatitis A and Hepatitis C screening for baby boomers
- **Opioids:** Older adults' prescriptions for medical conditions
- **Climate Change:** Older adults are more susceptible to extreme weather conditions



THANK YOU!

