

# Longevity, Equity, and Healthy Aging

---

Patty Hayes, Director



**Public Health**  
Seattle & King County



# UNPRECEDENTED GAINS IN HUMAN LONGEVITY



**1900**

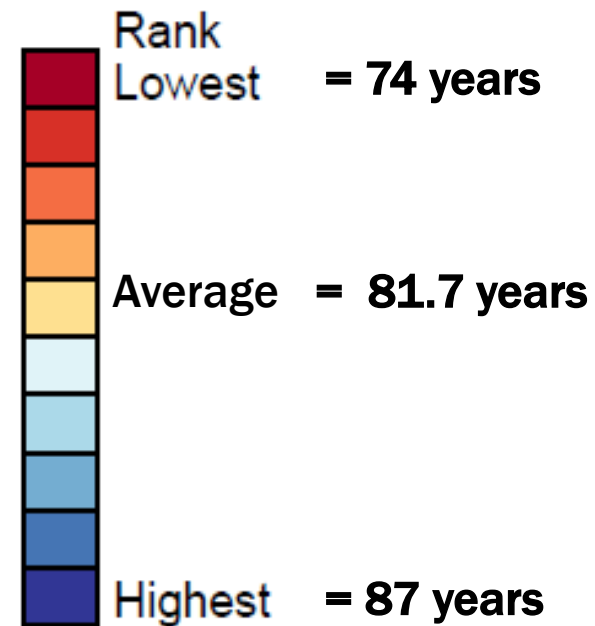
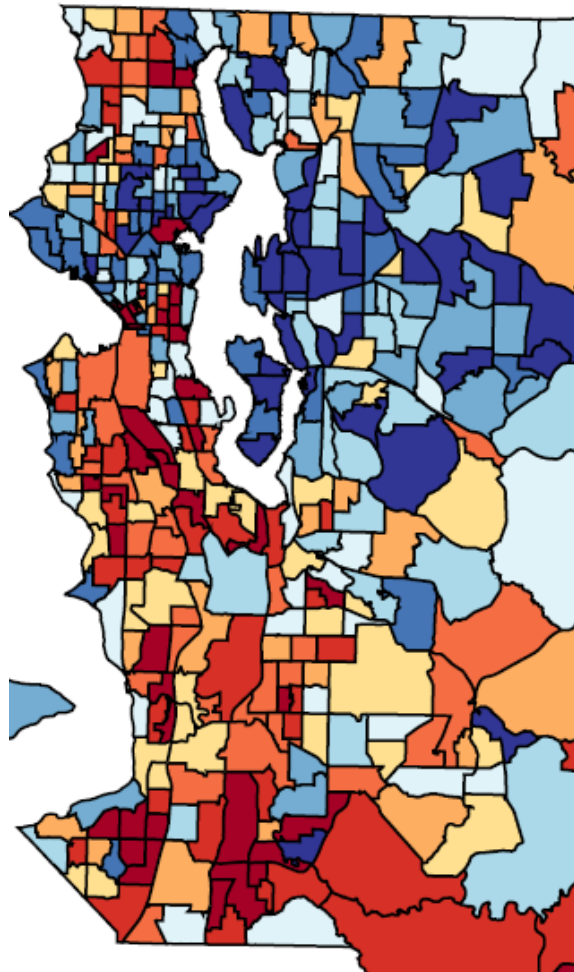
Life Expectancy at Birth = 48



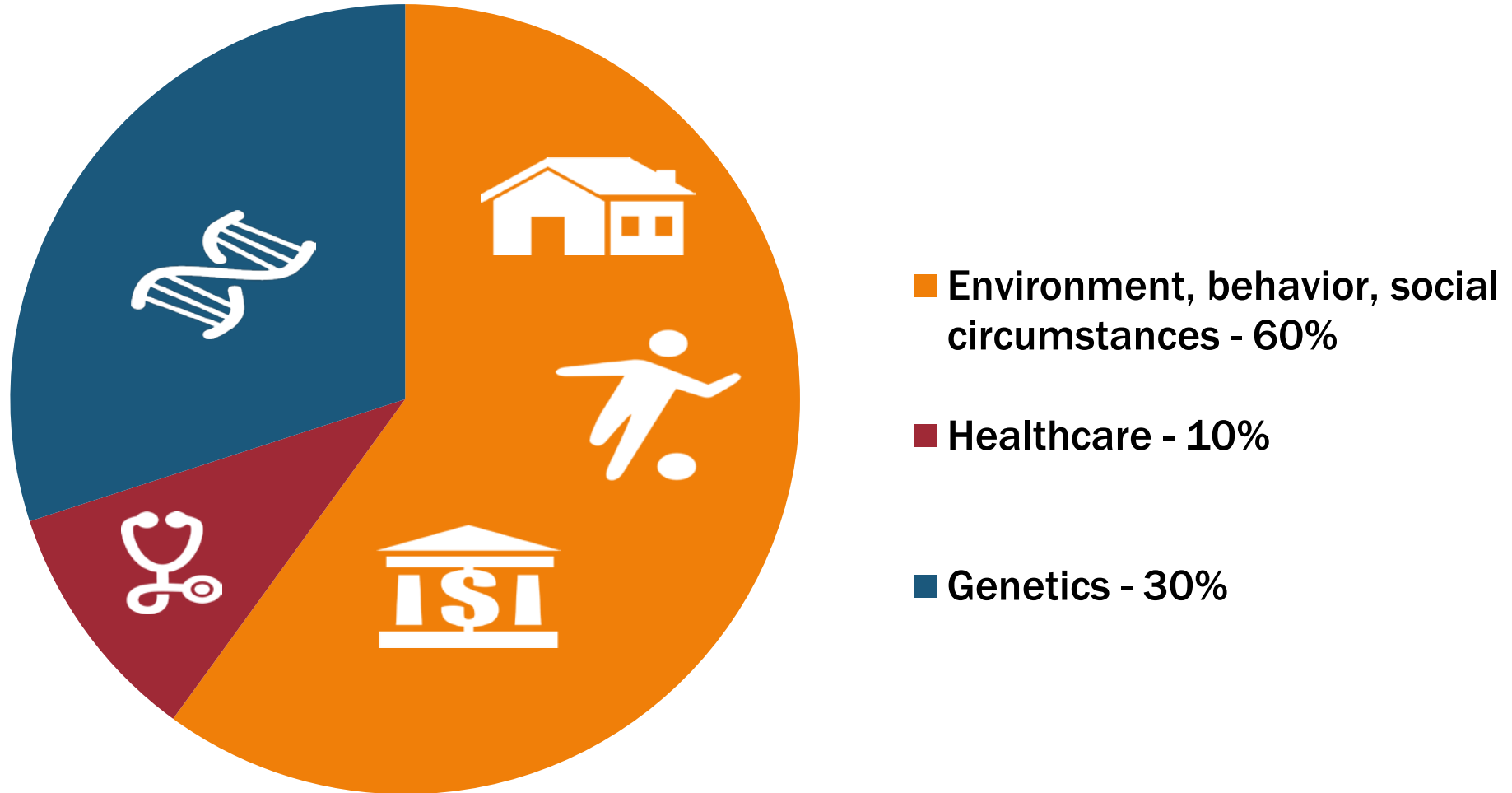
**2015**

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!

