



Healthy Across the Generations

Live life to the fullest at **EVERY** age

Our History and Mission



Healthy across the Generations was established with a goal to promote healthy aging at every age. This is accomplished with a three-fold mission to support research, education, and practice relevant to meeting our goal.



The emphasis is on generational connections and life-course trajectories from birth to childhood to adulthood to old age. One doesn't wake up one day being old, rather aging is a lifelong process that is influenced by one's genes and biology, attitudes and lifestyles, and contextual factors such as the social and physical environment.



While many bemoan the rapid growth of global aging in gloom and doom terms, Healthy across the Generations views our changing population demography as an opportunity for greater understanding of factors affecting healthy aging and strategies for achieving optimal aging.

Strategies for Meeting Mission Goals



To Accomplish its Mission Healthy Across the Generations Will:

- Commission background white papers
- Host small thought leader workshops
- Provide expert consultation
- Create and support innovative education and programmatic efforts
- Train on implementation research concepts and methods
- Conduct pragmatic research



Topics of Interest

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Educational opportunities for youth to develop resilience that will help them cope with life's challenges.



Technological interventions that accommodate changing physical capacities and reduce burdens of care.



Age and culturally appropriate health promotion and disease prevention interventions to foster healthy aging.



Impacts of the social and physical environment on lifestyle behaviors and health outcomes across the life-course..



Occupational health programs and policies enabling workers of all ages to be healthier and more productive.



Intergenerational programming that supports both young and old.



Identification and reduction of ageism in all aspects of daily life.

Keys to Healthy Aging

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How long can most people expect to live?

Should we be differentiating between years lived and quality of years lived?

What are four global pillars of healthy aging?

What are major determinants of healthy aging?



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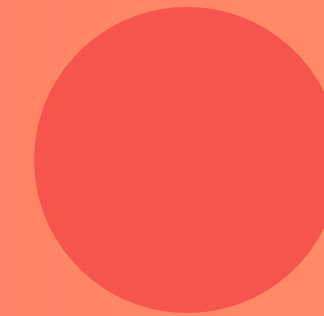


What are specific keys to healthy aging?

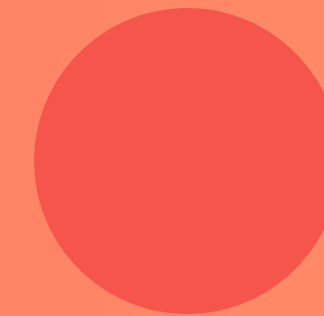
What types of programs and policies can help promote healthy aging?

Combating Ageism

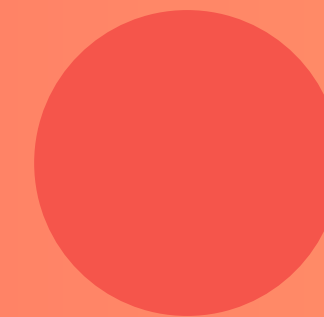
Combating Ageism



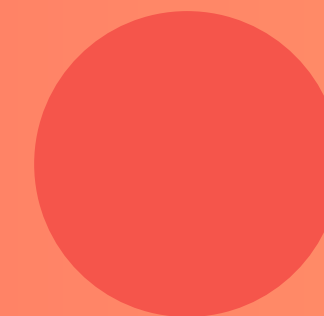
**Understanding what
ageism is**



**Documenting its
prevalence**



**Identifying negative
health
consequences**



**Promoting strategies to
reduce ageism and
promote healthy aging**

Chronic Disease Self Management

Chronic Disease Self Management



What types of self-management is needed for different chronic illnesses?



What are common aspects of self-management education and support?



What are some successful programs?



What are different modalities for delivering chronic disease self management?



What difference do chronic disease self-management programs make in terms of better health, better care, and better value?

Caregiving

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- **What are the most prevalent conditions requiring care?**
- **Who is providing needed care for older adults**
- **What kind of care is provided by family caregivers**
- **What is the impact on caregivers**
- **How to better coordinate formal and informal care**
- **How to reduce burdens of care**



Work and Retirement

Work and Retirement



- What are current trends in work and retirement?
- What are key elements of a healthy workplace?
- How to ensure older workers can continue working if they chose to do so?
- How to assist in transition from work to retirement?
- How to make retirement a happy and healthy period of life?

Promoting Implementation Research to Diminish the Research to Practice Gap



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- What is the research to practice gap?
- What are specific translational research elements to include in planning and evaluation?
- How do I ensure that my measures of success are meaningful?
- How do I ensure my programs are meeting health equity goals?
- Where can I go for resources on implementation research?



Areas We Serve

Places



Community:

- Think globally act locally



National:

- My research has reached every state in the US—especially around chronic disease self-management at the local level



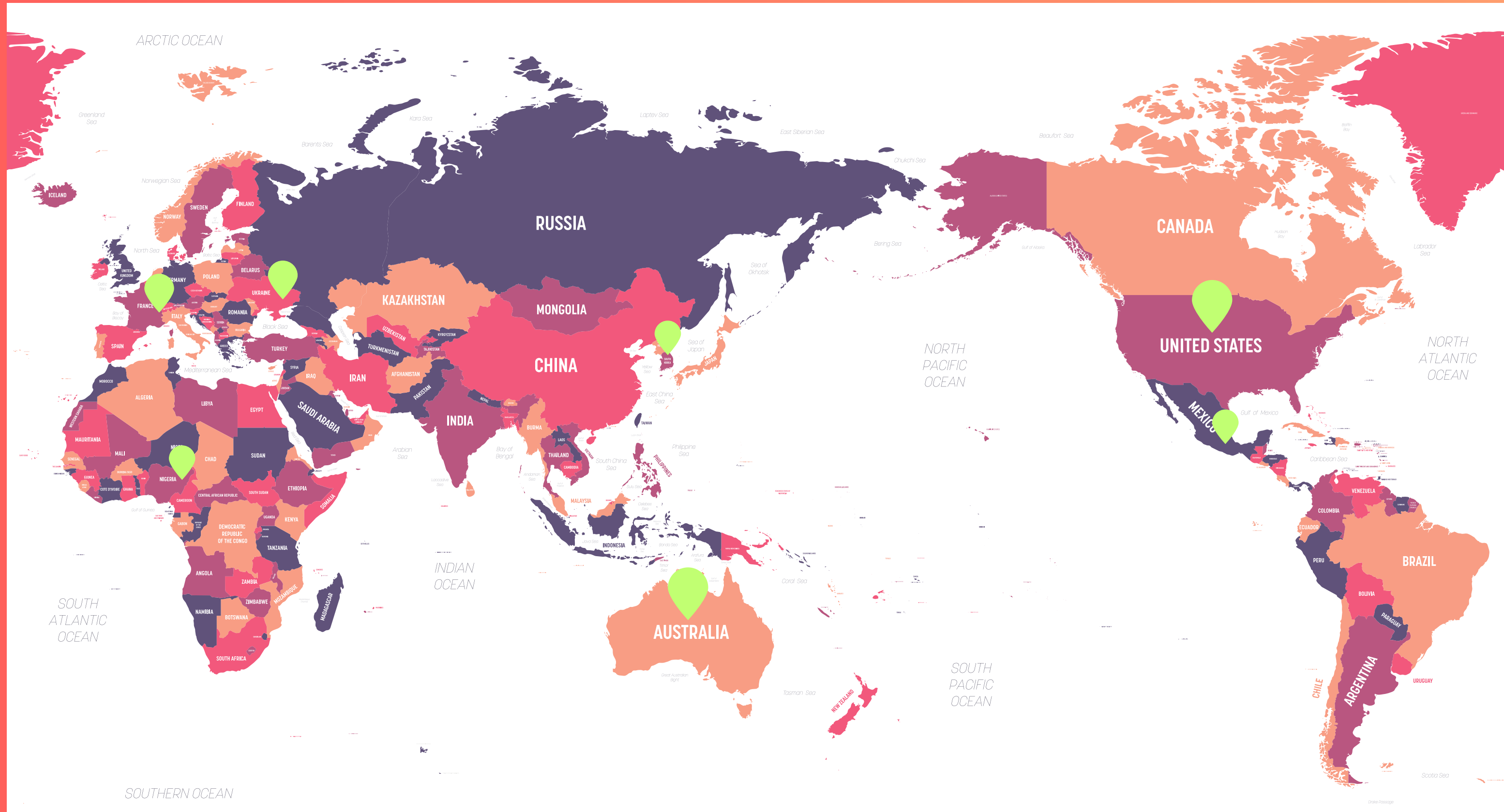
Globally:

- Chief Specialty Editor for Frontiers in Public Health and Aging
- Research and practice colleagues: Africa, Asia, Australia, Europe, Latin America, Middle East

Some Areas We Serve



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For any questions please visit
HealthyXGenerations.com