

Lifespan increase in U.S. in the past century



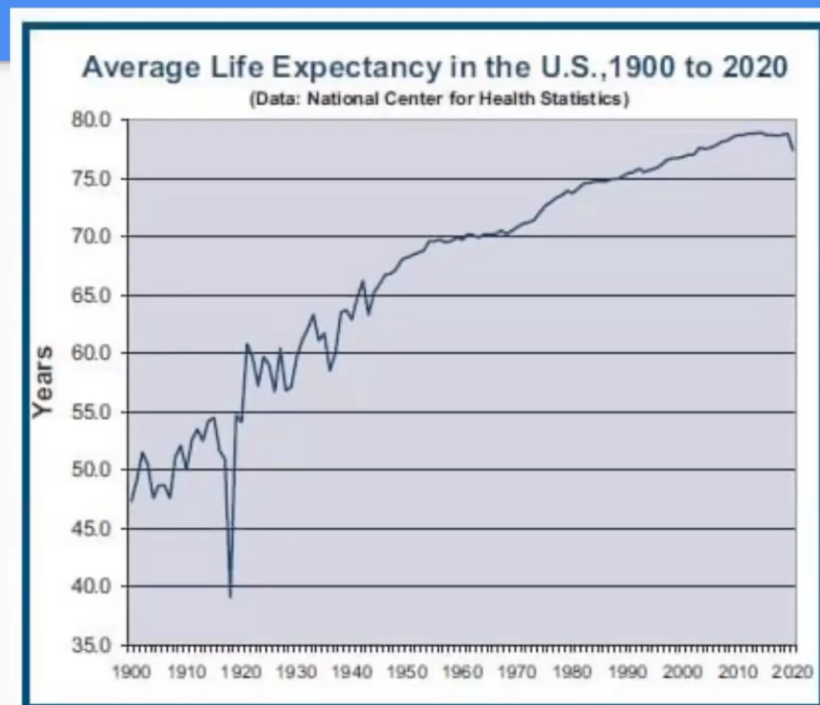
Average lifespan at birth

1940: **40-50 years**

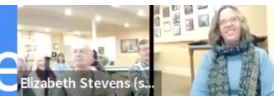
Average lifespan at birth*

2000: **75-80 years***

**and even higher in other wealthy countries*



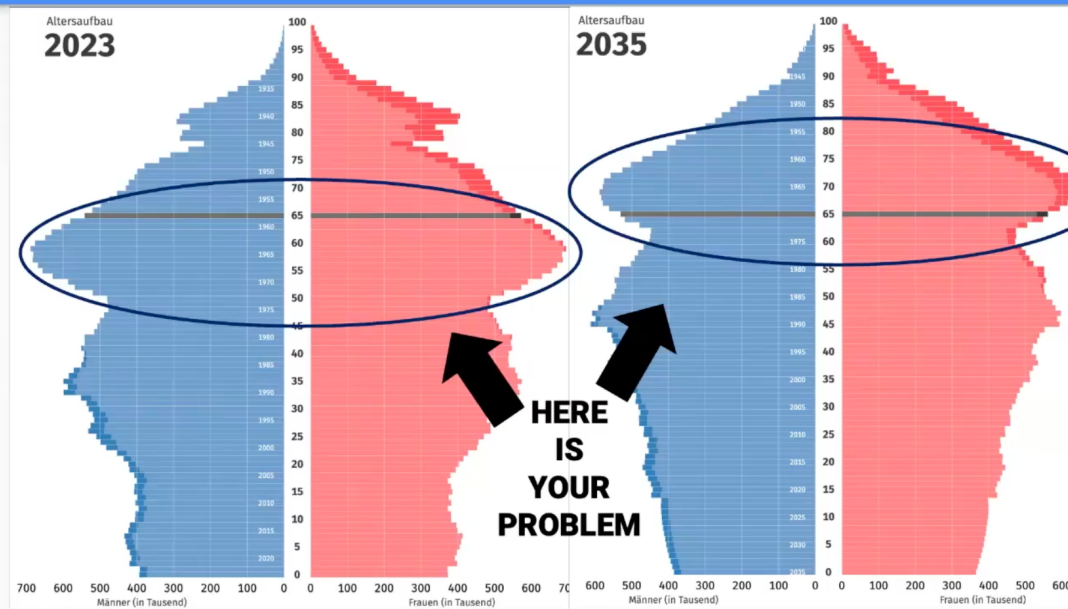
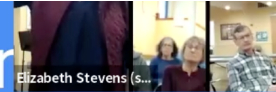
Good news: We're living longer than ever before!



Why?

- medical advances (safer childbirth, sterile protocols, vaccines, antibiotics, screenings, life support, etc.)
- better nutrition, improved agriculture
- improvements in sanitation (clean water, sewage disposal)
- accident protection in public spaces and workplaces; safer cars
- public education

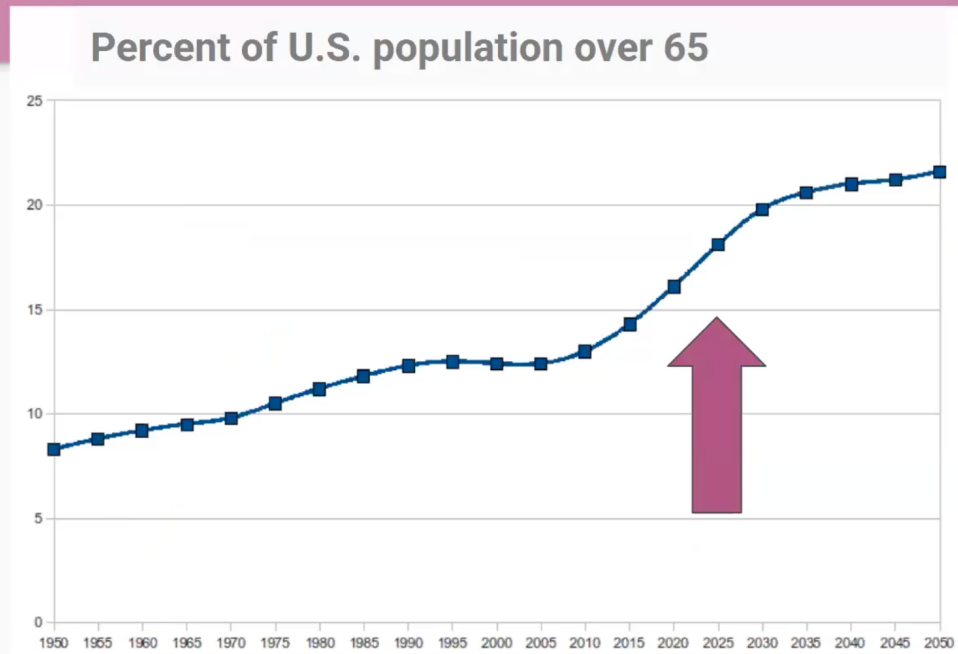
Longer lives + aging Boomer generation record numbers of elderly



Record numbers of elderly, continued



**By 2030 over 20%
of population
over 65**



Blessings and tradeoffs



Problems and stressors:

- **medical system overload**
- **economic, social and political pressures**
- **personal: managing our health and care with an imperfect care system**

Blessings and tradeoffs of longer lifespans

Longer lives aren't always healthier lives.



“Diseases of aging” more prevalent now



Examples:

- Loss of strength and agility
- Cardiovascular disease (heart attack, stroke)
- Respiratory conditions (COPD)
- Sensory diseases (deafness, visual problems)
- Declines in immunity
- Cognitive declines

Chronic, complex syndromes - progressive and disabling