

EPID 600 - Introduction to Public Health
Introduction to Aging : James J. Cotter Ph.D.
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Objectives

[pdf](#)

Students will be able to

- describe the role of public health in dealing with a special population, the senior citizens
- describe the criteria for labeling a person aged
- describe the elements of aging
- describe governmental agencies responsible for assisting/ measuring aging
- describe non governmental agencies who assist aging persons.
- describe how ageing can be expected to affect public health services over the next 25 years.
- [Competencies](#) 1C (1,2, 7,8) 1D (1,2,3,5,7,10) 1E(1,4,6,9) IIA (1,2,3,4,)

Key Words

Aging, aged, seniors, nursing homes, homes for the aged, retirement centers, senior citizens advocacy, home visiting, senior centers, mental health and aging, Alzheimer's diseases, Parkinson's disease, Osteoporosis, chronic diseases.

Concept:

Aging starts at birth. Getting older is not necessarily accompanied by significant declines in either physical or mental function. There are many resources available to assist people as they age. Misunderstanding and lack of knowledge is the greatest detriment to health maintenance while aging.

References:

Schneider 2nd Edn: Introduction to Public Health - Chapter 28

Consider The UK definition of aging, the second heading on the page - [Ageing and the Life Course](#).

[Data from the US Census Bureau](#), March 2006: People in the United States are living longer and healthier lives than ever before. Average life expectancy at birth rose from 47.3 in 1900 to 76.9 in 2000. US Census [Newsroom](#)

• Future Implications

- The social and economic implications of the aging of the Baby Boom generation will be a significant concern for policy makers, the private sector, and individuals. The size and longevity of this group will

trigger debate about possible modifications to Social Security, Medicare, and disability and retirement benefits, among other issues. What is happening to the [population pyramid](#). Look at how longevity has changed [since 1900](#).

- The changing marital and family composition that is occurring in the United States is likely to change the types of familial support that are available to people at older ages.
- The future older population is likely to be better educated than the current older population, especially when Baby Boomers start reaching age 65. Their increased levels of education may accompany better health, higher incomes, and more wealth, and consequently higher standards of living in retirement.
- Older women will be increasingly more likely to have been in the labor force long enough to have their own retirement income, although their lower median earnings may translate into lower incomes in retirement.
- Research on genetic, biological, and physiological aspects of aging is likely to change the future for the older population. In the medical and public health arenas, research to understand chronic diseases, such as diabetes and Alzheimer's disease, may produce significant improvements for treatment and prevention.
- Aging & Sexual Behavior, What would be the implications for healthy aging if sexual relations continue in the old and very old? See [this pdf](#).

Think about the [changing use of health services](#) as the population ages and its ramifications.

Review Dr Cotter's: [Slides](#) [handouts](#)

Review the .pdf file CDC's [State of Aging](#) Report with particular attention to the discussion starting [page 26](#). You may also want to review [the report](#) from the National Association of State Units on Aging and compare its comments with those in the CDC report (pay particular attention to [page 3](#), PH & aging; [exhibit 3](#), [page 4](#); [exhibit 8](#), [p 11](#); [barriers to health p12](#); and [discussion page 22-24](#)); . A recent concern has been with [Older Driver Safety](#), see [web site](#).

David Brooks in the NYT "Longer Lives - The [Ties that Bind Us](#)."
DVD- Living Old Excerpts & Discussion, [Web Site](#)

WHO - [Long Term Care](#)

[American dream: Live long and prosper](#)

[Mayo Clinic Study on Aging \(July 2006\)](#)

[The Aging Network](#) When on the web page select the "Tool & Resources" link for further information about the members of the network.

KFF: [Employees & aging relatives](#) (July 2006)

[Videos on the Future of Aging](#).

[New Readings 2009](#)(scan only)

[Editorial on Aging AJPH](#)

[Conquering old age](#) (Editorial BMJ-July 08)

Biological timers [may be telomeres](#)

[Who Pays for Long Term Care](#) (Poicy Analysis for refernce)

[Worldwide Rise of Chronic Disease](#)

[Dying at Home](#)

Being Elderly is [not a disease](#).

[Bereavement Adjustment](#) (Sept 08 JAMA)

Videocast Sept 25, 2006. Public Health Grand Round "[Helping Older Adults Live Longer](#)"

[Dr Cotter's Links](#)

[2009 Links](#)

For those interested in pursuing this topic further "The Epidemiology of Aging", William A Satariano.
[James & Bartlett, 2006](#)