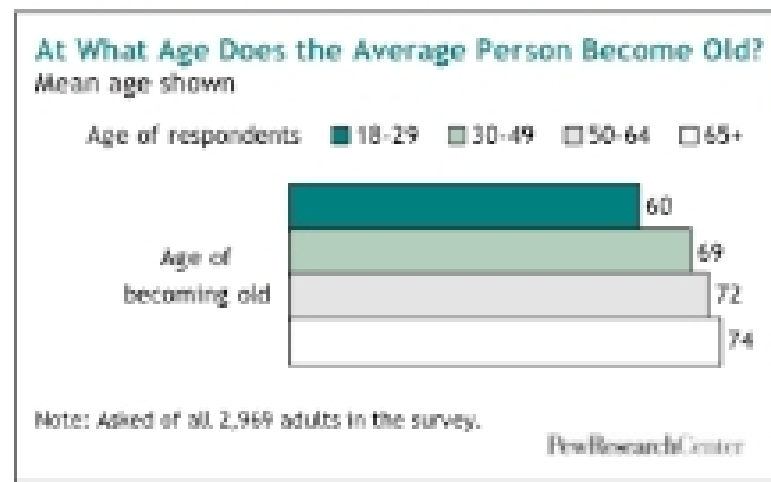


2. The Demography of Aging: Challenges & Opportunities

- **What is Gerontology?**
 - Definition of Gerontology
 - Interdisciplinary scientific study of aging and the aging process
 - Relatively new discipline
 - Due to people previously in 1800 lived only up to 40 years old, scientists needed to wait for older adults
 - Definition of Geriatrics
 - Study of the diseases of the elderly
- **How old is “OLD” ?**



- **Older Adults**
 - Young-Old:
 - 55-85 years old
 - Oldest-Old:
 - 85 and older
 - Centenarians:
 - 100 years old and over
- **The Meaning of Age**
 - How old do you feel today?
 - Chronological Age
 - Calendar age (ex.22)
 - Perceived Age
 - Age you think of yourself as (ex. 18 or 49)
 - Biological Age
 - Functioning of vital systems
 - EX. Biological functions
 - Psychological Age
 - Functioning of Psychological Abilities
 - EX. Are you doing what we expect at that age?

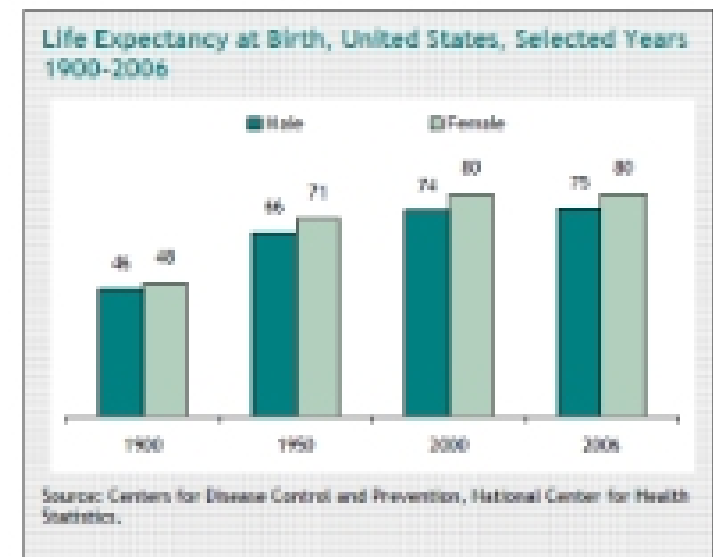


- **Limits of the Human Life Span?**

- Are there limits to the human lifespan?
 - Current human lifespan is **about 120 years**
 - Believed by some scientist to be the limit of the human life span
 - Jeanne Calment
 - From France, was one of the only two human beings known to have lived to age 120
 - Calmen is shown on her 122th birthday in February 1997
 - How old is the oldest living person?
 - Misao Okawa 117 years old from Japan

- **Increased Life Expectancy Due to:**

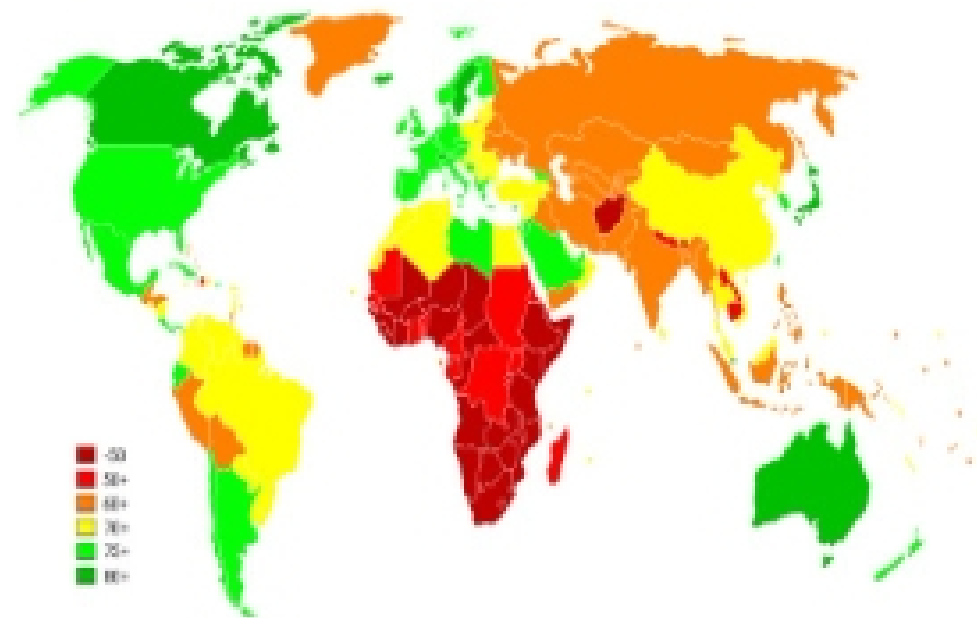
- Change in medicine
 - Preventative Medicine (Vaccines)
 - Surgeries
 - Chemo/Radiation
 - MRI/X-Rays
- Changes in Technology
 - Reduction in Acute Disease
 - Medical and Public Health Advances
 - Reduction in infant mortality
 - Reduction in female mortality at childbirth
 - Treatment advances in Chronic Disease
 - Medical and Lifestyle



- **Life Expectancy**

- The number of years that will probably be lived by the average person born in a given year
- Average life expectancy is **about 78 years**
 - Women: about 80 years
 - Men: about 75 years
 - Due to:
 - Taking more risky behaviors,
 - More stress through life to provide for family
 - Less doctor visits
 - Prone to Heart Disease
 - One less chromosome than women

- o Related to
 - Gender
 - Genetics
 - Lifestyle (Exercise, diet ...)
- **Life Expectancy World Map**



- **Crash Course in Demography**

- o **Population Aging**
 - Terms for shifts in the age distribution of the population toward older ages
- o **Cohort**
 - Group of people born in the same year (1992)
- o Why do you care?
 - Population changes affects:
 - Families
 - Social Policy
 - Economics
 - Well-being
- o Change from Pyramid to Rectangle
 - **2000** - TRIANGLE
 - **2025** - RECTANGLE

