

Public Health Frameworks to Advance Healthy Aging

What is Healthy Aging?

CDC defines healthy aging as “the development and maintenance of optimal physical, mental (cognitive and emotional), spiritual, and social well-being and function in older adults.” To better support older adults, Healthy People 2030 outlines a goal to “improve health and well-being for older adults” by implementing 20 measurable objectives over the next decade.



As of 2016, 49 million adults in the United States were above the age of 65, representing 15% of the population. In 2030, this number is expected to reach 71 million. By 2060, adults over the age of 65 will exceed 98 million and represent 25% of the entire population. Disparities observed in older adulthood are a result of a lifetime of complex upstream factors that drive inequities seen in this growing population. By addressing the social determinants of health in early adulthood, we can mitigate these inequities and promote a higher quality of life for older adults.

Supporting Healthy Aging

ASTHO’s [Healthy Aging Policy Statement](#) supports healthy aging across the lifespan by recommending improvements to structural determinants of health, as well as to medical and social services that address healthy aging. ASTHO encourages state and territorial health agencies (S/THAs) to leverage the following frameworks to create an age-friendly environment conducive to improving quality of life across all ages. When considerations for health promotion and disease prevention planning are made for older adults, individuals across all ages and abilities benefit. The graphic above depicts what this new landscape could look like, as the social determinants of health are integrated across the life course. These frameworks can support [creating a culture of healthy aging within public health](#).

Previous efforts to bring healthy aging to the forefront of public health can be seen in CDC’s [Healthy Aging in Action](#) report. The report highlights three areas that S/THAs can prioritize to promote healthy aging and increase the proportion of Americans who are healthy at each stage of life. These recommendations include health promotion, injury prevention, and chronic disease management along with another domain that emphasizes facilitation of social engagement, as well as a final domain focused on optimizing physical, cognitive, and mental health statuses of an individual. The following frameworks for healthy aging can support S/THAs in working toward these recommendations.

Trust for America’s Health Age-Friendly Public Health System

Trust for America’s Health (TFAH) developed the [age-friendly public health system \(AFPHS\)](#) framework, established in 2017, to promote physical, mental, emotional, and social well-being with the understanding that healthy aging is an **adaptive** process in response to challenges. It is also a **proactive**

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