



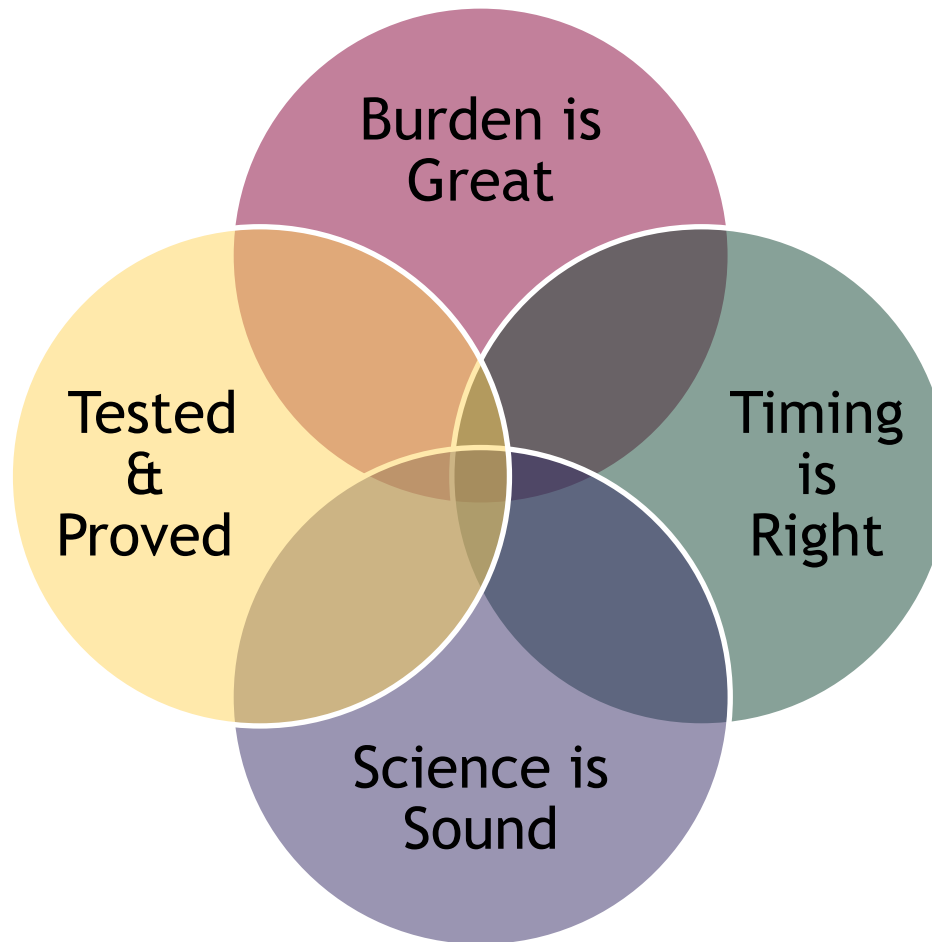
Improving the lives of older Americans

Prevention & Wellness – Healthy Aging

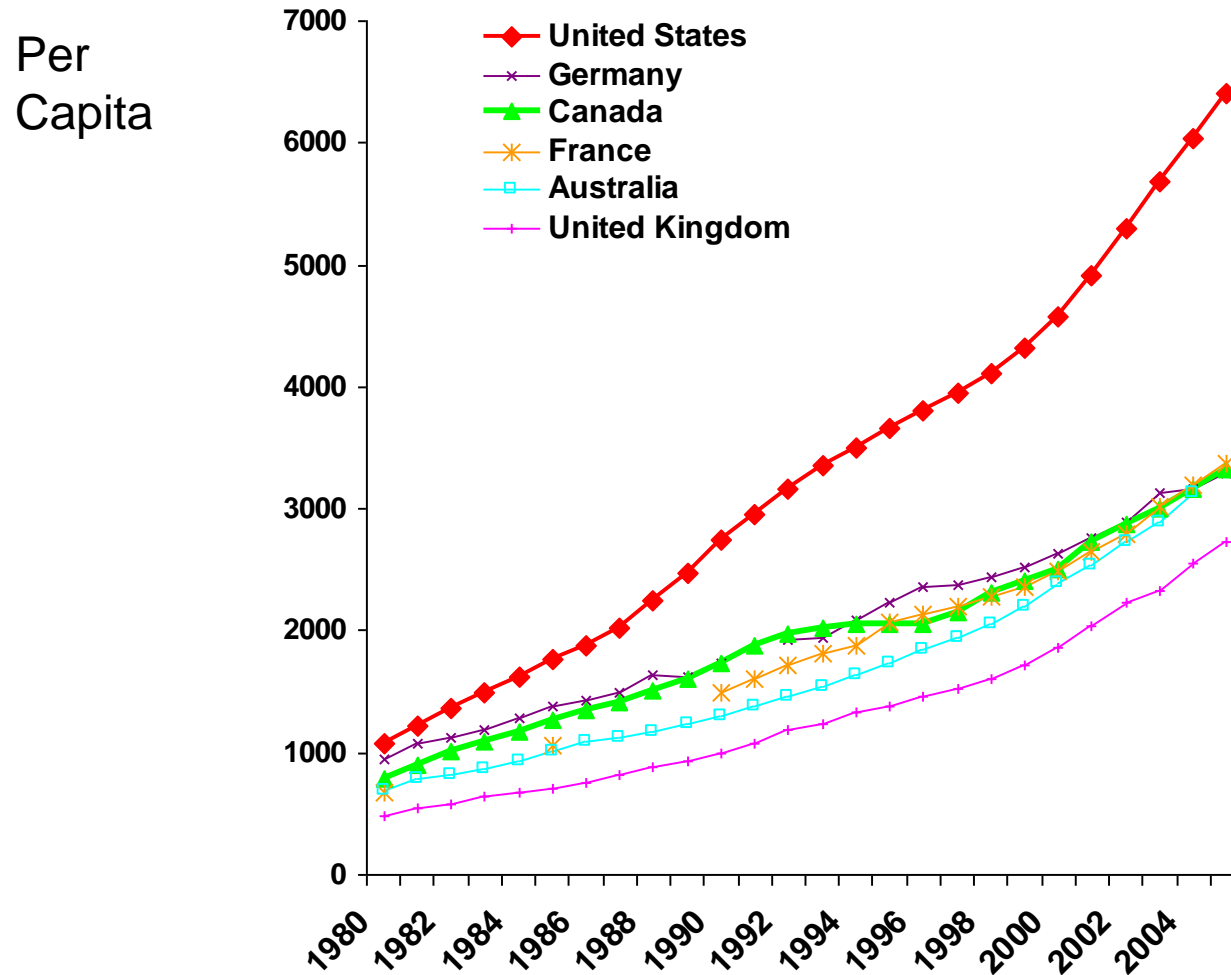
Nancy Whitelaw, PhD
National Council on Aging
Forum on Reauthorization of the Older Americans Act February 2010



The Sweet Spot for Healthy Aging & OAA



The Timing is Right to Bend the Curve



Source: K. Davis, C. Schoen, S. Guterman, T. Shih, S. C. Schoenbaum, and I. Weinbaum, Slowing the Growth of U.S. Health Care Expenditures: What Are the Options?, The Commonwealth Fund, January 2007, updated with 2007 OECD data

Chronic Conditions: 75% of \$2 Trillion

1980

\$245 billion

an average of \$1,066 per person

2001

\$1.4 trillion

an average of \$5,039 per person

2011

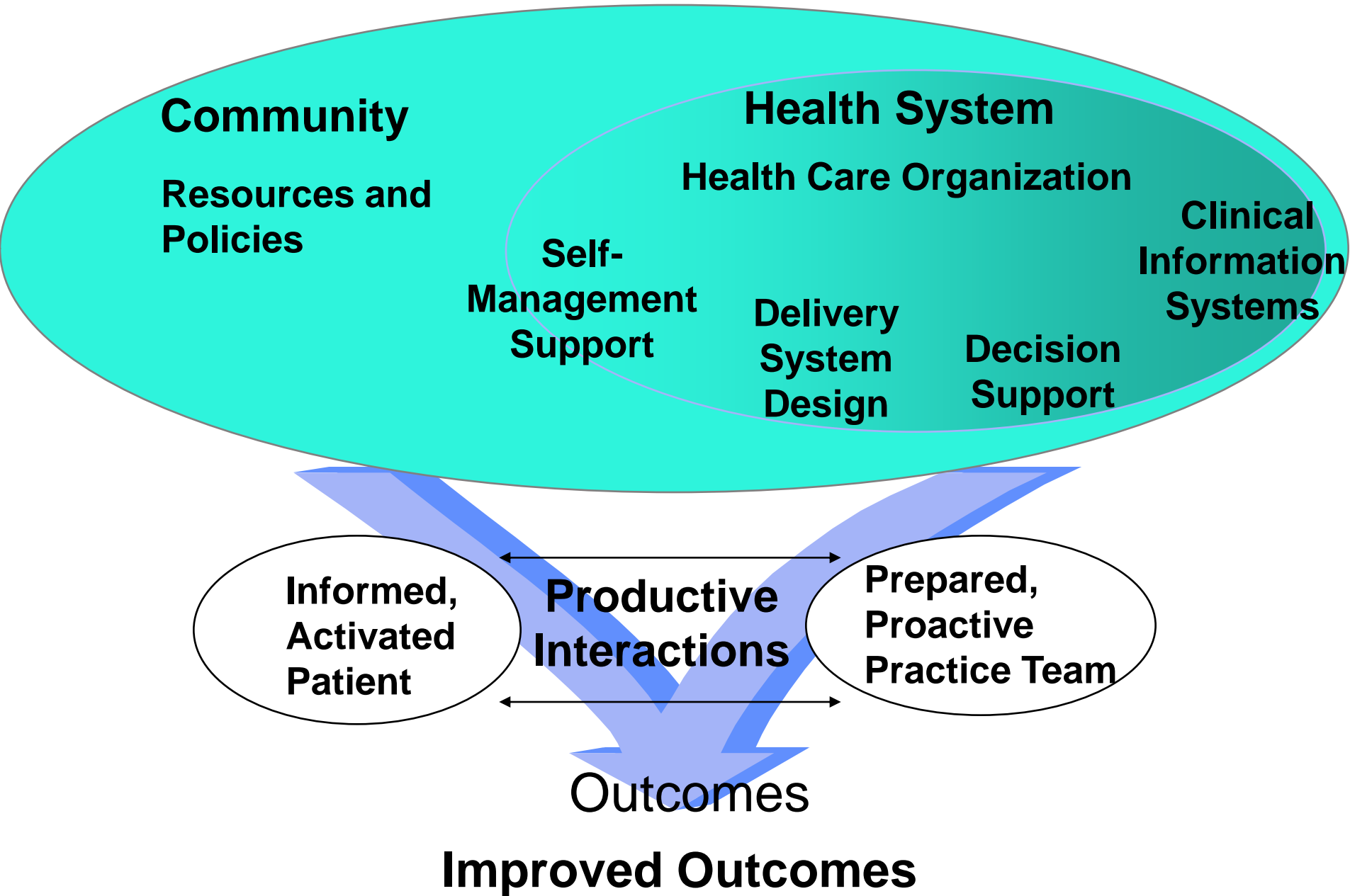
\$2.8 trillion

an average of \$9,216 per person

Mensah: www.nga.org/Files/ppt/0412academyMensah.ppt#21

Heffler et al. *Health Affairs*, March/April 2002

Chronic Care Model



Healthy Aging - Systems Change

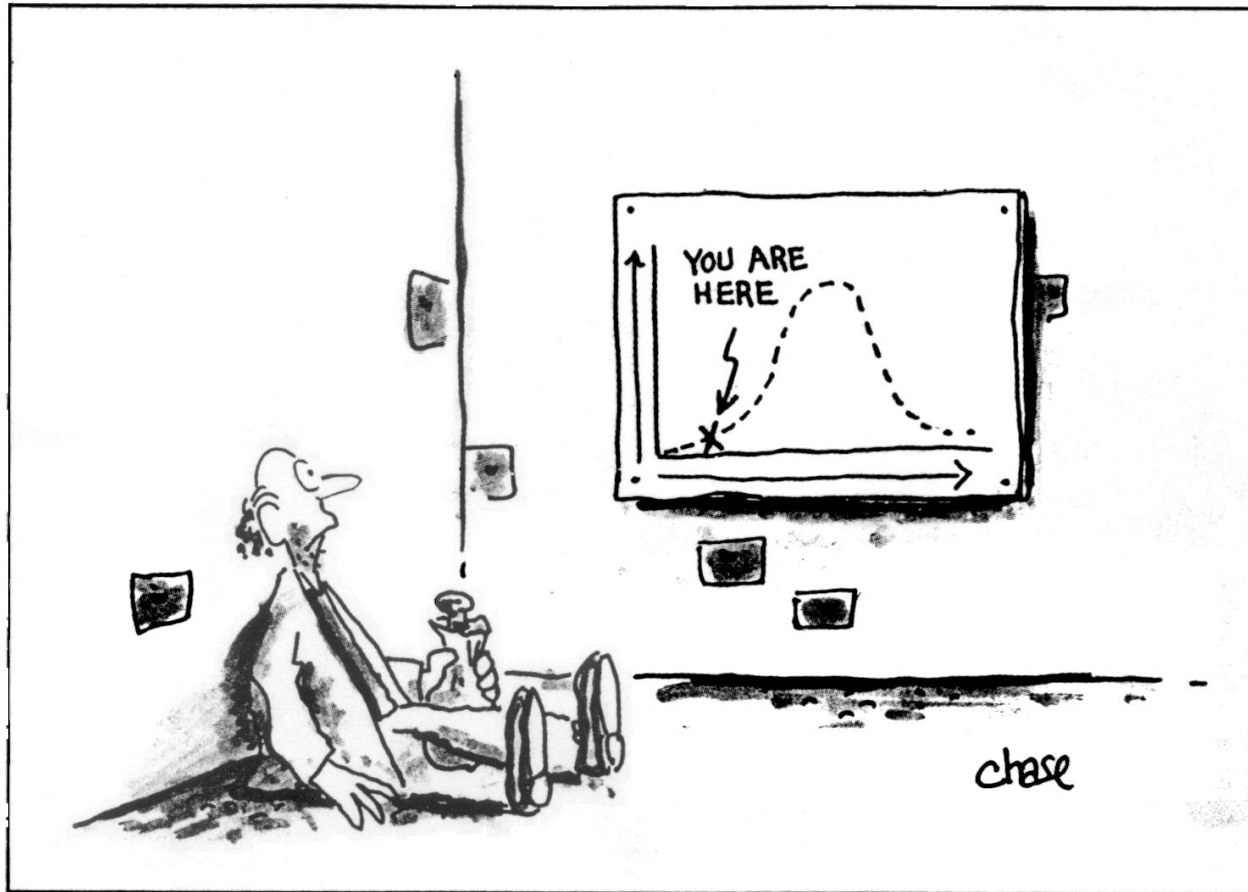


Not just a program or service.

Changing Systems for Healthy Aging

- Prevention - focus on the whole person
- Self-management, self-determination
- Evidence and outcomes
- Community-based solutions
- Multi-sector partnerships
- Confront ageism, reduce health disparities

The Road Ahead and A Call to Action



Thank you -

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