

Contents

Preface: Healthy Aging: What Do We Mean, and How Do We Accomplish It?	xiii
Susan M. Friedman	
Healthy Aging Across the Stages of Old Age	549
Louise Aronson	
<p>Healthy aging is among the key frontiers for twenty-first century geriatrics and gerontology. Gerontology is positioned to address not only disease, debility, frailty, and death but also patients' hopes to remain healthy and high functioning and optimize their wellness. Definitions, models, and metrics of healthy aging are increasingly dynamic and multidimensional, drawing from biomedicine, social sciences, older adults' perspectives, and geroscience. Given current and projected demographics, focus on healthy aging at population, health system, research, clinical, and individual levels will lower costs and burdens while improving lives. Multiple models and strategies exist to guide progress in this critical emerging area.</p>	
How Do Geriatric Principles Inform Healthy Aging?	559
Jennifer D. Muniak and Paul Mulhausen	
<p>Healthy aging long has been held as a core belief and priority of geriatrics, yet clinical, scholarly, and advocacy efforts have not kept pace with attention to multimorbidity and end-of-life care. With an aging US population and trends toward higher rates of lifestyle diseases, there is imperative for geriatricians to engage in efforts to promote healthy aging. Lifestyle medicine offers an evidence-based approach to healthy aging at any point in the life span. This emerging branch of medical practice has synergistic principles and frameworks with the field of geriatrics, which should further empower geriatricians to engage in promoting healthy aging.</p>	
Multimorbidity, Function, and Cognition in Aging	569
Sindhuja Kadambi, Maya Abdallah, and Kah Poh Loh	
<p>Multimorbidity is a global health challenge. Here, we define multimorbidity, describe ways multimorbidity is measured, discuss the prevalence of multimorbidity and how it differs across different populations, examine mechanisms of disease and disability, and discuss the effects of multimorbidity on outcomes such as survival and function.</p>	
Preserving Cognition, Preventing Dementia	585
Maryjo L. Cleveland	
<p>Dementia incidence continues to rise in the United States and around the world. Although age is the single biggest risk factor for the development of dementia, it is not considered normal sequelae of aging. Although there has been little to no progress made in the past couple of decades in the</p>	

treatment or cure of Alzheimer disease, there has been significant progress made in prevention. Single factors, such as hearing loss or cardiovascular risk factors, may increase the risk for cognitive decline. The opportunity to mitigate these risk factors provides an exciting new healthy aging approach to dementia prevention.

Preserving Engagement, Nurturing Resilience

601

Halina Kusz and Ali Ahmad

Engagement and resilience constitute 2 psychological aspects of healthy aging that are commonly identified by many individuals as more important than health or longevity. Both of them play a crucial role in healthy aging. Social engagement enhances psychological well-being and improves physical and cognitive health outcomes. In times of adversity, resilience buffers the negative effects of stress and promotes return to baseline health and function. Strong resilience helps individuals become more engaged and active engagement promotes resilience. We discuss the role, health outcomes, and practical implications of these 2 major domains of healthy aging.

Reducing Frailty to Promote Healthy Aging

613

Veronica C. Nwagwu, Christine Cigolle, and Theodore Suh

Frailty is a complex geriatric syndrome. Frail patients typically present with an array of multiple complex symptoms and significantly reduced tolerance for medical and surgical interventions. A multidomain approach is required to effectively treat/manage frailty.

Addressing Obesity to Promote Healthy Aging

631

Meredith N. Roderka, Sadhana Puri, and John A. Batsis

The population worldwide is aging and prevalence of obesity in this population is increasing. The range of consequences that effect these at-risk patients include increased risk of falls, fractures, reduced quality of life, and cognitive decline. This article describes the epidemiology of obesity, risks and benefits of weight loss, and importance of treating obesity to help promote healthy aging. Health care professionals should encourage older adults with obesity to implement healthy lifestyle behaviors including exercise and diet routine. Treating obesity in older adults mitigates the significant public health crisis, and reduces health care utilization and risk of long-term adverse events.

Lifestyle (Medicine) and Healthy Aging

645

Susan M. Friedman

Healthy aging is a process that occurs over the life cycle. Health habits established early and practiced throughout life impact longevity, the ability to reach old age, and the health with which one experiences older adulthood. The new field of lifestyle medicine addresses root causes of disease by targeting nutrition, physical activity, well-being, stress management, substance use, connectedness, and sleep. As a result, lifestyle medicine can optimize the trajectory of aging, and promote targets that have been

recognized in geriatric medicine as essential to well-being and quality of life, resulting in a compression of morbidity.

Nutrition and Healthy Aging

655

Marissa Black and Megan Bowman

Diet is a key determinant of health and is vital to the prevention and management of chronic disease. The predictors of an individual's dietary health are complex and influenced by multiple socioeconomic, environmental, and behavioral domains. Dietary behavior change in late life requires an in-depth understanding of internal and external factors influencing the individual and knowledge of community resources available. Dietary patterns—the combination of foods and beverages consumed—may be related to quality of life and health in older adults. Dietary patterns may also be easier for individuals to adopt and understand than dietary planning based on single nutrients.

Physical Activity and Healthy Aging

671

Elizabeth Eckstrom, Suvi Neukam, Leah Kalin, and Jessica Wright

Healthy aging is the ability to maintain independence, purpose, vitality, and quality of life into old age despite unexpected medical conditions, accidents, and unhelpful social determinants of health. Exercise, or physical activity, is an important component of healthy aging, preventing or mitigating falls, pain, sarcopenia, osteoporosis, and cognitive impairment. A well-balanced exercise program includes daily aerobic, strength, balance, and flexibility components. Most older adults do not meet the currently recommended minutes of regular physical activity weekly. Counseling by health care providers may help older adults improve exercise habits, but it is also important to take advantage of community-based exercise opportunities.

Mindfulness, Stress, and Aging

685

Katarina Friberg Felsted

Mindfulness has been applied in several adaptations, including Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy, to treat chronic conditions in older adults. Older adults may be particularly well suited for mindfulness interventions, because they bring decades of life experience to this contemplative therapy. Mindfulness is also an appealing intervention for older adults as it is inexpensive, effective over time, and easy to access. This article examines mental and physical chronic conditions proven responsive to mindfulness, including cognitive function, anxiety, depression, sleep quality, loneliness, posttraumatic stress disorder, cardiovascular conditions, diabetes, rheumatoid arthritis, Parkinson's disease, urge urinary incontinence, and chronic pain.

The Role of Prevention in Healthy Aging

697

Neema Sharda, Serena Wong, and Heidi White

This article explores the role of prevention in healthy aging from the perspective of individualized prevention in the clinic and population-

based prevention with system-level support. The traditional medical model has significant limitations to effectively target impactful outcomes related to geriatric syndromes that encompass debility, frequent hospitalizations, loss of independence, and disease progression. This article reviews aspects of the clinic visit and subsequent interventions, such as immunizations and screenings, that promote disease and disability prevention. Finally, we review the value of Population Health Management as a model of care for delivering population-based, system-level supported, patient-centered health care plans.

Best Practices for Promoting Healthy Aging

713

Kathryn M. Daniel

This article outlines key well-known population health practices at the community level that benefit all members of the community, especially older adults.

Getting from Here to There: Motivational Interviewing and Other Techniques to Promote Healthy Aging

719

Liana Lianov

Successful health behavior change relies on the autonomy of the individual who is driven toward personally meaningful, positive goals. The medical practitioner and health care team can use several techniques to facilitate such change effectively, including motivational interviewing, cognitive behavioral restructuring, appreciative inquiry, and positive psychology techniques. Older adults can be supported to make change, and may have greater capacity to maintain those changes due to increased levels of conscientiousness. Positive psychology approaches may be effective in older adults, due to evidence that, as individuals age, they tend to prioritize activities that bring them satisfaction and emotional well-being.