

## Introduction

Healthy living is healthy aging. Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive. By 2040, almost a quarter of the U.S. population will be age 65 or older — and their health and well-being has implications for society as a whole. Additionally, research suggests that health disparities that are experienced earlier in life are often made worse later in life. Reducing these health disparities across the lifespan is necessary to achieve health equity.

Healthy aging is a priority for the Office of Disease Prevention and Health Promotion (ODPHP), focusing on raising awareness of the many dimensions of healthy aging and supporting initiatives designed to help people live longer, improve their health, and stay healthy.

ODPHP leads many activities that support healthy aging, as shown below. Additional information about these initiatives can be found in the [Resources](#) section of this brief.



Set national measurable objectives to improve the health and well-being of older adults through Healthy People 2030



Promote physical activity for older adults – and all ages – through Move Your Way®



Provide actionable and easy-to-use health information to older adults using MyHealthfinder



Support healthy eating patterns for older adults using the Dietary Guidelines for Americans



Ensure inclusivity of older adults and all abilities in all resources and products

Healthy People 2030 allows for monitoring of data that provide important context for how the older adult population is doing. This data snapshot highlights key indicators that are critical to healthy aging, specifically focusing on indicators related to the social determinants of health (SDOH) and healthy behaviors.

## Social Determinants of Health

[Social determinants of health](#) (SDOH) are the conditions in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH can be grouped into 5 domains: [Economic Stability](#), [Education Access and Quality](#), [Health Care Access and Quality](#), [Neighborhood and Built Environment](#), [Social and Community Context](#). SDOH have a major impact on health, well-being, and quality of life — and SDOH significantly affect an individual’s chances of staying healthy as they age. SDOH also impact the choices that influence behaviors. Healthy People 2030 tracks key indicators across four domains that are most relevant to older adults.



[Healthy People 2030 SDOH Graphic](#)

 **Economic Stability**

 **Social & Community Context**

**10.2%**

of adults aged 65 years and older were **living in poverty** in 2022

**66.8%**

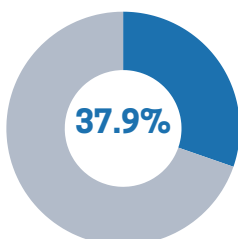
of US citizens aged 65 years and older reported **voting** in 2022

 **Neighborhood & Built Environment**

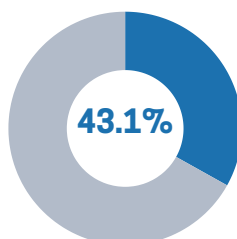
 **Healthcare Access & Environment**

Percentage of adults that spent **over 30% of income on housing** in 2021

**Ages 65-74**



**Ages 75+**



**52.2%**

of adults aged 65 years and older reported that their **health care providers involved them in decisions** about their health care as much as they wanted in 2022

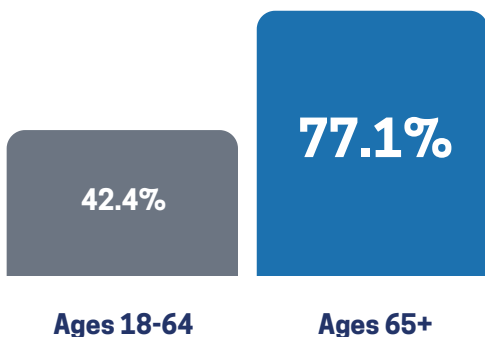
## Healthy Behaviors

Older adults can improve their health and well-being as they age by maintaining healthy behaviors, such as following recommendations related to vaccinations, nutrition and healthy eating, physical activity, and tobacco use.



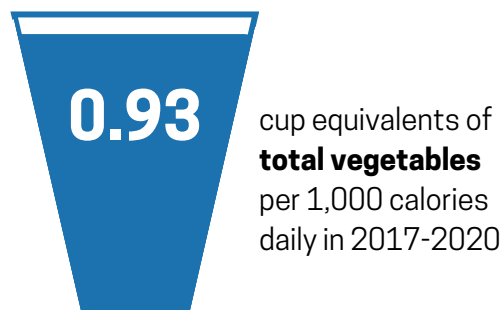
### Vaccination

A higher percentage of adults aged 65 years and older **received the flu vaccine** in the 2020-21 flu season compared to adults aged 18-64 years



### Nutrition & Healthy Eating

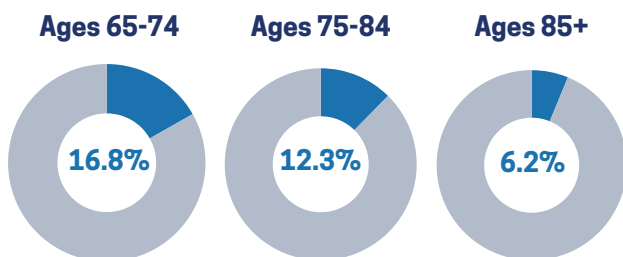
Adults aged 71 years and older consumed an average of



### Physical Activity

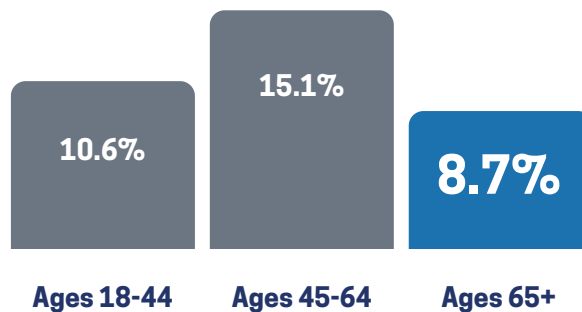
**14.4%**

of adults aged 65 years and older did enough **aerobic and muscle-strengthening activity** in 2022



### Tobacco Use

A lower percentage of adults aged 65 years and older were **current cigarette smokers** compared to adults aged 18-44 and 45-64 in 2022



## Resources & Tools

This Healthy Aging data snapshot provides important context for the health status of older adults related to social determinants of health and health behavior indicators. These data highlight potential areas of focus for public health professionals working to improve older adults' health and well-being. The resources below provide additional data, resources, and support for taking action to improve the health and well-being of older adults.

Resource	Description
<a href="#">Older Adults Healthy People 2030 Objectives</a>	Healthy People 2030 includes several objectives related to older adults.
<a href="#">Healthy Aging Custom List</a>	ODPHP has prepared a list of Healthy People 2030 objectives focused on healthy aging that can be edited and shared with others.
<a href="#">Social Determinants of Health and Older Adults</a>	ODPHP provides sample scenarios about ways to use Healthy People 2030 and other resources to improve SDOH and support older adults' health and well-being.
<a href="#">Healthy Aging Resources</a>	ODPHP lists detailed information on its resources related to healthy aging, including healthy aging events.
<a href="#">Move Your Way® Materials for Older Adults</a>	The Move Your Way® campaign has resources that can help older adult audiences learn about the benefits of physical activity and find activities that work for them.
<a href="#">Physical Activity Guidelines for Americans Midcourse Report: Implementation Strategies for Older Adults</a>	The Midcourse Report extends the work of the Physical Activity Guidelines and provides the “how” to help older adults achieve the recommended 150 minutes or more of moderate-intensity aerobic physical activity and 2 days of muscle-strengthening physical activity each week.
<a href="#">Dietary Guidelines for Americans, 2020-2025</a>	For the first time, this edition of the Dietary Guidelines includes recommendations specifically for older adults.
<a href="#">Building a Healthy Eating Routine as You Get Older</a>	A fact sheet that can be used to start a conversation and share key messages with older adults on evidence-based nutrition guidance.
<a href="#">MyHealthfinder</a>	MyHealthfinder provides evidence-based information that is specific to older adults, including tips for older adults and caregivers.
<a href="#">Evidence-based resources related to older adults</a>	Healthy People 2030 evidence-based resources provide details on proven, science-based methods to improve health and prevent disease.

## Data Notes - Social Determinants of Health

The table below provides additional information on the data reported for the Social Determinants of Health objectives.

Domain	Healthy People Objective Title	Data Year(s)*	Data Source	Additional Data Details
Economic Stability	<a href="#">Reduce the proportion of people living in poverty. (SDOH-01)</a>	2022	<a href="#">Current Population Survey Annual Social and Economic Supplement (CPS-ASEC), Census and DOL/BLS</a>	Poverty thresholds reflect family size and composition and are adjusted each year using the annual average Consumer Price Index level.
Neighborhood and Built Environment	<a href="#">Reduce the proportion of families that spend more than 30 percent of income on housing. (SDOH-04)</a>	2021	<a href="#">American Housing Survey (AHS), HUD &amp; Census</a>	Based on households whose monthly housing cost was 30 percent or more of current income.
Social and Community Context	<a href="#">Increase the proportion of the voting-age citizens who vote. (SDOH-07)</a>	2022	<a href="#">Current Population Survey (CPS), Census and DOL/BLS</a>	Based on US citizens 18 years and older who reported voting in the November national elections in Congressional election years.
Health Care Access and Quality	<a href="#">Increase the proportion of adults whose health care providers involved them in decisions as much as they wanted (HC/HIT-03)</a>	2022	<a href="#">Health Information National Trends Survey (HINTS), NIH/NCI</a>	Based on number of adults who report always being involved in decisions about their health care as much as they wanted.

\*Most recent data at the time of publication. Visit [healthypeople.gov](https://healthypeople.gov) for data updates.

## Data Notes - Healthy Behaviors

The table below provides additional information on the data reported for the Healthy Behaviors objectives.

Domain	Healthy People Objective Title	Data Year(s)*	Data Source	Additional Data Details
Vaccination	<a href="#">Increase the proportion of people who get the flu vaccine every year (IID-09).</a>	2020-2021	<a href="#">National Health Interview Survey (NHIS), CDC/NCHS</a>	Based on noninstitutionalized persons who reported to be vaccinated with influenza vaccine within the past influenza season.
Tobacco Use	<a href="#">Reduce current cigarette smoking in adults (TU-02)</a>	2022	<a href="#">National Health Interview Survey (NHIS), CDC/NCHS</a>	Based on number of adults who have smoked at least 100 cigarettes in lifetime and who now report smoking cigarettes every day or some days.
Physical Activity	<a href="#">Increase the proportion of adults who do enough aerobic and muscle-strengthening activity. (PA-05)</a>	2022	<a href="#">National Health Interview Survey (NHIS), CDC/NCHS</a>	Based on number of adults who report moderate physical activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or who report an equivalent combination of moderate and vigorous-intensity activity and who report doing physical activities specifically designed to strengthen muscles at least twice per week during leisure time.
Nutrition and Health Eating	<a href="#">Increase vegetable consumption by people aged 2 years and older (NWS-07).</a>	2017-March 2020	<a href="#">National Health and Nutrition Examination Survey (NHANES), CDC/NCHS</a>	Based on sum of daily intake of cup equivalents of total vegetables per 1,000 calories from a first day 24-hour recall.

\*Most recent data at the time of publication. Visit [healthypeople.gov](https://healthypeople.gov) for data updates.