

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]

1900



Average life expectancy

2013



Americans
are living
longer.

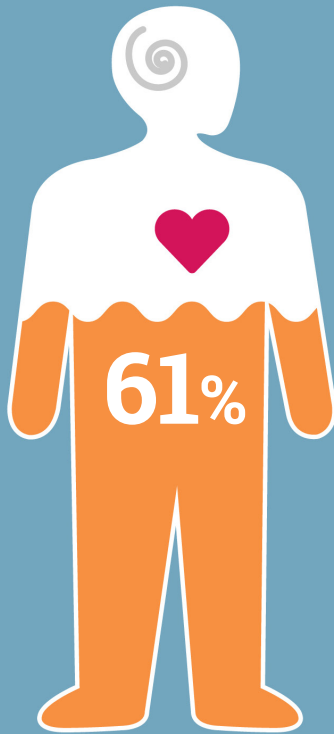
National Center for Health Statistics, 2013

But nearly
61% of
Americans age 65+
have multiple
chronic conditions.

Practice
healthy aging:



Be physically
active



United Nations, 2011



Make smart food choices



Get regular health screenings



Participate in activities you enjoy

Visit www.nia.nih.gov for more information from the National Institute on Aging at NIH, the leader in aging research.



National Institute on Aging