LIVING LONGER. LIVING HEALTHIER?

TIPS FOR BETTER AGING

1900 2013

Americans are living longer.

Average life expectancy

National Center for Health Statistics, 2013

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

Practice healthy aging:

Be physically active

49 79
Make smart food choices

Get regular health screenings

Participate in activities you enjoy

61%

United Nations, 2011

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