

MILKEN  
INSTITUTE

# Challenges and Opportunities from the Great Demographic Shift: Will Colorado Lead?

Paul Irving

Chairman, Milken Institute Center for the Future of Aging

Distinguished Scholar in Residence, USC Davis School of Gerontology

Board Chair, Encore.org

1 BILLION PEOPLE WORLDWIDE  
AGE 60+ TODAY; MORE THAN 2  
BILLION BY 2050

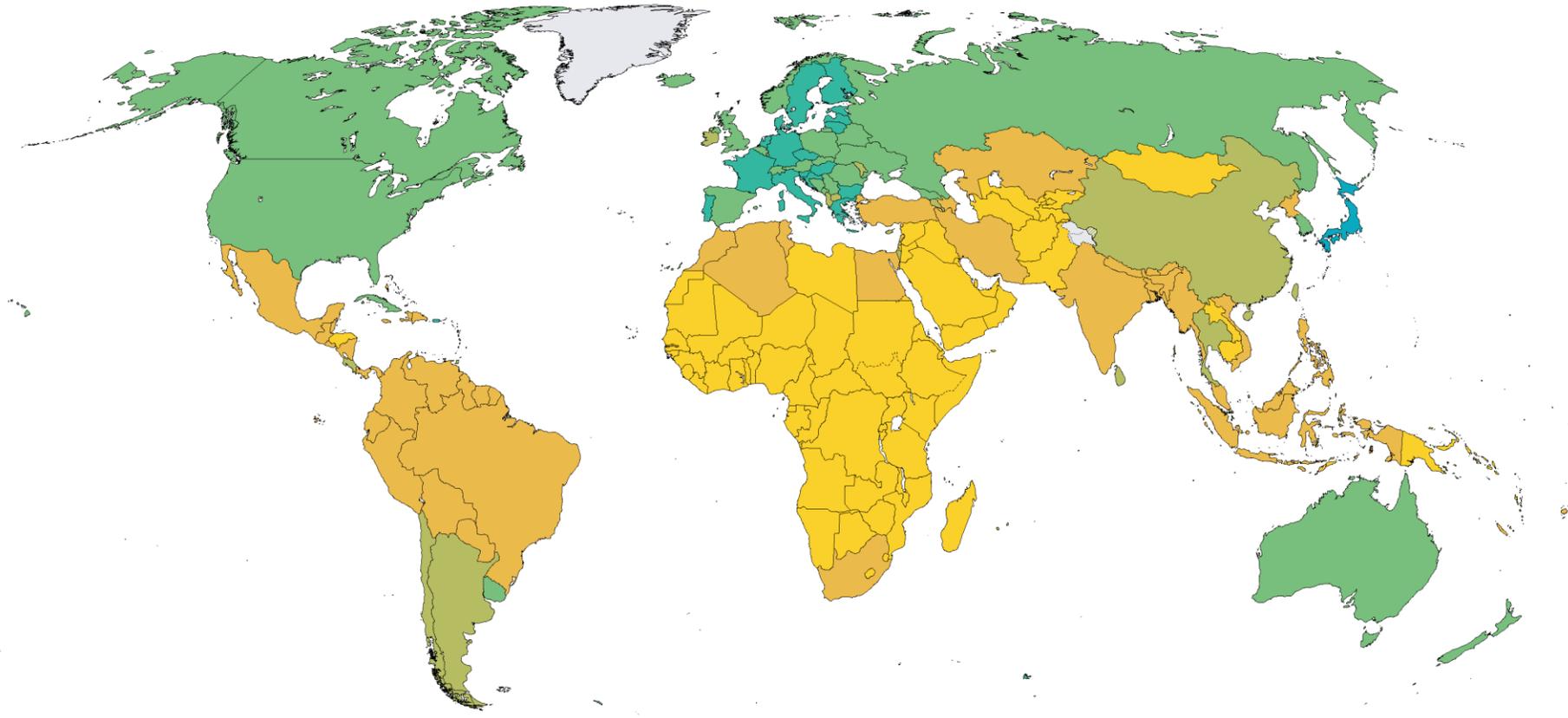


Source: The United Nations

# Global Portion of the Population 65+

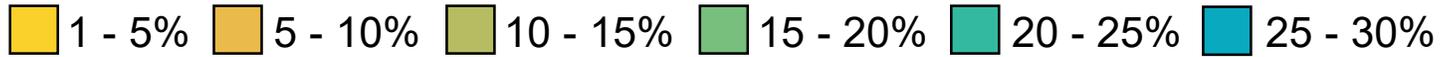


2020

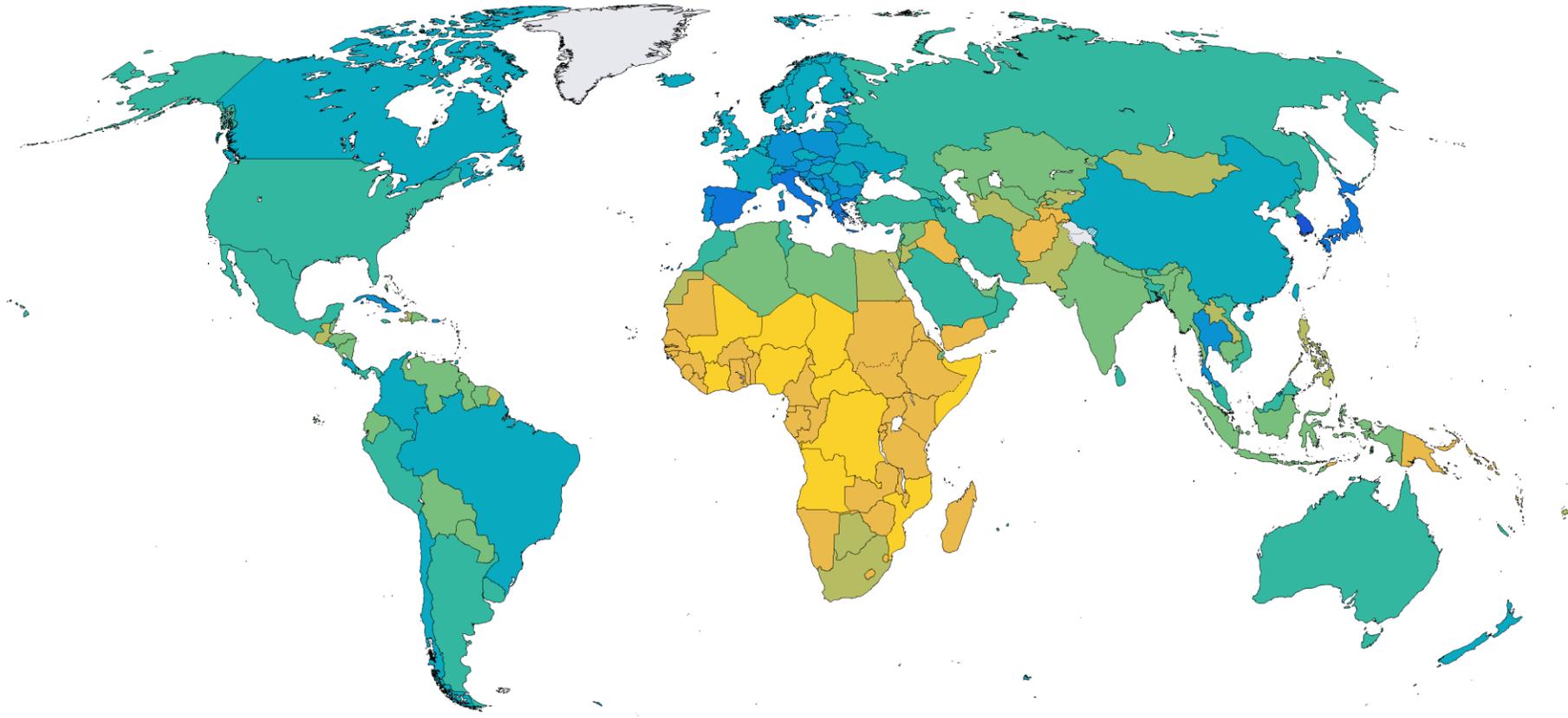


Source: UNDESA Population Division

# Global Portion of the Population 65+

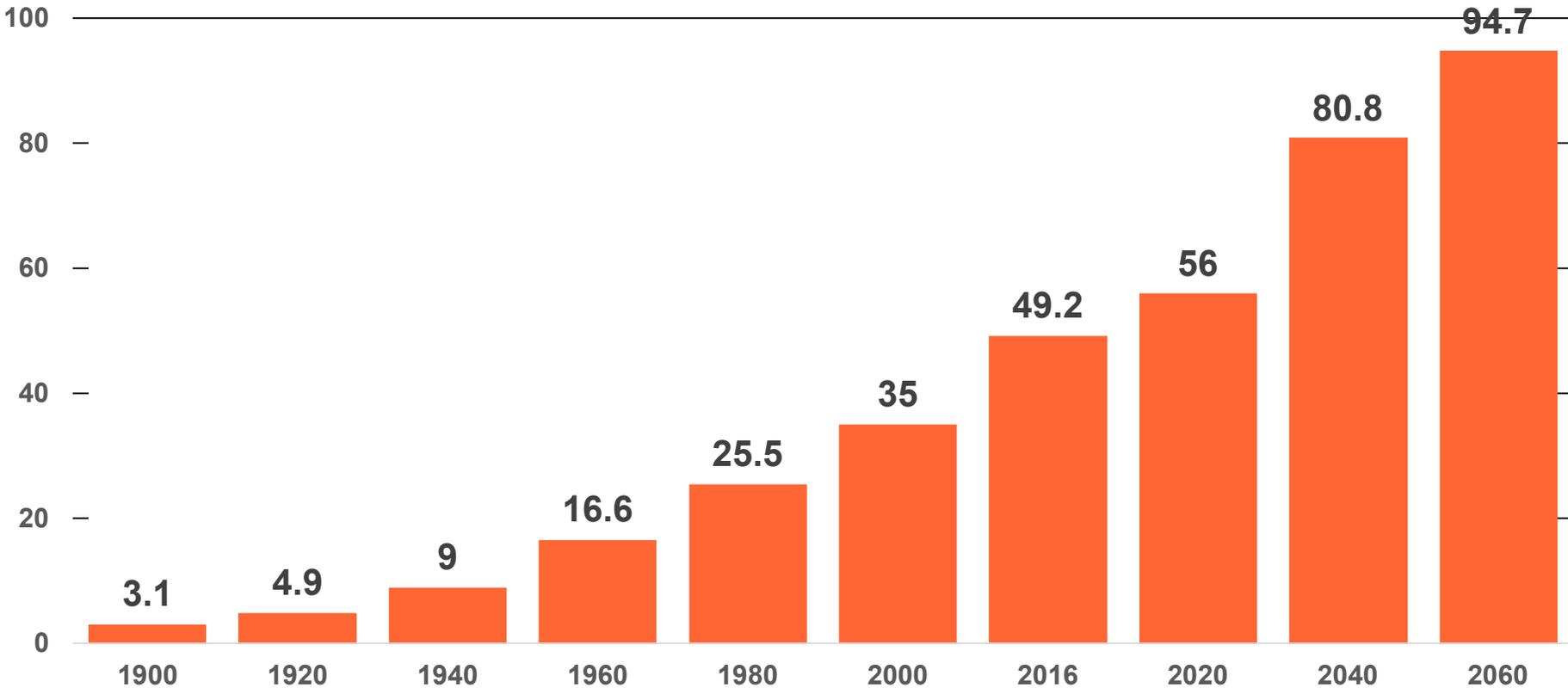


2060



Source: UNDESA Population Division

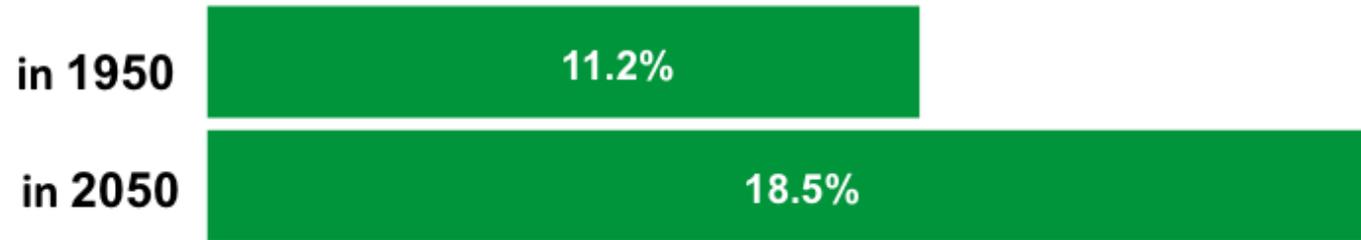
# U.S. Population 65+ (in Millions)



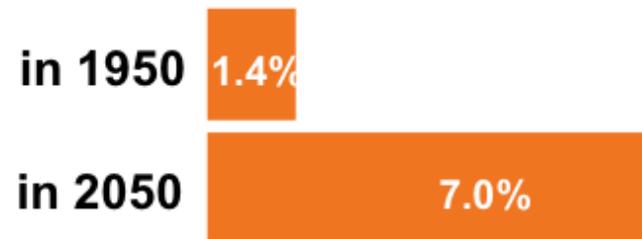
Source: United States Census Bureau

# Older Coloradans Make up an Increasing Share of the Population

## Share of Colorado population between 60 and 79 . . .



## Share of Colorado population 80 and older . . .

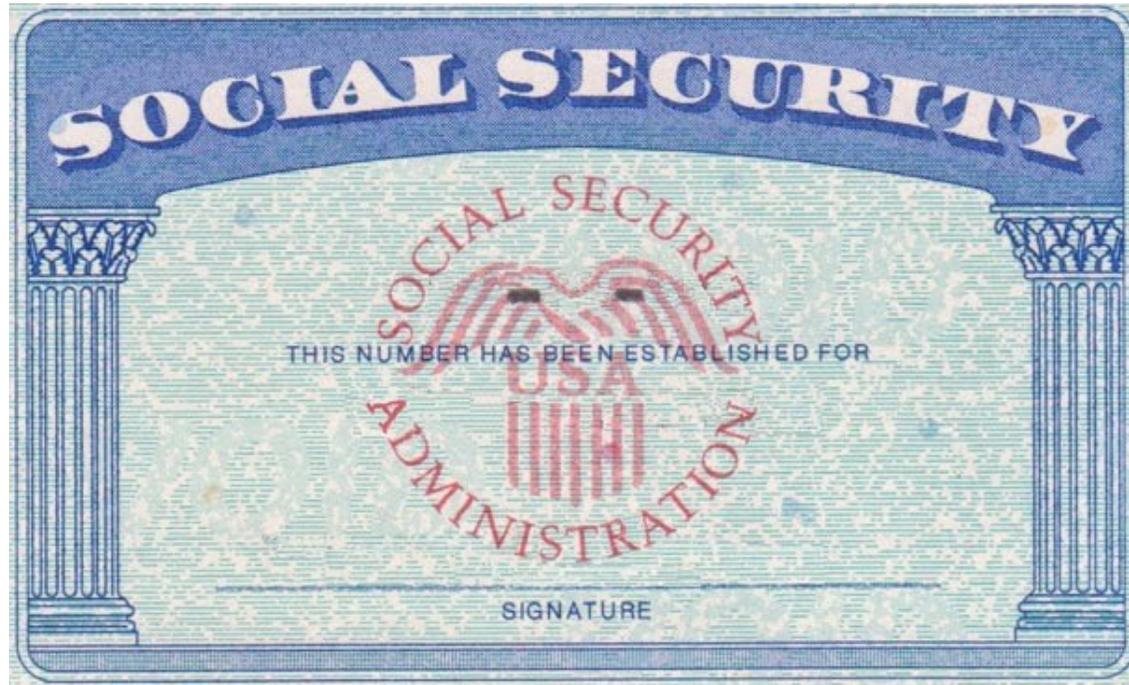


# Coloradans are living longer than ever before

Among all U.S. counties, the residents of Summit County, live the longest with an average life expectancy of **86.83 years**.



# When Social Security was introduced in 1935...

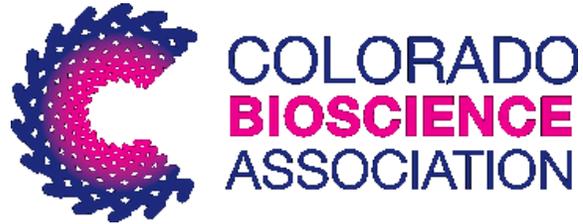


The average lifespan in the U.S.  
was **61.7 years**

# The Frontiers of Longevity



GLENN FOUNDATION  
FOR MEDICAL RESEARCH



# THE GREAT CHALLENGES OF AGING

**Health**

**Financial Security**

**Purpose**

# Health Challenges

- **The U.S. spends** approximately \$3.5 trillion annually on health care; 90 percent of that is for people with chronic and mental health conditions.
- **Chronic diseases** (such as heart disease, cancer, and type 2 diabetes) are the leading cause of death and disability in the U.S. Three in four older adults (65+) live with more than one chronic disease.
- **Alzheimer's disease and other dementias** cost Medicare and Medicaid \$195 billion in 2019, with patients covering \$63 billion out-of-pocket; without a cure, the health care, long-term care, and hospice care costs in the U.S. for dementia will be more than \$1.1 trillion in 2050.



# Health Challenges

## Smoking

- In 2017, 34.3 million adults in the U.S. (14% of the adult population) identified as current smokers.
- Smokers aged 60+ are twice as likely to suffer a heart attack, stroke or other coronary event as non-smokers.
- Individuals who smoke are likely to die from any cancer 10 years sooner than individuals who don't.

## Obesity

- Obesity in older adults has been linked to cardiovascular disease, type 2 diabetes, certain cancers, and arthritis.
- For each 5-point increase in BMI, the risk of developing dementia increases up to 33%.
- A large waist circumference is linked to all-cause mortality for older adults, regardless of BMI.



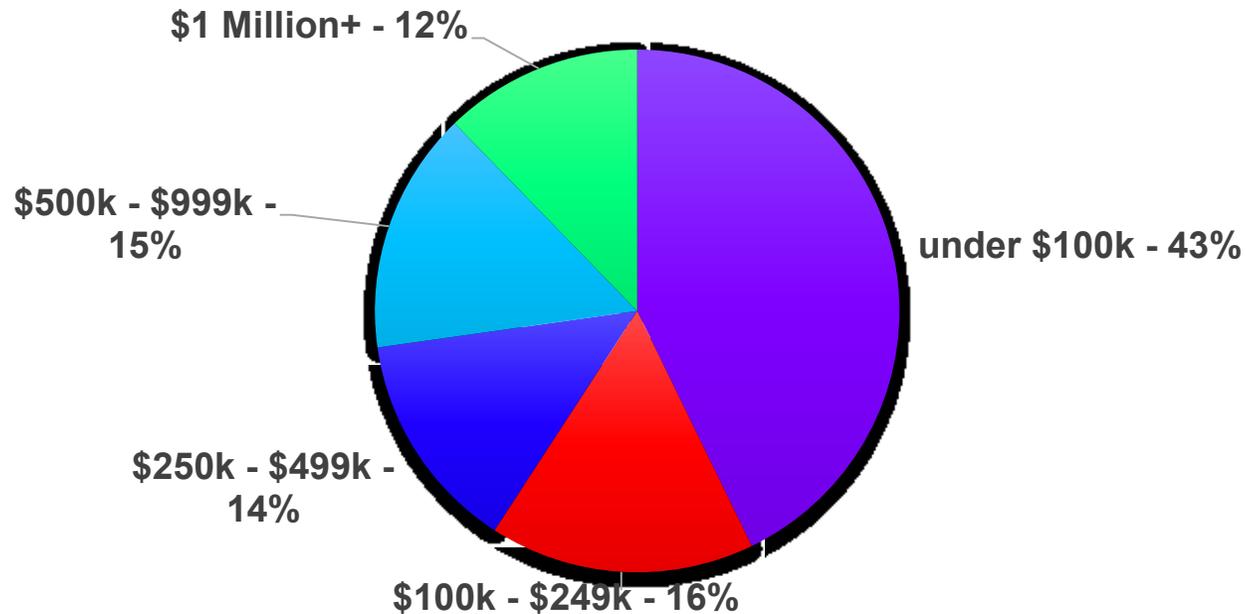
# Social Isolation And Loneliness

- Up to one third of community-dwelling adults aged 55+ report feeling lonely.
- Medicare costs for socially isolated older adults total approximately \$6.7 billion annually, almost as much as high blood pressure.
- The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.
- In adults aged 60+, feeling lonely is linked to decline in mobility, ability to perform ADLs, and overall chance of death.



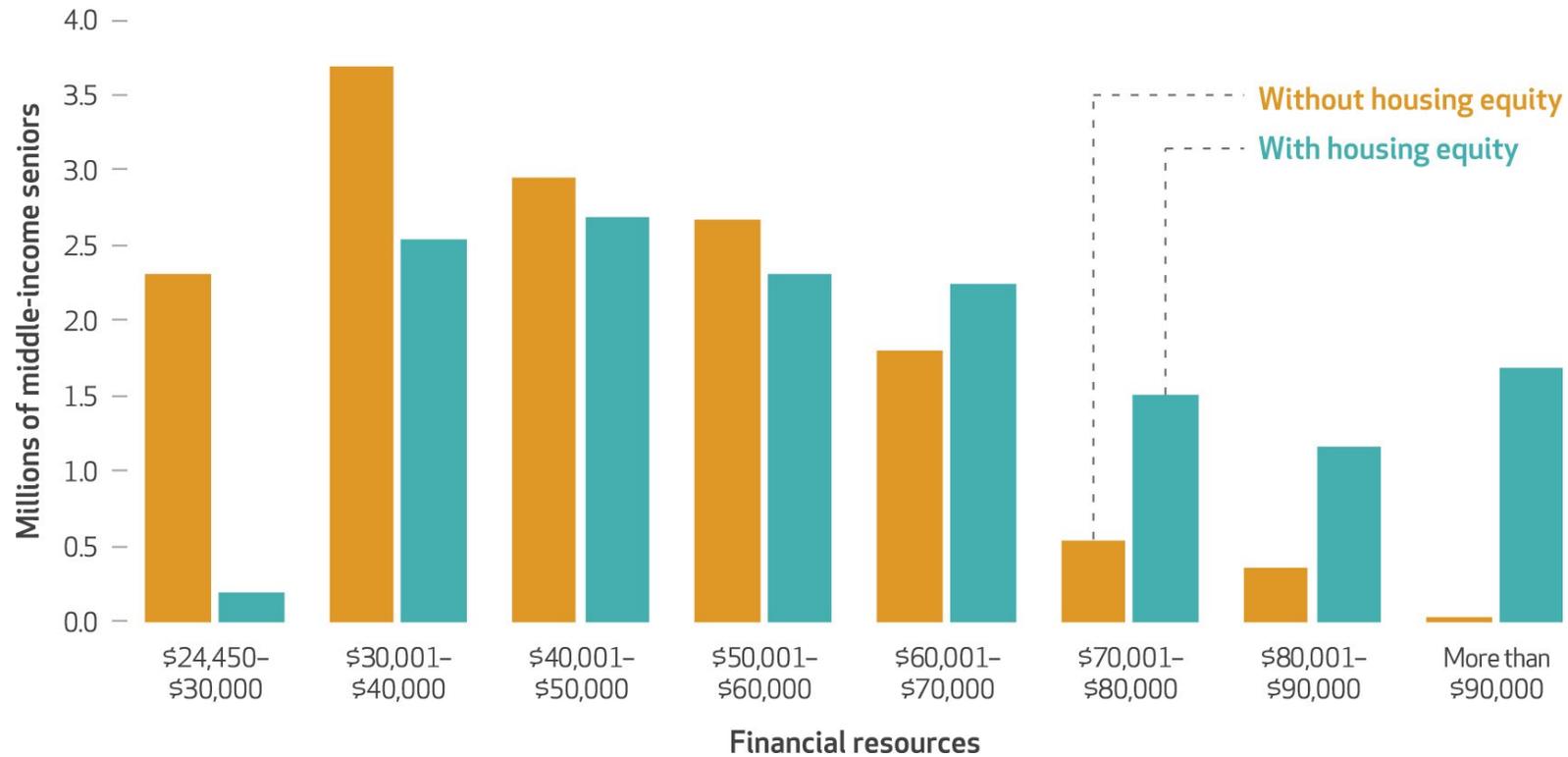
# Just over half of adults 50+ have saved more than \$100k

## U.S. Retirement Savings



...But a 65 year old couple who retired in 2018 would need \$280,000 to cover health care costs throughout retirement.

# Projected Financial Resources of Middle-Income Older Adults in 2029, by Resource Level



# Retirement expectations are changing for everyone

**54%** expect to be or are already working past age 65 or do not plan to retire





# Benefits of Work



- Traditional retirement can increase the number and severity of chronic conditions.
- Continued full employment and flexible work arrangements can lead to continued social engagement, which improves mental health.
- Working one year past age 65 can lower risk of death by 11%.

# Workplace Ageism

- 61% of workers aged 45 and older say they have experienced or seen ageism in the workplace, and 91% believe it is common.
- A third of workers over 50 believe their current company doesn't provide opportunities for training and progression, and half believe their age would be a disadvantage when applying for a new job.
- 41% of companies believe an aging workforce is a competitive disadvantage.
- Only 21% of companies have identified their future workforce needs.



The last frontier of diversity and inclusion is aging. At the most respected multinational companies, the single class not represented from a diversity and inclusion perspective is older workers. LGBT, racial and ethnic diversity, women, people with physical disabilities, veterans – you can find an affinity group in a corporation for everything, except an older worker.

*PATRICIA MILLIGAN*

Senior Partner and Global Leader, Multinational Client Group, Mercer



Today, it is socially unacceptable to ignore, ridicule, or stereotype someone based on their gender, race, or sexual orientation. So why is it still acceptable to do this to people based on their age

*JO ANN JENKINS*

CEO, AARP





# Aging in Place

- 76% of U.S. adults aged 50+ want to remain in their own residence
- Only 1% of homes in the U.S. offer five basic universal design features: no-step entry, single-floor living, extra-wide hall- and doorways, wheelchair-height electrical controls, and lever handles on doors and faucets
- By 2035, households headed by an older adult with a disability will increase to 31.2 million

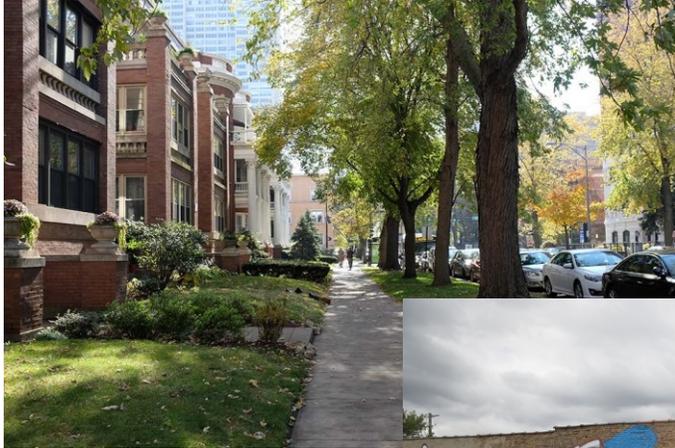


# Longevity Inequality – Place Matters

There is a growing longevity gap – increasingly where you live determines how long you live. Life expectancy is tied to societal factors like education, income, access to health care, food choices, smoking rate, exercise, housing safety, and pollution – which vary widely within diverse cities.



# Longevity Inequality - Place Matters



In Chicago's Hyde Park, where 70% of residents have a bachelor's degree or higher, life expectancy is 13 years longer than in Washington Park to the west.

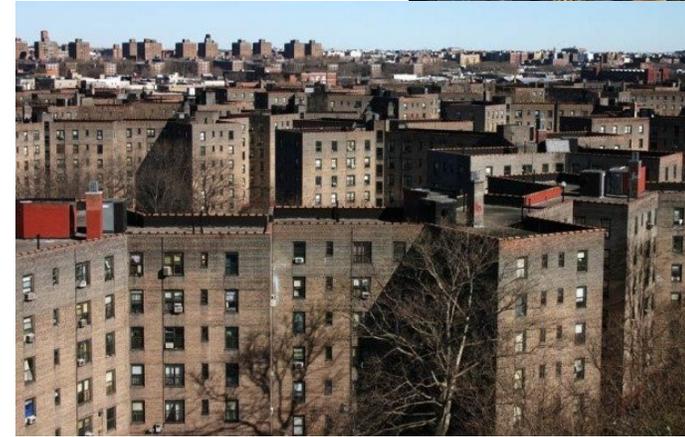


A resident of the Malibu community in Los Angeles lives on average about 11.5 years longer than his or her counterpart in Compton.



# Longevity Inequality - Place Matters

In Brooklyn's Brownsville neighborhood, a person, on average, can expect to live to about 77. In Manhattan's financial district, life expectancy is 10 years longer.



In Houston, a resident of the Clear Lake neighborhood has a life expectancy approximately 23 years longer than someone living in Trinity Gardens.



# Longevity Inequality - Place Matters

Average lifespan across neighborhoods in Denver county ranges from 71.7 to 85.9 years.



# Blue Zones – Where Longevity Thrives



# Where are the Blue Zones?

- Ikaria, Greece
- Loma Linda, California
- Nicoya, Costa Rica
- Okinawa, Japan
- Sardinia, Italy



# Why Has U.S. Life Expectancy Reversed Direction?



Synthetic opioid-related deaths increased 71% between 2013 and 2017.



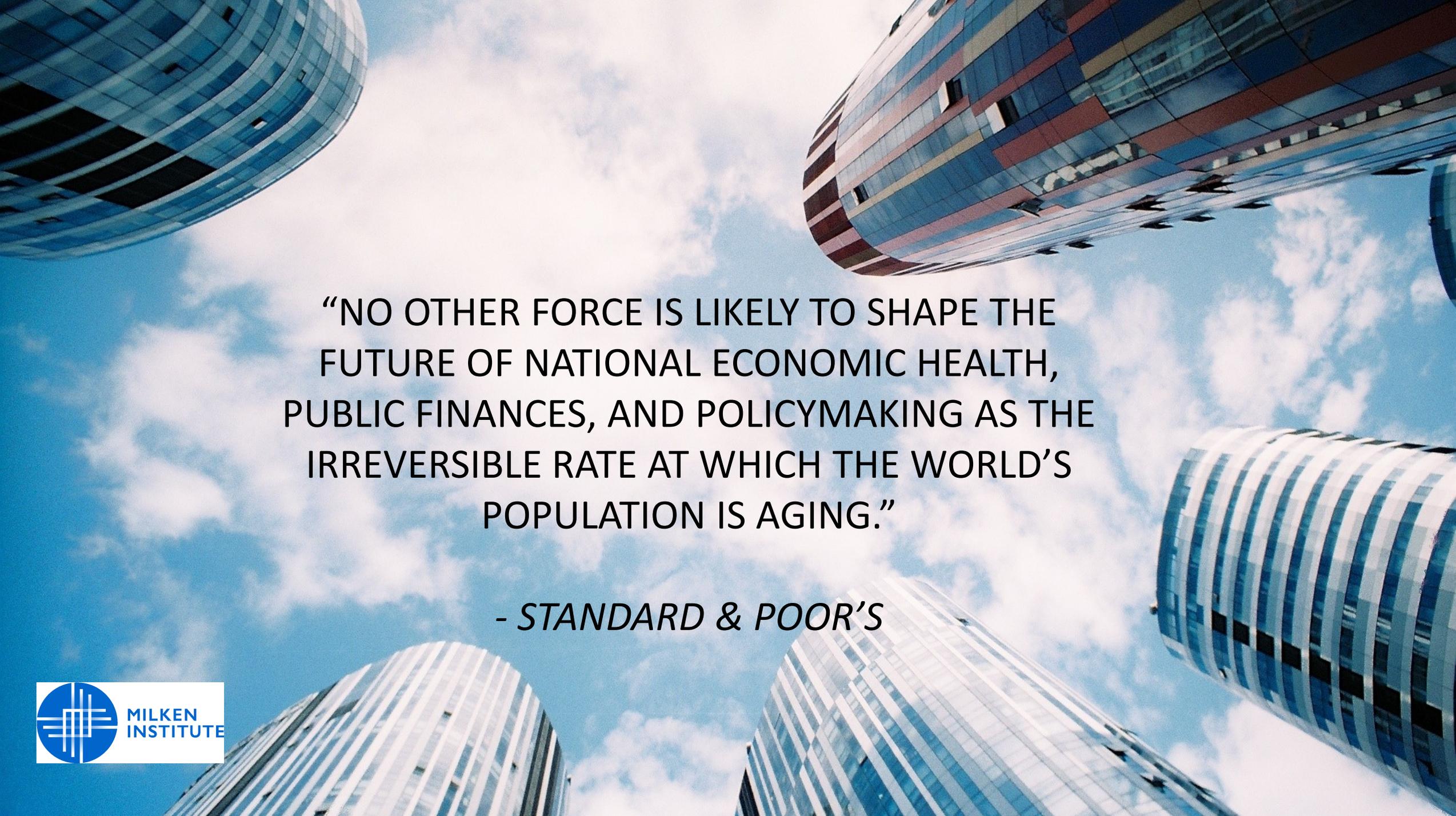
From 1999 to 2017, suicide rates have increased 33%.



In 2016, the alcohol-related death rate for men was almost three times higher than for women.



Approximately a third of adults in the U.S. are obese- the highest rate in the OECD group of large trading economies.



“NO OTHER FORCE IS LIKELY TO SHAPE THE  
FUTURE OF NATIONAL ECONOMIC HEALTH,  
PUBLIC FINANCES, AND POLICYMAKING AS THE  
IRREVERSIBLE RATE AT WHICH THE WORLD’S  
POPULATION IS AGING.”

- *STANDARD & POOR’S*

# The Longevity Economy

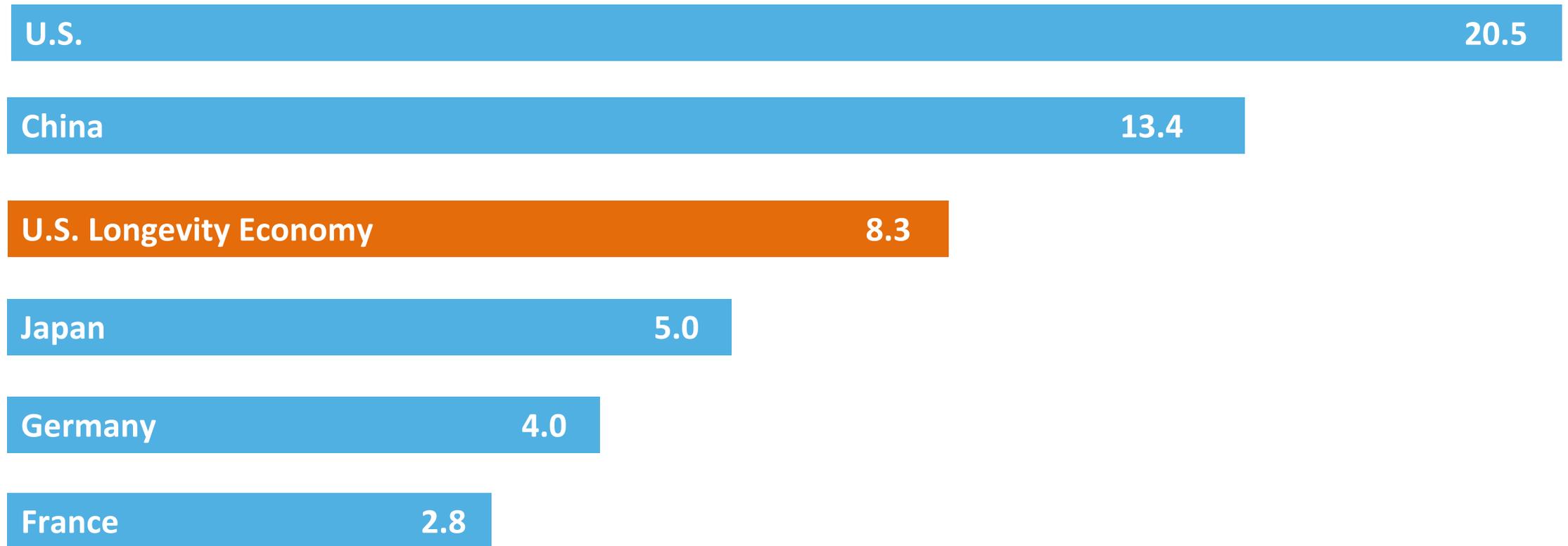


“A promising workforce resource lies in intergenerational collaboration, combining young workers’ energy and speed with the wisdom and experience of age...mixed-age teams may outperform both exclusively-young and exclusively-old groups, making the bottom-line case for age diversity.”



# IF THE U.S. LONGEVITY ECONOMY WAS A COUNTRY...

## GLOBAL COMPARISON IN 2018 GDP \$ TRILLIONS



# The Longevity Economy

*Product and service innovators*



# Changing Practices

## *Initiatives to Promote Older Workers and Intergenerational Workforces*

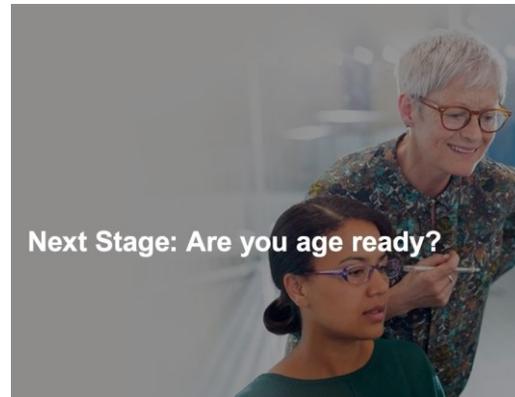


**LIVING, LEARNING  
& EARNING LONGER**

A COLLABORATION FROM



WorkingNation

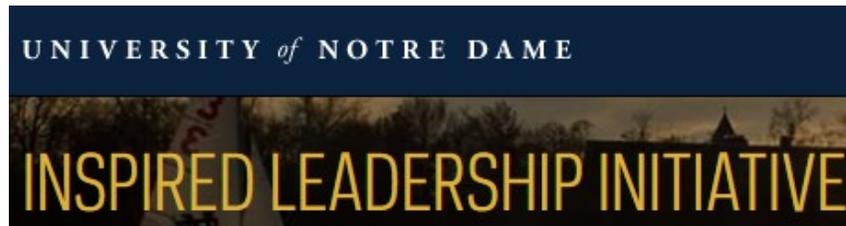
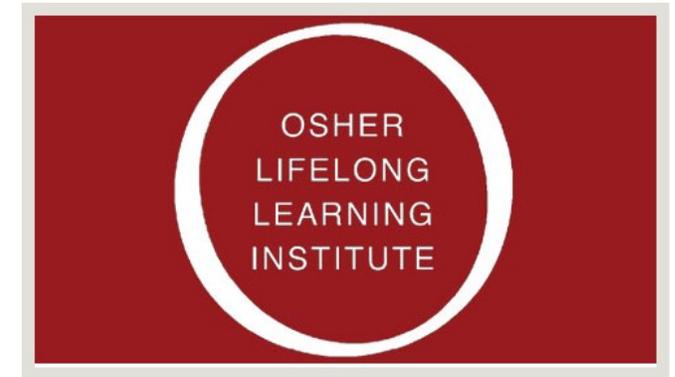


**RetirementJobs.com™**



# Changing Education

## *Lifelong Learning*



# Changing Habits

- Regular fitness training can lead to a significant increase in brain volume
- Participation in regular exercise can lower the risk of disability by 50%, and exercising 3 hours weekly can increase lifespan by 5 years
- Diets rich in monounsaturated fats, polyphenols, and vitamins D, C, and E (like the Mediterranean diet) may have anti-inflammatory effects that protect cognitive function
- Diets that restrict eating to certain periods of the day (time-restricted fasting) and intermittent fasting (fasting mimicking dieting) may reduce the prevalence and severity of chronic diseases



# Changing Perceptions

Older people in an aging society are a dividend. It will require great imagination to envision roles and responsibilities that capitalize on the capabilities of mature minds and match their aspirations to give back and leave the future better than the present.

*LINDA FRIED*

Dean and DeLamar Professor of Public Health,  
Mailman School of Public Health, Columbia University



# Changing Perceptions



# Changing Perceptions

Robert DENIRO Anne HATHAWAY  
A new film by NANCY MEYERS



# Changing Perceptions

“I’d rather be dead than singing ‘Satisfaction’ When I’m 45”



**Mick Jagger**  
**22**



**Mick Jagger**  
**76**

# Purposeful Longevity

**Generativity – the impulse to “pass the torch” and use knowledge, skills and experience to improve life for future generations.**

# Purposeful Longevity

- Older adults with positive perceptions of aging were 44 percent more likely to recover from severe disability than those with negative age stereotypes.
- A positive attitude towards aging can protect against declines in walking speed, an indicator of physical health.



# Purposeful Longevity



- Older individuals with positive self-perceptions of aging on average live 7.5 years longer.
- Individuals with a high level of purpose are 2.4 times more likely to remain free of Alzheimer's disease.
- A sense of purpose has been associated with a 19 percent reduced risk for both heart disease and stroke.

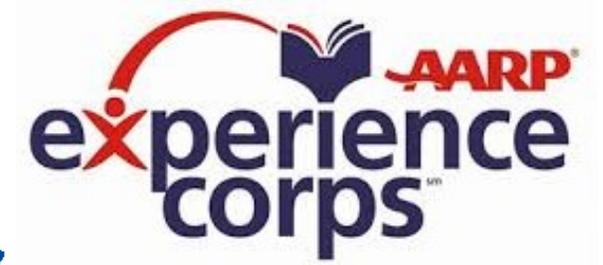


# Purposeful Longevity

- Volunteering as an older adult is associated with better cognitive function, delayed physical disability, reduced hypertension, and a lower risk of mortality.
- After 2 years of volunteering, 84% of Senior Corps volunteers reported better or stable health, and 78% reported less depression (after reporting feeling depressed and isolated at the start).
- Intergenerational tutoring for 2 years can protect brain volume in areas involved in memory.
- 94% of individuals who participate in purposeful activity (benefiting their community) have a positive outlook on life, even when faced with difficult circumstances like poor health, poverty, and bereavement.



# Purposeful Longevity



# Changing Communities



*By changing attitudes, enhancing services and supports and enabling lifelong involvement, Purposeful Aging Los Angeles will improve the lives of older adults and of young people as well.*



Los Angeles Mayor Eric Garcetti signs the Mayor's Pledge.



# California's Master Plan on Aging

“An aging population will introduce new opportunities for economic and community growth but also drive increased health and long-term care costs. We need a plan that brings everyone to the table – local communities, labor, private sector and philanthropy – to help us understand what’s coming and guide us toward taking better care of older Californians.”

**Gavin Newsom**  
Governor of California



# A Vision for Colorado

## The Strategic Action Planning Group on Aging

Develop a comprehensive long-term strategic plan, and recommend actions and bills to the General Assembly that:

- Manage the impact of this demographic shift
- Improve the long-term quality and effectiveness of services by government, nonprofit organizations and the private sector
- Ensure adequate and sustainable funding and spending strategies for Medicaid and other state and local programs
- Create a public education campaign to improve individual and family preparedness



# A Vision for Colorado

## *Age Matters in Denver*

“Denver’s active lifestyle knows no age limit...”

MICHAEL B. HANCOCK  
Mayor, Denver Colorado



WHO Global Network  
for Age-friendly Cities  
and Communities



Age Matters in Denver: Needs,  
Assets and Recommendations  
*Phase One*



# Age-Forward 2030

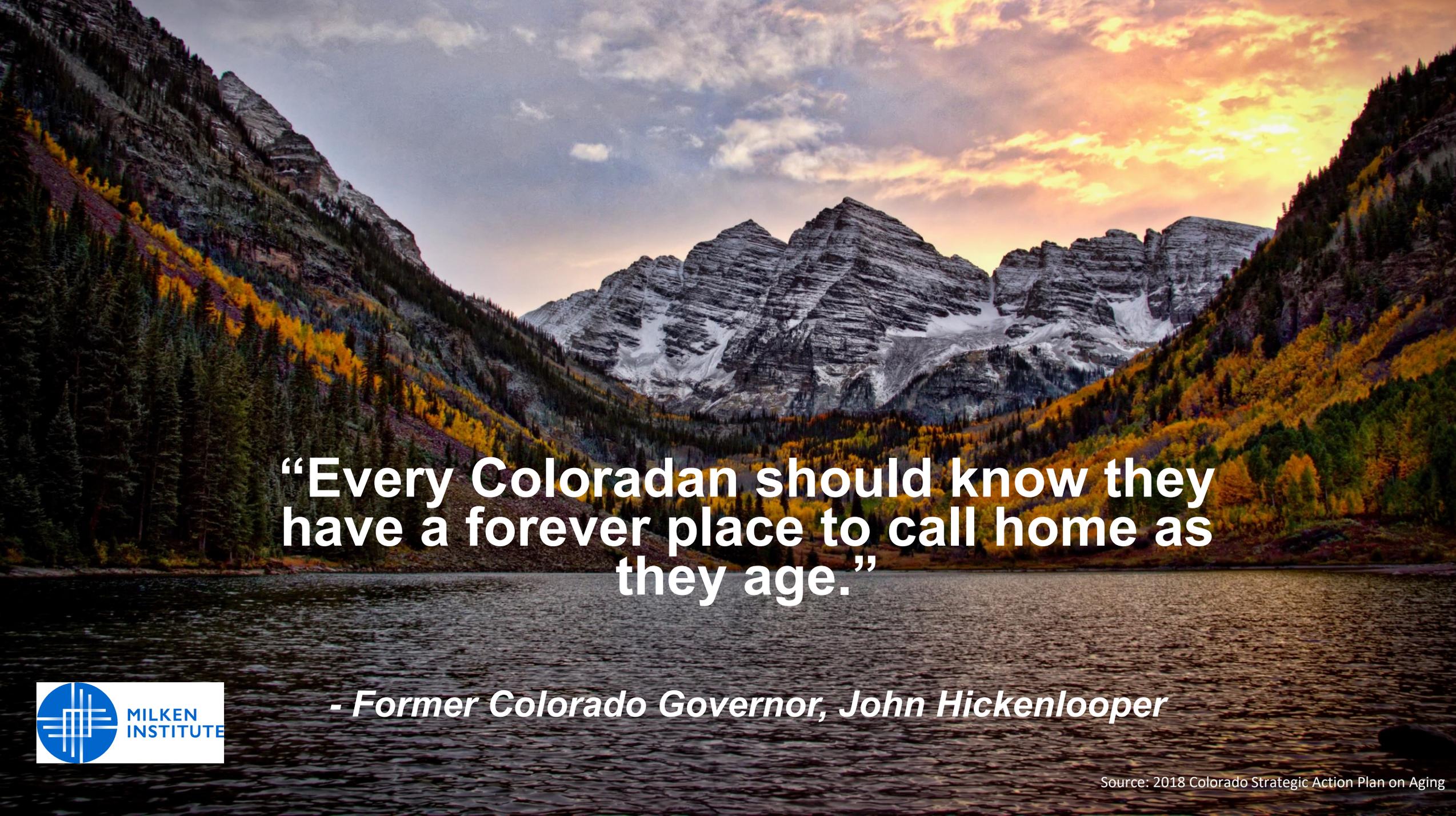


How We Grow

How We Build

How We Care





**“Every Coloradan should know they  
have a forever place to call home as  
they age.”**

***- Former Colorado Governor, John Hickenlooper***





It is not enough for a great nation  
merely to have added new years  
to life—our objective must also  
be to add new life to those years.

*President John F. Kennedy*

*Message to Congress – February 21, 1963*