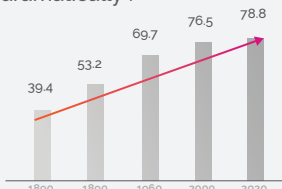


HEALTHSPAN:

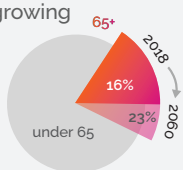
BRIDGING THE GAP IN LONGEVITY

WHAT IS HEALTHSPAN? WHY IS IT IMPORTANT?

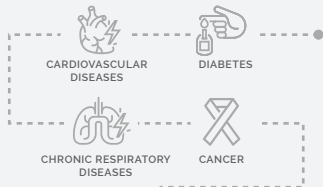
Life expectancies in the USA over the last century have improved dramatically¹:



Older adults are comprising a growing portion of the population²:



But people are living more years with non-communicable diseases², like:

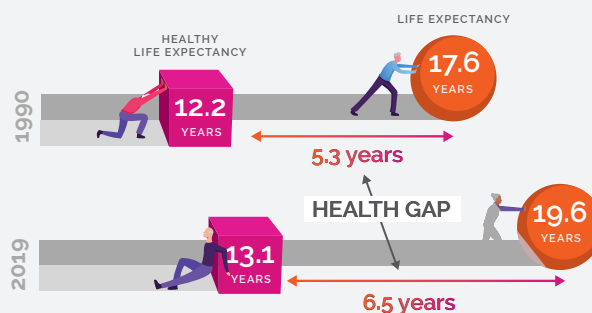


RESULTING IN
60% OF PREMATURE DEATHS WORLDWIDE
40% OF YEARS LIVED WITH DISABILITY³

This means there is a great need to help ensure that people are not only living longer, but that those additional years are spent in good health.

This has led to an increasing gap between how long people live, their lifespan, and how long they live in good health, their healthspan.

LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY AT AGE 65 IN THE USA³

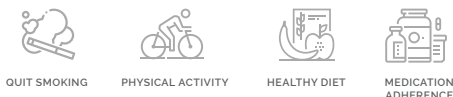


HOW TO IMPROVE HEALTHSPAN

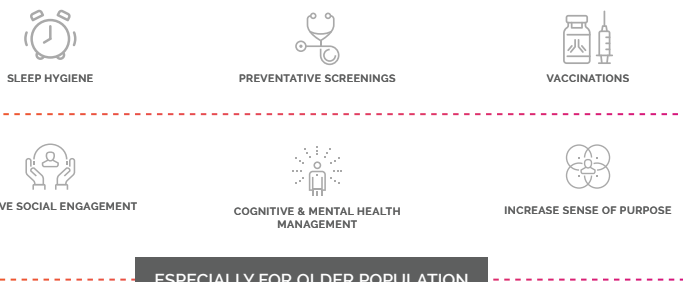
The **five central risk factors** that have the largest impact on a long and healthy life are:



These risk factors are modifiable through **behavioral interventions**:



Other interventions can also increase healthspan:



ESPECIALLY FOR OLDER POPULATION

BENEFITS OF BRIDGING

These factors tie back to measurable cost savings with **35% of USA healthcare spend** in 2016 attributable to modifiable risks among those over age 65.⁴

THE HEALTHSPAN GAP

So, changing behavior can lead to longer lifespan, longer healthspan and lower healthcare costs.

A FRAMEWORK TO IMPROVE LIFESTYLES AND MANAGE CONDITIONS

To tackle these problems requires multiple parties invested in creating healthy ecosystems

ACKNOWLEDGE

Entrenched health inequities have led to a large gap between lifespan and healthspan.

SUPPORT

Fund research to inform national guidelines, provide federal programming, perform public health surveillance and create evidence-based policy.

ACT

Develop interventions and strategies that maximize individual healthspan and account for inequities by improving access to healthcare and healthy lifestyle choices.



HEALTH PROMOTION

Workplaces are a key setting for health promotion. Beyond the financial and productivity gains, a commitment to health improvements can be part of a larger goal of corporate social responsibility.

INCENTIVES

Incentives that utilize well-established behavioral and clinical science principles can have a material impact on health behaviors and outcomes.

PROGRAMS

Appropriate health and wellness programs can create a healthier multi-generational workforce.

READ THE LITERATURE REVIEW:

<https://www.soa.org/resources/research-reports/2021/healthy-lifestyle-and-retirement/>

¹ United Nations Department of Economic and Social Affairs.

² M. Mather, P. Scommegna and L. Kilduff, "Fact Sheet: Aging in the United States," Population Reference Bureau, Washington, D.C., 2019.

³ Institute for Health Metrics and Evaluation (IHME), "GBD Compare Data Visualization," IHME, University of Washington, Seattle, 2020.

⁴ HJ Bolnick et al. Health-care spending attributable to modifiable risk factors in the USA: an economic attribution analysis, The Lancet, 2020.

ABOUT VITALITY

Our core purpose is to make people healthier. With over 20 years of experience and a presence in 30 markets globally, our proven wellbeing platform is designed with an evidence based approach to drive engagement and improve health outcomes through behavior change. [VitalityGroup.com](https://www.vitalitygroup.com)

