Longevity Fitness: Financial and Health Dimensions Across the Life Course
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Panelists
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### Longevity Fitness: Financial and Health Dimensions Across the Life Course

#### Agenda
- Longevity Fitness Introduction
- Health Equity and Middle Adulthood
- Social Equity and Older Adulthood
- Wealth Equity and Early Adulthood
- Questions and Answers

### Longevity Fitness: Thriving Across the Life Course

- Mary at 85: “Too proud to ask for help”
- Social, health, wealth equity intersect toward the end of life, expanding or limiting opportunities
- Life is complicated, unpredictable (COVID-19)
- Inequities and disparities
- Making the most of opportunities throughout life through three steps:
  - Cultivating social relationships
  - Maintaining health
  - Building wealth
Elements of Financial Well-Being

**Security**
- Present: Control over your day-to-day, month-to-month finances
- Future: Capacity to absorb financial shock

**Freedom of Choice**
- Present: Financial freedom to make choices to enjoy life
- Future: On track to meet your financial goals


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Elements of Financial Well-Being

- Americans’ financial well-being: Many could not handle a major expense, are “just getting by”

Health Equity: Staying Focused as the Body Changes

- Judy at 45: “Time to take a look at your health”
- Middle adulthood: Balancing careers, kids, aging parents, successes, disappointments

Socioeconomic Status and Health: A Gradient of Decline

- The rich are getting wealthier; the health of the poor is declining
- Impoverished conditions lead to poorer health outcomes: Pollution, toxins, stress, jobs, access to health care, grocery and shopping options
- The case of Flint, Michigan

Deaths among people aged 45–54 years old, 1990–2010

Socioeconomic Status and Health: A Gradient of Decline

- Longevity gap between the wealthiest and poorest Americans is 10 years for women, 15 years for men

![Graph showing expected age at death in years of age based on household income at age 40, United States, 2001–2014](image)

Source: Health Inequality Project. (n.d.). How can we reduce disparities in health?

Experiences of Middle Adulthood: Health, Career, “Sandwich” Pressures

- A time of increased health concerns: Blood pressure, cholesterol, weight, lifestyle, cancers
- Careers are at peak earning capacity, which means demands and pressures are highest
- Kids may still be growing up or boomeranging back
- Aging parents may need assistance, caregiving
Opioids, Violence, Suicides, Obesity in Middle Adulthood

- All-cause mortality has increased among American whites 45–54 years of age
- Deaths from overdoses, suicides, violence, liver disease rose from 2000 to 2015
- Obesity continues to rise among American adults, youth

**Trends in obesity prevalence among adults and youth, United States, 1999–2000 to 2015–2016**


Middle Adulthood: Opportunities to Mitigate Risks

- Especially in midlife, it’s time to ramp up healthy nutrition, lifestyle, behaviors
- Watch your weight and alcohol intake, get exercise, eat healthy
- Take preventive steps: Get annual check-ups, monitor health conditions, receive flu shots and other vaccines
- Take action before problems develop or get worse
Social Equity: Staying Connected in Older Adulthood

• Robert at 65: “Where did all my friends go?”
• Professional opportunities are plentiful in older adulthood: Continue in one’s career, consulting or contracting in related work, “encore” careers
• Retirement: Planning, adjustments, new routines are needed
• Connections are key: Friends, colleagues, neighbors, clubs and organizations, hobbies, volunteering, leisure, travel

Social Challenges of Older Adulthood: Retirement

• The retirement process:
  • Planning and goal setting
  • Decision making
  • Transition and adjustment
• Reasons for retirement: Pushed or pulled?
• Importance of connection
• Neighborhoods, social isolation

Categories of reasons for retirement

Social Challenges of Older Adulthood: Gray Divorce

- Gray divorce increasingly common
- One in four divorces today involve at least one party older than 50 years of age
- Financial consequences are severe, particularly for women
- Women 67 years of age are more likely to be divorced than widowed

Cumulative probability of gray divorce by marriage order


Wealth Equity: Starting Early Makes All the Difference Later

- Bob at 25: “Max out your 401(k)”
- People transition into adulthood with different tools and outlooks: Scholarships, children, degrees, criminal records
- Four personal traits affect a person’s ability to translate financial knowledge into financial equity:
  - Compare yourself to your own standards
  - Persevere despite obstacles
  - Plan for the future and control impulses
  - Self-efficacy—believe in your ability to influence financial outcomes
Early Adulthood: Saving vs. Consumption

- At a young age, plan for retirement
- Take full advantage of employer savings and retirement plans
- Be aware of the effects of marriage, children
- Learn about changes in the retirement marketplace: Defined benefits vs. defined contributions
- The “4% rule” is no longer considered safe
Longevity Fitness
Financial and Health Dimensions Across the Life Course

Thank you