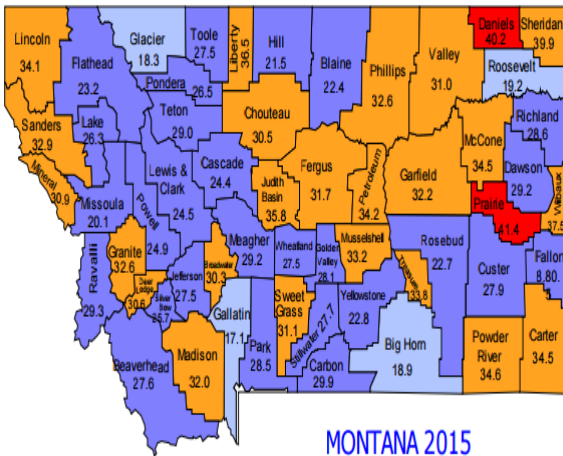


Aging and Longevity in Montana

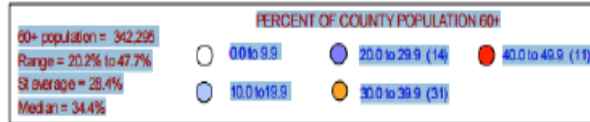
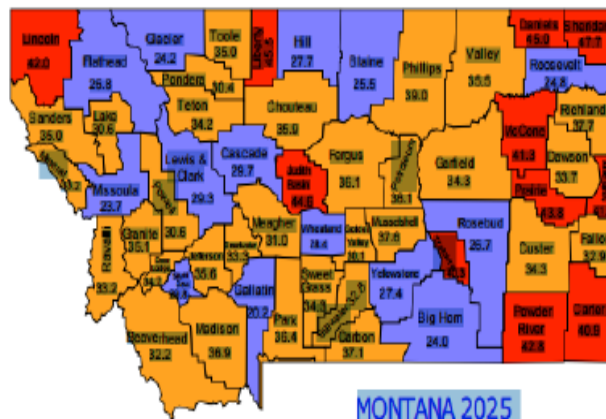
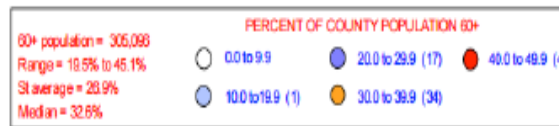
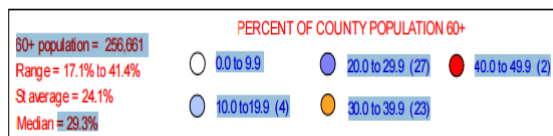
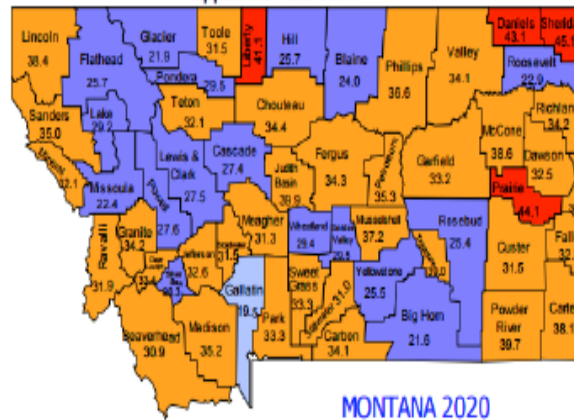
April 6, 2018

Dr. Renee Reijo Pera; Dr. Rebecca (Becky)
Mahurin and Dr. Charlotte (Kathy) Jutila
Montana State University

The Data: Montana Over the Next Decade



34 counties will exceed the 30% range and 4 counties will have topped the 40% mark.



By the year 2025, there will be only 14 counties in Montana whose 60 and older populations are under 30% of their total population. And the number of counties whose 60 and older population has grown to over 40% will be 11. Those counties with less than 30% have either reservations or larger cities.

MSU Longevity Initiative Concept

The population of aging adults in Montana is growing. With that growth is the opportunity to redesign our later years with innovation in the educational, physical and mental spheres. Improvements in longevity begin with the practices we learn in college and continue over the ages. We will examine feasibility of a research center that improves longevity via innovations in design, engineering, telemedicine, driving and healthcare, along with a focus on the arts and recreation.

Source: MSU Program Planning Document

Background

- Faculty and staff convened by Vice President Renee Reijo Pera to assess interest in creating a Longevity Institute
- Environmental scan conducted by Division of Health Sciences and the Montana Office of Rural Health/Area Health Education Center
- Review of research and outreach activities at MSU
- National and state models and data

Opportunity

- Interest across the MSU campus and disciplines - 72 survey responses from faculty and research project administrators
- At least 25 currently funded longevity related research projects
- Extensive outreach activities to enhance well-being and improve life for the aging population
- Opportunities for MSU to
 - 1) Impact long life
 - 2) Inspire change
 - 3) Link academics to other change makers
 - 4) Foster research and solutions

Structure

- Support the work of current and future MSU scientists
- Catalyze basic and translational research on longevity through targeted strategic initiatives
- Provide value to Montana through outreach and community engagement
- Categorize research and outreach into key theme areas
- Identify champions and spotlight faculty researchers
- Develop translational projects
- Serve as an information source
- Engage communities along with key state and national stakeholders

Longevity Initiative Environmental Scan 2017

Major Themes

Reported Research

Transportation/Mobility
Financial Planning
Mental Health
Food and Nutrition
Outreach/Education
Health Services,
Workforce
Life History
Biology/Aging Process
Rural - Infrastructure,
agriculture, history,
health and services

Outreach

Transportation and
Mobility
Financial Planning
Mental Health
Food and Nutrition
Outreach/Education/
Community
Development
Healthcare Services
Health Workforce

Research Needs

Transportation/Mobility
Nutrition
Biological: Aging Process/
Disease
Well-being
American Indian
Rural & Agriculture
Healthcare Delivery
Financial
Translational
Demographics and
Epidemiology

Potential Themes for Longevity Institute

Well-being

Education

Mobility

Bioscience
and Aging

Well-being

CDC Definition

www.cdc.gov/hrqol/wellbeing.htm#three

- Physical well-being
- Economic well-being
- Social well-being
- Development and activity
- Emotional well-being
- Psychological well-being
- Life satisfaction
- Domain specific satisfaction
- Engaging activities and work

MSU Research Topics

- Food and nutrition
- Outreach
- Community Development
- Rural infrastructure
- Mental Health
- Financial Security
- History/Agriculture

Education

Potential for all research and outreach interests at MSU

Audiences

- Researchers
- Policy Makers
- Patients and Families
- Healthcare and Aging Services Workforce
- Students
- General Public
- Government and Non-Profits

Venues

- Website information, toolkits, research summaries
- Innovation Roadshow 10 x 10
- Summer Institutes
- Webinar Series
- Newsletter

Mobility

Example: Stanford Longevity Institute

“The mission of the Mobility Division is to focus on challenges to physical movement across the life span. The goals of the Division are first, to address fundamental issues by supporting research in areas ranging from biology to the design of the built environment and second, to help translate the fruits of that research into products and policies that sustain or enhance mobility or develop accommodations for those individuals with limited mobility.”

MSU Research Areas

- Transportation
- Built environment
- Physical health
- Engineering and aging population

Bioscience and Aging

Example: Alliance for Aging Research

www.agingresearch.org/posts/view/136#.WiblyYanG70

- *“The journal Cell recently published an [article titled “Geroscience: Linking Aging to Chronic Disease.”](#) It was authored by some of the leading lights in the field of geroscience. For those of you who are not familiar with the term, geroscience is the study of aging and aging-related diseases. It is a relatively new term, but it's rooted in aging research, which has been going on for decades.”*
- *The article outlines the recent developments in the field of aging research and explains how experts are finding that aging is the prevalent risk factor for most diseases that limit healthy years of life. Spurred on by this research, the National Institutes of Health launched the [Trans-NIH Geroscience Interest Group](#) in 2013 and held a [geroscience summit](#). Noting that the elderly population is dramatically increasing, the article's authors said more attention needs to be placed on aging research.*

MSU Research Areas

- Biomedical research with American Indian populations
- Redox biology and endogenous antioxidant systems
- Chronic disease
 - Dementia
 - Alzheimer's
 - Diabetes
 - Osteoarthritis
- Longevity in animal and insects

Typical Structures

- Website presence
- Mission and description of purpose
- People
 - Faculty affiliates
 - Leadership
 - Administrative structure
 - Advisory Council
- Research associated with longevity
- Divisions, centers, focus area, themes
- Conferences and events
- Courses
- Outreach

Next Steps

- Identify champions
- Strategic planning
- Develop organizational structure for potential Institute
- Sponsor educational events
- Engage with key stakeholders

Many Thanks

To our faculty who do not miss an opportunity to plan for a better future for the people of Montana, across diverse background.

