

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Invest in a Future of Healthy Aging

Your Gift. Our Research. A Healthier Future for All.

We're back with the second issue of our "Invest in a Future of Healthy Aging" campaign, supporting the Stein Institute for Research on Aging at UC San Diego. Through this initiative, we're advancing innovative research, training future leaders in aging science, and strengthening programs that promote healthier lives for all. This week, we're focusing on Breakthroughs in Healthy Aging Research.

BREAKTHROUGHS IN HEALTHY AGING RESEARCH

DRIVE DISCOVERY THROUGH SCIENCE

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Want to know how we really age
well? Follow the data—over
decades.



Tracking mental, physical & social health for 15+ years, SAGE reveals what it takes to age well. Help to support this vital research.

Your support fuels this vital work:



- \$100 sponsors essential research materials for one participant
- \$5,000 supports innovative tools like wearable sensors to enhance longitudinal tracking

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At the Stein Institute, our SAGE (Successful AGing Evaluation) study has been at the forefront of aging research for over 15 years. With data from thousands of older adults in San Diego, it has generated more than 40 peer-reviewed publications, advancing global understanding of what it truly means to age successfully.

From mental resilience to physical function, from social connection to biological markers—longitudinal studies like SAGE are goldmines of insight. But sustaining them requires ongoing support and commitment.

"What is the formula for Healthy Aging? Prospective research studies track people over time, piecing together how our choices, lifestyles, and environments shape our future." says Dr. Anthony Molina, "Continued support for longitudinal studies—like our San Diego-based SAGE (Successful AGing Evaluation) study—drives innovations and keeps vital data accessible to scientists worldwide. Through this work, we are fueling cutting-edge research and supporting discoveries that pave the way for healthier, happier aging for all.

Your gift to our new campaign, Invest in a Future of Healthy Aging, directly fuels this research and supports the scientists making it possible. Together, we can turn today's discoveries into tomorrow's healthier tomorrows.

GIVE NOW



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