

Ageism Awareness Day, SAGE Study, Dr. Colin Depp on UCTV, Research Opportunity & Upcoming Events

UC San Diego

Center for Healthy Aging
Stein Institute for
Research on Aging

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

Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!

Ageism Awareness Day

October 9, 2024

October 9, 2024 was Ageism Awareness Day, an opportunity to raise awareness about the pervasive and damaging effects of ageism in society. Modeled after the United Nations' International Day of Older Persons (October 1), Ageism Awareness Day aims to highlight the existence and impact of ageism on individuals of all ages.



"We live in an aging society, which is a wonderful, remarkable thing," said Leanne Clark-Shirley, PhD, President & CEO of the American Society on Aging (ASA). "However, too many of us view aging with fear, denial, and even

hostility. Aging is a universal experience, and it's time to challenge the negative and harmful attitudes that hold us back. Why limit the incredible potential that comes with embracing the full range of aging?"

At the Stein Institute for Research on Aging, we are deeply committed to advancing knowledge and shifting perspectives on aging. Ageism, as defined by the World Health Organization, encompasses the stereotypes (how we think), prejudices (how we feel), and discrimination (how we act) towards others or oneself based on age. This form of prejudice affects people across the lifespan, from assumptions about younger generations to the systemic discrimination faced by older adults.

Evidence shows that ageism is embedded in every aspect of life—from workplaces and healthcare systems to how older adults are portrayed in entertainment and the media. And it impacts quality of life in profound ways:

- There are many forms of ageism, including internalized, cultural, implicit, institutional, and even benevolent.
- Negative self-perceptions of aging can shorten lifespan by up to 7.5 years.
- Ageism intersects with other forms of discrimination, such as racism, compounding its effects.
- In media, older adults are often underrepresented and depicted using harmful stereotypes.
- Globally, one in two people holds ageist views, according to the United Nations.

The Stein Institute is dedicated to fostering a deeper understanding of aging and combatting harmful stereotypes. By raising awareness of the harms of ageism, we hope to promote more inclusive, positive, and realistic views of aging.

[Learn more on the ASA Ageism Awareness Day webpage](#)

The UCSD Successful Aging Evaluation (SAGE) Study Data now available to UC San Diego students, trainees, and researchers!

The SAGE study is a prospective cohort study of 1,800 randomly selected, demographically representative, community-dwelling residents of San Diego County who

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The SAGE Study

UC San Diego Successful Aging Evaluation 2023



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are twenty-one years of age and older. This longitudinal study focuses on the cognitive and emotional aspects of successful aging across the lifespan. All participants in the cohort completed a brief telephone interview and an extensive, annual mail-in survey questionnaire that covers a broad range of topics related to successful aging.

Our dataset offers a rich resource for researchers aiming to explore the determinants of aging and longevity. It encompasses various dimensions such as physical health metrics, social engagement, positive psychological scales, and quality of life measures, providing a holistic view of aging dynamics. By leveraging this data, researchers can investigate valuable questions related to the impact of lifestyle choices, aging-related diseases, intervention strategies, and more.

We invite UCSD students, trainees, and researchers interested in the field of aging and healthy aging to utilize this unique dataset. Join us in advancing our understanding of aging and contribute to the development of innovative solutions for promoting healthier and higher quality of life across the lifespan.

Data are available from 2010-2023. More information on the cohort and data available can be found on our website.

[More information on our new SAGE Study - Researchers Page](#)



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@health.ucsd.edu

Associate Director Dr. Colin Depp's "Social Connection and Healthy Aging" available on UCTV



Colin Depp delves into the critical role of social connections in our well-being, particularly in the context of aging. Depp explores the impacts of digital versus in-person interactions, the influence of cultural differences on social needs, and the potential health benefits of both deep and superficial connections. Depp also discusses the challenges of loneliness, the effects of grief, and offers practical daily practices to strengthen social ties.

[Watch on UCTV](#)

UC San Diego Research Opportunity



The graphic features a blue and yellow color scheme. On the left, there are three images: an elderly person's hands being held, a QR code with a callout box that says 'Fill Out Our Interest Form Here!', and wooden blocks spelling 'MENTAL HEALTH'. The right side contains text about a research opportunity at UC San Diego.

UC San Diego Research Opportunity

Researchers at UCSD are conducting a study of Mobile Telephone Based Assessments for people at the age of 60 or older.

We are looking for a variety of people with different mental health backgrounds such as those with:

- Anxiety or Depression in the past or present
- Experiences of thoughts or acts of self-harm or suicide

Compensation of up to \$445 for study completion.

*Contact Us!
(858)869-0031.*

Other eligibility criteria may apply

Fill Out the Interest Form

Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity

October 22, 2024
1pm-3pm PST
Osher Lifelong Learning Institute

JOIN US FOR THE 2ND ANNUAL LEE TUH-FUH & RUBY LEE
WANG ZU-MING ENDOWED EDUCATION LECTURE

**ANCIENT WISDOM, MODERN
SCIENCE, AND THE EMERGING KEYS
TO HEALTHY AGING AND LONGEVITY**

This lecture will examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster healthy aging extending behavioral changes.

GORDON SAXE, MD, PHD, MPH



Dr. Gordon Saxe is Chair of the Krupp Endowed Fund and Executive Director of the UCSD Krupp Center for Integrative Research and the Center for Integrative Nutrition. He oversees more than 20 clinical trials on diet and natural therapeutics for a range of health conditions. He received his MD from Michigan State University, PhD in Epidemiology from the University of Michigan, and MPH in Nutrition from Tulane School of Public Health.

ANTHONY LIM, MD, JD



Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.

OCTOBER 22ND

1PM - 3PM

**OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE
3RD FLOOR
LA JOLLA, CA 92037**



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When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

GIVE NOW



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