

April marks Stein Institute's 40th Anniversary!!

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 40th Anniversary e-newsletter!



A letter from Interim Scientific Director, Dr. Anthony Molina

Happy 40th anniversary to the Sam and Rose Stein Institute for Research on Aging at UC San Diego! As a gerontologist, I have long admired the work that the Stein Institute has accomplished over the years and its major contributions to the field of aging. Serving as the Interim Scientific Director, I am honored to work with an excellent team of researchers and to guide the research efforts of our Institute. We are building upon the successes of the past 4 decades and are pursuing exciting new directions for innovative and transformative research. Our dedicated research faculty, students, and staff ensure that we continue to be a leader in the field of healthy aging research.



We love interacting with our community of older adults and often hear that the goal is to maximize quality of life. Therefore, our research programs are dedicated to promoting **Healthy Longevity**, which will be the focus of our

2023 Symposium. We have expanded our research to include recent advancements in the field of Geroscience, which seeks to understand the biological hallmarks of aging and age-related conditions in order to develop strategies to delay the onset of age-related diseases and to extend a healthy lifespan. In my time as the Interim Scientific Director, we have organized our research aims around understanding the factors that contribute to a longer and healthier life. We are working towards understanding how our behaviors, social interactions, environment, and biology impact how we age. We are addressing these important questions through many of our research initiatives, which include:

- The Successful Aging Evaluation (SAGE), a life-course study that began in 2010. Our team recently launched the highly anticipated 10th data collection, which includes new outcomes related to healthy aging that we are eager to explore. SAGE participants complete a comprehensive survey that explores various domains of aging such as physical activity, health behaviors, aging attitudes, emotion and well-being, physical and lifestyle functioning, diet and nutrition, psychological characteristics and traits, sexual health, social functioning and social engagement, spirituality, stress and coping, and wisdom.
- The development of next generation biomarkers of human aging. It is widely recognized that while we all age, not everyone ages at the same rate. Indeed, people who share the same chronological age can vary widely with regard to age-related conditions and long-term health trajectories. Reliable reporters of biological aging will: 1) help us understand the factors that influence healthy aging, 2) advance precision healthcare for older adults by taking into account an individual's unique physiology, and 3) enable us to evaluate strategies that promote healthy aging by serving as an objective measure in clinical studies. With support from our academic and industry collaborators, we are developing a panel of novel blood-based biomarkers of aging that we will make available to our community of researchers.
- Supporting early-stage researchers is a priority area for the Stein Institute, as we know that fostering careers in aging is critical to the future of our field. I am proud to share that we recently announced a 2023-2024 call for pilot applications to support junior faculty research projects focused on ideas that are related to the study and promotion of healthy aging. We expect to support multiple projects related to understanding the factors that influence healthy aging, as well as projects that will test innovative strategies for promoting healthy aging.
- Advancing infrastructure to conduct rigorous health disparities research to ensure that the development of interventions and treatments that promote healthy aging benefit all, including older adults marginalized by factors such as income, race, and ethnicity. To accomplish this goal, we

are working with organizations that provide health care services to low-income and underserved populations in San Diego County. For example, we are developing projects in collaboration with Family Health Centers of San Diego that will utilize a state-of-the-art Mobile Research Lab to conduct community-based research that will go beyond characterizing health disparities, by examining the multidimensional factors (e.g. social, environmental, and biological) that underlie differences in healthy longevity in underserved communities.

These are just a few of the ways we are making an impact in the field. Thank you to everyone who has played a role in getting us to these important milestones. I look forward to the next 40 years and the research discoveries that will positively impact the lives of older adults.



We Need Your Support!

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.

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