

Wisdom on Aging

As America gets older, UNH research helps to promote happy, healthy aging

Tuesday, May 1, 2018



In New England and throughout the United States, the gap between the young and the old has been steadily increasing since the 1950s, and, thanks to baby boomers, the older adult population in New Hampshire is projected to double during the next two decades. For seniors, their families and caregivers, and policymakers nationwide, questions loom: How will they age? Where will they live? What will they need? Will there be enough resources to meet those needs? UNH researchers from across the disciplines are [answering those questions](#), completing the picture of what aging in America looks like in the 21st century and creating knowledge that promotes healthy, happy aging for seniors and the communities that support them — and that they in turn support. [Article](#)

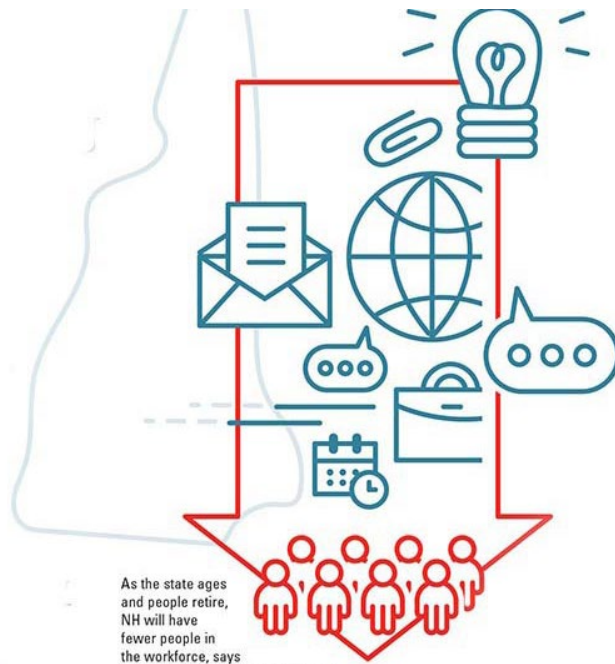
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As the state ages and people retire, NH will have fewer people in the workforce, says UNH Carsey School of Public Policy senior demographer Kenneth Johnson.

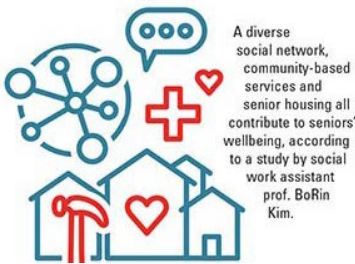
By 2030, statistics indicate that 1 in 5 Americans will be over 65.



Contrary to popular belief, older adults are not moving from one state to another because of estate or inheritance taxes.



Paul College prof. Karen Smith Conway's research finds that fewer than 1 percent of the elderly move across state lines in any year.



A diverse social network, community-based services and senior housing all contribute to seniors' wellbeing, according to a study by social work assistant prof. BoRin Kim.



OT profs. Kerryellen Vroman and Sajay Arthanat's NIH-funded research suggests that technology — emailing, Facebook and searching the web — helps seniors stay connected.



Separate studies by kinesiology associate profs. Summer Cook and Dain LaRoche have concluded that maintaining leg strength and using very light weights are factors in maintaining health and independence.

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