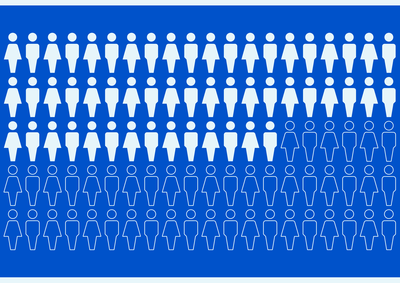
What defines aging well?

CenterWell research offers a new way to understand what drives wellbeing as people age.

As the U.S. population ages, there's a growing need to better understand what it means to age well. By 2034, adults over 65 are projected to outnumber children in the United States.[1]

The research found that **54% of adults ages 62+ report feeling fulfilled in their lives**, offering important insight into how healthy aging is experienced—and where additional support may be needed.



Older adults often navigate overlapping challenges that shape wellbeing

3 in 4
live with multiple chronic conditions[2]

1 in 3
experience social isolation or loneliness[3]

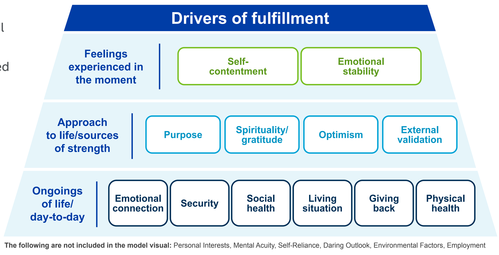
1 in 7
live in poverty[4]

Introducing the CenterWell Fulfillment Index

A new measure designed to better understand what matters most to older adults.

Fulfillment is shaped by more than physical health alone.

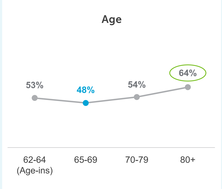
The research identified **18 key drivers** across three areas of life:



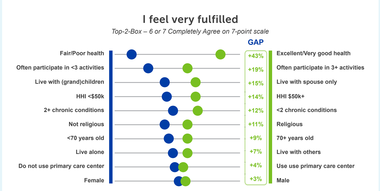
The following are not included in the model visual: Personal Interests, Mental Acuity, Self-Reliance, Daring Outlook, Environmental Factors, Employment

Where additional support may matter most

Life transition: Fulfillment can dip for some adults around early retirement (ages 65-69), highlighting an important moment for added support and connection.



Subgroups: Certain characteristics and social determinants are closely tied to fulfillment — helping highlight where more targeted support may matter most.



What the Fulfillment Index enables

Looking beyond clinical outcomes

Health systems and public health leaders can use measures like the Fulfillment Index to better understand older adults' wellbeing and identify where additional support may be needed.

Moving from disease management to living well

The Fulfillment Index helps shift the focus from treating illness to helping people live well, on their terms and can prompt earlier follow-up on concerns that may not show up in vitals or labs.

Tailoring support to what older adults say matters

By linking fulfillment to its key drivers, providers and communities can better tailor support and resources around what older adults say matters most.

Fulfillment is measurable, meaningful, and closely tied to overall wellbeing. By making it a more routine check-in, like blood pressure, we can help ensure longer lives become better lives.

Learn more: www.CenterWell.com/CWFI

1 United States Census Bureau. An Aging Nation: Projected Number of Children and Older Adults. March 13, 2018. Corrected October 8, 2019. https://www.census.gov/library/visualizations/2018/comm/historic-first.html **2** Watson, K. B., Wiltz, J. L., Nhim, K., et al. Trends in Multiple Chronic Conditions Among US Adults, By Life Stage, Behavioral Risk Factor Surveillance System, 2013-2023. Prev Chronic Dis. 2025;22:240539. doi:10.5888/pcd22.240539. **3** Gerlach, L.B., Solway, E.S., Malani, P.N. Social Isolation and Loneliness in Older Adults. JAMA. 2024;331(23):2058. doi:10.1001/jama.2024.3456. **4** United States Census Bureau. Poverty in the United States: 2023. September 12, 2024. https://www.census.gov/library/publications/2024/demo/p60-282.html

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