

117TH CONGRESS  
1ST SESSION

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Designating September 2021 as “National Healthy Aging Month” to raise awareness of and encourage healthy lifestyle behaviors and the prevention and management of chronic health conditions among older adults.

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## IN THE SENATE OF THE UNITED STATES

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Mr. SCOTT of South Carolina (for himself, Mr. KELLY, Mr. CASEY, Mr. BLUMENTHAL, Mr. WARNOCK, Mr. BRAUN, Ms. COLLINS, Mr. RUBIO, Mr. SCOTT of Florida, Mrs. GILLIBRAND, and Mr. BURR) submitted the following resolution; which was referred to the Committee on

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# RESOLUTION

Designating September 2021 as “National Healthy Aging Month” to raise awareness of and encourage healthy lifestyle behaviors and the prevention and management of chronic health conditions among older adults.

Whereas individuals who are 65 years of age or older are the fastest growing segment of the population in the United States, and the number of older adults in the United States will increase from approximately 56,100,000 in 2020 to an estimated 80,800,000 by 2040;

Whereas 90 percent of the \$3,800,000,000,000 in annual health care expenditures in the United States are for people with chronic physical and mental health conditions;

Whereas 80 percent of older adults have at least 1 chronic condition and nearly 70 percent of Medicare beneficiaries have 2 or more chronic conditions;

Whereas more than 868,000 people in the United States die of heart disease or stroke every year, costing the health care system of the United States \$214,000,000,000 per year and causing \$138,000,000,000 in lost productivity on the job;

Whereas, each year, more than 1,700,000 people in the United States are diagnosed with cancer and almost 600,000 die from it, costing an estimated \$174,000,000,000 in 2020;

Whereas more than 34,200,000 people in the United States have diabetes and another 88,000,000 adults in the United States have prediabetes, putting them at risk for type 2 diabetes, both of which cost a total estimated \$327,000,000,000 in medical costs for diagnosed diabetes and lost productivity in 2017;

Whereas obesity affects 19 percent of children and 42 percent of adults, including older adults who have obesity rates exceeding 37.5 percent in males and 39.4 percent in females, costing the health care system \$147,000,000,000 per year;

Whereas falls are the leading cause of injury, and injury-related death, among older adults and result in medical costs totaling \$50,000,000,000 per year, 75 percent of which are paid by Medicare and Medicaid;

Whereas approximately 20 percent of older adults experience some type of behavioral health concern, including anxiety, depression, bipolar disorder, cognitive impairment, and

substance use disorders, which are often factors in suicide among older adults;

Whereas factors that influence healthy aging include—

- (1) improving diet and exercise;
- (2) managing risk factors for physical and behavioral health conditions, as well as falls;
- (3) keeping up with regular health screenings and preventative care; and
- (4) staying socially active; and

Whereas, as of August 2021, nearly 11,000 senior centers serve 1,000,000 older adults aged 50 and older, helping them continue to be part of a community, exercise, and receive nutritious meals: Now, therefore, be it

1       *Resolved*, That the Senate—

2           (1) designates September 2021 as “Healthy  
3       Aging Month”; and

4           (2) encourages the people of the United States  
5       to provide opportunities for older individuals to con-  
6       tinue to flourish by—

7           (A) emphasizing the importance of exer-  
8       cise, nutrition, health promotion, disease pre-  
9       vention, and social engagement;

10          (B) encouraging the balance of mind, body,  
11       and spirit, as older individuals can share their  
12       wisdom, experience, and skills with younger  
13       generations; and

1                   (C) recognizing that people in the United  
2                   States are living longer and a healthy lifestyle  
3                   will help enhance later life experiences.