



## OWNING WELL-BEING

### Warachal Faison, M.D.

Medical Director,  
Women's Health

"What I love about *Get Old*, it's getting people to discuss healthy aging and share their experiences. This empowers people in their health care. As a physician, as a geriatric psychiatrist, as a human being, I've always had a passion for community outreach. In person. I was reluctant to entertain the idea of social media. But *Get Old* got me so excited, I got a Twitter account so I could participate!"

## It's Happening at [GetOld.com](http://GetOld.com)

*Get Old* is a community created to encourage and support a dialogue about getting older and living better, where people of all ages can explore helpful health and aging information, along with stories from across our community. We invite everyone to tell their stories, and contribute their thoughts and experiences on growing up and growing old.

### What Is *Get Old*?

It's about...

- Not just living longer, but having a better quality of life at any age
- Celebrating the experiences, wisdom and knowledge that come with getting older
- Providing useful, actionable information that can help people take control of their health at every stage of life
- Connecting with people around a common truth—that everyone wants to live the longest, fullest life possible
- Taking on an important issue affecting society, the health care system and government—our aging population

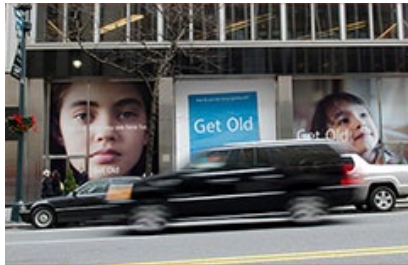




**10,000** **BABY BOOMERS**  
In the U.S. turn 65 every 24 hours.

**1** **OUT OF 5** **AMERICANS**  
Will be 65 or older by 2050,  
according to U.S. Census projections.

**2** **BILLION**  
People worldwide will be over the  
age of 60 by 2050.



### Age-Friendly Cities

The Pfizer Foundation and Grantmakers in Aging have awarded \$1.3 million to support Community AGEnda, a partnership with five American communities to accelerate their efforts to become great places to grow up and grow old. Building on the World Health Organization's Age Friendly Cities initiative, this one-year pilot program focuses on age-friendly community development in Phoenix, Atlanta, Miami, Greater Kansas City and the State of Indiana. This initiative will help advance the efforts of all cities working to create better communities for older adults and people of all ages.

**28%**  
Of people aged 35–49 have lied  
about their age.



### Get Old

When you have more time, you get to see more. You get to do more. You get to share more. You get to make more wrong turns and explore places you might never have gone to. You get to experience more successes. And just as important, more failures. It's a chance to not just live longer, but to live fuller. Ultimately, your job is to get to work on your dreams. Ours is to make sure you live long and well enough to achieve them.

### Top Fears About Getting Old

Dying comes in fifth on the list of things that scare people about getting old:

- 25 % Living with pain and physical limitations
- 19 % Becoming dependent
- 15 % Being alone
- 14 % Running out of money
- 10 % Dying
- 9 % Getting sick
- 7 % Nothing

### "Preventive Care and Healthy Ageing: A Global Perspective Report"

This Pfizer-sponsored report, developed by the Economist Intelligence Unit (EIU), profiles eight countries: Brazil, China, India, Japan, Russia, South Africa, the U.K. and the U.S. Its key finding: the world's governments can help reduce rising health costs by investing in health for all age groups and in preventive care programs.