

**SURGEON GENERAL'S  
WORKSHOP**

*Health Promotion and Aging*



*Proceedings*

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# **SURGEON GENERAL'S WORKSHOP**

## ***Health Promotion and Aging***



### ***Proceedings***

**Edited by: DEP SG Faye G. Abdellah  
SR PHARM Steven R. Moore**

***Note: All opinions contained in these contents represent the viewpoint solely of the authors and participants and do not necessarily represent the viewpoint of the Office of the Surgeon General, the Public Health Service and its constituent Agencies, or the Editors.***

Sponsors for this Workshop are Administration on Aging, Health Resources and Services Administration, Food and Drug Administration, National Institute on Aging, the Office of Minority Health, Office of Disease Prevention and Health Promotion, Centers for Disease Control, National Institute of Mental Health, National Institute on Alcohol Abuse and Alcoholism, the Brookdale Foundation, and the Henry J. Kaiser Family Foundation.

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## PREFACE

As with any effort that seeks to take a somewhat disparate body of knowledge and attempt to create uniformity and concensus, the final product may not be exactly what was expected. In this instance of trying to assimilate all of the scientific knowledge and experience about health promotion activities in aging populations into a coherent body or recommendations and policy options, the product is more than expected! In addition to the insight that the 180 invited guests for this Surgeon General's Workshop on Health Promotion and Aging were able to provide individually, the cohesive and often synergistic results of their deliberations have given the Public Health Service and the much larger aging audience a view of what is possible.

Instead of individual agendas, the larger picture has been shaped before us and the vision is clear. That vision is the ability to provide research, support and services that will allow the years in later life to remain as full and fruitful as those in the earlier years. Although the prospect of death is certainly inevitable to all of us, that period prior to death may well afford some of the truly golden years of life. In addition to these years being golden for the individuals, the ability to use their wealth of personal knowledge and experience to enrich society and the extended family units and communities is immense.

The seed of ideas and potential areas of activity are presented in this final report with its recommendations. The participants at the Workshop present to the much larger audience of interested parties our blueprint for the nation in health promotion and aging. I join with you in seeking now to implement these ideas and options so that our aging society is provided with the maximum impact of our corporate knowledge for the benefit of the health of all senior members.

C. Everett Koop, M.D., Sc.D.  
Surgeon General

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