What does it take to live a long and healthier life?

This is a critical question underpinning biomedical science today. Still, most research is focused on preventing or treating individual, age-related diseases. Instead of studying sickness, why not examine what enables some of us to live healthier, exceptionally long lives?

The SuperAgers Initiative: Learning from living long

SuperAgers, those who have lived to age 95 or more, are a highly promising source of scientific knowledge about healthy longevity. While not immune to traditional age-related conditions, this group has generally lived long, healthy lives with much less disabling disease than the larger population.

Research studying these SuperAgers has already identified several genetic drivers responsible for slowing the processes of aging and helped support new drug development. Still, the relatively small numbers of SuperAgers studied to date limits our ability to look more deeply.

The SuperAgers Initiative is spearheaded by the American Federation for Aging Research and Albert Einstein College of Medicine, in collaboration with Boston University School of Medicine. The ambitious effort will recruit 10,000 people 95+, the largest cohort ever gathered, and provide the basis for scientific studies designed to understand the biological and genetic underpinnings of exceptional longevity.
Ultimately, the multi-year SuperAgers Initiative will help develop and fast-track new therapies that target the processes of aging as a resource for clinical trials on a wide variety of age-related diseases and conditions.

Join the SuperAgers Community

The Initiative will begin with the creation of AFAR’s SuperAgers Community, a group of long-lived individuals and their families interested in this science and telling the stories of their own exceptional longevity. Members of the SuperAgers Community may become eligible to join the SuperAgers Family Study, the first of the Initiative’s research projects designed to unlock the biological and genetic secrets of superaging.

Learn More

For more information about the SuperAgers Community, please visit our website at: www.SuperAgersInitiative.org

And for more information about the SuperAgers Initiative, please contact Kara Wilson, Manager of Strategic Partnerships at the American Federation for Aging Research, at: superagers@afar.org