More adults than ever are enjoying a long life. According to the U.S. Department of Health and Human Services, the U.S. had 44.7 million persons 65 or older in 2019, up from 36 million in 1999. The aging population will grow rapidly over the next few decades, with more than 60 million people 65 and older by 2030 and more than 80 million by 2050. This trend is due to changing demographics, including longer life expectancy and a lower birth rate. As of 2019, 17% of the U.S. population was 65 or older, and this percentage is expected to increase to 24% by 2050. The growing older population presents both challenges and opportunities for public health and healthcare systems. It is critical to prepare for the needs of this aging population to ensure that they can live healthy, active, and independent lives.