

Age is a universal risk factor for multiple diseases and health conditions that define healthy aging. The need to test the relationships between aging and health is increasingly recognized. WHO, in its 2015 report on ageing and health, initiated the concept of intrinsic capacity (IC), reflecting the need to focus efforts on the conditions characterized by the composite of physical and mental capacities with the purpose of achieving healthy aging. The IC has been further realized to the key domains, including vitality, locomotion capacity, psychological capacity, cognitive capacity, and visual and hearing capacity.

In this symposium, we will discuss some aspects, such as lifestyle, biomarkers, etc., related to IC and/or its components and their impact on subsequent health outcomes.

The data are from 2 prospective cohort studies: HALST (Healthy Aging Longitudinal Study in Taiwan) and NLS-LSA (National Institute for Longevity Sciences - Longitudinal Study of Aging) from Japan. Both are community-based cohort studies with several waves so that changes in the parameters of interests can be observed for the participating older adults.