



Celebrating Healthy Aging across the Life Span: Thinking Intergenerationally about Public Health Practice

National Webinar

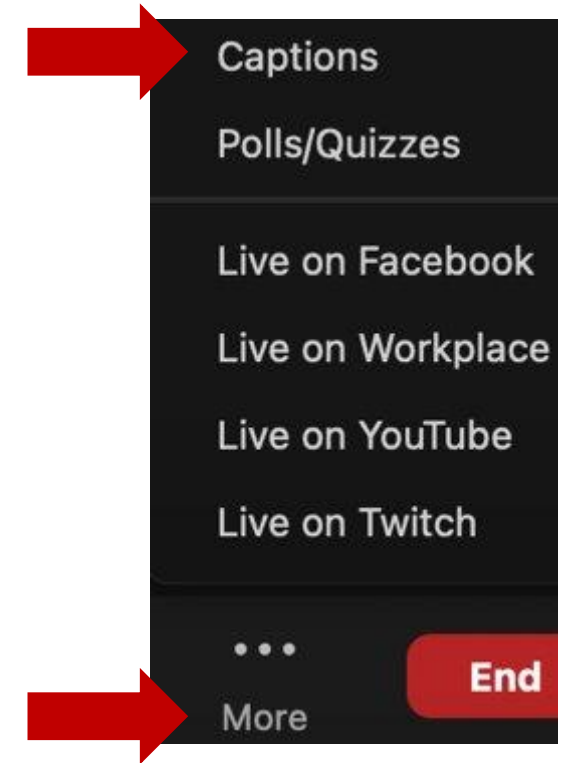
October 14, 2026 | 2:00 – 3:00 PM EDT



Closed Captioning

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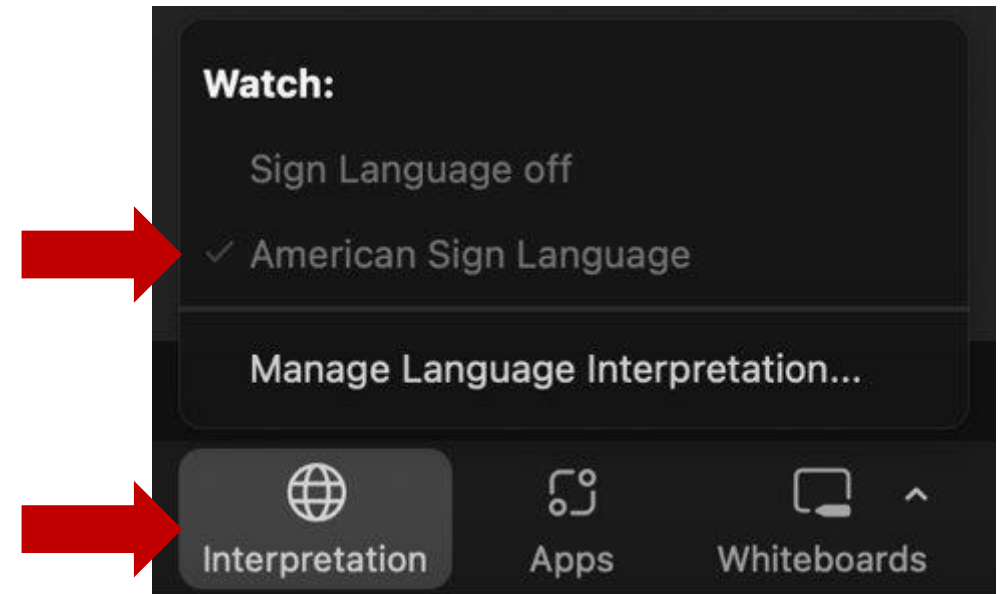
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ASL Interpreting

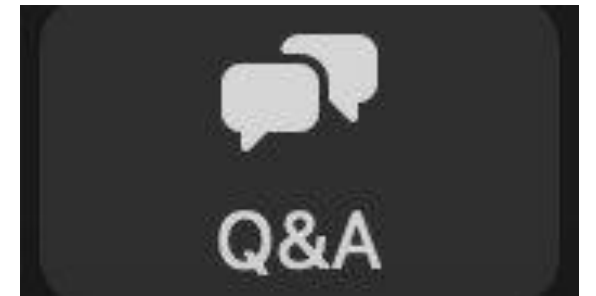
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Q&A Feature

1. At the bottom of your screen, click to open the Q&A panel
2. Type your question in the **Q&A box**
3. Hit **Enter**



Moderator

Breanca Merritt, Ph.D.

Director of Policy

Trust for America's Health



Agenda

- **Welcome and Overview**
- **Panelist Discussion**
- **Q&A**
- **Closing**



TFAH 25th Anniversary Webinar Series

Where public health is and where we are heading

We will continue to highlight:

- **The recent past**, focusing on how the public health system has worked and supported communities prior to and soon after federal challenges.
- **The present**, including navigating the initial wake of policy decisions and how they affect communities.
- **The future**, reflecting on how our field can learn from these experiences to enhance how we support prevention.



What is Healthy Aging?

Creating the environments and opportunities that enable people to be and do what they value throughout their lives.

Process doesn't start in older adulthood (65+)

- Positive lifestyle choices that contribute to health and well-being as we grow older.
 - Nutrition, physical activity, mental functioning, social and emotional well-being, injury prevention, health care utilization
 - Lack of centering older adults = institutions not considering the importance of aging across all health-related decisions



TFAH's Age-Friendly Public Health Systems (AFPHS) Movement

- Launched in 2018 with John A. Hartford Foundation
- Support public health departments in integrating healthy aging as a core function into processes and programming
 - Focus on older adults
- Uses 6Cs Framework, which outlines areas for age-friendly public health activities
- Partnerships with jurisdictional public health and national partners, including its Recognition Program
- Several toolkits, resources, webinars, and convenings



Afphs.org

Why Healthy Aging?

- Every day, 10,000 Americans turn 65, in large part because of public health successes and prevention efforts
- Challenges being faced across the life span that are reducing opportunities to support healthy aging
 - Policy decisions, funding, research, across sectors
 - Across jurisdictions
- Opportunity to consider the future of public health and the collective role of healthy aging and life span approaches to health



Panelists



Marilyn Cabrera, MPH
Federal Policy and Advocacy
Manager for Healthcare
Young Invincibles



Lindsey Ilagan, MS
Healthy Aging and Community
Living Program Manager
Hawai'i Public Health Institute



Morgan F. McDonald, M.D.
National Director of
Population Health
Milbank Memorial Fund



Thank You to Our Moderator and Panelists



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National Director of
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Save the Date for Our Next Webinar!

Register here!



State of Obesity Report 2026: Better Policies for a Healthier America

October 29, 2026 at 12:00 PM EDT

Panelists:

J. Nadine Gracia, M.D., MSCE
(Moderator)
President and CEO
Trust for America's Health

Alexia Thex, MEd
President
National CACFP Association

Sedessie Spivey, D.BA., MS
Program Manager – Health
Assessment and Promotion
Department, Division of
Community Health
DeKalb Public Health

Kristy Anderson, MPP
Director, Federal
Government Relations
American Heart Association



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