



## National Health & Aging Trends Study

how daily life changes as we age



## *NHATS and you*

You have a unique opportunity to contribute to research and policies that will affect older Americans for years to come. NHATS is a new study to understand what everyday life is like as people age. Much has changed in America since the last aging trends study started over 25 years ago. That study ended in 2004, and now NHATS has been created to find out about new trends through 2020 and beyond. NHATS needs YOU to capture life as it is today so that America can plan for tomorrow.



## You Complete the Picture

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You have been scientifically selected from millions of Medicare Beneficiaries to help draw a complete picture of America's older population. With you, the entire spectrum of age and ability will be included so the picture is complete and accurate.



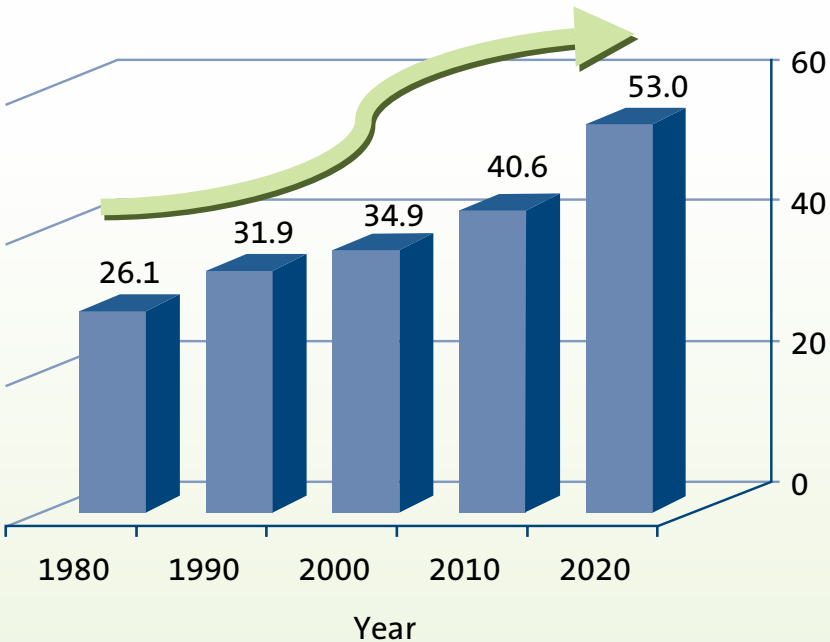
We all have a reason to care about keeping older Americans independent and engaged. Although there are different viewpoints on how best to do this, NHATS will provide up-to-date information from real people about their daily experiences.

The information you provide will help the nation improve ways in which older adults handle their changing health, housing, and care needs. It will also help the country plan ahead for the large numbers of older adults who begin to turn 65 this decade.

## Changing Trends

NHATS is the only source for up-to-date information on how life is changing for older Americans as they become a larger proportion of the U.S. population. The last study on aging trends showed sweeping changes in the ways older adults manage their daily lives.

### Millions of Older Adults, 1980-2020



NHATS was launched in 2011 to update policy makers and researchers about health and aging trends in the 21st century. We all want this country to provide opportunities for Americans to enjoy their later years. You can help by being a part of NHATS and providing the clearest picture possible of how we are all aging in America.



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## Find out more about NHATS

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We encourage you to find out more about NHATS.

Call toll free: **1-888-364-8271**

Email **NHATS@westat.com**

Visit our website at **www.mynhats.org**

*Thank you for being part of this important study.*

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NHATS is sponsored by the National Institute on Aging. The study is conducted by Johns Hopkins University and Westat. In partnership on the NHATS, Johns Hopkins University and Westat bring experience, excellence, and trust to the forefront in research on aging. Founded in 1876, Johns Hopkins University is a trusted world leader in both teaching and research. As one of the foremost contract research organizations in the United States, Westat has almost 50 years of experience collecting high quality health care and social science research data.

