

Annual Report International Longevity Center USA

Global Insights. Better Aging. Stronger Societies

Introductory paragraph

The mission of the ILC-USA is to uncover the biological, behavioral, and contextual drivers of longer, healthier lives—and to translate that knowledge into policies, practices, and innovations that improve well-being across the second half of life. Our two current work programs look to understand global health trends in older adults by applying the WHO construct of intrinsic capacity; and seek to raise awareness of the issues confronting older adults displaced by conflict or natural disaster and stimulate international action.

Recent Major Activities / Programs

- *Addressing the needs and fostering the capabilities of displaced older adults* - in conjunction with the Columbia Global Center Amman, Jordan, and supported by Columbia President's Global Innovation Fund 2024-2025 PGIF.
- *Consortium for Longitudinal Analysis of Intrinsic Capacity (CLASSIC)*. Ongoing program examining patterns and trends in intrinsic capacity in England, China, USA, 14 European countries and Israel.
- *Priority Setting for Social Science Aging Research*. A Delphi analysis of the input of global leaders in the field of aging. PI: Jurgen Maurer, University of Lausanne. Funder: Velux Stiftung
- *Healthy Ageing in Europe: Intrinsic Capacity Norms, Disparities and Digital Assessments*. Analysis of data from 14 European countries and Israel to map distributions of intrinsic capacity and explore socioeconomic determinants. PI: Katja Hanewald, University of New South Wales, Sydney Australia. Funder Velux Stiftung. (Proj. 2054)
- *Multi-morbidity 3-City Alzheimer's Disease EHR Study (M3AD Study)*. A study linking large datasets of electronic health records in New York, Chicago and Miami to examine patterns and determinants of Alzheimer's Disease. PI: Moise Desvarioux. Funder: National Institutes of Health

Recent Publications

- Chen M, Hanewald K, Si Y, Gu Y, Beard JR. Intrinsic Capacity Across 15 Countries in the Survey of Health, Aging, and Retirement in Europe. *JAMA Network Open*. 2025 May 1;8(5):e259792. PubMed PMID: 40354051.
- Balachandran A, Pei H, Shi Y, Beard JR, Caspi A, Cohen A, Domingue BW, Eckstein Indik C, Ferrucci L, Furuya A, Kothari M, Moffitt TE, Ryan C, Skirbekk V, Zhang Y, Belsky DW. Pace of Aging in older adults matters for healthspan and lifespan. *Nature Aging*. 2025 May 26. doi: 10.1038/s43587-025-00866-6. Online ahead of print. PMID: 40419803

- Alan A. Cohen, John R Beard, Luigi Ferrucci, Tamàs Fülöp, Vadim Gladyshev, Mahdi Moqri, Marcel G. M. Olde Rikkert, and Martin Picard. Balancing the promise and risks of geroscience. *Nature Aging* 2025, 5, pages 4–8
- John R Beard, Katja Hanewald, Yafei Si, Jotheeswaran Amuthavalli Thiyagarajan, Dario Moreno-Agostino. Is 70 the new 60? A longitudinal analysis of cohort trends in intrinsic capacity in England and China. *Nature Aging* 2025, 5, 87–98
- Chen C, Lim J, Koh J, Beard JR, Rowe J. Global and sex differences in adaptation to societal aging, a cross sectional comparison of 143 countries. *Nature Aging* 2025, 5, pages 113–121
- Wieczorek M, Kliegel M, Beard JR, Guillemin F, Avendano M, Maurer J. Can ChatGPT provide useful guidance to assess the current state of and future priorities for aging research in the social sciences? *Journal of Aging & Social Policy* 2024, 1–16. <https://doi.org/10.1080/08959420.2024.2422669>
- Beyene MB, Visvanathan R, Ahmed M, Benyamin B, Beard JR, Amare AT Development and Validation of an Intrinsic Capacity Score in the UK Biobank Study *Maturitas* 2024, 185, <https://doi.org/10.1016/j.maturitas.2024.107976>
- de Souto Barreto P, Gonzalez-Bautista E, Bischoff-Ferrari HA, Pelegrim de Oliveira V, Bandeira de Mello RG, Berbon C, Tavassoli N, Beard JR, Rolland Y, Martín MES, Vellas B. Real-life intrinsic capacity screening data from the ICOPE Care program *Nature Aging* 2024 <https://doi.org/10.1038/s43587-024-00684-2>
- Rundle AG, Crowe RP, Wang HE, Beard JR, Lo AX. A National Study on the Comparative Burden of Pedestrian Injuries from Falls Relative to Pedestrian Injuries from Motor Vehicle Collisions. *Journal of Urban* 2024 101 (1), 181-192
- Giudici K, de Souto Barreto P, Guyonnet S, Beard JR, Takeda C, Cantet C, Andrieu S, Vellas B. Predictive capacity of the Integrated Care for Older People (ICOPE) screening tool for intrinsic capacity impairments: results from the INSPIRE-T cohort. *Journal of Gerontology: Medical Sciences*. 2024, 79 (7) glae112 <https://doi.org/10.1093/gerona/glae112>
- Beard JR. Beyond Integrated Care, *Nature Aging* 2024. 1-4.
- Philippe de Souto Barreto, Yves Rolland, Luigi Ferrucci, Hidenori Arai, Heike Bischoff-Ferrari, Gustavo Duque, Roger A Fielding, John R Beard, John Muscedere, Felipe Sierra, Bruno Vellas, Nathan K LeBrasseur. Looking at frailty and intrinsic capacity through a geroscience lens: the ICFSR & Geroscience Task Force. *Nature Aging* 2023, 3 (12) 1474-1479
- Fried LP, Henry M, Beard JR, Rowe JW. Public Health 4.0: Creating health for longer lives. *Public Policy & Aging Report*. 2023, 33 (3) 86-91.
- E Gonzalez-Bautista, John R Beard. The Challenge of Measuring Intrinsic Capacity.

The Journal of Nutrition, Health and Aging 2023. 27 (10) 806-807

- Ramírez-Vélez R , Iriarte-Fernandez M, Santafé G, Malanda A, Beard JR, Garcia-Hermoso A, Izquierdo M. Association of intrinsic capacity with respiratory disease mortality. *Respiratory Medicine* 2023. 212, 107243
- Ramírez-Vélez R, Maria Iriarte-Fernández M, Santafé G, Malanda A, Beard JR, Garcia-Hermoso A, Izquierdo M. Association of Intrinsic Capacity With Incidence and Mortality of Cardiovascular Disease: Prospective Study in UK Biobank. *Journal of Cachexia, Sarcopenia and Muscle*. 2023. 14 (5) 2054-2063
- Beard JR, Chen M. Intrinsic Capacity as a Composite Outcome Measure: Opportunities and Challenges. *Journal of Nutrition, Health & Aging*, 2023, 2023;27(6):398-400. DOI: 10.1007/s12603-023-1923-z
- Yafei Si, Katja Hanewald, Shu Chen, Bingqin Li, Hazel Bateman, & John R. Beard. (2023). Life-course inequalities in intrinsic capacity and healthy ageing: retrospective evidence from pre-old and older populations in China. *Bulletin of the World Health Organization*. 2023, 101 (5), 307 - 316C.<https://doi.org/10.5281/zenodo.7588511>

Partners

- Centre of Excellence in Population Ageing Research, University of New South Wales, Sydney, Australia <https://www.cepar.edu.au/>
- IHU HealthAge, Toulouse, France. <https://ihuhealthage.fr/en/>
- American Hospital in Paris. <https://www.american-hospital.org/en>
- Friede Springer Cardiovascular Disease Prevention Centre, Berlin. <https://fs-cpc.de/en/unsere-mission/#:~:text=The%20Friede%20Springer%20Cardiovascular%20Prevention,cause%20of%20death%20in%20Germany.>
- *World Economic Forum - Longevity Economy Initiative*. The Longevity Economy Initiative is redesigning retirement systems, advancing financial innovations, and fostering longevity literacy to ensure better financial and health outcomes for individuals and societies. <https://initiatives.weforum.org/financial-resilience-for-every-generation/home>
- *Global Coalition on Aging*
- *National University of Singapore- The Healthdistrict@queenstown initiative*. A major multi-stakeholder project in Singapore spearheaded by the [National University of Singapore \(NUS\)](#), [National University Health System \(NUHS\)](#), and [Housing & Development Board \(HDB\)](#) to reimagine an entire district in a way that fosters healthy and active ageing. <https://healthdistrictqueenstown.sg/>

Recent Media

<https://www.newscientist.com/article/2489666-a-new-measure-of-health-is-revolutionising-how-we-think-about-ageing/>

<https://www.thetimes.com/uk/healthcare/article/70-is-the-new-60-as-older-people-enjoy-better-health-than-ever-sgz3f7c5s>

<https://www.telegraph.co.uk/news/2024/12/19/why-70-is-the-new-60-for-many-baby-boomers/>

Key Staff

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