



February 12th, 2025

Ranking Member Kirsten Gillibrand's Opening Statement “Optimizing Longevity: From Research to Action”

Thank you, Chairman Scott, for calling today's hearing.

We all want to live a long and full life. Longevity brings people so many wonderful things like opportunities to spend time with their family, to travel, and to continue to thrive.

Ensuring that we remain healthy as we age is of the utmost importance.

Today, we'll hear from four witnesses who represent four components of healthy aging – research, nutrition, exercise, and medicine.

We all know we should eat a healthy diet, remain active, seek preventative care, and avoid habits that contribute to disease.

As we'll hear from Dr. Nosal, so many Americans do not have access to affordable health care, stable housing, financial security, or even walkable communities. We need to address some of those impediments, and some of those challenges.

We also know that these factors, often called social determinants of health, are often key to understanding how we can then allow for people to make those healthier choices. Those structural barriers often make it hard to achieve health at any age.

Congress has to do more to ensure all people are able to meet their basic needs so they can learn how to optimize their longevity and their health.

This is why I introduced the Strategic Plan for Aging in the last Congress.

This bill would provide states with critical funding to transform their infrastructure and build communities that meet the needs of older adults and future generations.

It would address everything from housing, to health care, to food insecurity, to make sure these systems are able to support our aging population.

I'm proud that my home state of New York is in the process of developing a strategic plan. These are positive steps to helping older adults achieve longevity.

We are all aging, which is not in and of itself a disease, but a natural process. We have a duty to ensure all Americans can age well and age gracefully.

I look forward to hearing from today's witnesses.