

The **Insight into the Determinants of Exceptional Aging and Longevity (IDEAL)** is a special project within the Baltimore Longitudinal Study of Aging (BLSA). For over 50 years, BLSA researchers have studied changes that take place in the human body over time in an attempt to better understand what happens as people get older.

By launching **IDEAL**, researchers expand the scope of the BLSA, focusing on a small but growing segment of the aging population known as “exceptional” agers. Exceptional agers are 80 years or older, healthy, and have no physical or cognitive limitations. Understanding what differentiates exceptional agers from others their age may provide important clues on how to preserve physical and cognitive function in late life and prevent disease and disability.

**IDEAL** plans to recruit 500 individuals age 80 or older who represent exceptional agers. Participants will be evaluated annually to identify the genetic, biologic and behavioral factors that promote healthy aging.

***IDEAL is conducted by the National Institute on Aging (NIA), part of the National Institutes of Health (NIH).***

**“Our aim is to learn the secrets to exceptionally healthy old age. What we find may one day help reduce the burden and suffering of others.”**

—Luigi Ferrucci, M.D., Ph.D., Senior Investigator, NIA, NIH



# Help NIH researchers uncover some of the secrets of healthy aging

Insight into Determinants of Exceptional Aging and Longevity

ideal



## **IDEAL participants are 80 years or older and:**

- ✓ Can perform normal activities of daily living without any help
- ✓ Can walk a quarter mile without pain or shortness of breath
- ✓ Have no severe memory or cognitive issues
- ✓ Have no major medical conditions, including no history of:
  - cardiovascular disease
  - diabetes
  - active cancer
  - metabolic disease
  - severe hormonal dysfunction
  - neurological or brain diseases
  - kidney or liver diseases
  - musculoskeletal disorders
  - severe mental conditions
  - severe gastrointestinal or stomach diseases
  - any medical condition that requires chronic drug treatment, except drugs for hypertension
  - significant vision and hearing problems

## **Does this describe you or someone you know?**

- ✓ Call 1-800-225-BLSA (2572).



National Institute on Aging  
**National Institutes of Health**



ideal

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