We help people live healthier, longer lives
We take pride in the opportunity to look at the complex science behind the aging process to answer tough questions that help improve the human experience. The Center for Healthy Aging Research (CHAR) is a place where experts come together from across disciplines to approach the aging process at all levels.

**Uncovering answers to health and well-being across the lifespan**

**Expertise is at our core**

CHAR is organized into four core research areas, each led by a distinguished expert.

Housed in the College of Public Health and Human Sciences, CHAR comprises more than 45 faculty members from across colleges, departments and institutes at Oregon State.

**Diet and genetics**

We are studying the biological components of the aging process to develop targeted strategies that help maintain and promote good health. We’re addressing the aging body’s increasing inability to respond to internal and external factors such as bone fractures, drug interactions and infections. We also explore the impact nutrition plays in reducing vulnerability to these stresses.

**Musculoskeletal**

We are investigating ways to prevent disability, preserve the functioning body and optimize overall well-being throughout the lifespan. We are conducting mobility, balance, strength and bone density research, as well as behavioral interventions to promote better bones and balance.
Human-centered design and technology

We are developing and examining supportive technologies that enhance the living experience for aging adults. Research is centered on two areas: developing gerontechnological solutions for older adults and their families and investigating the social and ethical implications of using gerontechnology in research, health care and society.

Population, social and individual health

Our research focuses on the impact of stress and coping on health, personality, self-regulation, cognition, wisdom, caregiving and support across the lifespan, as well as aging veterans and their families. We also investigate how physical, psychological and social well-being are interconnected.

From studying how diets influence cellular metabolism to physical activity levels and the quality of our relationships, we dig deep to understand how biological, psychological, social and physical factors affect the aging process. This leads to discovering new methods for preventing disease and ensuring older adults are able to live healthy and fulfilling lives — on their own terms.
CHAR’s vision is to be an internationally known center for innovative research, education and outreach that enhances the quality of life for older adults, their families and communities.

CHAR IS THE EPICENTER OF OREGON STATE’S COMMITMENT TO HEALTHY AGING.

In addition to the CPHHS, faculty from the colleges of Engineering, Liberal Arts, Pharmacy, Science, Agriculture and Veterinary Medicine, as well as the Environmental Health Sciences Center and Linus Pauling Institute, are exploring the physical, emotional, social and environmental aspects of the aging process.

Agencies that fund CHAR and its work include the National Institutes of Health, the U.S. departments of Defense and Agriculture, the National Science Foundation, and private foundations and industry.

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