



To: The Members of the Stanford Center on Longevity Advisory Council

From: Ken Smith, Senior Research Scholar and Director, Mobility Division

Re: June, 2018 Advisory Council Meeting Update

Mobility Division highlights for the first half of 2018 include:

- Successful completion of the 2017-2018 Design Challenge and launch of next year's Challenge
- Inclusion of the Design Challenge winner in a National Design Museum exhibit
- Continuation of SCL's ongoing work in the areas of nutrition and sedentary behavior
- Engagement in WHO and HHS activities on aging

2017-2018 Stanford Center on Longevity Design Challenge:

"Promoting Lifelong Healthy Habits through Design"

The Design Challenge Finals, held on April 17th, were attended by approximately 200 people from industry, academia, and the investment community. The following designs were selected as winners of the Challenge:

1st Place: **RideRite**, from Virginia Tech. This unique computer-integrated bicycle handlebar won the \$10,000 grand prize, beating out over 75 entries during the course of the competition. The design includes features such as a blind spot warning, navigational information, fall detection and automated reporting to an emergency contact that are intended to allow older adults to continue biking longer and more safely.

2nd Place: **Gesturecise**, from the Indian Institute of Technology, Guwahati. This AI-enabled desktop application detects body gestures and uses exercises as a screen unlock device, building physical activity into the workday.

3rd Place: **Gather**, from San Francisco State University. This portable workbench and rest device helps to facilitate community gardening for all ages and abilities, promoting social engagement for a happier and healthier lifestyle.

The other Finalists were:

Folks Kitchenware, National University of Singapore

Kitchenware that empowers the blind to cook with confidence and dignity via tactile cues

Posture Master, University of Pennsylvania /Washington and Lee University

A personalized, adaptive learning app that uses advanced facial and body recognition technology to monitor posture in real-time and suggest corrections.

Salivr, Brunel University (London)

A domestic saliva testing device which detects and monitors user's vitamin levels on a daily basis to encourage healthy eating.

Seven Bridges, San Francisco State University – A platform connecting generations to foster independence and help overcome the dangers of isolation in older adults and teens.

Following the Challenge, the Finalists participated in a workshop co-hosted with the Stanford Graduate School of Business on how to create a business plan, legal issues, and funding paths.

For more information on the Design Challenge, please visit <http://designchallenge.stanford.edu>.

Cooper-Hewitt (Smithsonian) Design Museum Engagement

RideRite, the winner of this year's Design Challenge, will be included in the Cooper-Hewitt exhibit "Access+Ability", which will run from early June through September in the museum. This is an excellent opportunity to showcase the Challenge at a national level. EatWell Dishware, the winner from the 2014 challenge, is being shown in another part of the museum and dishware sets are being sold in the gift shop.

Special thanks to Advisory Council member Rick Smith for the introduction to Cooper-Hewitt.

2018-2019 Stanford Center on Longevity Design Challenge:

"Contributing at Every Age: Designing for Intergenerational Impact"

This new challenge topic for the upcoming year was announced at the Finals. It was well-received by sponsors, with commitments for the 2019 challenge already exceeding 2018 revenues.

To reinforce the message of multiple generations working together, teams will be required to include at least one team member outside of the age range 18-35. This member may be the target user or contribute in some other way to product conceptualization and development. We expect this new approach will bring additional attention to the challenge and position it well for additional growth.

Nutrition

Dr. Christopher Gardner is preparing a follow-up proposal to the feasibility pilot completed at the Continuing Life Community in Pleasanton CA that established the ability to test approaches for improving nutrition by working with culinary and operational staff to "lead with taste" – making the most nutritious meals also the most appealing. The new study proposal will identify specific interventions to be tested, as well as measurement techniques

Sedentary Behavior Update

Beginning with a seminal workshop hosted at Stanford in 2010, the Center has been involved in research to identify sedentary behavior as a health risk separate and distinct from lack of exercise. What was then a novel idea has now become part of popular knowledge (“sitting is the new smoking”). The Center will be represented in November’s American Heart Association meeting by Dr. Mary Rosenberger, who will present a paper emphasizing the role of wearable devices in tracking this behavior. Dr. Rosenberger is also participating in a pre-meeting of leading scientists to update the scientific knowledge base on sedentary behavior and will produce a white paper describing the updated knowledge for SCL.

World Health Organization “10 Priorities Towards a Decade of Healthy Aging”

In February, the WHO released its 10 top priorities for achieving healthy aging globally. The top priority “Establishing a Platform for Innovation and Change” is a result of SCL’s participation in the working group that developed this document. SCL is currently in discussions with the WHO about potentially co-hosting a summit on the barriers to getting more investment in aging innovation.

The full 10 Priorities document can be downloaded at <http://www.who.int/ageing/WHO-ALC-10-priorities.pdf?ua=1>.

2018 Healthy Aging Summit

The Department of Health and Human Services will be hosting this meeting in Washington D.C. in July. Ken Smith has been invited to represent SCL on a panel on future roles for technology in supporting healthy aging.