The growing healthspan-lifespan gap has become an important area of concerns relative to the efficacy of our approach to healthcare [1]. Lack of access to healthcare only accounts for about 10% of premature deaths and other undesirable health outcomes [2]. This growing gap in quality-of-life interventions is a growing challenge for improving disease-free longevity. The current average healthspan sits at 66 years of age with an expected increase in the US to 68 years by 2030 [3]. However, there are a multitude of interconnected sdoh factors the drive lifespan including social, mental and emotional health, lifestyle choices and social policy.

and the emergence of complex comorbidity that lead to accelerated progression toward death.

Concepts:

* Healthspan vs Lifespan and the growing gap (living longer but not healthier)
* The role of modifiable SDOH factors from a broader perspective
* How much does healthcare help and can it change to improve effectiveness?
* Interconnected systemic factors & feedback loops drive emergence of observable phenotypes.
* Strategic modeling and examples of successful implementations (i.e., EBAIS Teams in CR)
* Research to Practice Framework
* Neural Endocrine Immune Networks & Vagal Nerve Mediation of Inflammatory Pathways
* Sound modality & treatment protocols