

# Happily Ever Older

by [admin](#) • October 4, 2013



By Staff Reports

(Victor Valley)– From the U.S. Department of Health and Human Services, I’m Ira Dreyfuss with HHS HealthBeat.

Is there such a thing as happily ever after? Well, research indicates people generally become happier and more pleased with their lives as they age. Angelina Sutin of the Florida State University College of Medicine saw that in two large national surveys.

Sutin also found that, although life satisfaction rose with age, a lot depended on where your generation started from. So generations that came of age in tough times might still have less satisfaction as seniors than generations that came of age in good times.

“What this study does show is that aging is not all sadness and loss – that we are actually getting happier as we are getting older.”

Sutin did the research while at the National Institutes of Health, where she is still a guest researcher. The study is in the journal Psychological Science.

Learn more at [healthfinder.gov](http://healthfinder.gov).

HHS HealthBeat is a production of the U.S. Department of Health and Human Services. I’m Ira Dreyfuss.