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### **Recent researches on anti-aging interventions**

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Population ageing is a global phenomenon: for the first time in human history, the number of people aged over 65 years outnumbered children younger than 5 years in 2018. Korea experiences the world's fastest transition to the oldest society, with expecting to become super-aged society (over 20% is 65 or older) in 2025. Also as with long life expectancy, onset of chronic diseases and medical burden are lowering the quality of life in the elderly world-wide. In 2018, WHO classified aging as a disease, assigning "Code MG2A: Old age" in ICD-11. In last decades, several interventions against aging and aging-associated diseases (AAD) were developed such as anti-aging plasma proteins, senescence cell clearance, cellular reprogramming and potential dietary restriction mimetics. Therefore, dream to live longer without chronic diseases can come true in near future. Here, I will discuss the recent progress in Aging Research Center (ARC), in KRIBB – rejuvenating blood factors to reverse aging processes, the transcriptomic signature of in vivo cellular senescence – which will help us live longer and healthier life.