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- Midlife economic insecurity is a strong predictor of accelerated biological and cognitive aging.
- Chronic stress is an important mechanism linking financial disadvantage to later-life health outcomes.
- Economic disadvantage contributes to widening cardiometabolic and cognitive disparities across aging.
- Midlife represents a critical intervention period for reducing long-term health inequalities.
- Addressing both financial hardship and chronic stress may improve healthy aging trajectories and reduce the burden of age-related disease and cognitive decline.

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