drug therapy and drug holidays according to racial and ethnic groupings

NIA DIVISION OF BEHAVIORAL AND SOCIAL RESEARCH PRIORITIES IN HEALTH DISPARITIES
Frank Bandiera, National Institute on Aging, Bethesda, Maryland, United States

This presentation will include priority research areas in health disparities in the NIA Division of Behavioral and Social Research (BSR). It will include a portfolio analysis and description of BSR program and research in health disparities. Specifically, the 2019 BSR National Advisory Committee on Aging (NACA) recommended BSR’s number one research priority in health disparities. In 2020 BSR held a workshop on structural racism. BSR supports funding announcements in health disparities in Alzheimer’s Disease and Related Dementias, sleep, Native American Health, and immigration among others. Key themes for BSR include racial disparities that often center on context and resources, that is, factors such as residential segregation, rurality, individual and neighborhood SES, and access to health care; persistent racial differences in chronic health conditions; disparities in health systems; immigration and nativity closely linked with race and health outcomes; and racial discrimination linked to poorer mental health and psychological stress.

Session 3405 (Paper)

HEALTHY AGING AND HEALTH PROMOTION

DYNAMIC ASSOCIATIONS BETWEEN LIFESTYLE FACTORS AND POSITIVE AND NEGATIVE AFFECT IN MIDDLE-AGED AFRICAN AMERICANS
Raheem Paxton,1 Chuong Bui,2 Rebecca Allen,1 and Edward Sazonov,2 1. University of Alabama, Tuscaloosa, Alabama, United States, 2. University of Alabama, University of Alabama, Alabama, United States

Purpose: The purpose of this study was to examine the dynamic association between lifestyle factors and both positive and negative affect in middle-aged African Americans.

Methods: Study participants (N = 69, mean age = 51 years, 80% female) were recruited from two African American churches in the Deep South. Participants completed daily surveys on positive and negative affect, physical activity, sedentary behavior, diet quality, and sleep quality daily for up to 10 days. Mixed-effect models were used to examine associations between the variables of interest.

Results: On days that participants were more active, they experienced higher positive affect (p = .015) and lower mean negative affect (p = .028) scores. Conversely, more time spent sitting in logged models (i.e., T-1) was associated with higher mean negative affect (p = .001) and lower mean positive affect (p = .040) scores. In logged models, better sleep quality was associated with higher positive effects (p = .007) scores but reported lower negative effects (p < .0001) scores on the same day. Lastly, on days where diet quality was higher, positive effect scores were higher (p < .05). Association between diet quality and positive effect was moderated by age (p = .025).

Conclusion: The data suggest that same and previous day health behaviors may have a significant impact on the health and well-being of middle-aged African Americans. More research is needed to determine whether these behaviors can be targeted in real-time as a means of improving mental health outcomes in this population.

INTRINSIC CAPACITY AND ITS RELATIONSHIP WITH LIFE SPACE AREA (INCREASE) IN COMMUNITY-DWELLING OLDER ADULTS
Jia Qi Lee,1 Yew Yoong Ding,2 Laura Tay,1 Aisyah Latib,3 and Yee Sien Ng,4 1. Duke-NUS Graduate Medical School, Singapore, Singapore, 2. Geriatric Education and Research Institute, Singapore, Not Applicable, Singapore, 3. Sengkang General Hospital, Singapore, Not Applicable, Singapore, 4. Singapore General Hospital, Singapore, Not Applicable, Singapore

Intrinsic capacity (IC), defined as ‘the composite of all physical and mental capacities of an individual’, is of increasing interest in geriatrics as a potential multidimensional measure of health in older adults. According to the International Classification of Functioning, Disability and Health (ICF) framework, IC, through its interactions with environmental factors, determines a person’s participation in the community. However, there is lack of empirical evidence demonstrating this association. The primary aim of this study was to examine the association of IC with Life Space Area (LSA; a measure of participation) among community-dwelling older adults. The secondary aim was to determine whether age and gender modify this relationship. Cross sectional analysis was performed on data from the Individual Physical Proficiency Test for Seniors (IPPT-S) study conducted in the Northeastern region of Singapore. Standardized IC factor scores were calculated through confirmatory factor analysis using variables that represented the 5 IC domains. Association of IC with LSA and its effect modification by age and gender were examined with regression analyses. The study included 751 participants with mean age of 67.6 and mean LSA score of 88.6. IC showed a positive and significant association with LSA (B = 6.33, P < 0.001) and the effect remained significant even after controlling for potential confounders (B = 4.76, P < 0.001). Age and gender did not show significant modification on this relationship. Our findings support the empirical rigour of the ICF framework and provide guidance for healthcare providers who aim to enhance life space mobility and promote healthy aging in older adults.

PERCEPTIONS OF HEALTHY AGING AMONG COMMUNITY-DWELLING OLDER PERSONS IN AN URBAN SLUM IN IBADAN, NIGERIA
Olubukola Omobowale, University of Ibadan, Nigeria, Ibadan, Oyo, Nigeria

Background: Healthy Ageing is the process of the development and maintenance of functional capacity which allows well-being at an older age. This understanding is comprehensive and relevant for all older persons. Despite the global attention being given to healthy ageing, there is limited information on the perceptions of this concept among older persons in low resource settings like Nigeria, hence the need for this study.

Methods: In depth interviews were conducted among older persons aged 60 years and above residing in Idikan

GSA 2021 Annual Scientific Meeting