Eight SPA items (e.g., “Things keep getting worse as I get older”) were derived from the Attitudes Toward Own Aging subscale of the Philadelphia Geriatric Center Morale Scale. 10 items measure self-efficacy on a 6-point Likert-type scale from strongly disagree to strongly agree. 21 lifestyle activities covering physical, intellectual, social, and spiritual domains were dichotomized into whether respondents participate at least monthly. Multiple regression analyses were utilized. Results indicate that self-efficacy explained 23% of the variance in SPA while holding constant age, gender, and functional ability. Sobel’s test showed that self-efficacy mediated the relationship between lifestyle activities and SPA. Exercise explained the most variance in SPA, followed by computer use and volunteering. Building upon successful aging literature, this study demonstrates the impact of self-efficacy and helps distinguish which lifestyle activities may be most effective in improving SPA. In addition to individual-level lifestyle activities, the impact of structural interventions on SPA should be tested in future research.

SUBJECTIVE SUCCESSFUL AGING: FACTORS RELATED TO A SELF-RATED PERCEPTION
Marlene Alvarado Rodriguez, and Neyda Ma. Mendoza-Ruvalcaba, University of Guadalajara, Guadalajara, Mexico

Introduction Theoretical successful aging definitions may not consider the older adults perception’s on their own aging. The aim of this study is to analyze factors related to subjective perception of successful aging. Methods: Population based, random sample included n=401 community-dwelling older adults 60-years and older (mean age=72.51,SD=8.11 years,59.4% women). For measurement of subjective successful aging (S-SA), participants were asked to self-rate SA in a Likert scale: “do you believe/feel you are aging well?” Objective Successful aging (O-SA) was operationalized in accordance with Rowe & Kahn definition (no important disease, no disability, physical functioning, cognitive functioning, and being actively engaged). Sociodemographic and health data were also asked. Data were analyzed in SPSSv24. Results: In total 11% were successful ager according to objective measures, while 77.6% rated themselves as successful agers. In the Likert scale of S-SA, specifically 23.4% considered themselves as very much successful agers, 54.1% much, 20.2% somewhat, and only 2.2% said that not at all think they are aging successfully. Education was related to a better perception of S-SA, as well as life satisfaction (p=.000), better subjective health (p=.000), being a spiritual person (p=.000), and not feeling alone (p=.000). Age, marital status, sex, and life-long learning activities were not related to S-SA. Conclusion There is a disparity between subjective and objective successful aging rates Being a successful ager may have a different meaning for each person, and not necessarily involves established criteria. Criteria generated by older adults should be added in theoretical definitions and measures.

SUCCESSFUL AGING IN THE NORTH: LESSONS LEARNED, LESSONS SHARED, AND ADVICE FROM THOSE AGING IN A GOOD WAY IN ALASKA
Jordan Lewis,1 and Steffi Kim,2 1. University of Minnesota Medical School, Duluth, Minnesota, United States, 2. University of Alaska Anchorage, Anchorage, Alaska, United States

This presentation presents and builds upon the Alaska Native Successful Aging model. Elders’ conceptions of successful aging vary from the Western model, how rural and urban environments influence successful aging, and the lessons Elders pass down to ensure a healthy lifestyle are not common in the literature. 42 Alaska Native Elders from the Norton-Sound sub region of Alaska, 21 Alaska Native Elders from the Aleutian Pribilof Islands, 26 Elders from the Bristol Bay region, and 12 Elders residing in Anchorage, AK to provide an urban context of successful aging. A community-based, exploratory, qualitative research methodology was used to allow for co-learning between research team and tribal communities. 101 qualitative interviews were conducted, and team-based thematic analysis was used to establish codes and main themes to expand the Alaska Native Successful Aging model. We learned that emotional well-being, community engagement, spirituality, family and purposeful engagement, and physical health were instrumental in promoting successful aging within Norton Sound and Bristol Bay. These findings expanded Lewis’s model to include gerotranscendence and generativity; Elders intentional relationships and stronger connections to traditional cultural and spiritual activities gave life deeper meaning and value. These findings argue the importance of including and emphasizing social components, historical perspective, and the importance of place, as well as generativity and gerotranscendence in program and policy development.

SUCCESSFUL AGING: A COMPREHENSIVE OUTCOME USING LATENT PROFILE ANALYSIS
Kasey Longley, and Joseph Grzywacz, Florida State University, Tallahassee, Florida, United States

Understanding “successful aging” is a primary goal of gerontology and adult development researchers that has been motivated by rapid the increases in life expectancy over the last 100 years. Successful aging, as it is understood by Rowe and Kahn, is conceptualized multidimensionally in terms of limited disease and disability, high physical, mental and cognitive functioning, and active engagement with life. “Success” in all three domains reflects the idealized manifestation of “successful aging.” Nevertheless, research on successful aging typically focuses on only one or two aspects of the model – most commonly physical disease or disability. The overall goal of this research is to advance understanding and subsequent attempts to promote holistic successful aging. Specifically, using key metrics from each domain of successful aging from the Midlife Development in the United States (MIDUS), this study characterizes distinct profiles of successful aging, and it describes the distribution of these profiles in the adult population. Results indicate 3 profiles. These are labeled as Successfully Aged, Somewhat Successfully Aged, and Least Successfully Aged. Approximately 82.1% of the population (mean age=50.5) is classified as Successfully Aged, whereas the remainder are classified in the Somewhat Successfully Aged (12.2%), and Least Successfully Aged (5.6%), respectively. As expected, those who were classified as Successfully Aged had the highest cognitive scores, sense of well-being, and self-rated health; and had the lowest number of age-related physical disabilities (i.e. cancer, stroke,
THE RELATIONSHIP BETWEEN ACTIVITY PARTICIPATION AND COGNITIVE FUNCTIONING
Sangha Jeon, and Susan Charles, University of California-Irvine, Irvine, California, United States

Researchers are growing increasingly interested in how the diversity of daily activities are related to well-being. The current study examined how both frequency and diversity in daily activities are associated with cognitive functioning. Participants from the third wave (2013-2016) of the Midlife Development in the U.S (MIDUS) survey (N=1281) completed both a telephone-based cognitive assessment and a mailed survey asking about participation in three different types of activities: cognitive (e.g., doing word games, attending educational lectures or courses), physical (e.g., exercise, home chores), and social (volunteer work, attending sports or social groups). Frequency of activity participation was assessed with items asking how often they engaged in these activities, and diversity of activity participation was calculated by summing the number of activities they reported doing in each category. All analyses included sociodemographic variables, health status, and openness to experience as covariates. Findings from multiple regression indicated that greater frequency in all activities (cognitive, physical, and social) was related to higher levels of cognitive functioning. Greater diversity of social activity was also related to higher cognitive functioning. Education mediated the association between diversity in cognitive activities and cognitive functioning, suggesting that the link between higher levels of cognitive functioning and education may be partly attributed to people with higher levels of education engaging in greater diversity of cognitive activity.

SESSION 2960 (POSTER)

SLEEP AND AGING

BETTER NIGHT’S SLEEP AND SUBJECTIVE COGNITION: THE ROLE OF DAY AND NIGHT WORK SHIFTS
Britney Veal, Christina Mu, and Soomi Lee, University of South Florida, Tampa, Florida, United States

Previous research indicates poor sleep and cognitive functioning are associated. Studies have yet to consider the role of work shift on this relationship. The current study examined the sleep and subjective cognition relationship in nurses, and if this relationship differed for day- and night-shift nurses. Sixty-one nurses (M=35.39, SD=11.73; 39 day-, 22 night-shift) reported their nightly sleep characteristics and next-day subjective cognition (i.e., processing speed, memory, and mental focus) using ecological momentary assessments for 2 weeks. Multilevel models controlled for sociodemographic characteristics and decomposed the variance attributed by between- and within-person levels. At the within-person level, better sleep the previous night was associated with better subjective cognition the following day. This relationship was more apparent in night-shift nurses than in day-shift nurses, such that (a) longer sleep duration predicted better mental focus (B=1.62, p<.05) and (b) higher sleep quality predicted better memory (B=8.67, p<.001). At the between-person level, better sleep overall was associated with better subjective cognition across days. This association was more apparent in day-shift nurses than in night-shift nurses, such that (a) better sleep quality and subjective cognition faster processing speed (B=34.33; B=26.28; p<.001) and (b) better sleep quality and greater sleep sufficiency predicted better memory (B=30.94; B=23.09; p<.001). Findings suggest that sleep characteristics are associated with subjective cognition in nurses day-to-day and on average. Specific sleep characteristics associated with subjective cognition differ between day- and night-shift nurses, presumably due to differences in their sleep issues and perceived cognitive abilities.

BINGE DRINKING, DEPRESSIVE SYMPTOMS, AND SLEEP HEALTH IN MIDDLE-AGED AND OLDER ADULTS
Rebecca Lorenz, Samantha Auerbach, and Yu-Ping Chang, University at Buffalo, Buffalo, New York, United States

Unhealthy alcohol consumption such as binge drinking and depression are common problems among adults. The combined effect of binge drinking and depression might contribute to negative health outcomes, such as accidents, addiction, or sleep problems. Previous evidence has indicated that alcohol consumption differs by age. However, little is known about the association between binge drinking, depression, and sleep health, and how age might play a role in this association. This study aimed to examine the association between binge drinking, depressive symptoms, and sleep health in middle-aged and older adults and characterize any age differences. A total of 5191 middle-aged and older adults from the 2014 Core Survey of the Health and Retirement Survey (HRS) data aged 50 to 80 were included for this study. Binge drinking was defined as the consumption of 5 or more drinks (men) and 4 or more drinks (women) per drinking day. Depressive symptoms were measured using a validated 8-item Center for Epidemiologic Studies Depression Scale. Sleep health was assessed using a composite measure. Age was grouped into middle-aged (50-64.9 years) and older (65-79.9 years) adults. Multiple linear regression analysis was used to examine the associations between variables of interest. Our findings indicated that binge drinking and depressive symptoms negatively influenced sleep health among middle-aged adults, however this relationship was not found in older adults. Clinicians should simultaneously assess problematic alcohol consumption, depressive symptoms, and sleep health. Future research can develop and test age-specific interventions to reduce unhealthy drinking behaviors in middle-aged adults.

DAILY ASSOCIATION BETWEEN SLEEP AND STRESSORS: ROLE OF CAREGIVING AT WORK AND HOME
Taylor Harris, Taylor Vigoureux, and Soomi Lee, University of South Florida, Tampa, Florida, United States

Previous research shows that adults with children experience poor sleep. We know that poor sleep is associated with experiencing more frequent and severe stressors (i.e, subjective feelings of believing his/her life is uncontrollable,