

Health Promotion at Mid- and Late-Life

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A lifespan approach for health promotion

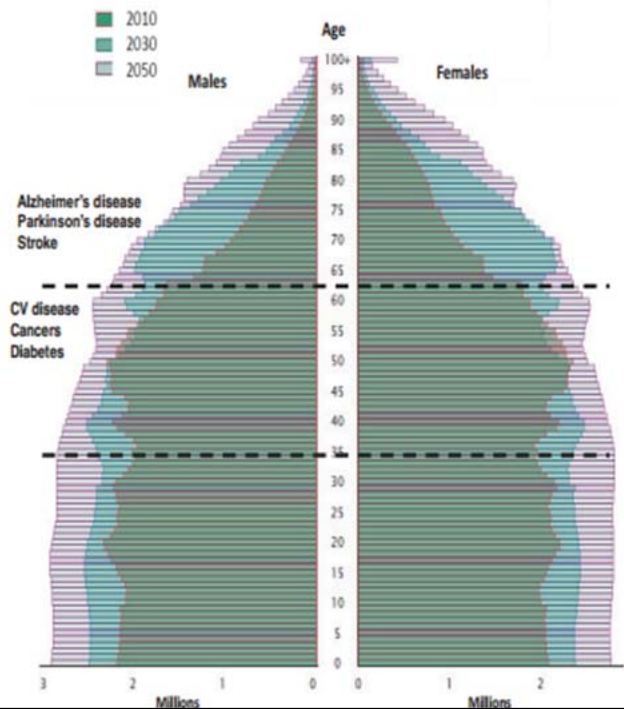
Cumulative effects of early experiences

Reduced **plasticity** and **reserve capacity** in old age

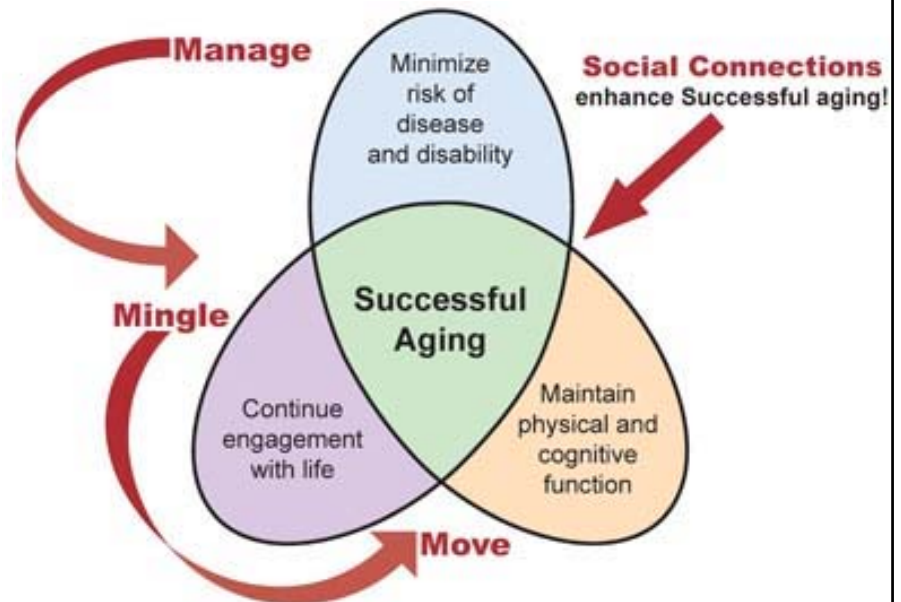
Medical advances in diagnosis and treatment of CVD and some cancers

Obesity and **inactivity** increase diabetes; diabetes is a risk factor for AD and stroke

A Life Span Approach to healthy aging could save \$300 billion just in its effects on Alzheimer's stroke, and Parkinson's



1. Diet / Nutrition; minimizing poor health behaviors;
2. Regular activity & exercise;
3. Cognitive challenge;
4. Relationships;
5. Psychological resources



Prevention through Challenge

Diet: Intermittent fasting, caloric restriction

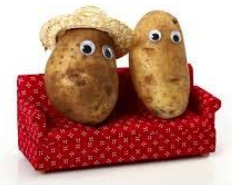
- 3 meals per day + snacks may be “bad”
- Avoiding processed foods

Daily exercise and activity

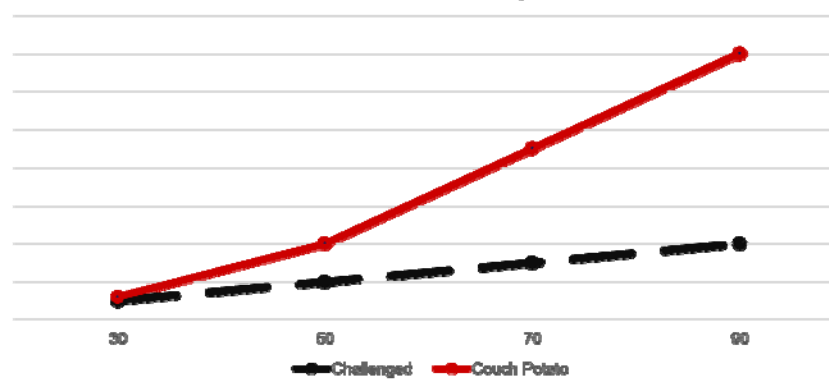
- Vigorous **and** Moderate
- Instead of, or with, medications

Mattson, 2014

Negative Effects of Couch Potato Lifestyle



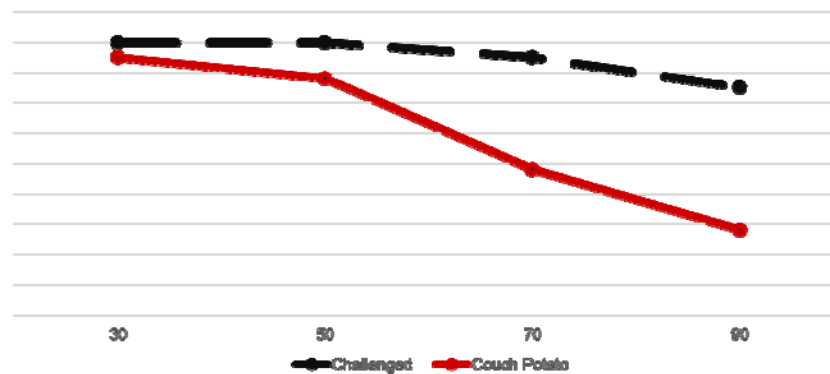
Oxidative Stress, DNA damage, Inflammation



Positive Effects of a Challenged Lifestyle



Neurogenesis, Synaptic Plasticity



Health-Promoting Behaviors

Goals: Increase physical and mental health, reduce chance of illness, increase overall well-being

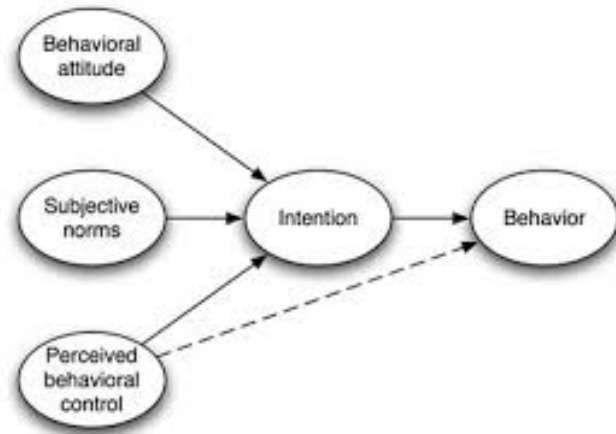
Includes number of clearly beneficial behaviors: Exercise, diet, screening

...and some not so clearly beneficial behaviors: Vitamins, supplements, "natural" remedies

Often, health promoting behaviors either aren't started or don't last

Increasing the Good and Decreasing the Bad: Evidence-Based Design for Interventions

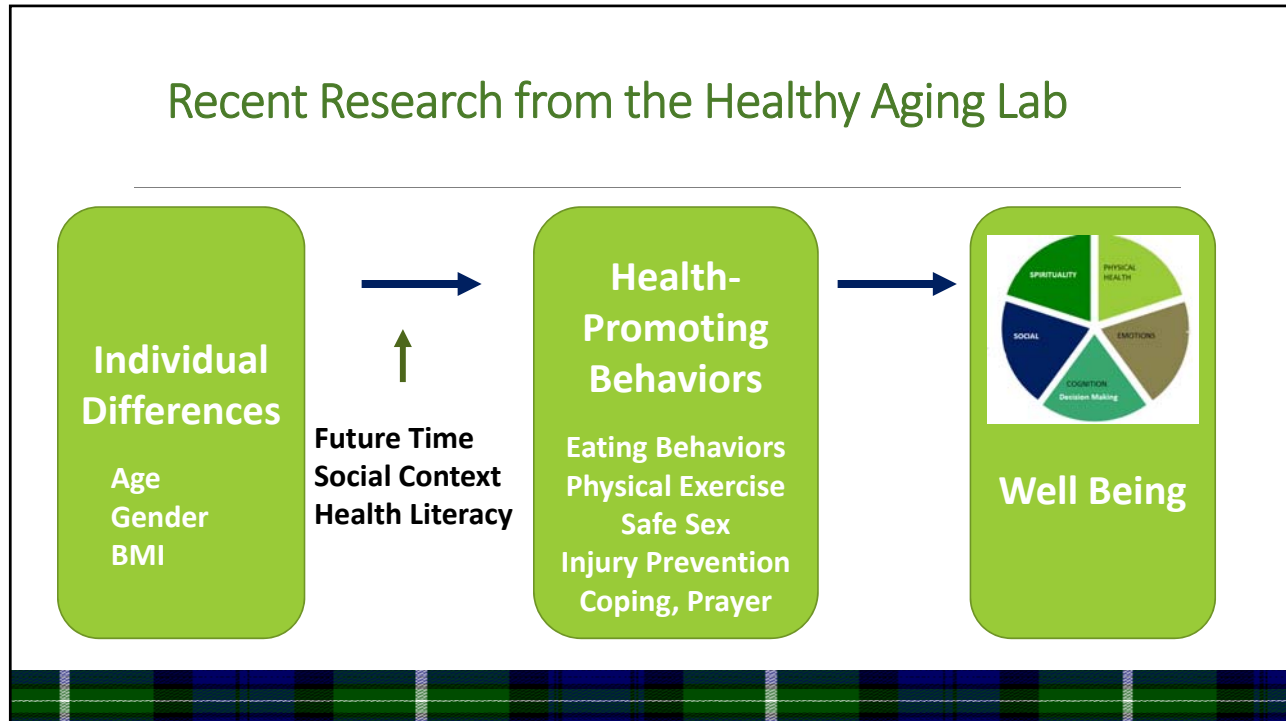
- **Content:** TpB
- **Timing:** Most likely to change if connected to serious illness; initiate after initial diagnosis and before cessation of invasive treatment



Healthy Aging

- ❖ Healthy Aging is **multidimensional** and multiply determined.
- ❖ A variety of behavioral and social cognitive **frameworks** are needed.
- ❖ A range of **methodological** and **analytical** approaches enhance the science.





Health-Promoting Behaviors

Eating Behaviors
 Physical Exercise
 Safe Sex
 Injury Prevention
 Coping, Prayer

Ayotte, B., Margrett, J.A., & Patrick, J. H. (2013). Dyadic analysis, self-efficacy & perceived support.

Stahl, S.T. & Patrick, J.H. (2012). Future Time

Nehrkorn, Blake & Patrick (Nov., 2014). Dose-response effects of exercise on emotion regulation; Gerontological Society of America.

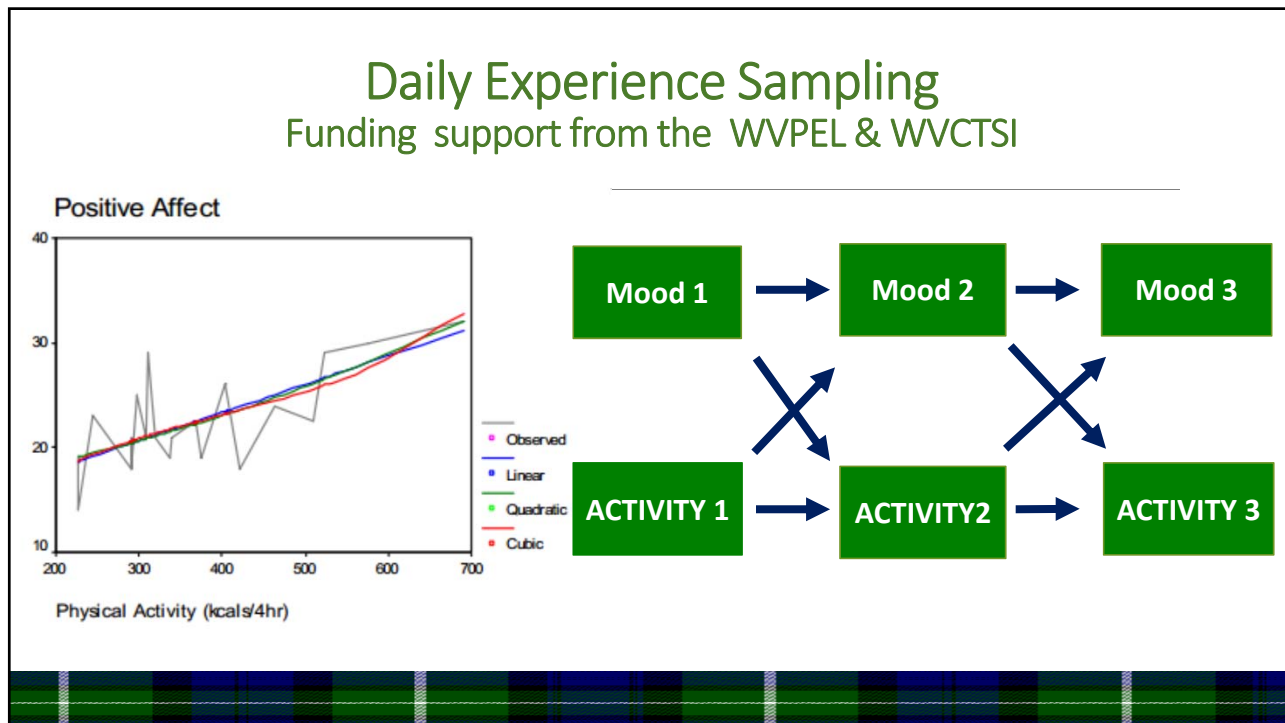
The ABCD Study: Age and Behavioral Coaching across Domains



1. Are there **AGE DIFFERENCES** in the effectiveness of health coaching?
2. Does behavior change in one domain (physical activity) generalize to behavior changes in other, non-coached domains?

Funding from:

Institute of Coaching at McLean, **WV Partnership for Elder Living**, WVCTSI, and the Department of Psychology



Post ABCD

- ❖ ABCD & ABCD-SS data collections should be completed by Spring; Summer & Fall publications and presentations are planned
- ❖ WVCTSI – Community Partners grant, Spring 2015, paid internships for grad students to teach health coaching in community and develop / evaluate peer health coaching in West Virginia
- ❖ NSF proposal on “Smart and Connected Health,” Fall 2015, expand investigations of self-monitoring technologies among very old and very rural adults.

