

International Council on Active Aging

ICAA Research Review Index Volume 8 (2008)

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Did you know? Health care costs lowered by exercise. Lack of thirst leads to dehydration. Weight loss more successful when dietitians educate. Heart disease is leading cause of death. Independent gyms preferred by consumers. Self-efficacy needs strategies to increase physical activity. Older adults get their own food guide pyramid. Oldest baby boomers look towards retirement. Moderate exercise reduces risk of dementia. ICAA News: New education course for personal trainers

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Did you know? Socially conscious attitudes direct boomers' product choices. Type 2 diabetes on the rise in Australia. Lots of chocolate and bone density. Lower copayments increase use of medication for chronic conditions. Poor nutrition accompanies cognitive decline. Healthy lifestyle score predicts longevity. Factors that support exercise adherence among ethnic groups. Vitamin D has wide-ranging role in prevention. Better health through happiness. ICAA News: New email delivers ICAA publications and announcements

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Is technology a key to aging in place?

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Disease management program is effective

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Baby boomers find information and community using the Internet

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Less leisure-time physical activity indicates more disability

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Older women lose happiness as aging men find it

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Internet habits of older adults based on speed

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Parks and recreation programs partner for health promotion

Activity during the day improves cognitive function

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Overweight increases risk of disability, except when people exercise

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Women with osteoporosis may not understand implications

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Community-based lifestyle program excels at managing prediabetes

More people have knee osteoarthritis; physical therapy helps

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Brief reports: 8,000 Steps may meet public health recommendation. Listening to relaxation training and music lowers blood pressure. Workplace obesity management is cost-effective. Physical activity extends life for people with heart disease.
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Active adult communities top the list in new owner satisfaction
Lifestyle is the secret to longevity for aging women
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Resistance exercise relieves osteoarthritis; strategies improve participation
Company-provided health benefits fading for retired workers
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Brief reports: Moderate impact exercise better for maintaining BMD. Searching the Internet engages more areas of the brain. Wellness programs supplement health benefits. Heart attack symptoms discounted in women who admit stress. Strength and balance training may also aid cognitive skills. Health effects of smoking worsen with age. Britain's Baby Boomers aren't that radical, after all. New tool relates resident satisfaction to the physical environment. ICAA News: Find it fast on the ICAA website

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Brief reports: Treatments for arthritis are costly. Women with obesity face higher barriers to exercise. Most families don't know enough about assisted living. Juice increases vegetable intake. ICAA Research glossary: Confounding. Health and money management at top of interest list for aging adults. Sleep, memory and function intertwine. Older workers are a bonus for nonprofit employers. Six illnesses estimated to cost older Americans \$196 billion. ICAA News: ICAA releases new active-aging industry surveys

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Brief reports: Many plan to work during retirement years. Diet fends off risk of heart attack. Occupancy rates in retirement communities. Aging adults adjust to changes in vision. ICAA Research glossary: Opinion poll. Diabetes is expensive, but exercise offers low-cost treatment. Nutrition knowledge increases, but doesn't guarantee action. How successful agers stay healthy. Individualized exercise intensity encourages weight loss. ICAA News: One-stop source of age-specific education targets professionals

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Brief reports: Exercise maintains weight loss. Longterm cardiac rehab reduces risk. People with dementia value meaningful activity. Tai Chi relieves osteoarthritis pain.

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Amenities are important during meals at assisted living facilities

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Brief reports: Australia investing in care for elders. Europeans unaware they have hypertension. Calcium encourages bone health in men. Primary care physicians too frustrated to practice.

ICAA Research glossary: Blinded study

Baby Boomers will try a new activity, when they have time

Exercise and music good choices to help the heart

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Health decline among older caregivers is inconsistent

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Fear of falling impacts quality of life more than a fall itself

Exercise helps to prevent falls

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Diabetes is expensive; lifestyle changes cost less

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Brief reports: Older adults are happy in apartments. Billion-dollar value of family caregiving rises. Physical inactivity and obesity may lead to headache. Women in Japan stressed in multigenerational households.

ICAA Research glossary: Disease burden

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ICAA News: Guide to age-friendly products and services released

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Brief reports: Obesity prevalence projected for England. Older adults retain more positive memories. Prescription drug use high among US elders. Farsighted vision endemic in developing countries.

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Specific guidance aids switch to Mediterranean diet

Multidimensional program improves life for people with dementia

Does money lead to healthy behaviors?

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