

# International Council on Active Aging

## ICAA Research Review Index Volume 9 (2009)

### January 2009

#### No. 1

Brief reports: Population in European Union, January 2009. Population in United States, January 2009. Risk of osteoporosis and fracture high in assisted living. Insomnia carries a billion-dollar price tag. Whole grains may ward off heart failure.  
Gardening benefits mental and physical health  
Social Security is primary source of retirement income for Americans  
Imagination and technique increase physical activity  
Physical activity regulates blood sugar, which supports cognitive health  
ICAA News: Member questions answered

#### No. 2

Brief reports: Fruits and vegetables may prevent bone loss. Life expectancy in United Kingdom is increasing. Technology adds to monitoring of older adult health.  
Older smokers are candidates for Alzheimer's disease.  
ICAA Research glossary: Healthy life expectancy  
Balance exercise best for preventing falls  
In middle age, eating less prevents weight gain  
Multiple factors encourage—or discourage—walking  
Money and health switch importance after retirement  
ICAA News: Call for presenters for ICAA Active Aging Conference 2009

#### No. 3

Brief reports: Older adults slowly enroll in social networks. Blood pressure may rise in colder weather. Retirement communities rely on Medicare funding. More older drivers, fewer fatal crashes.  
ICAA Research glossary: Probability sample  
Aging stereotypes rooted in fears for the future  
Physical activity lower in women, yet it prevents cognitive decline  
Why do older adults move to apartments and condos?  
Walking improves walking for people with PAD  
ICAA News: New ICAA service links schools to internships

## International Council on Active Aging

No. 4

Brief reports: Coffee reduces risk of dementia. Healthcare in US is expensive. Family and leisure are goals of Baby Boomers. Older Americans hit by unemployment.

ICAA Research glossary: Cohort

Exercise for fall prevention: Who, me?

If you think you can get active, maybe you will

Fend off dementia by staying calm

Strength training can relieve knee osteoarthritis

ICAA News: ICAA website debuts new interactive features

### February

No. 5

Brief reports: Walk through the neighborhood for social interaction. Ball game for older adults isn't too risky. Treat incontinence with weight loss. Tutoring children improves cognition in older adults.

ICAA Research glossary: Intercept survey

The image tells the story when marketing to older adults

For people with diabetes who are obese, exercise has many benefits

In retirement, single elders at greatest financial risk

Exercise does not cause osteoarthritis

ICAA News: ICAA invites industry to create the future

No. 6

Brief reports: Vacations more satisfying than possessions. Risk of stroke higher in women.

Knowing vegetables are good doesn't mean eating them. Gardening strengthens hands. Updated position statements on weight management.

Exercise restores function after knee replacement surgery

Two views on effectiveness of brain exercises

Even minor fractures are serious, but one question may reduce risk

Oldest people have largest increase in Internet use

ICAA News: ICAA Conference presentations due in two weeks

## International Council on Active Aging

No. 7

Brief reports: Red meat and fried potatoes raise risk for diabetes. People who meditate are less susceptible to pain. Quality of life is high among aging adults in Canada. Art therapy aids women during cancer therapy.

ICAA Research glossary: Conjoint analysis

How to encourage a healthy lifestyle for successful aging

Lifestyle can raise risk of stroke

What motivates people to walk?

Keep memory sharp by reading and quilting

ICAA News: New exercise guide for older adults

### March

No. 8

Brief reports: Two years later, study participants still more active. Relationships with residents motivate caregivers. Men outrun risk of vision loss. Any diet can reduce weight if calories are lower.

Meaning more important than quantity when choosing activities

Key nutrients may be missing from diets of people in middle age

Peer mentors help older adults benefit from physical activity

Lifestyle program cost-effectively manages diabetes

ICAA News: New intern directory expands ICAA Career Center

No. 9

Brief reports: Give customers what they want. Details needed to motivate behavior change.

Aging population projections. Messages in health promotion may go astray.

ICAA Research glossary: Food frequency questionnaire

Encourage walking in retirement communities

Middle-aged men who are active live longer

Healthy foods can be hard to find

Oldest and youngest boomers work towards retirement

ICAA News: All ICAA articles available online

No. 10

Brief reports: Theater training improves cognitive skills. Half a teaspoon of salt can save lives.

One-legged stand might predict cognitive decline. Optimistic women enjoy better health.

ICAA Research glossary: Causal relationship

African-Americans benefit from church-based lifestyle intervention

Simple ankle exercises improve balance

After retirement, older adults pursue their interests

Long-term care needs are growing, and expensive

ICAA News: Join the ICAA online business network

## International Council on Active Aging

No. 11

Brief reports: Yoga counteracts fear of falling. Distribution of frail older adults in Europe.

Socialization keeps drinking moderate. Older adults like television and go digital.

ICAA Research glossary: Metabolic equivalent (MET)

Moderate intensity approximates 100 steps a minute

Higher food prices might lower rates of obesity

Tutoring kids improves health for older adults

Depression is a precursor to heart disease

ICAA News: Join the ICAA membership campaign and be rewarded

### April

No. 12

Brief reports: Healthier lifestyles delay bone loss. Occupancy rates in senior housing. Balance training leads to more active lifestyle. Pets may increase risk of falls.

ICAA Research glossary: Nanogram

Vitamin D emerges as key to health

Older adults who adapt to a changing social life stay healthy

Higher levels of physical activity improve quality of life

Costs of Alzheimer's are high today; will skyrocket tomorrow

ICAA News: Active Aging Week dates announced

No. 13

Brief reports: Physically active elders in Canada age successfully. Financial abuse costs billions. With Parkinson's disease, don't think about your feet. Strength, but not muscle size, improves for octogenarians.

ICAA Research glossary: Variance

Diabetes risk factors ignored; self-management barriers are high

Psychological factors help physical activity fend off depression/anxiety

Tai Chi and music aid rehabilitation after stroke

Older adults hold on tight to remaining retirement savings

ICAA News: Early-bird registration best value for International Council on Active Aging Conference

## **International Council on Active Aging**

No. 14

Brief reports: Exercise and therapy best for low back pain. Major demographic shift in Asia.  
Continue exercise to maintain bone health. Drink fewer calories to lose weight.  
ICAA Research glossary: Prospective study  
Caregivers gain multiple benefits from exercise intervention  
Quality of life sometimes rocky for aging adults in UK  
Exercise improves life for people with heart failure  
Baby boomers increasingly interested in newer technologies  
ICAA News: Professional connections are easy with ICAA's online network

No. 15

Brief reports: Projected increase in age-related vision loss. Exercise improves reaction time.  
Depression not common among older Australians. Behavior therapy relieves anxiety.  
Once again, vegetables shown to lower risk for heart disease  
Fear can inhibit elders from going outdoors  
Exercise most successful intervention for reducing falls  
Baby Boomers' health better and worse than previous generations  
ICAA News: Looking for work? Visit the ICAA Career Center

## International Council on Active Aging

No. 16

Brief reports: Sidewalks encourage outdoor activity. Prevalence of frailty among older Mexican-Americans. Vegan diets okay for bone health. Combination exercise increases “good” cholesterol.

Planning for retirement increases well-being years later

Higher level of fitness lowers risk of death from diabetes

Stereotypes negatively impact older adults’ memory

More weight at younger age means more mobility problems in old age

ICAA News: Active aging is key point in Canada’s Senate report

### May

No. 17

Brief reports: Funny movies lower high cholesterol. Some physicians hesitate to refer to geriatricians. Recreational physical activity improves outcomes following breast cancer. Aging adults’ happiness related to health literacy.

Age-friendly housing lures Baby Boomers

Arthritis and back problems are leading causes of disability

Weight loss with exercise fends off sarcopenia

Grandparents become an economic force

ICAA News: Membership campaign kicks off

No. 18

Brief reports: Volunteers may live longer. Control risk factors for second stroke. Diet lowers risk for age-related vision loss. Longer life and healthy life in Japan.

ICAA Research glossary: Life expectancy

Physical fitness contributes to quality of life for octogenarians

Retirement delayed or abandoned by Canadian workers

Women’s health issues change as they age

Memory training could help in early stages of Alzheimer’s disease

ICAA News: Seminars and speakers selected for ICAA Conference

## International Council on Active Aging

No. 19

Brief reports: Water exercise aids activities of daily living. Billion dollar price tag for undiagnosed diabetes. Mental health care spending up, access to care is mixed.

ICAA Research glossary: Proxy measure

Residents not anxious to move when living in a CCRC

Aerobic dance improves physical function and well-being

Economic recession is less painful for oldest adults

Lifestyle program succeeds in easing COPD

ICAA News: Staffing research for wellness now available

### June

No. 20

Brief reports: Inner ear disorders become common in middle ages. Cardiorespiratory fitness lowers risk of heart disease and death. Fear sets the stage for disability.

ICAA Research glossary: Noninstitutionalized population

Home modifications good choice for aging in place

Healthy lifestyle rejected by Americans

Dancing and shopping encourage physical activity

To retire or not to retire? It may depend on your country

ICAA News: Submit an application for the 2009 ICAA Innovator Award

No. 21

Brief reports: Hearing aids needed, but many don't own one.

Laughing is good for the heart.

When looking for dates online, age counts.

Earlier detection means later savings for Alzheimer's care.

ICAA Research glossary: Cost-benefit analysis

One-time falls prevention program leads to long-term physical activity

What will men do during retirement?

Tai Chi may help people with arthritis

Healthy diet reduces risk of falls, but not of fractures

ICAA News: New posters unveiled for Active Aging Week

## International Council on Active Aging

No. 22

Brief reports:

Position computers to avoid fall-related injuries

Alzheimer's disease less prevalent in oldest old

Health care usage high for inactive people with asthma

Attitude determines experience of chronic illness

ICAA Research glossary: Chronic illness

Active lifestyle maintains cognitive health

Trouble sleeping? Meditation and behavior change can help

Wii-games help people with Parkinson's disease

Workers reach career satisfaction in middle age and don't plan to retire

ICAA News: New resources support active-aging professionals

No. 23

Brief reports:

Canada reports a drop in deaths from heart disease.

Air conditioning is most important during heat waves.

Cardiorespiratory system follows the music.

Lifestyle programs succeed independent of socioeconomic status.

ICAA Research glossary: Socioeconomic

Social activity also key to physical ability

Baby boomers may still recover retirement funds

What makes the Mediterranean diet so good?

Overview describes the business of assisted living

ICAA News: Last chance to get lowest registration for ICAA Conference

### July

No. 24

Brief reports:

Hearing impairment more common in older workers.

Falls still occur when using a walker or cane.

Newspaper advertising most helpful for older adults.

Group intervention counteracts loneliness.

Older adults live longer when they eat vegetables.

Global population demographics shift as people age

Life events impact physical activity

Can children care for their retired parents?

Multidimensional activities needed for cognitive health

ICAA News: Have you found a new ICAA member?

## International Council on Active Aging

No. 25

Brief reports:

Walking plus balance training improves function.

Prediabetes is billion-dollar expense.

Dementia increasing among oldest-old.

Small doses of happiness make life satisfying.

ICAA Research glossary: Oversample

Research reports

Retirement is a positive transition for working women

Health care costs grow along with America's waistlines

Expectations of aging clash with reality

Messages about brain health and dementia need to be refined

ICAA News: Market research identifies trends in wellness

No. 26

Brief reports:

Counseling increases physical activity.

Fractures from osteoporosis keep increasing.

Spending habits of older adults.

Maintain ADLs by socializing.

Money flows to grandchildren.

How to maintain cognitive skills? Healthy eating and physical activity

Pedometers and mass media most cost-effective for health promotion

Married couples need to talk about retirement finances

Maintain ability with progressive resistance training

ICAA News: Now is the time to apply for Innovators Awards

## International Council on Active Aging

No. 27

Brief reports: Volunteers report better health.  
Dementia less common when diet favors fish.  
Falls prevention education is effective.  
Genetics counters benefit of physical activity for Alzheimer's.  
Announcement: ACSM updates position on exercise and older adults.  
Lifestyle choices prevent heart trouble  
Stock coffee and candy for older adults  
Exercising before a stroke may ward off impairments  
Reduce depression by losing weight  
ICAA News: Tools for staff development

### August

No. 28

Brief reports: Stroke increases risk of falls.  
Marketing gifts backfire in Asian culture.  
Friendliness key ingredient in assisted living.  
Billions spent on complementary medicine.  
ICAA Research glossary: Convenience sample  
Frequent intellectual activities fend off memory decline  
Soaring costs of obesity lead to call for community action  
Yoga encourages mindful eating, which encourages normal body weight  
Functional ability keeps elders out of hospital  
ICAA News: Increase your hiring options with student interns

No. 29

Brief reports:  
Reduce stress of screenings with music and information.  
Age, not income, linked to cognitive decline.  
Older adults don't recognize stroke symptoms.  
In the West, people feel healthier and younger.  
Improving physical function a priority for people with vision impairment  
Health conditions change as people age  
What are older adults reading about cognitive health?  
Physical activity is particularly beneficial for women's cholesterol levels  
ICAA News: Last week to apply for Innovators Award

## International Council on Active Aging

No. 30

Brief reports:

More than one issue leads to frailty.

High cholesterol heightens risk of dementia.

Older adults not persuaded by television health promotion.

When in debt, gain weight.

Add diet to lifestyle choices that boost cognitive health

Then, promote lifestyle to lower risk for chronic disease

Leisure trumps work when a financial windfall arrives

Psychology finds positive aspects of aging

ICAA News: Toolkit supports ICAA membership campaign

No. 31

Brief reports:

Life expectancy climbs in US.

Does computer experience affect computer-based memory training?

Incentives encourage use of employee wellness programs.

Short term, diet may not aid cognition.

ICAA Research glossary: Clinical trial

Many motivations lead middle-aged women to physical activity

Music training could help older adults hear better

Weight training improves symptoms for breast cancer survivors

More knowledge prepares students to work with older adults

ICAA News: Find student fieldwork sites on ICAA Intern Directory

### September

No. 32

Brief reports:

Strength training declines as people age.

Active adults less likely to experience dementia.

Underwater and land treadmills effective.

Rate, but not number, of hip fractures declines in Canada.

People with diabetes still don't eat a healthy diet

Older workers stay, dimming prospects for younger colleagues

Prevention and healthy lifestyles urged by cardiologists

Waist and hip size matter most for older adults

ICAA News: Active Aging Week hosts posted online

## International Council on Active Aging

No. 33

Brief reports:

Higher fitness levels for longer life.

The \$56 billion Baby Boomer cost.

Successful aging in Brazil.

Is peer review sustainable?

ICAA Research glossary: Peer review

Yoga eases back pain and curvature of the spine

Risk of heart disease remains high

Strong quadriceps may defend against osteoarthritis pain

Even worrying about job loss impacts health

ICAA News: Invite an active-aging expert to your next meeting

No. 34

Brief reports:

Cognition declines when blood pressure rises.

Strength training best for sarcopenia.

Work is good for mental health.

Metabolic syndrome risk factors mean costly health care.

The oldest adults maintain function with physical activity

Baby Boomers value suburban life and high-speed Internet

With expert guidance, people with diabetes benefit from exercise

Steps per day for older adults and those with chronic conditions

ICAA News: ICAA launches Active Aging Week pages on Facebook

### October

No. 35

Brief reports: Today's babies are tomorrow's centenarians.

Exercise can control urinary incontinence.

Vegetables and fruits spurned by Americans.

Health benefits keep men walking.

Too much weight cuts women's life expectancy.

Prevalence of Alzheimer's disease called a global emergency

Want to save money? Treat chronic disease

The economy impacts work plans and investments

Boomers feel a harder economic hit

ICAA News: Take advantage of group rates for ICAA Conference

## International Council on Active Aging

No. 36

Brief reports:

Exercise recommendation not being heard.

Global prevalence of blindness.

Sit-and-reach test may signal cardiovascular trouble.

New policy statement encourages worksite wellness.

ICAA Research glossary: Household

Why do older adults move to a new residence?

Intellectual activities affect risk of dementia

Older exercisers among the most devoted

Lower risk of depression by eating a Mediterranean diet

ICAA Update: Get to work at the ICAA Career Center

No. 37

Brief reports:

Exercise beneficial for rheumatoid arthritis.

Older Americans have rising healthcare costs.

Vigorous exercise reduces risk of breast cancer.

Healthy lives fall short of life expectancy in Europe.

ICAA Research glossary: Propensity score

Research reports:

Most referrals come from highly satisfied residents

More social support means better health

Working older adults are healthier, if they can get a job

The links between obesity, cardiac disease and depression

ICAA News: Search the online directory of age-friendly business

No. 38

Brief reports:

Internet searches activate brains.

Older adults receptive to robot helpers.

Income sources of older Americans.

Diabetes threatens lives and economies

Another health lecture won't lure elders to day centers

Minor weight loss lowers risk of osteoarthritis

CCRCs position services to satisfy future residents

ICAA News: Invest in the future at the ICAA Active Aging Conference

**November**

## International Council on Active Aging

No. 39

Brief reports:

Exercise best medicine for knee pain.

Actions and environment maintain weight loss.

Closer to nature is better for mental health.

Cardiorespiratory fitness falls fast after 45.

ICAA Research review: Secondary analysis

Research reports:

Exercise and weight loss key to preventing diabetes

Cost of long-term care on the rise

Ageist attitudes affect the young as well as the old

Metabolic risk factors lead to poorer health, and higher costs

ICAA News: Join ICAA using the online application

No. 40

Brief reports:

Assisted living organizations shifting fee structures.

Retire for better sleep.

Think young for life satisfaction.

Cardiovascular disease raises risk of hip fracture.

ICAA Research glossary: Crude rate. Absolute risk (rate)

Women in middle age have growing risk for heart attack

Lifestyle choices reduce risk of cognitive decline

Tai Chi for knee pain and yoga for back pain

Timing and coordination improve walking skills

ICAA News: Finalize budgets with wellness industry research

No 41

Brief reports:

Coping skills enhance well-being.

Disability increasing among Baby Boomers.

Email for better health?

Walking clubs increase steps.

Research reports:

Women-centered cardiac rehab reduces depression

Long-term or short-term, meditation supports health goals

The picture of aging well doesn't include healthy eating

ICAA News: ICAA member recruitment in high gear

## International Council on Active Aging

No. 42

Brief reports:

Mood-changing drugs can cause falls.

More intense exercise protects men from stroke.

Baked fish and tofu may lower heart disease risk.

Announcement: Special issue covers residential design for people with neurodisability

Research reports

Besides wearing pedometers, environment affects walking

Aging women happier with positive relationships

CCRC definition expands to reflect current practices

Muscle strength lowers risk of cognitive decline and Alzheimer's

ICAA News: Use industry research to plan programs

### December

No. 43

Brief reports:

Mirrors don't affect exercise experience.

Vegetarian diet maintains bone density.

Video games may increase energy expenditure.

Older Australians keep moving.

Research reports:

Updated statistics describe Baby Boomers

Aches and pain increase risk of falls

Lonely people spread loneliness to their social networks

Walkers, pick up the pace

ICAA News: Join ICAA's online communities

## International Council on Active Aging

No. 44

Brief reports:

Turn off the television to increase activity.

Disability among elders in low- and middle-income countries.

Religion, depression and cognitive decline.

Osteoarthritis costly for individuals and insurers

ICAA Research glossary: Cohort-component method

Maintaining driving skills leads to better health

Life expectancy in US may be even longer

Even small amounts of weight loss help hearts

Incomes vary among residents of retirement communities

ICAA News: Find suppliers that understand your business

No. 45

Brief reports:

Vegetables and fruit may help vision.

Older adults more likely to have activity limitations.

Heart disease costs in billions.

ICAA Research glossary: Hazard model

Research reports

Oldest-old feel just fine

Behavioral program can reduce fear of falling

Cardiac rehab saves older lives

Do extra pounds change attitudes toward exercising in health clubs?

ICAA News: Physical activity guides for older adults