



**RESEARCH
CENTERS
COLLABORATIVE
NETWORK**

of the National Institute on Aging, NIH

ACHIEVING AND SUSTAINING BEHAVIOR CHANGE TO BENEFIT OLDER ADULTS

**NATIONAL INSTITUTE ON AGING
CONFERENCE ROOM 2E500D
7201 WISCONSIN AVENUE
BETHESDA, MD 20892-9205**

DECEMBER 6 – 7, 2018



@rccnaging

#RCCNaging #RCCNworkshop

AGENDA

THURSDAY, DECEMBER 6, 2018

1:00 - 1:30 p.m.

WELCOME, OVERVIEW, AND GOALS OF THE WORKSHOP

Stephen Kritchevsky, PhD

Wake Forest University

Stephanie Lederman

American Federation for Aging Research

Basil Eldadah, MD, PhD

National Institute on Aging

1:30 – 2:00 p.m.

PLENARY

Current Behavior Change Theories

Jack Rejeski, PhD

Wake Forest University

2:00 – 2:10 p.m.

The Behavior Change Consortium

Donald Edmondson, PhD

Columbia University

2:15 – 3:20 p.m.

TOPIC 1: EXAMPLES OF INTERVENTIONS TO CHANGE BEHAVIOR TO BENEFIT OLDER ADULTS

Moderator: **Stephen Kritchevsky, PhD**, Wake Forest University

2:15 – 2:30 p.m.

Changing multiple behaviors: The Pointer Study to Prevent Alzheimer's Disease

Jeff Katula, PhD

Wake Forest University

2:30 – 2:45 p.m.

Art-based interventions

Julene Johnson, PhD

University of California, San Francisco

2:45 – 3:00 p.m.

The STRIDE Study: A pragmatic cluster randomized trial

Nancy Latham, PhD

Boston University

3:00 – 3:20 p.m.

Moderator Wrap-up/Group Discussion

3:20 – 3:30 p.m.

BREAK

3:30 – 4:50 p.m.

TOPIC 2: INDIVIDUAL LEVEL DETERMINANTS OF ACHIEVING AND SUSTAINING BEHAVIOR CHANGE

Moderator: **Susan Hughes, PhD**, University of Illinois at Chicago

3:30 – 3:45 p.m.

The Neurobiology of Decision Making

Kendra Seaman, PhD

Duke University

3:45 – 4:00 p.m. *Neuroepidemiology of Decision Making*
Duke Han, PhD
University of Southern California

4:00 – 4:15 p.m. *Targeting Emotions for Behavior Change*
Janey Peterson, EdD, RN
Weill Cornell Medicine

4:15 – 4:30 p.m. *Impact of Pain*
Elaine Wethington, PhD
Cornell University

4:30 – 4:50 p.m. *Moderator Wrap-up/Group Discussion*

5:00 p.m. **ADJOURN DAY 1**

6:00 - 9:00 p.m. **DINNER AND NETWORKING EVENTS***
Positano Italian Restaurant
4948-4940 Fairmount Ave
Bethesda, MD 20814

FRIDAY, DECEMBER 7, 2018

7:15 - 7:30 a.m. **BREAKFAST AVAILABLE IN MEETING ROOM***

7:30 - 7:45 a.m. **RECAP OF DAY 1 AND DAY 2 OVERVIEW**

Stephen Kritchevsky, PhD
Wake Forest University

7:45 - 8:15 a.m. **PLENARY**

Stages of Intervention Development
Lisa Onken, PhD
National Institute on Aging

8:15 – 9:20 a.m. **TOPIC 3: CONTEXTUAL DETERMINANTS OF ACHIEVING AND SUSTAINING BEHAVIOR CHANGE**

Moderator: **Margie Lachman, PhD**, Brandeis University

8:15 – 8:30 a.m. *The Impact of Social Networks*
Toni Antonucci, PhD
University of Michigan

8:30 – 8:45 a.m. *The Impact of the Physical Environment*
Kathleen Cagney, PhD
University of Chicago

8:45 – 9:00 a.m. *Race/Ethnicity as they Effect Health-related Behaviors*
Carl Hill, PhD, MPH
National Institute on Aging

9:00 – 9:20 a.m. *Moderator Wrap-up/Group Discussion*

9:20 – 9:35 a.m. **BREAK**

9:35 – 10:45 a.m. **TOPIC 4: THE ROLE OF MHEALTH TOOLS**

Moderator: **Jack Rejeski, PhD**, Wake Forest University

9:35 – 9:55 a.m.	<i>The role of health technologies in shaping behavior</i> Joe Cafazzo, PhD University of Toronto
9:55 – 10:10 a.m.	<i>Case Study I</i> Jason Fanning, PhD Wake Forest University
10:10 – 10:25 a.m.	<i>Case Study II</i> Spyros Kitsiou, PhD University of Illinois at Chicago
10:25 – 10:45 a.m.	<i>Moderator Wrap-up/Group Discussion</i>
10:45 – 11:00 a.m.	BREAK
11:00 – 12:20 a.m.	TOPIC 5: THE HEALTH SYSTEM'S ROLE IN IMPROVING THE HEALTH OF OLDER ADULTS Moderator: Jay Magaziner, PhD , University of Maryland
11:00 – 11:15 a.m.	<i>Strategies to Improve Medication Adherence</i> Donald Edmondson, PhD Columbia University
11:15 – 11:30 a.m.	<i>Changing the Health System to Improve the Health of Older Patients</i> Janet Bettger, ScD, FAHA Duke University
11:30 – 11:45 a.m.	<i>Incentives as a Policy Tool to Shape System Behavior</i> Cheryl Damberg, PhD RAND Corporation
11:45 a.m. – 12:00 p.m.	<i>Building an Age-Friendly Health System</i> Jane Carmody, DNP, MBA, RN The John A. Hartford Foundation
12:00 – 12:20 p.m.	Moderator Wrap-up/Group Discussion
12:30 - 1:00 p.m.	KEY TAKE-AWAYS AND RESEARCH PRIORITIES (ALL)
1:00 p.m.	ADJOURN (LUNCH)*
1:30 – 4:30 p.m.	POST-WORKSHOP SESSION: AGING RESEARCH FOR JUNIOR FACULTY
1:30 – 2:15 p.m.	<i>Introduction to the Session & Key Issues in Multidisciplinary Collaboration</i> Stephen Kritchevsky, PhD
2:15 – 3:45 p.m.	<i>Best Practices in Team Formation</i> Holly Brower, PhD and Sherry Moss, PhD Wake Forest University
3:45 – 4:00 p.m.	BREAK
4:00 – 4:30 p.m.	<i>How to get started as a new investigator</i> Robin Barr, DPhil National Institute on Aging
4:30 p.m.	ADJOURN

*All meals are underwritten by the American Federation for Aging Research