

AI and Health Behaviors for Healthy Aging

RCCN Workshop

June 24 -25, 2025

Website: RCCN-AGING.ORG

X/Twitter: [@rccnaging](https://twitter.com/rccnaging)

Bluesky: [@rccn-aging.org](https://bsky.app/profile/rccn-aging.org)

LinkedIn: Research Centers Collaborative Network

Supported by U24 AG058556



AI and Health Behaviors for Healthy Aging

- Introductions
- What is the RCCN?
- How the Workshop Came to Be
- Workshop Format and Expectations

RCCN Activities

Activity	Examples
<p>Workshops convening researchers from multiple NIA center programs around a common problem.</p> <p>All are Web-Cast as well</p>	<ol style="list-style-type: none"> 1. Behavior Change for Older Adults (2018) 2. Sex and Gender in Aging (2019)* 3. Resilience and Reserve in Aging (2019)* 4. Life Course Factors Perspectives on Aging(2020) 5. Inclusion of Older Adults (2021) 6. Measuring Biologic Age (2022) 7. Aging, Race, and Health Disparities (2022) 8. mHealth and Digital Health Approaches (2022) 9. Promoting Healthy Aging Through Nutrition (2023)
<p>Cross Center Pilot Awards</p>	<p>Pilots for advancing workshop themes. Two annual receipt dates (April 1 and October 1).</p>
<p>Webinar Series Directed at Interdisciplinary Research Skills and Workshop Highlights</p>	<ul style="list-style-type: none"> • Building Cross-Disciplinary Collaborations in Aging Research* • Jumpstart Your Research Team • Mechanisms of Behavior Change for Health Aging • Sex / Gender in Aging Research • Reserve / Resilience I & II • The Long-Life Family Study: Resources and Discoveries in Human Aging

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How the Workshop Came To Be

Workshop Ideas Come From a Variety of Sources

Vetted by Steering Committee

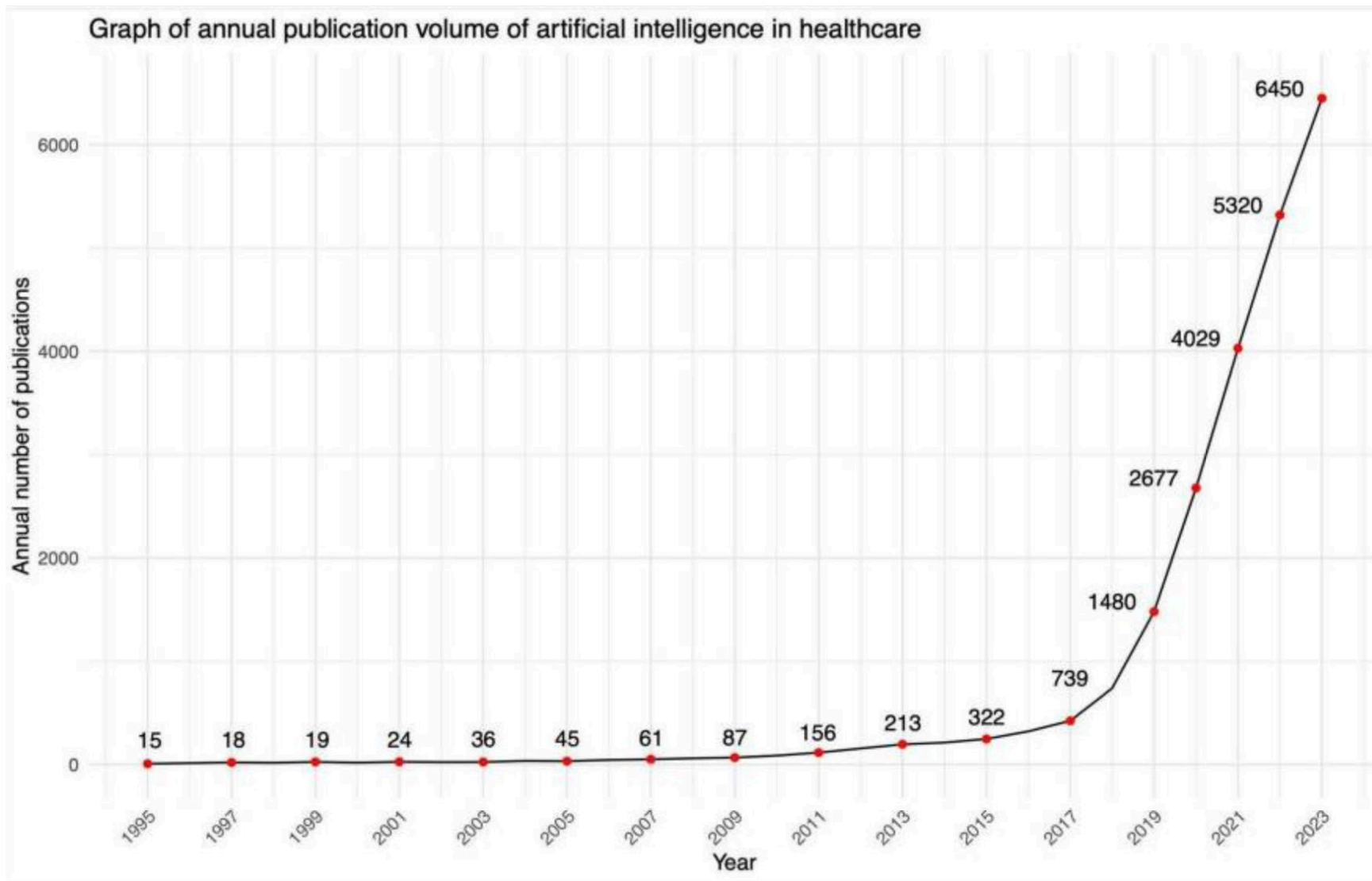
Discussed with NIA Program Officials

Planning Committee Named

RCCN Workshop Goals

Overarching

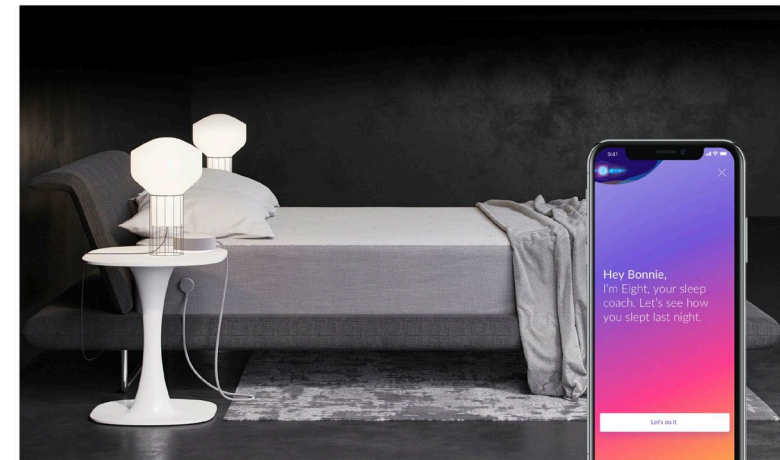
- Connect researchers around a common interest across centers, disciplines, seniority and geography
- Publish findings and recommendations
- Begin to build a workforce skilled in multidisciplinary investigation

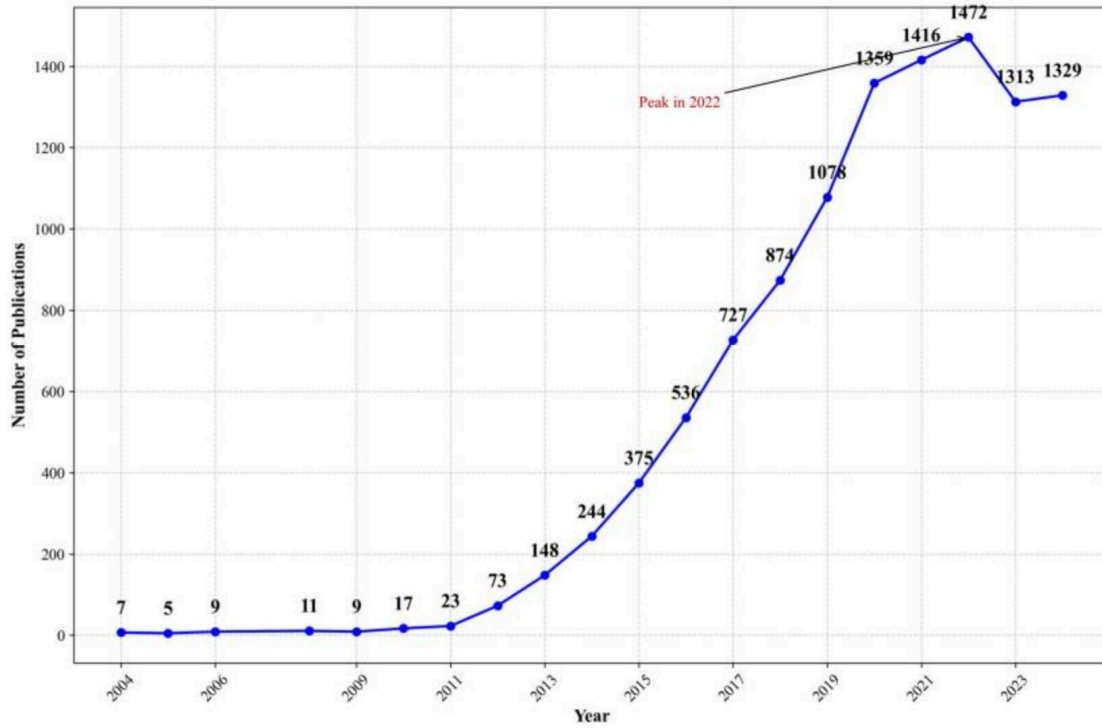




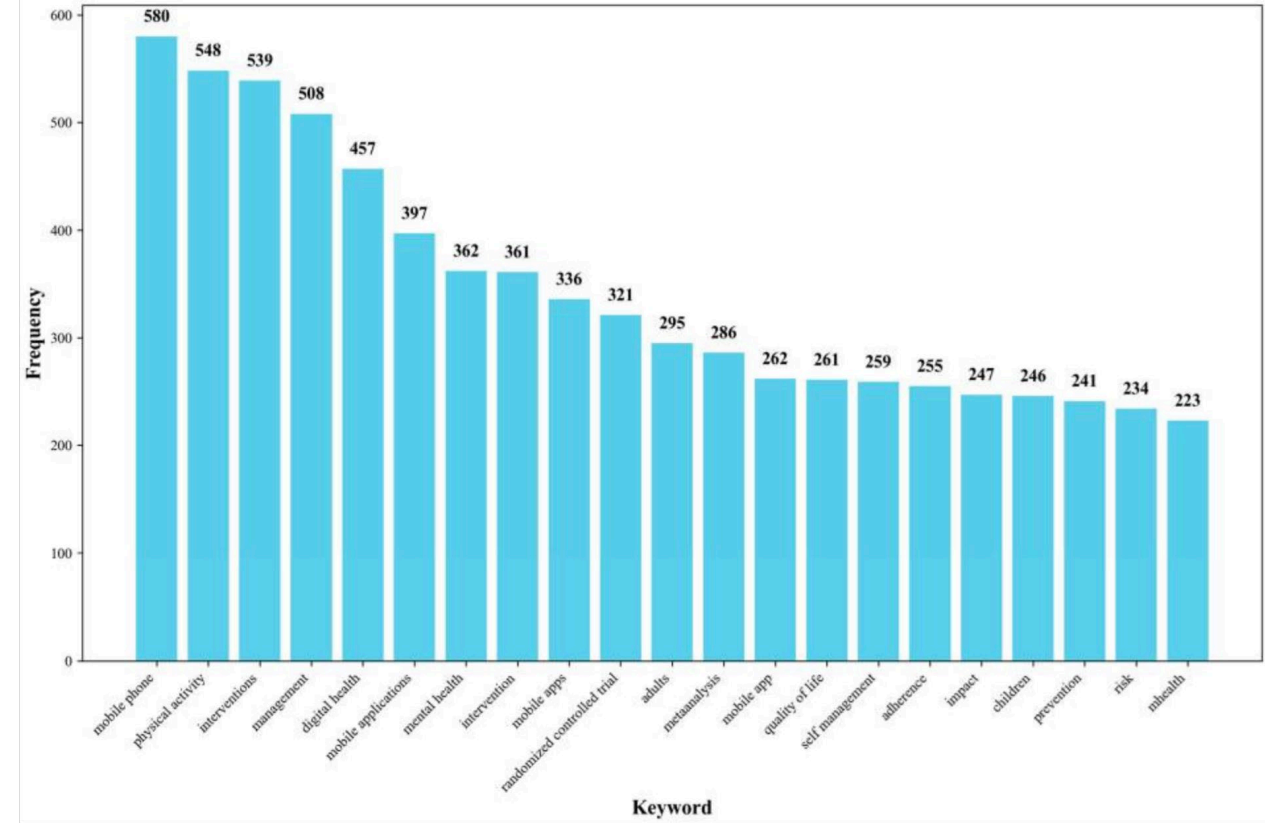


Introducing: Our AI-Powered Sleep Coach





Number of publications about mHealth from 2005 to 2024 in PubMed. Note: This figure shows publications on mHealth in PubMed which shows potential growth from 2005 (<10 publications/year) to 2022 (peak of 1472 publications). After 2022, publication numbers slightly decreased but remained high (>1300/year).



What do we hope to accomplish?

- We will set the stage on “what we mean when we say AI” and then hear from speakers on opportunities and challenges in
 - Using these tools to promote short-term and long-term behaviors
 - Designing and refining research designs that integrate AI and other technologies for older adult
 - Seeking academic and industry partnerships
 - Blending the use of AI tools into standing research paradigms

A focus on discussion

- Take note of both the exciting opportunities and important challenges that come to mind
- We will hold both moderated and small-group discussion on these topics
- The hope is to form these insights into a workshop paper that can help to guide the development of AI-supported behavior change programming for older adults

RCCN Workshop: Goals & Format

- Meeting Format
- Expectations and Manners
 - Speakers - Stay on Time
 - Early Career Participants – We want to hear from you
- Meeting Evaluation

AI & Health Behaviors for Healthy Aging Virtual Workshop

- Please keep your microphone muted when you are not speaking
- Have a question? Raise your hand during the Q&A or add your question/comment in the chat
- This workshop will be recorded, and we are livestreaming to a wider audience