Aging Well: Never Too Soon, Not Too Late

Margie E. Lachman, Ph.D.
Psychology Department, Brandeis University
Living Long, Living Well
April 3, 2009

Supported by grants from the MacArthur Foundation and National Institute on Aging (PO1 AG20166, RO1 AG17920, AG11669)

Overview of Talk
Framework for the Lifespan Initiative on Healthy Aging

- Demographic Context
- Lifespan Approach
- Research Examples from the Lifespan Lab:
  - Not Too Late- Exercise and Disability
  - Never Too Soon- Lifestyle Factors and Health
- Summary
Demographic Context:
Live Births in the United States, 1909-2006

More Walkers than Strollers

2000: 6.8% population under 5 years old
2050: 6.7% population under 5 years old
2000: 12.4% population aged 65 and older
2050: 20.7% population aged 65 and older
More Walkers

Lifespan Approach

- Lifelong Development
- Gains and Losses
- Prevention
- Remediation
- Compensation
- Maintenance

Lifespan Developmental Psychology Lab
www.brandeis.edu/projects/lifespan/
Some Age Better than Others

Citroën Traction
1938

Not Too Late
Strong for Life - Exercise Intervention
Not Too Late

Strong for Life
(Jette, Lachman, Georgetti et al., 1999; Lachman, Neupert, Bertrand et al, 2006)

- Target: over 60, sedentary, at least one functional limitation (e.g. difficulty climbing stairs)
- In home resistance training - 6 months

Stop or slow cycle of disablement
- 12% increase in lower extremity strength
- 18% reduction in disability
- Higher resistance - greater memory improvement

Never Too Soon

Midlife in the United States (MIDUS)
A National Survey of Health and Well-Being

- Time 1: 1994-96; Ages- 24-75 (N=7108)
- Time 2: 2004-06; Ages- 32-85 (N=4963)

- Antecedents
- Multiple Outcomes
- Protective and Risk Factors
- Resilience
Guiding Model for MIDUS: Biopsychosocial Pathways to Health

- Multiple Pathways
  - Biological Factors
  - Psychological & Behavioral Factors
  - Socio-demographic factors
  - Social & Environmental Factors
  - Health

(Brin, Ryff & Kessler, 2004; Lachman & Firth, 2004; Lachman, Röcke et al., 2008)

RX

Psychosocial and Behavioral Prescription for Aging Well

Name ____________________________ Address ____________________________ Date ____________

- Have a sense of control
- Maintain social support and engagement
- Reduce stress and anxiety
- Exercise regularly
- Do cognitively stimulating activities

Start these early in life and continue

Lachman & Agrigoroaei (2009)
**Number of Prescribed Factors in Relation to Health: The More the Better**  
(Lachman & Agrigoroaei, 2009)

Cognitive Health vs Physical Health:

<table>
<thead>
<tr>
<th>Number of Prescribed Factors</th>
<th>Memory Performance (z-scores)</th>
<th>Physical Health (z-scores)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>-0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>1</td>
<td>-0.4</td>
<td>0.4</td>
</tr>
<tr>
<td>2</td>
<td>-0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>3</td>
<td>-0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>4</td>
<td>-0.1</td>
<td>0.1</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

*controlling for age, sex, education, waist circumference, smoking, and alcohol problems

---

**Summary**

- Population Shifts-Biopsychosocial Consequences
- Balance: Gains and Losses
- Not Too Late: Remediation, Compensation
- Never Too Soon: Protection, Prevention
- Now’s the Time for Aging Well!
- Brandeis Lifespan Initiative on Healthy Aging
Acknowledgements

Research
- NIH/NIA
- John D. and Catherine T. MacArthur Foundation
- Lifespan Developmental Psychology Lab at Brandeis University
- Stefan Agrigoroaei
- Eileen Kranz
- Chandra Murphy
- Angela Lee
- Mike Polito
- Olga Strizhetskaya
- Pat Tun
- Kasey Wooten

LIHA and Conference
- Laura Gardner
- Phil Gnatowski
- Adam Jaffe
- Marty Krauss
- Lorna Miles
- Maria Pellegrini
- Rebecca Schiff
- Carrie Simmons