Activity Patterns and Health in Later Life

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Yawkey Center, Murray Room

Please join us for a reception following the talk

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Abstract: The scholarship on activity engagement have moved beyond considering one activity in isolation (like physical activity or volunteering) to exploring activity patterns which include many activities simultaneously. In a series of studies, the antecedents and outcomes of activity patterns as well as potential pathways between activity and health were examined. Using data from multiple waves of the Health and Retirement Study in conjunction with Consumption and Activity Mail Survey, we used latent class analysis to identify the underlying clusters of activity engagement and regression to explore associative factors. The subsequent investigations of mediation effects and gender difference utilized path analysis within structural equation modeling approach. Findings indicate the presence of patterns and variation in these patterns by personal and social characteristics. Patterns related to various health outcomes. And it appears that personal resources affect these patterns more that functional ability. Finally, the physical, cognitive and social demands of the pattern partially determine health outcomes, with little variation by gender.