Lifestyle Intervention for Older Adults with Obesity Improves Health Risk and Quality of Life: From Trials to Translation

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Wednesday, June 22, 2016, 12:00 PM to 1:00 PM
UPMC Shadyside, Hillman Cancer Center
Cooper Classroom C

Light lunch provided. In order to ensure enough food is available, please RSVP to Stacy Fitzsimmons (fitzsimmonss3@upmc.edu), or contact her if you need directions or additional information.

The Cooper Classrooms are located on the ground level of the Hillman Cancer Center, 5115 Centre Avenue, in Shadyside. After entering the building, walk to the left past the elevators. Facing the gift shop, turn right down the hallway. Room C is the 3rd door in the lobby area on the left.

BRAIN, BEHAVIOR, AND CANCER
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Abstract: There are numerous evidence-based guidelines regarding health and quality of life across the lifespan, but less is known about the translation and dissemination of lifestyle interventions for the reduction of cardiometabolic risk factors and other conditions, including cancer, specifically for older adults. This may be due to a perception that adults beyond 65 years of age are too frail or too entrenched in their habits to be responsive to behavioral medicine interventions or, perhaps, to a tacit acceptance that disease and physical function decline are inevitable and behavioral interventions won’t produce good “return on investment”. Several more recent multi-center clinical trials have reported on the impact of diet, activity and weight management interventions in mixed age samples and, indeed, have shown that older adults appear to be particularly adherent and responsive. With the rapid aging of the population and an awareness that obesity/diabetes among baby boomers is contributing to soaring medical costs, there is increased interest in advancing knowledge and strategies for promoting health in late life. The Pitt Retiree Study of elders with obesity and other work from the Diabetes Prevention Support Center at the University of Pittsburgh have added to this understanding of how to implement effective interventions and improve the health and well-being of older citizens.

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