

Useful links:

Link #1

[Click here to visit the PAAS website](#)

Link #2

[Click here for COVID-19 guidance for older adults](#)

Link #3

[Click here to learn how older adults can get started with exercise](#)

Link #4

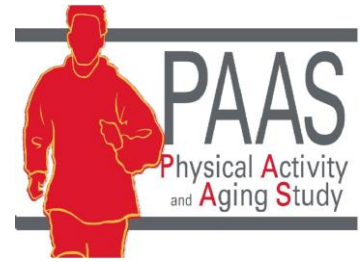
[Click here to access the links to our previous AND newly published studies](#)

Link #5

[Click here to learn about the ISU "Exercise Clinic"](#)

Newsletter

Spring 2022



Dear PAAS participant,

Happy new year! We hope you had a safe but eventful festive period with your loved ones.

Our study accomplished a lot in 2021, particularly considering the initial restrictions imposed upon us by COVID-19. Between June and December 2021, we provided health assessments for 187 participants: 112 returners and 75 new enrollees. We will restart assessments at the end of January, continuing throughout the spring semester and most likely through the summer months, too! We are inviting participants back to the study on a rolling basis, alternating between returners and new enrollees. Those of you who have not yet received an invitation to undergo assessments can expect to hear from us in the coming weeks and months. Some of you may also receive PAAS recruitment material in the mail throughout the semester. These flyers are designed to bring in new participants to the study, and they constitute a major part of our recruitment process. We send these flyers along various mailing routes in Ames and the surrounding areas, but we don't have the luxury of targeting or omitting specific residences, which means returning PAAS participants are also likely to receive this material. Feel free to pass on these flyers to your friends, family, or community organizations such as churches or workout groups.

Another major accomplishment of 2021 was our COVID-19 survey, which was designed to evaluate how the pandemic impacted physical activity and sedentary behavior among you, our PAAS participants. The survey was distributed in June 2021, and we received well over 400 responses. These data were analyzed by our PAAS Data Manager, Elizabeth Lefferts, and synthesized into a research manuscript. We have submitted this manuscript to a scientific journal where it is currently undergoing peer review, an important but often time-intensive stage of the publication process. We want to thank you immensely for taking the time to complete this survey, and we look forward to providing you with a copy of the final manuscript as soon as it is accepted for publication.

Finally, we're pleased to announce that two (2) other PAAS-related manuscripts were accepted for publication in 2021 (link #4). The first of these examined the associations between total daily steps, as well as daily aerobic steps (i.e., walking at a speed of 60 steps/min for at least 10-minutes), with the development of frailty in older adults with hypertension. This study found that more steps per day, as well as higher aerobic steps, was associated with a reduced risk of developing frailty over time. The second study looked at the relationship of handgrip strength and body mass index (BMI) with the occurrence of gastroesophageal reflux disease (GERD), a very common disorder in older adulthood. This study found that greater handgrip strength was associated with lower odds of GERD, and that individuals who were both 'strong' (highest three quarters of strength scores) and normal weight (BMI <25kg/m²) had the lowest occurrence of GERD. These studies were only made possible because of **YOUR** contributions to PAAS.

Thank you for your continued involvement in this project.

Yours in health,
The PAAS Team
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