

## Useful links:

### Link #1

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

### Link #2

[Click here to see all 6 PAAS publications](#)

### Link #3

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

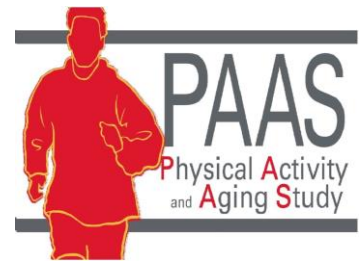
## Welcome to PAAS

Please join us in offering a warm welcome to our newest graduate student: **Taline Jouzi**.



# Newsletter

## Summer 2022



Dear PAAS participant,

We hope this newsletter finds you in good health and high spirits!

We've had a productive semester in PAAS this spring, completing nearly 100 individual assessments over the course of 11 fun-filled weeks. It has been a pleasure catching up with some familiar faces, as well welcoming around 50 new participants to the PAAS family. We are thankful for your unwavering support for the study, and we look forward to continuing this fruitful relationship for many years to come. For those of you who have not returned for follow-up assessments in quite some time, please check your old e-mails and/or junk inbox for an invitation from the PAAS account. We have reached out to all actively-registered participants, but we think some of you may have missed this invitation. Alternatively, you can reach out to us directly via e-mail ([paas@iastate.edu](mailto:paas@iastate.edu)) or by phone (515-294-4253) to schedule your spot on an upcoming assessment wave.

We took a short break from PAAS assessments during the month of May to give our research staff time to recharge before the start of the summer session. Members from the Physical Activity Epidemiology lab also attended the annual conference of the American College of Sports Medicine (ACSM) from May 31st thru June 4th, where we showcased research posters using PAAS data to scientists from across the globe. You can view these online by clicking on link #2 to the left, and scrolling down to the 'Posters' section. PAAS will run this summer from June 6th thru August 2nd (a total of six assessment waves), followed by another short break prior to the fall semester. As always, these assessments will be facilitated by our hardworking undergraduate volunteers, without whom our study would suffer greatly. We have received an assortment of positive feedback from you (our participants) regarding your interactions with our undergraduate volunteers, and we are thrilled to hear they have played such a key role in your experience in PAAS.

We're also thrilled to announce the publication of our 6<sup>th</sup> research paper using data from PAAS, which is titled: "[Effect of the COVID-19 Pandemic on Physical Activity and Sedentary Behavior in Older Adults.](#)" This research was based on results from a survey sent to you during the height of COVID-19. With your help, we found that physical activity was greatly reduced during the initial 3 months of the pandemic, however this returned to pre-pandemic levels one year later after vaccine was available and most restrictions (e.g., social distancing) were lifted. These data suggest the pandemic did not have long-lasting effects on habitual physical activity. It seems people are once again being active in their everyday lives and hopefully obtaining all the associated health benefits! Click on the link (study title) above to access the published manuscript on PubMed®.

Yours in health,  
**The PAAS Team**  
[paas@iastate.edu](mailto:paas@iastate.edu)

# Findings from our latest publication

**Figure 1.** During the first three months of the COVID-19 pandemic, hours per day spent sitting significantly increased but returned to levels similar to before the pandemic one year later. In contrast, time spent walking and time performing moderate-intensity, vigorous-intensity, and total moderate-to-vigorous intensity physical activity all significantly decreased during the first three months of the pandemic and then exceeded pre-pandemic values at one year into the pandemic. A similar pattern was observed for muscle-strengthening physical activity, which decreased during the first three months of the pandemic and then returned to pre-pandemic levels one year into the pandemic.

**Figure 2.** The percentage of older adults meeting the aerobic<sup>1</sup>, muscle-strengthening<sup>2</sup> and both physical activity guidelines significantly decreased during the first three months of the pandemic. However, one year into the pandemic the number of older adults meeting the physical activity guidelines returned to levels similar to before the pandemic.

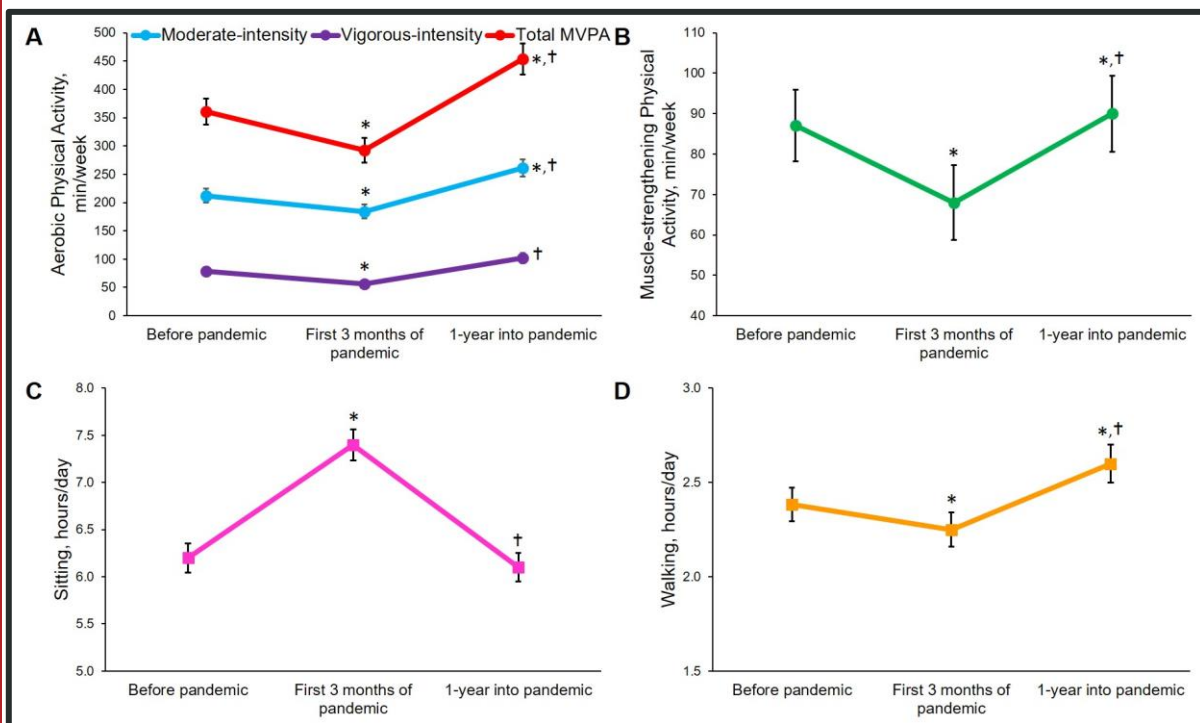


Figure 1.

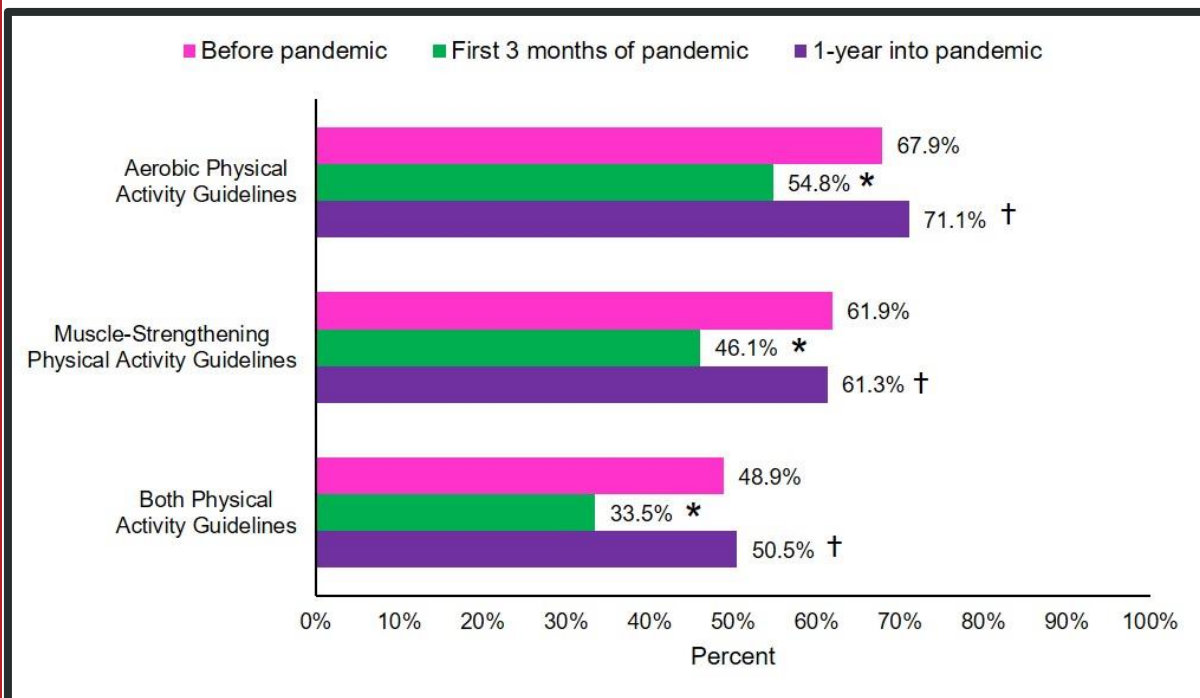


Figure 2.

<sup>1</sup>150-minutes/wk of moderate intensity aerobic activity, or 75-minutes – 150-minutes/wk of vigorous intensity aerobic activity, or an equivalent combination of the two.

<sup>2</sup>Muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week.