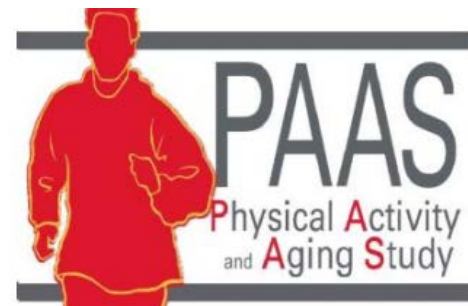
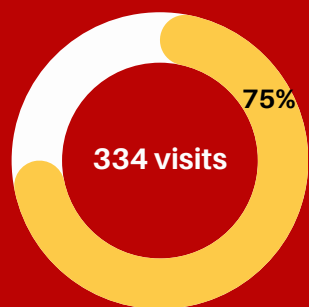


Newsletter



2023 Recap



We saw 334 participants in 2023! 249 were returners (75%) and 84 (25%) joined our study!



Please join us in welcoming our newest Ph.D student, **Jiyeon Yoon**, from Seoul National University (South Korea).

We are on Social Media!



Click on the icons to visit our page!

SPRING 2024

Dear valued PAAS participant,

Here are the latest updates from the study:

- In 2023, we had a total of **334** people undergo PAAS assessments, **84** of whom were **brand new participants**.
- We've now assessed > **1100** people since the study began in 2016!
- We encourage you to return for follow-up assessments roughly **once every 12-months**. Please reach out if we haven't yet booked your follow-up visit: (paas@iastate.edu or **515-294-4253**).
- Our Principal Investigator (PI) and founder of PAAS (**Dr. Duck-chul Lee**) is sadly leaving Iowa State. We wish him continued success and happiness as he embarks on a new journey at the University of Pittsburgh. **Thank you for everything, Dr. Lee!**
- Taking Dr. Lee's place as PI is Assistant Professor in Kinesiology **Dr. Elizabeth Lefferts**, a former graduate student and postdoctoral scholar of our lab! She has a wealth of PAAS experience and plans to make exciting contributions to maximize the participant experience! **Welcome back to the PAAS family, Dr. Lefferts!**

As always, stay safe and active!

Yours in health,

The **PAAS** Team

A recent meta-analysis by Paluch et al (2023) found that:

Approximately **6,000-9,000** steps per day were associated with a **40-50%** reduced risk of CVD for adults aged ≥ 60 years compared to those taking **2,000 steps per day**.

For older adults, taking more daily steps was associated with a progressively **lower risk of cardiovascular disease**. Monitoring and promoting steps per day is a simple metric for clinician-patient communication and population health to reduce the risk of CVD.

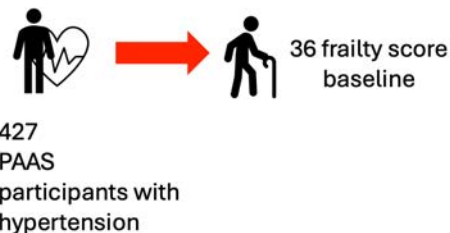


Latest research findings from PAAS

Associations of total and aerobic steps with the prevalence and incidence of frailty in older adults with hypertension

Elizabeth C. Lefferts, Esmée A. Bakker, Salvatore Carbone, Carl J. Lavie, Duck-chul Lee

Population



Frailty is defined by 5 subdomains including shrinking, weakness, slowness, low physical activity (PA), and exhaustion

Measurement

Participants were given a pedometer (1 week)



Total Daily Steps and Aerobic Steps



Health Assessment conducted at baseline and last visit to assess frailty

Outcome



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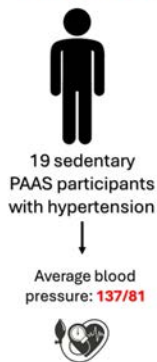


[click here to view the paper](#)

Increasing Lifestyle Walking by 3000 Steps per Day Reduces Blood Pressure in Sedentary Older Adults with Hypertension: Results from an e-Health Pilot Study

Elizabeth C. Lefferts, Joseph M. Saavedra, Bong Kil Song, Angelique G. Brellenthin, Linda S. Pescatello, Duck-chul Lee

Population



Intervention

3,000 extra **lifestyle** steps/day (5 days/week, 20 weeks)



Participants were given:

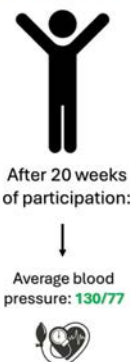


Pedometer (All 20 weeks)



e-health coaching (first 10 weeks)

Outcome



The 3Ps of the 3K study

"Inspiration is what gets you started. **Habit** is what keeps you going!"



Plan

Walk **whenever** you can:



Place

Walk **wherever** there is space:



Play

Find ways to make walking **meaningful** to you:



[click here to view the paper](#)



Xiangyu Zhai recently completed her PhD as a member of the Sports Epidemiology lab (Waseda University, Japan). You may recall seeing Zhai in the fall of 2023 during her internship with PAAS. Zhai evaluated the relationship between daily steps and health-related quality of life using PAAS data, and she will present these results in May 2024 at the annual meeting of the American College of Sports Medicine (ACSM) in Boston, Massachusetts.