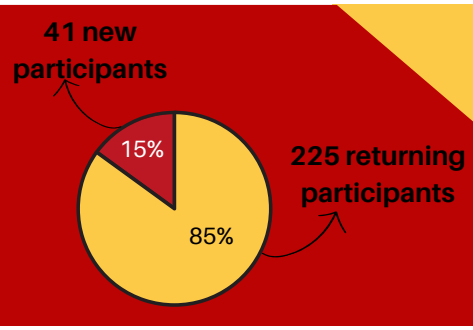
PAAS Newsletter SPRING 2025

2024 Recap

266 total visits



Please join us in welcoming **Spencer Romanowski** to the PAAS Team.

Spencer is a 2nd year PhD Student who will oversee our new cardiovascular testing!

Dear PAAS Participant,

We hope this newsletter finds you in good health and high spirits! We had so much fun catching up with you as we got PAAS up and running again in the Fall and look forward to continuing to catch up with you all this Spring! During our break over the summer a few of us travelled to Boston to present some research posters using PAAS data. We've included the main findings for you below. None of this would be possible without YOU and we are so very thankful for your continued involvement in PAAS!

We also have some exciting updates to share with you:

1. Thanks to the Clinical Vascular Research Lab (CVRL) and Dr. E. Lefferts, PAAS testing now includes assessments of atherosclerosis risk, heart function, artery stiffness, and brain blood flow. We will keep these tests in our study for the next 1-2 years. Spencer Romanowski, a 2nd-year PhD student, will oversee the team behind this testing. You will receive a report of these results alongside your normal health report! To learn more about this testing, click here.
2. We are also thrilled to announce that, thanks to recent funding, blood draws have returned to PAAS for at least a year! We know several of you have been asking and we're excited to be able to provide this to you at your next visit.

Finally, a few general reminders:

📆 **Scheduling:** You are eligible for a follow-up visit every 12 months. Expect to hear from us 12-16 months after your last visit, but feel free to email or call anytime to schedule!

📌 **New Visit Structure:**

- **Digital surveys:** Prior to your first campus visit, you will get a link to complete your annual health surveys at home. You can of course still do these with us in-person if you prefer. Just let us know!
- **Campus Visit 1:** Your first visit to campus is an early morning Wednesday (~3 hours) for all health assessments and physical testing.
- **Campus Visit 2:** Your second visit to campus is just a quick drop-off the next Wednesday to return study equipment.

🌍 **Remote Participation:** If you've moved or can't come to campus, we now offer remote participation. Let us know if you're interested!

We are so grateful for your continued participation. Your involvement helps advance important research, and we couldn't do this without you! Stay safe, stay active, and we hope to see you soon!

Yours in health,
The PAAS Team

Email: paas@iastate.edu
Phone: 515-294-4253
Website: click here
Leave us feedback: click here

Latest research findings from PAAS

Associations of total and aerobic steps with health-related quality of life in older adults

Xiangyu Zhai, Joey M Saavedra, Franchesca J Porter, Taline R Jouzi, Duck-chul Lee

Presented at ACSM 2024 Annual Meeting in Boston, MA

Population → **Measurement** → **Findings**

830 older adults from PAAS

Pedometer worn for 1 week

+

Health-related quality of life measured from SF-36 Survey

High total daily steps or any aerobic steps (faster paced steps)

is associated with

Lower odds of poor physical quality of life

Click here to read the abstract

Associations of total daily steps and aerobic steps with respiratory impariment in older adults

Joey M Saavedra, Duck-chul Lee

Presented at ACSM 2024 Annual Meeting in Boston, MA

Population → **Measurement** → **Findings**

410 older adults from PAAS

Pedometer worn for 1 week

+

Lung function from spirometry test

High total daily steps or high aerobic steps (faster paced steps)

is associated with

Lower odds of respiratory impairment

Click here to read the abstract

Independent and joint associations of cardiorespiratory fitness and body mass index with sleep quality and duration in older adults

Franchesca J Porter, Joey M Saavedra, Xiangyu Zhai, Taline R Jouzi, Duck-chul Lee

Presented at ACSM 2024 Annual Meeting in Boston, MA

Population → **Measurement** → **Findings**

819 older adults from PAAS

BMI from height & weight

+

Fitness from 400m walk test

+

Sleep duration measured from FitBit

High cardiorespiratory fitness, regardless of BMI status (normal, overweight, obese)

is associated with

Higher odds of sufficient sleep duration (7-8hrs/ night)

Click here to read the abstract

Email: paas@iastate.edu
Phone: 515-294-4253
Website: click here
Leave us feedback: click here

PAAS Physical Activity and Aging Study