

SAGE Study data is published  
in JAGS, Black Women  
Inflammation & TAU &  
Healthy Actions and  
Lifestyles to Avoid Dementia  
Studies

UC San Diego

Center for Healthy Aging  
Stein Institute for  
Research on Aging

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Welcome to the UC San Diego Center for Healthy Aging and the Sam and  
Rose Stein Institute for Research on Aging e-newsletter!

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## SAGE Study data used in paper published in JAGS

Exciting research news! Using data from the SAGE (Successful Aging Evaluation) study, the paper, *“The dynamic association between emotional functioning, quality of life, and subjective cognitive concerns in a large community-based sample of middle-aged and older adults,”* has been accepted for publication in the *American Journal of Geriatric Psychiatry*.

This work highlights the valuable insights provided by the SAGE dataset, examining how emotional functioning and quality of life relate to subjective cognitive concerns in middle-aged and older adults. By analyzing this rich, community-based dataset, we aim to shed light on the interconnected factors that influence aging and cognitive health.

You can access the full article [here](#).

REGULAR RESEARCH ARTICLE · Articles in Press, January 22, 2025 · Open Access

## The dynamic association between emotional functioning, quality of life, and subjective cognitive concerns in a large community-based sample of middle-aged and older adults

Laura M. Campbell, Ph.D. <sup>1,2</sup> · Jacqueline E. Maye, Ph.D. <sup>1,2</sup> · Dani Kaur <sup>3</sup> · ...

Tyler Bell, Ph.D. <sup>1</sup> · Raeanne C. Moore, Ph.D. <sup>1</sup> · Elizabeth W. Twamley, Ph.D. <sup>1,2</sup>... Show more

Affiliations & Notes Article Info

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### Highlights

Show Outline

- **What is the primary question addressed by this study?**  
This study examined if self-reported cognitive concerns are related to current emotional state or average emotional functioning across eight years in community-dwelling middle-aged and older adults.
- **What is the main finding of this study?**  
Cognitive concerns were related to average emotional functioning and, to a lesser extent, current emotional state.
- **What is the meaning of the finding?**

#### Article metrics

Metric data currently unavailable

#### Related articles (40)

Risk of Sleep Problems in Middle-Aged and Older Adults Experiencing

# Black Women Inflammation & TAU\* Study (BWITS)

# BLACK WOMEN INFLAMMATION & TAU\* STUDY (BWITS)

\* A protein found in the brain that has been linked to memory loss



Let's work together to understand how lifestyle and biological factors may put African American/Black women at higher risk for **Alzheimer's Disease**.

## PARTICIPATE IN RESEARCH BENEFITING THE AFRICAN AMERICAN COMMUNITY!



### COMMUNITY SUPPORT & ENGAGEMENT

Our research team is here to help by offering brain health education and participating in community health initiatives.



### COMPENSATION

You will receive up to \$420 as compensation for participation.



### CONVENIENT & FLEXIBLE

Appointments will be arranged to participants' schedules and held at community locations in San Diego and Los Angeles.



### RESULTS

Results of memory testing and routine blood tests will be provided at no cost.

## YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU ARE...

- FEMALE
- BLACK/AFRICAN AMERICAN
- AT LEAST 60 YEARS OF AGE



For inquiries or participation interest, reach us using the methods below:



(619) 717-2511



study@b-wits.org



www.b-wits.org

[download flier PDF](#)

[More Information](#)

Join the HALT-AD (Healthy Actions and Lifestyles to Avoid Dementia) study today!

The Healthy Actions and Lifestyles to Avoid Dementia or **Hispanos y el ALTo a la Demencia** program (HALT-AD) study is designed to test a new online educational platform (website) that can help midlife and older adults learn how to prevent dementia via lifestyle changes.



### Basic Eligibility Criteria

- Age 50-85
- Not diagnosed with dementia or Alzheimer's disease
- Proficient in English or Spanish
- Able to access the internet
- Have access to Zoom video calls
- Have sufficient vision and hearing

### What happens during the HALT-AD Study?

Participation in this study will take up to 5 months. Potential participants will first go through a phone screening process to determine if they are eligible to enroll in the study. Participants will be given free access to the online platform and will be asked to:

1. Complete questionnaire by phone or email at the beginning and end of the study
2. Use the online platform as much as they'd like (up to 30 minutes per week if they choose to complete all content)
3. Participate in one-hour support sessions via zoom once a week for 18 weeks

You will receive \$50 for participating in this research.

**For more information or to participate, please contact:**

#### **ENGLISH**

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#### **SPANISH / ESPAÑOL**

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Protocol #810123 | v14 | Approved: Nov 01, 2024 | Expires: Apr 17, 2025

### Why HALT-AD?

- Alzheimer's disease (AD) remains to be the single most feared disease associated with aging, having a devastating social and economic impact on patients, families, and the community.
- Experts in AD and aging now know that altering certain aspects of our lifestyle and behavior can reduce dementia risk. We want to get the message out that factors such as better nutrition, physical activity, sleep, and mindfulness can all improve our chances of maintaining our cognitive health.
- There is lots of inaccurate information available, and as clinicians and scientists, we see a need for adults to have access to good quality information in an easy-to-digest format. We created an educational tool, in Spanish and in English, to help people make these lifestyle changes

happen. We call this tool HALT-AD.

### What is HALT-AD?

- HALT-AD (Healthy Actions and Lifestyles to Avoid Dementia or Hispanos y el ALTo a la Demencia) is a novel bilingual – English and Spanish- program that helps adults identify their risk factors for dementia and then learn how to reduce these factors through changes in their lifestyle.
- HALT-AD is online. It can be accessed via phone, tablet or computer.
- HALT-AD offers at least 10 courses with videos, games, and other interactive features to ensure learning is fun and engaging.
- HALT-AD is personalized. Participants learn about their own risks, set their personal goals to achieve by the end of the program, and track their progress over time.

### What is the new HALT-AD study all about (*flyers attached*)?

- We're enrolling 130 participants, aged 50+, without dementia, to access HALT-AD for 18 weeks, with weekly Zoom support sessions.
- We are testing if the program helps people learn more about dementia risk reduction and if they commit to making changes in their lifestyles.
- Participants will receive a \$50 gift card as a thank you.

Join us in this vital research and take a proactive step toward a healthier future!

Download Flier in English

Download Flier in Spanish

### Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at [saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu) to nominate them!

## Announcement: Our "Aging is Beautiful"

# t-shirts are back!

**Back by  
popular  
demand!!!**

**“Aging is Beautiful”  
T-shirts for a \$35  
donation**



**If interested,  
please email  
[healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



## **Resilience, Compassion and Self-Compassion Program available for License**

After nearly a decade of research and development led by our Executive Director, Danielle K. Glorioso, LCSW, we are pleased to announce that Resilience Intervention is now licensed and available for use in community settings as well as for further research. This manualized evidenced-based 6-week program is

designed to enhance resilience, compassion, and self-compassion among older adults, and has been tested and validated with numerous community dwelling older adults as well as a variety of other settings and populations. For more information, please contact Danielle Glorioso at [dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)

If you are interested in learning more about the program, please contact us at [healthyaging@health.ucsd.edu](mailto:healthyaging@health.ucsd.edu)



## We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

GIVE NOW



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