from this study identify target populations for interventions on everyday functioning, ADLs and IADLs. 43.1% of variations on living arrangements and access to healthcare significantly predict lower scores on IADLs. There were no significant differences (all p < .05). For ADLs, being African American and female significantly predict high performance on everyday functioning. This past 2 months, better cognition and normal weight significantly predict high performance on everyday functioning. Elderly (ACTIVE) study. ADLs and IADLs were self-reported. The Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study examines the predictors of everyday functioning, Activities of daily living (ADLs) and instrumental activities of daily living (IADLs). Forming healthy aging which aids older adults live independently is a key component of achieving an active engagement with life. This ability to perform daily living activities (functionality) is a key component. Researchers and the aging population need to reduce sedentary behavior and increase activity. In healthy aging which aids older adults live independently is a key component of achieving an active engagement with life. This ability to perform daily living activities (functionality) is a key component.
round 6 (year 2016) and had intact orientation, recall, and executive function at baseline. The majority of participants were female (55%) and non-Hispanic white (78%), and reported good or excellent health (80%). We identified that participating in active SBs had a protective effect on orientation, recall, and executive function (subdistribution hazard ratios (SHR)= 0.28-0.46, p< 0.001-0.02). Activities that had significant protective effects across all models included using computers (SHR =0.15-0.46, p<= 0.001-0.01) and socializing (SHR=0.27-0.52, p= < 0.001-0.05). Passive SBs did not have significant SHRs. Our identified protective effects highlight the potential of preventing cognitive impairments through active SB programs. Intervention studies are needed to develop program protocols and identify effectiveness of active SB programs.