THE RELATIONSHIP BETWEEN ALLOSTATIC LOAD AND PROGRESS OF MULTIMORBIDITY AMONG OLDER AMERICANS

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To examine the relationship between allostatic load and progress of multimorbidity over 10 years among older Americans and whether it mediates socioeconomic inequalities in multimorbidity.

Methods: Six Waves of Health and Retirement Study (HRS), a longitudinal survey of older American adults from 2006-2016. Multimorbidity was indicated by 5 chronic conditions: diabetes, heart conditions, lung diseases, cancer, and stroke. Socioeconomic factors were education, total wealth, poverty-income ratio (income), and race/ethnicity. Behavioural factors were smoking, excessive alcohol consumption, physical activity, and body mass index (BMI). Allostatic load was used as a biomarker of stress and was indicated by a combination of total cholesterol, high-density lipoprotein, glycosylated hemoglobin, c-reactive protein, waist circumference, and high blood pressure. Two Multilevel mixed effects generalized linear models were constructed to assess the association between allostatic load and progress of multimorbidity and whether allostatic load explained socioeconomic inequalities in the progress of multimorbidity. All variables included in the analysis were time-varying except gender, race/ethnicity, and education.

Results: Allostatic load was significantly associated with the progress of multimorbidity even after adjusting for socioeconomic and behavioural factors with a rate ratio (RR) of 1.12 (95%CI: 1.11, 1.13). The association between socioeconomic factors and multimorbidity was slightly attenuated after adjusting for allostatic load. Socioeconomic factors were also associated with changes in allostatic load.

Conclusion: Biological markers of stress indicated by allostatic load were associated with the progress of multimorbidity. Allostatic load appears to be induced by adverse socioeconomic factors and mediates the relationship between socioeconomic factors and progress of multimorbidity.
THE RELATIONSHIP BETWEEN SEDENTARY BEHAVIOR AND COGNITIVE DOMAINS AMONG PEOPLE LIVING WITH DEMENTIA (PWD) IN RESIDENCIAL CARE Facilities

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Greater sedentary behavior negatively impacts cognition and disability. This study employed a cross-sectional research design to examine the relationship between sedentary behavior and cognitive domains in PWD in residential care facilities.

Methods:

Participants were recruited from three different assisted living facilities located in the southeastern United States. A total of 192 PWD were included in the study. Data were collected using an actigraphy monitor on their wrist over seven days to measure sedentary behavior.

Results:

The regression model for sedentary behavior and cognitive domains showed a significant relationship, with R² = 0.82, F(10, 12) = 5.39, p < 0.01. The study findings imply diversity in terms of the relationship between sedentary behavior and cognitive domains among people living with dementia.

Discussion:

Further research is needed to understand the mechanisms underlying the relationship between sedentary behavior and cognitive domains in PWD. This study highlights the importance of addressing sedentary behavior as a possible modifiable risk factor for cognitive decline in this population.

The well-being of home health aides (HHAs) is affected by various factors, including the care environment, burnout, and quality of life. This study aims to examine how different types of internet use are related to the life satisfaction of older adults with varying health and wealth statuses through the lens of the third-level digital divide.

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The study came from the 2022 Korea Digital Divide Survey. A sample of 1,165 older adults aged between 65 and 96 years was included in the study. The sample was grouped into four categories based on their health and wealth statuses, considering that these two factors tend to shape the social positions of older adults in Korean society.

Methods:

Types of internet use were accessed with 13 dichotomous items. The findings showed that a significant positive effect was observed for older adults with poor health status, except for online entertainment. Particularly, online public services (d=1.41, p<0.001), cloud services (d=1.35, p<0.001), and online shopping (d=1.27, p<0.001) were associated with higher life satisfaction.

Results:

The findings showed that a significant positive effect was observed for older adults with poor health status, except for online entertainment. Particularly, online public services were associated with higher life satisfaction.

Discussion:

This study aimed to examine how different types of internet use are related to the life satisfaction of older adults with varying health and wealth statuses through the lens of the third-level digital divide. The data for this study came from the 2022 Korea Digital Divide Survey. The findings showed that online public services were associated with higher life satisfaction for older adults with poor health status, highlighting the importance of digital access in shaping social positions in Korean society.

The relationship between internet use and life satisfaction in later life is complex and multifaceted. This study aims to examine how different types of internet use are related to the life satisfaction of older adults with varying health and wealth statuses through the lens of the third-level digital divide.