Recent research has uncovered higher rates of distress and mortality among contemporary US adults approaching and in their midlife years compared to previous cohorts. Other findings have identified benefits that come with aging, including improved emotion management and interpersonal relations during midlife. This talk will review these broad trends and present current evidence on how specific factors—namely, close relationships and substance use—can either intensify or protect against declines in midlife individuals’ health and well-being. Public health implications will also be considered.

Midlife Adult Health and Well-being: Signs of Despair or Rays of Hope?
Lauren M. Papp, PhD  Professor, Human Development & Family Studies, UW-Madison

Older adults spend most of their day in sedentary behavior (i.e., prolonged sitting) increasing their risk for chronic health conditions, functional limitations, and premature death. Despite many efforts to increase physical activity which can be effective in improving health and function, only a small percentage (8%) of older adults meet national physical activity guidelines. Thus, shifting the focus from increasing physical activity to reducing sedentary behavior is emerging as an innovative new strategy. With community-based funding, we developed a “Stand Up and Move More” intervention, and then with funding from the National Institutes of Health tested the feasibility and effectiveness of the intervention in four counties in Wisconsin. Results from this research will be shared with the audience.

Are There Benefits to Standing Up and Moving More?
Kelli F. Koltyn, PhD  Professor, Dept. of Kinesiology, UW-Madison

Glaucoma, a characteristic pressure- and age-dependent degeneration of the optic nerve that conducts visual impulses from the eye to the brain, is the most common cause of irreversible vision loss worldwide. Presbyopia, the age-related loss of accommodation, or the ability to focus on near objects, is the most common ocular affliction worldwide, affecting every individual over the age of 45 years. Their pathophysiologies may be linked. Our laboratory studies the physiology, pharmacology, cell biology, neural control and aging of primate aqueous humor drainage and the accommodative apparatus, seeking to gain new pathophysiological insights and develop novel pharmacologic therapies for human glaucoma and presbyopia.

Presbyopia & Glaucoma: Two Diseases, One Pathophysiology?
Mary Ann Croft, MS  Distinguished Researcher, Dept. Ophthalmology & Visual Sciences, SMPH, UW-Madison

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Friday
Sept. 27, 2019
8am to 1:30pm on the UW-Madison campus
Includes speakers, a Health & Resource Fair with local aging organizations, and a Poster Session showcasing recent aging research.

FREE & OPEN to the PUBLIC
Registration opens the first Monday in August and usually fills up within a week.
Sign up to receive event details at: aging.wisc.edu
or contact: (608) 262-1818 aging@ssc.wisc.edu
Hosted by the University of Wisconsin-Madison Institute on Aging