Boston Roybal Center for Active Lifestyle Interventions (RALI Boston)

Executive Committee:

Margie Lachman, Director

Lewis Lipsitz

Arthur Kramer

Carmen Sceppa

James Lubben

Terry Ellis

P30 AG048785













Aims of the Boston Roybal Center

- To develop and test innovative behavior change methods to promote healthy aging, especially for adults at high risk for poor health outcomes.
- A focus on strategies to increase and sustain active engagement in vulnerable populations of middleaged and older adults using personalized and multicomponent approaches.









Conceptual Model of Behavior Change: The Sample Case of Physical Activity

Background Factors & Context

Personal

- · Age
- Gender
- · Race/Ethnicity
- · SES
- · Personality
- Frailty
- Neurological Conditions
- Work Status

Environmental

- Neighborhood
- Built Environment
- · Community
- · Services & Supports
- · Policies & Regulations
- · Norms

Behavior Change Mechanisms

Motivation

- · Social Support
- Goal Setting
- Positive Affect
- Restructuring Misconceptions
- · Self-affirmation
- Incentives



Expectancies & Self-Regulation

- · Self-Efficacy
- Control Beliefs
- Self-Management Skills
- · Executive Function

Health Behaviors

Physical Activity

- · Frequency
- IntensityDuration
- Goal Attainment
- Maintenance



- · Cognitive Abilities
- Psychological Well-Being

Health Outcomes

- Quality of Life
- Productivity
- Social Integration
- Engagement









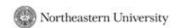




Collaboration with Boston OAIC

- Overlap in membership
- Attendance at annual meetings
- Co-sponsored lectures
- Joint call for pilot projects
 - Behavioral component









Co-sponsored Pilot Projects

Dae Kim Hebrew SeniorLife

 Home-Based Exercise Program for Recovery After Transcatheter Aortic Valve Replacement: A Pilot Randomized Controlled Trial

Lisa Quintiliani and Nancy Latham – Stride Project Boston Medical Center

 A Process Evaluation of an Innovative Approach to Promote Proficiency in Nurse-Led Motivational Interviewing for Behavior Change Among Older Adults in the STRIDE Project









Thank You!



Brandeis University







BOSTON COLLEGE

