

Boston Roybal Center for Active Lifestyle Interventions (RALI Boston)

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**BOSTON
ROYBAL
CENTER**
FOR ACTIVE LIFESTYLE
INTERVENTIONS



Brandeis University

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 Northeastern University

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UNIVERSITY**

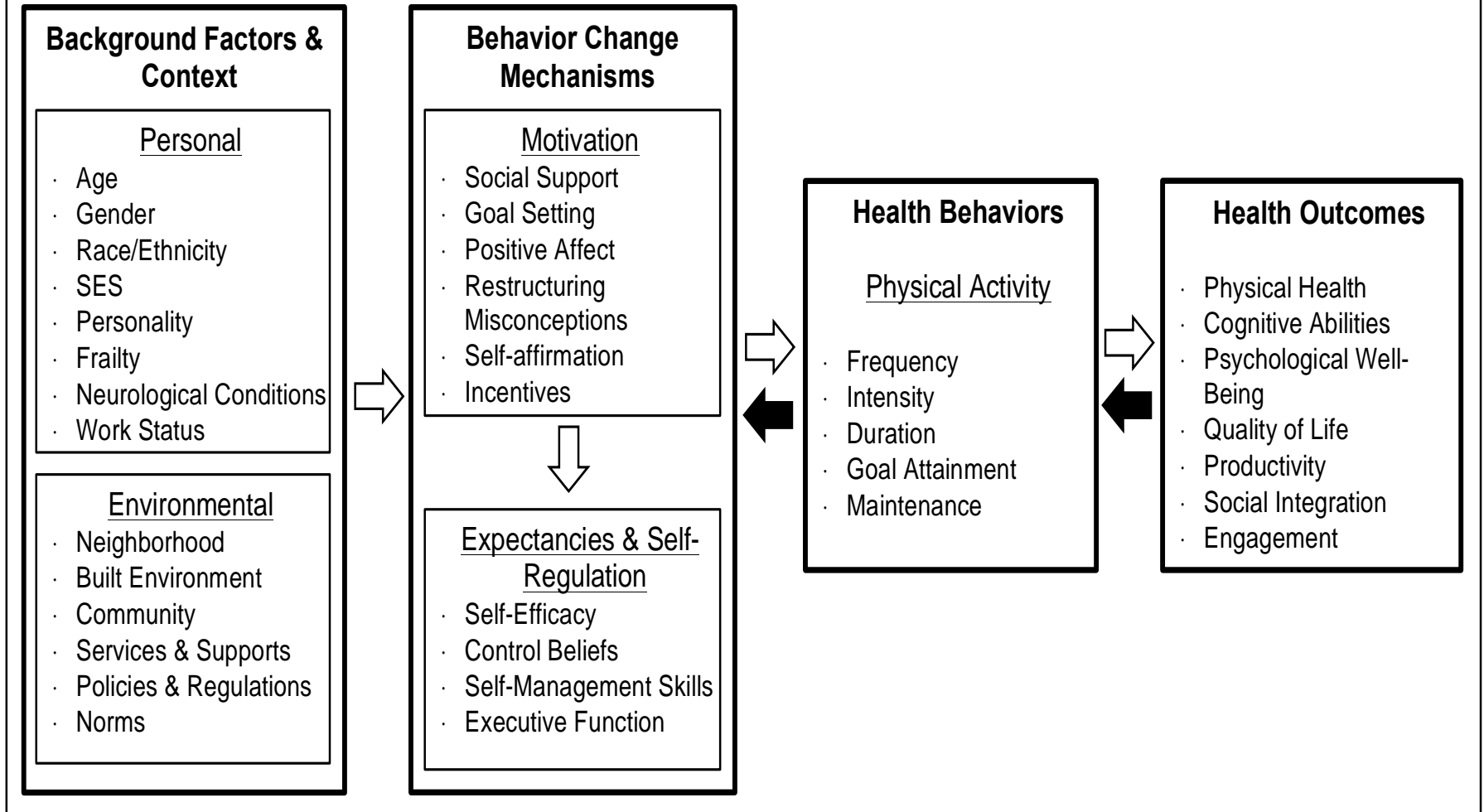
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Aims of the Boston Roybal Center

- 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 middle-aged and older adults using personalized and multicomponent approaches.

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



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!



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