





### VIRTUAL MEETING FORMAT SURVEY

**Q1: HOW DID YOU CONNECT WITH THE VIRTUAL WORK GROUP MEETING?**

ANSWER CHOICES	RESPONSES
Phone/ Dial in only	19.23% 5
Computer only	19.23% 5
Both	61.54% 18
<b>TOTAL</b>	<b>29</b>

**Q2: WERE THE WORK GROUP MEETING GOALS ACHIEVED?**

Response	Percentage
Yes	86%
No	14%

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### VIRTUAL MEETING FORMAT SURVEY

**Q3: HOW DID YOU ACCESS THE POWER POINT SLIDES DURING THE MEETING?**

Response	Percentage
Web-link	69%
Attachment to e-mail	31%
I was unable to access th...	0%

**Q4: HOW WOULD YOU RATE THE OVERALL SOUND QUALITY DURING THE MEETING?**

	GOOD	FAIR	POOR	TOTAL
(no label)	40.74% 11	48.15% 13	11.11% 3	27

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### VIRTUAL MEETING FORMAT SURVEY

**Q5: HOW SATISFIED WERE YOU WITH THE TOTAL TIME ALLOTTED FOR THE WORK GROUP MEETING?**

	VERY SATISFIED	SATISFIED	DISSATISFIED	VERY DISSATISFIED	TOTAL
(no label)	38.46% 10	57.69% 15	0.00% 0	3.85% 1	26

**Q6: HOW LIKELY ARE YOU TO PARTICIPATE IN FUTURE VIRTUAL WORK GROUP MEETINGS?**

	VERY LIKELY	SOMEWHAT LIKELY	NOT LIKELY	TOTAL
(no label)	77.78% 21	22.22% 6	0.00% 0	27

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### BALTIMORE LONGITUDINAL STUDY ON AGING

National Institute on Aging's Baltimore Longitudinal Study of Aging (BLSA) is America's longest-running scientific study of human aging. The study began in 1958 and women have been studied since 1978.

**The BLSA measures:**

- Changes that occur over the aging process.
- Biological, behavioral, genetic, and environmental factors that account for these changes. This helps researchers understand why the effects of aging differ in different individuals.
- Potential predictors and risk factors for specific diseases, frailty, and other end-points reflecting success or failure to adapt to aging.
- Possible targets for interventions that may positively affect aspects of the aging process and prevent age-related diseases.
- Factors that predict healthy aging across the life span.

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### BALTIMORE LONGITUDINAL STUDY ON AGING

The BLSA's longitudinal design helps investigators piece together a more accurate picture of normal aging by looking at the same individuals over time which reduces external influences.

*"Imagine comparing two people, one who has lived through two wars and the other who was raised in a peaceful and prosperous society. How each aged might be different, but the effect of age alone would be difficult to sort out."*

The BLSA is an observational study- Unlike a clinical trial, no interventions (like drugs, exercise, or other lifestyle changes) are tested in the BLSA.

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### BALTIMORE LONGITUDINAL STUDY ON AGING

Researchers measure physical and cognitive changes associated with aging in real time among a dedicated group of BLSA participants who come in for testing at regular intervals over the course of their lives. More than 3,200 volunteers have made the lifelong commitment to be part of the research.

- participants under age 60 are assessed every 4 years
- Participants aged 60 to 79 years come every 2 years
- participants aged 80 and older are assessed annually

During the assessment, they receive comprehensive health, cognitive, and functional evaluations that take nearly 3 days to complete.

A consortium of scientists collects and analyzes data from this study population with the aim of characterizing normal and exceptional aging, along with age-related health issues, such as frailty.

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

<https://youtu.be/YqNYZCOPBY4>

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**BALTIMORE LONGITUDINAL STUDY ON AGING**

Two major conclusions can be drawn from the BLSA data:

- 1. Changes that occur with aging do not inevitably lead to diseases such as diabetes, hypertension, or dementia.** A number of disorders that typically occur in old age are a result of disease processes, not normal aging.
- 2. No single, chronological timetable of human aging exists.** We all age differently. In terms of change and development, there are more differences among older people than among younger people. Genetics, lifestyle, and disease processes affect the rate of aging between and within all individuals.

Source: <https://www.nia.nih.gov/research/labs/blsa>

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**BALTIMORE LONGITUDINAL STUDY ON AGING AND HOWARD COUNTY LOCAL HEALTH IMPROVEMENT EFFORTS**

How can we use the BLSA to further engage the Coalition in promoting Healthy Aging across all of the HCLHIC priority areas (Access to Care, Behavioral Health, Healthy Weight, Healthy Aging)?

- Chronic Disease Self-Management (including chronic pain)
- Mental Health, Suicide Prevention, Substance Use Disorder
- Prevention through nutrition and physical activity
- Falls prevention, Alzheimer's and other dementias, Caregiver support

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**BLSA SPECIAL EVENT PLANNING**

**Goal (Broad) and Target Audience**  
 full coalition meeting? Community event?

**Planning: September 26<sup>th</sup>**  
 Action group  
 Objectives, Evaluation, Volunteers/Collaborative Partners  
 Marketing

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**NEXT STEPS AND MEETING WRAP-UP**

June Full LHIC Susquehanna  
Thursday, June 27  
8:30 a.m. – 10:30 a.m

ACEs Webinar  
Wednesday, June 12  
1:00 p.m. – 2:00 p.m

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