

**Title:** Determining Indicators of Successful Aging in a Population of Individuals Living in an Active-Living Community

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**Objectives:** This study examined the relationship between the Community Health Activities Model Program (CHAMPS) or the Health-Promoting Lifestyle Profile (HPLP II) and fourteen selected markers of health and Successful Aging (SA).

**Designs, Methods and Instruments:** Anthropometric data (including bodyweight, height, blood pressure, grip strength, body mass index, body composition, waist circumference, hip circumference, SPO2, mid-arm muscle circumference and pulse) and selected questionnaire data was collected from participants over the age of 45 at three time points over a 12-week period.

**Results:** Statistical analysis showed that higher levels of activity in older adults were associated with a number of improved health markers including increased lean body mass and decreased waist circumference. Nine out of fourteen health indices analyzed had significant relationships with the CHAMPS or HPLPII scores.

**Conclusions:** The results of this study support the hypothesis that individuals living in an active living community who engage in the more developed built environment and resources for physical activity have a number of indicators associated with successful aging. The physiological indicators measured, and the questionnaire responses provided suggest that access to a safe, available built environment that promotes physical activity could be of benefit to all individuals as they age to promote the attainment of successful aging.

**Conflict of interest/funding disclosure statement:** NA