



-GROWTH-

The UNCG Gerontology Research, Outreach, Workforce, & Teaching Hub presents:

**LUNCH & LEARN WITH
DR. LAURIE KENNEDY-MALONE
AND DR. JACYLN MAHER**

Feasibility, Validity, and Acceptability of a Physical Activity Ecological Momentary Assessment Study Among Minority Older Adults

Minority older adults are understudied in health behavior research. Ecological Momentary Assessment (EMA) is a real-time data capture methodology in which participants' current behaviors and experiences are repeatedly sampled in real time, in their natural environments. EMA approaches likely enhance ecological validity, reduce recall biases, and allow examination of temporal processes that influence behavior in real-world contexts. Therefore, EMA can provide novel insights into the prediction and modeling of health behaviors; however, EMA has not been used to study physical activity or sedentary behavior among minority older adults. This presentation will highlight the feasibility, validity, and acceptability of a 7-day EMA protocol with ambulatory monitoring to assess minority older adults' physical activity and sedentary behavior. Our approach to recruitment strategies that targeted older minority adults utilizing established university-based gerontology connections, G.R.O.W.T.H. partnerships and cultivating research participants to serve as study ambassadors will be briefly discussed.

Seating is limited.
To RSVP, click the
envelope icon below.



RSVP by February 7th
have lunch provided.



Sponsored by the UNCG
Gerontology Program
& the UNCG School of
Health and Human
Sciences.

**Thursday, February 14th
12:30 - 2 p.m.
UNCG -Stone Building -
Edwards' Lounge**



for more information about the UNCG Gerontology, Research,
Outreach, Workforce, & Teaching Hub (GROWTH),
phone: 336-256-1020 visit: gerontology.uncg.edu