

TITLE: Perceptions of cognitive aging and health behaviors among Hispanic and Latino/x older adults: Results from a qualitative and community-engaged study

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Program developers, community interventionists, cognitive aging health disparities

ABSTRACT: Cognitive health disparities remain prevalent among aging Hispanic/Latino/x communities, making it an area of interest for health disparity reduction efforts. With a sample of Latino/x community-dwelling adults following a community-engaged research approach, student researchers and community leaders conducted interviews assessing perceptions of cognitive aging, brain health, help-seeking behaviors, self-efficacy, and barriers to healthy aging due to the COVID-19 pandemic. Using content analyses for each interview question, qualitative themes were extracted for each area of inquiry. Themes about how cognitive aging was understood include changes in health, the importance of mindset, aging in general, and decline in functioning. Themes about brain health behaviors include being connected to something bigger, protecting the physical brain, self-care, cognitive enrichment, and mindset. These findings inform a basis for community-based interventions to promote cognitive health among Hispanic/Latino/x older adults.

OBJECTIVE(S): Describe health beliefs regarding cognitive aging processes among Hispanic/Latino/x older adults Identify areas for community-based public health efforts to focus in an effort to reduce cognitive aging disparities
