

dyadic adjustment and intimacy. Despite original plans to recruit couples in-person from a retirement community, remote operations were feasible via online assessment and study-coordinated shipping, a necessary yet fruitful shift due to the SARS-CoV-2 pandemic.

THE IMPACT OF SELF- AND RELATION-INFERRED EFFICACY ON PHYSICAL ACTIVITY IN OLDER ADULT COUPLES

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Previous research has indicated that physical activity (PA) is a health-promoting behavior that is closely linked in couples. However, few studies have examined how PA is intertwined among couples in their everyday lives. For example, relation-inferred efficacy (RIE) is an individual perception that captures whether a close other believes in one's own abilities to perform specific behaviours; it originates from the sports literature on coach-athlete dyads and has been shown to shape athlete performance. Applying a repeated daily life assessment design, the current study targets self-efficacy (SE) and relation-inferred efficacy (RIE) as predictors of PA in older adult couples, as well as potential moderators when obstacles occur. We hypothesized that: (a.) There is a main effect of SE and RIE on PA. (b.) PA is lower on days when people anticipate barriers (c.) SE and RIE moderate the time-varying relationship between PA and barriers. Heterosexual couples (N=108 couples, Mage=70.5 years, SD=6.70) rated their SE and RIE, completed daily electronic questionnaires asking about barriers and wore an accelerometer to capture indices of PA across seven days. In line with past work, SE ($r(2438)=-.13$, $p<.001$) and RIE ($r(2438)=-.14$, $p<.001$) were significantly related to total moderate-to-vigorous PA (MVPA) and step counts. A series of multilevel models were fit to examine the hypotheses. Preliminary analyses indicated that RIE (estimate=3.93, SE=1.49, $p=.009$) is a stronger predictor of MVPA than SE (estimate=2.83, SE=2.02, $p=.16$). Further analysis will be conducted to unpack daily life circumstances that create barriers to PA, including daily pain, anxiety, and tiredness.

Session 9205 (Poster)

Education and Attitudes about Aging

AN OUNCE OF PREVENTION: REDUCING AGEISM THROUGH THE LENS OF PUBLIC HEALTH

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Ageism is pervasive. The negative consequences of ageism are vast, and the literature on the effects of ageism on health and health care is extensive. The perpetrators of ageism are equally vast. While it may be tempting to believe that those who go into the fields of gerontology and geriatrics are free from these attitudes and behaviors, this is untrue.

It is reasonable to suspect that future public health professionals, even those interested in gerontology, may also carry ageist ideas and practices into their professional careers. This research was developed to determine whether teaching about aging and ageism in a public health course could reduce ageism among students. Participants were students in a class on aging and public health. All students were graduate students in a Master of Public Health (MPH) program. Multiple assessments were used to assess ageism including the Framboni Scale of Ageism (FSA), a validated 29-question measure used to assess ageism, and the Succession, Identity, and Consumption (SIC) scale, another scale assessing ageism. Students were enrolled in an elective course on aging and public health, which was taught through the public health lens of disease prevention and health promotion. Health topics related to aging are discussed with an emphasis on prevention. The contributions older adults make, and the resulting improved health and well-being of self, others, and community are promoted. And the class participates in activities with a variety of community-dwelling older adults. Results show that ageism among students is reduced after the semester long course.

COLLEGE STUDENTS' IN JAMAICA OPINION ABOUT OLDER ADULTS AND THEIR ROLE AS FUTURE CAREGIVERS: CASE EXAMPLE

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Ageing is a natural human experience, yet for many people getting old provoke fears of vulnerability, fragility, undesirability, and incapacity. Such perceptions are often attributed to various taboos, prejudices, discrimination and stereotype associated with old age. The purpose of this study was to assess college students' in Jamaica opinion about older adults and their role as future caregivers. Specifically, the study sought to: (1) identify whether college students hold ageist stereotype/negative image about older adults and whether they influence future role as caregiver, 2) assess their knowledge of the chronic conditions that affect older adults, and 3) assess whether they see themselves working or taking an active role in future caregiving. As we think about the future directions of healthcare provision for older adults, this small sample of college students provided a discourse about ageing and key elements that are important for educators in a developing country such as Jamaica to consider when building a gerontology curriculum.

DEVELOPING AN EDUCATIONAL PROGRAM ON AGING FOR HIGH SCHOOL STUDENTS

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College students in disciplines that might provide services or work with older adults, such as medicine or social work, are usually the target of most educational programs on aging. High schools provide an untapped opportunity to engage students earlier. This project is the next step following a pilot study conducted in New Jersey and Kentucky to better understand high school students' attitudes and knowledge