

for multiple comparisons. Glutamate modulation specific to encoding may underlie age-related memory declines and be related to selected hippocampal subfield volumes.

PURPOSE AND NUMBER OF CHRONIC HEALTH CONDITIONS AMONG OLDER ADULTS

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An overwhelming three-quarters of persons age 65 and over have multiple chronic health conditions (Gerteis et al., 2014). With a growing population of older adults, understanding the factors that predict health and reduce the risk of chronic disease is critical. Recent evidence finds that a high sense of purpose- "the belief that one's life is purposeful and meaningful" (Ryff & Keyes, 1995, p. 720)- is associated with positive health outcomes among older adults. This study investigated the association between purpose and number of chronic conditions among older adults, and whether the relationship depended on age. The study included 6148 older adults (mean age=83.8) who participated in a larger study on wellness. Participants completed a survey that included a measure of sense of purpose and questions about chronic health conditions. Data were analyzed controlling for demographics, optimism, pessimism, social contact, BMI, physical activity, and smoking. Lower levels of purpose were significantly associated with higher numbers of chronic conditions. There was a significant interaction between purpose and age, such that relatively younger older adults with high levels of purpose had fewer chronic conditions. There was no relationship between purpose and number of chronic conditions for the oldest adult participants. The results add new findings to the body of research that demonstrates that sense of purpose is associated with chronic disease. As sense of purpose is modifiable, interventions that increase purpose among older adults, with an emphasis on the youngest-old, should be developed and implemented.

TRANSITION TO A MORE EVEN DISTRIBUTION OF PROTEIN INTAKE IS ASSOCIATED WITH ENHANCED FAT LOSS IN OBESE OLDER ADULTS

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Background: Optimization of intentional weight loss in obese older adults, through preferential fat mass reduction, is challenging, as the concomitant lean mass loss may exacerbate sarcopenia. Here, we assessed whether changes in within-day protein intake distribution are related to improvements in body composition in overweight/obese older adults during a hypocaloric and exercise intervention. Methods: Thirty-six community-dwelling, overweight-to-obese (BMI 28.0-39.9 kg/m²), sedentary older adults (aged 70.6±6.1 years) were randomized into either physical activity plus successful aging health education (PA+SA; n=15) or physical activity plus weight loss (PA+WL; n=21) programs. Body composition (by CT and DXA) and dietary intake (by three-day food records) were determined at baseline, 6-month, and

12-month follow-up visits. Within-day protein distribution was calculated as the coefficient of variation of protein ingested at breakfast [5:00–10:59], lunch [11:00–16:59] and dinner [17:00–1:00]. Secondary analysis was performed to determine associations between changes in protein intake distribution and body composition. Results: In both groups, baseline protein intake was skewed towards dinner. The pattern of protein intake changed towards a more even within-day distribution in PA+WL, but it remained unchanged in PA+SA. Transition towards a more even pattern of protein intake was independently associated with a greater decline in BMI (P<0.05) and abdominal subcutaneous fat (P<0.05) in PA+WL. However, changes in protein CV were not associated with weight loss in PA+SA. Conclusion: Our results show that mealtime distribution of protein intake throughout the day was associated with improved weight and fat loss under hypocaloric diet combined with physical activity.

CHILDREN CAREGIVERS' EXPERIENCES OF OLDER ADULTS WITH DEMENTIA IN CARE TRANSITION: A QUALITATIVE SYSTEMATIC REVIEW

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Background/Purpose: Young and adult children have experienced caring for people who have been diagnosed with dementia. Caregiving needs affect family members who become the primary caregivers in care transition from hospital to home. This study aims to synthesize primary qualitative research on the experiences of children caregivers of older adults with dementia. Method: This is a systematic review describing young and adult child caregivers' experiences in caring for patient with dementia in home-based care. Data sources were published literature written in English from CINAHL, Scopus, PubMed, and PsychoINFO (published from January 1976 to October 2018). The thematic synthesis approach was also applied to generate theory generating meta-synthesis research (TGMS). and to describe the process of caring for demented patients by caregivers. Result: Eight primary studies reporting 388 potential studies were included. Four themes emerged: 1) well-being which included encouraging and destructive well-being; 2) role transition which included positive or negative role transformations; 3) caregiver needs which included medical and nursing information or knowledges and health care services/community services; and 4) the challenge of dementia which included symptoms of dementia which were impairing. Conclusion The findings of this meta-synthesis study support evidence of well-being among adult children in caring for people with dementia in transition phases. We present thematic synthesis that could be useful to professionals working with caregivers and patients with dementia. We suggest that research importance should shift towards the development and evaluation of care transitions intervention, especially professionals preparing support after diagnosis.

ANGER, LOVE, SADNESS: DO EMOTION WORDS HAVE THE SAME SEMANTIC MEANING ACROSS AGE-GROUPS?

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