

March 2020 (N = 97, % female = 60.8, % white = 81.4; Mean BMI = 35.2) compared to post-March 2020 (N = 47, % female = 70.2, % white = 72.3; Mean BMI = 36.1). During the pandemic, participants had higher sitting time (Mean = 11.5 vs. 10.7 hours/day), fewer breaks from sitting (Mean = 40 vs. 44 breaks/day), and fewer steps (Mean = 4441 vs. 5931 steps/day) than prior to the pandemic. Interventions may be needed to support older adults with obesity in recovering losses in time spent physically active.

AEROBIC, STRENGTHENING, AND BALANCE ACTIVITIES PERFORMED BY COMMUNITY-DWELLING OLDER ADULTS

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Little is known about whether older adults meet the recommended physical activity (PA) guidelines, including aerobic, strength, and balance components. Given this gap, we examined self-report PA data from 1,352 older adult participants of the Adult Changes in Thought (ACT) study. We classified participants as meeting some components, meeting the full guidelines, or being insufficiently active. Multinomial regression was used to identify factors associated with meeting PA guidelines. Despite performing 9.5 hours of weekly PA, only 11% met the full guidelines, 13% met the aerobic, and 26% met the balance or strength recommendations. Increasing age and body mass index, needing assistance with instrumental daily activities, heart disease, and low income were associated with decreased odds of meeting PA guidelines. Older adults primarily perform aerobic PA and lower intensity PA with fewer participating in strength and balance activities. Interventions targeting strength, balance, and higher intensity PA should be developed.

CHARACTERIZING COMPONENT ACTIVITIES OF OLDER ADULT SEDENTARY TIME BY AGE, GENDER, AND DEVICE-BASED SITTING PATTERNS

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The activities that compose older adults' considerable sedentary time are not well characterized. We described daily time spent in self-reported sedentary activities and explored differences by age, gender, and activPAL sitting patterns. Participants self-reported a total of 10.7 hours of sitting time and spent the most time watching TV (2.6 hrs/day), using the computer (1.7 hrs/day), and reading (1.6 hrs/day). Women spent more time watching TV, engaged in hobbies, and socializing and less time on the computer compared to men. Older participants spent more time watching TV, reading, and participating in group activities and less time on the computer than younger participants. Those with low activPAL sitting time and frequent activPAL sitting breaks (low mean bout duration) ~1 hr /day less watching TV than

those with high activPAL sitting time. These findings help illuminate future intervention targets and lay the path to explore associations between different sedentary activities and health.

ACCELEROMETER-MEASURED PATTERNS OF SEDENTARY BEHAVIOR IN OLDER WOMEN: THE OPACH STUDY

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Excessive sedentary behavior (SB) is related to deleterious health outcomes. Understanding the patterns and contexts in which SB accumulates can promote healthy aging. Daily sitting time and mean sitting bout duration (MBD) were measured by triaxial accelerometers. Participants self-reported how much time they spent sitting while: watching TV, reading, using the computer, driving, working, or taking phone calls. Data were compared across aging-related characteristics. Age-adjusted sitting time (minutes/day) for 5,838 diverse (33.2% Black, 16.9% Hispanic), older women (mean age 78.7±6.7) were 577.2 for Hispanic women, 630.3 for Black women, and 632.0 for White women. Those in the lowest vs. highest physical function category had the longest MBD (16.1 vs. 11.7 minutes/bout). Watching television was the most common self-reported sedentary activity. The highest vs. lowest quartile of MBD spent, on average, 30.6 and 22.3 minutes/day watching television, respectively. This presentation will illuminate critical factors associated with sitting patterns in older adults.

Session 3305 (Symposium)

PRESIDENTIAL SYMPOSIUM: FROM GLOBAL TO LOCAL: AN AGE-INCLUSIVE AND RIGHTS-BASED APPROACH TO GERONTOLOGICAL EDUCATION

Chair: Dana Bradley

Co-Chair: Judith Howe

In June 2020, the Gerontological Society of America (GSA) joined in solidarity in the movement to condemn the entrenched racism undermining American society and build upon a gero-rich international historical base of supporting human rights. However, as gerontological educators, we need to expand on the conversation of racism to the broader global discussion of inclusivity and elimination of discrimination. A global focus on human rights of older persons, which began in 1982 at the World Assembly on Aging and has led to the current discussion of the proposed UN Convention on the Rights of Older Persons. The Academy of Gerontology in Higher Education (AGHE) is GSA's education group of colleges and universities that offers education, training, curricular innovations, and research programs in the field of aging. The work of this group is grounded in an age-inclusive and rights-based perspective, and members are committed to an international view demonstrated through AGHE's tagline Global Leaders in Advancing Education on