

investigation uses data from the National Health Interview Survey (1997-2015) to estimate Sullivan-based life tables of cognitively normal and cognitively impaired life expectancies for adults 50 years and older. Results indicate significant heterogeneity among Latinos, with island-born Puerto Rican women spending the most years, and foreign-born Cuban men the fewest years lived with self-reported cognitive impairment.

EMOTIONAL FLEXIBILITY, BIOMARKERS, AND COGNITIVE RESILIENCE IN LATINO ADULTS AT MIDLIFE

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A growing body of evidence underscores the important role of emotional responding and emotional flexibility in healthy adaptation. Considerable research further demonstrates that being flexible in how one copes and regulates emotions when faced with stressful events is paramount for healthy aging. However, the adaptive benefits of emotional flexibility have not been studied in Latina/o's, despite converging evidence indicating that Latina/o's report greater symptoms of depression and anxiety in the context of exposure to potentially traumatic events and stress. We demonstrate across two studies, how the ability to regulate emotional responses is associated with cognitive health in a community-based population of Latinos and a cohort of Latino responders from the World Trade Center attacks on 9/11. Furthermore, given that individual differences in emotional flexibility predict cognitive decline, we present data examining the utility of plasma biomarkers of pre-clinical Alzheimer's disease and neuropathy as diagnostic screeners of cognitive functioning and health.

COGNITIVE DISABILITY AMONG ARAB AMERICANS BY NATIVITY STATUS: LACK OF EVIDENCE FOR THE HEALTHY MIGRANT EFFECT

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Limited research exists on cognitive disabilities among foreign-born adults, particularly non-Hispanic Arab Americans. We analyzed 10 years (2008-2017) of data from the American Community Survey (ACS) Public Use Microdata Samples (PUMS) (n=5,011,469; ages >45 years). In US-born adults, the age- and sex-adjusted prevalence of cognitive disability among non-Hispanic Arab Americans was 5.3%, which was lower than non-Hispanic whites (6.5%), blacks (10.8%), and Hispanics (10.0%). Among foreign-born adults, the prevalence of cognitive disability was highest, 7.3%, for non-Hispanic Arab Americans compared to all other racial and ethnic groups. Among foreign-born adults, non-Hispanic Arab Americans had 1.24 times greater odds (95% CI=1.12, 1.37) of having a cognitive disability compared to foreign-born non-Hispanic whites. This is the first study to examine cognitive disabilities among US- and foreign-born Arab Americans. More research is needed to better understand factors that may contribute to

the increased prevalence of cognitive disabilities for foreign-born adults.

RELATIONSHIP QUALITY AND COGNITION ACROSS RACE AND ETHNICITY

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Quality of social relations have increasingly been recognized as an important factor in cognitive health in later adulthood. Less is known about the association of relationship quality with executive functioning (EF) and memory; and whether the links differ by race/ethnicity. In this paper, we investigated the associations between positive and negative quality of relationship with spouse, children, family, and friends with EF and memory across non-Hispanic Black, Hispanic, and non-Hispanic Whites. Participants are drawn from Health and Retirement Study Harmonized Cognitive Assessment Protocol (N = 2,678). Independent of network size and contact, relationship quality with family was linked to EF. Racial differences were found such that negative relationship quality with children was protective of EF for blacks. Relationship qualities were not associated with memory. These findings indicate that examining quality of relationship with distinct relationships may be essential for understanding the association with cognition, especially in the context of race/ethnicity.

SESSION 5715 (SYMPOSIUM)

PROSOCIAL BEHAVIOR AND CONTRIBUTORS TO OLDER ADULTS' WELL-BEING IN DAILY LIFE

Chair: Jeanne Nakamura

Co-Chair: Dwight Tse

This symposium reports findings from a national experience-sampling study of 165 older adults (mean age=71, range=60-88 years) who are heavily involved in prosocial activity, contributing to their communities as leaders or high-commitment volunteers in social-purpose organizations. Gerontological research has linked prosocial activity to a set of positive outcomes for the older adults who engage in it (e.g., better health and reduced mortality), including global measures of well-being such as life satisfaction. However, little is known about the contributors to these individuals' momentary well-being. Four presentations address this gap in knowledge. In the first presentation, Dwight Tse revisits the concept of successful aging as a within-person variable with day-to-day variations. Experience sampling data revealed great variations in successful aging indicators, and successful aging was associated with better well-being as hypothesized. In the second presentation, Ajit Mann extends beyond general control beliefs and explores the diversity in distribution of control beliefs across various daily