

# Age-Related Differences in Food Choices and Appetite Regulation in the Context of Exercise

Julie Blaskewicz Boron, Sarah Hubner  
 University of Nebraska at Omaha, Department of Gerontology  
 Co-Investigators: Karsten Koehler, Jeffrey Stevens, & Jeffrey French

## PURPOSE

### Exercise

- Compensatory Eating Behavior

### Food Choices

- Cognitive Processes and Decision Making

### Aging Adults

- Mechanism in healthy people, ages 65-75

## INCLUSION

**Total Screened: N=119**

Immediately Declined: N=11

Immediately Eligible: N=36

Physician Approval Needed:

- Screened: N=72
- Final Sample: N=15 (47%)

**Final Sample: N=32**

53% Female

Aged 68.7 ± 3.0

## ACCRUAL

### Timeline

- May-November 2021
- June-August 2022

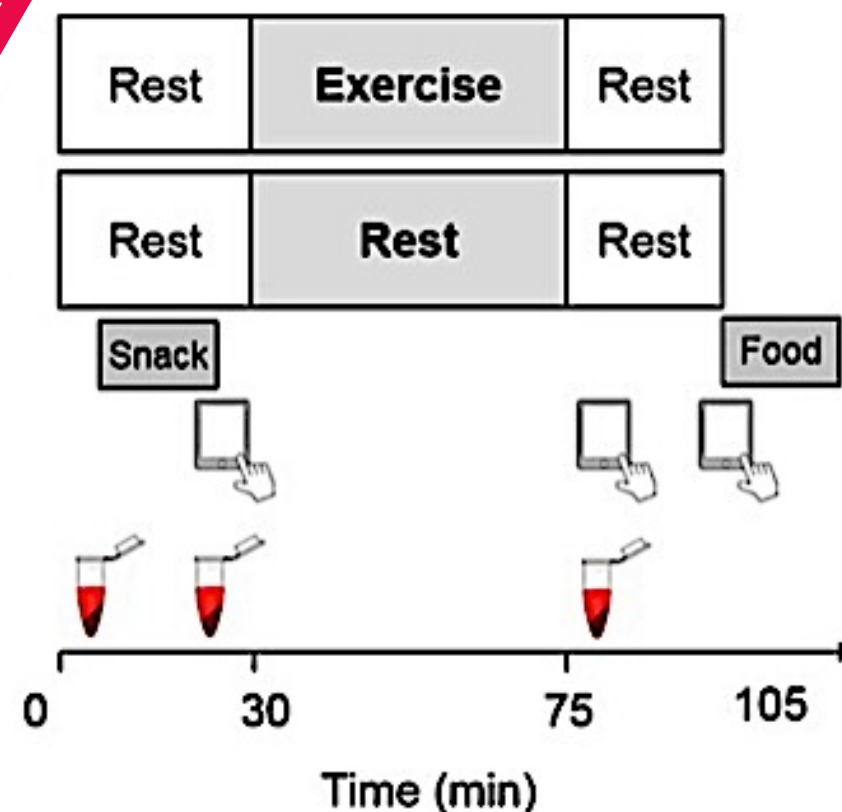
### Eligibility

- Healthy BMI, no metabolic disease, non-smoking

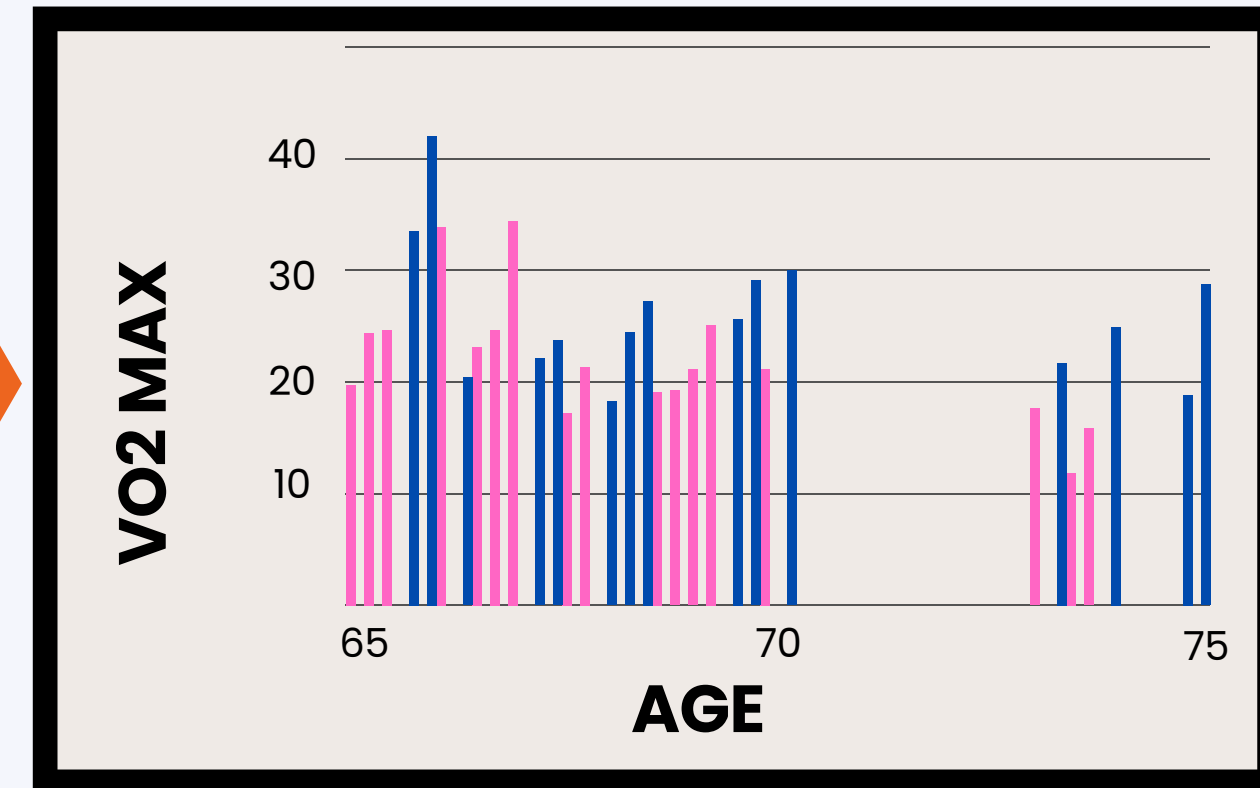
### Screening for "Healthy"

- ACSM Vigorous Exercise Protocol

## METHOD



## DATA



	BMI	BODY FAT	VO2 MAX	AGE
Average	26.0 ± 2.9	24.6 ± 3.5	23.7 ± 6.2	68.7 ± 3.0
Female	26.0 ± 3.2	25.1 ± 4.1	21.9 ± 5.8	68.4 ± 2.8
Male	26.4 ± 2.7	24.0 ± 2.5	25.9 ± 6.2	69.1 ± 3.3

Note: BMI: kg/m<sup>2</sup>, Body Fat: Percent, 7-Fold; VO2 Max: Adjusted, mL/kg/min

The Eating and Temporal Food Choices Study, in collaboration with researchers from the University of Nebraska Lincoln and the Technical University of Munich.



The project described is supported by the National Institute of General Medical Sciences, U54 GM115458, which funds the Great Plains IDEa-CTR Network. The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.