

33rd Institute on Aging Annual Colloquium

Keynote



Racial Disparities in Health: Challenges and Opportunities

David R. Williams, PhD, MPH

Florence & Laura Norman Professor of Public Health; Chair, Dept. of Social & Behavioral Sciences, Harvard T.H. Chan School of Public Health; Professor of African and African American Studies and of Sociology, Harvard University

This presentation will provide an overview of large and persistent racial/ethnic disparities in health. It will describe the evidence that reveals there are distinctive social exposures linked to racial status and that race-related policies and social experience create inequities in health and health care quality. It will describe how where one resides dramatically shapes access to opportunities and how the accumulation of acute and chronic psychosocial, economic, physical, and chemical stressors, as well as the stress of discrimination, have long-term negative effects on physical and mental health. It will also describe promising interventions that can eliminate racial/ethnic gaps in health.



Throughout the State and Across the Life Course: Studies of Health and Aging in Wisconsin

Michal Engelman, PhD, MHS

Professor, Dept. of Sociology; Director, Wisconsin Longitudinal Study; Training Director, Center for Demography of Health & Aging; UW-Madison

This talk introduces two rich resources for studying the social determinants of health. The Survey of the Health of Wisconsin (SHOW) combines social and health survey measures with residential histories, linked neighborhood conditions, and epigenetic clocks measuring biological aging. The Wisconsin Longitudinal Study (WLS) has followed Wisconsin's 1957 high school graduates for 66 years, linking early and midlife experiences with later-life health. Recently, the WLS engaged Hmong refugees & Latino immigrants to better understand diverse aging experiences in Wisconsin. These studies offer remarkable breadth, depth, and insights into the health consequences of (dis)advantage across cohorts, racial/ethnic groups, and geographic contexts.



Experiences of Discrimination, Feelings of Purpose in Life, and Brain Health in the Midlife in the U.S. (MIDUS) Affective Neuroscience Project

Stacey M. Schaefer, PhD

Principal Investigator, MIDUS Affective Neuroscience Project, UW-Madison

Findings from MIDUS will be shared that describe how adverse experiences (such as daily discrimination) and wellbeing factors (such as feelings of purpose in life) are associated with brain measures linked to brain health and aging. The brain's hippocampus is critical for learning and memory, but exhibits structural changes and volume reductions with age, with experiences of chronic stress and trauma, and with neurodegenerative diseases like Alzheimer's disease. Experiences of discrimination are also associated with smaller hippocampal volume. However, brain resilience to adverse experiences may be fostered by finding purpose in life, as having purpose is associated with larger hippocampal volumes across adulthood.



The Power to Change Lives: 20 Years of the UW Odyssey Project

Emily Auerbach, PhD

Executive Director and Co-Founder, UW Odyssey Project; Professor of English, Departments of Liberal Arts & Applied Studies and English Department; UW-Madison

Emily Auerbach will share the connection between her parents' background escaping poverty and her founding of the award-winning UW Odyssey Project in 2003. In 20 years, Odyssey has grown from one free humanities class for adults to programming for children, seniors, veterans, and incarcerated learners. Odyssey graduates have moved from homelessness to UW bachelor's and master's degrees, from prison to meaningful work. Hear the voices of Odyssey students and find out how you can help.

Wednesday
Sept. 27, 2023

8:30am to 1:30pm
on the
UW-Madison campus

Includes:

- speakers
- a Health & Resource Fair with local aging organizations
- a Poster Session showcasing recent aging research.

FREE &
OPEN
to the PUBLIC

Registration opens the first Monday in August and usually fills up quickly.

Sign up to receive event details at:

aging.wisc.edu

or contact:
(608) 262-1818
aging@ssc.wisc.edu

Hosted by the
University of
Wisconsin-Madison
Institute on Aging

SPACE IS LIMITED • REGISTRATION OPENS THE FIRST MONDAY IN AUGUST: 8/7/23