

The Role of Technology in Promoting Healthy Behaviors: A Case for Physical Activity and Public Health

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Biography

Basia Belza, PhD, RN, FAAN is a Professor in the Department of Biobehavioral Nursing and Health Systems and The Aljoya Endowed Professor in Aging at the University of Washington, Seattle. She holds an Adjunct Professor appointment in the Department of Health Services and is an investigator with the Health Promotion Research Center.

Basia has a sustained record of thoughtful, energetic activity directed toward improving the health of older adults through research, including the utilization of that research in practice. She works with interdisciplinary teams and community partners in the testing, and dissemination of evidence-based disease prevention programs. She has had a special interest in physical activity programs for older adults and has used technology as a means to objectively quantify physical activity levels. As lead of the Coordinating Center for the CDC Healthy Aging Research Network, she has overseen regional and national initiatives and developed successful trainings and tools for practitioners.