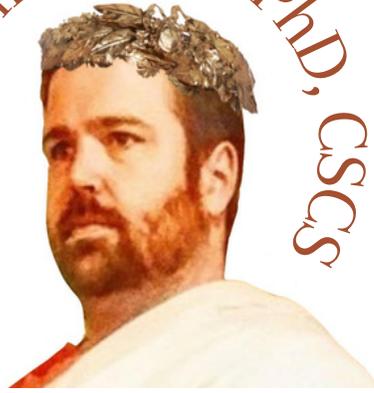# Ryan Stanley Falck, PhD, CSCS

First of His Name, Lord of R Stats, and Guardian of Data Science

MY BACKGROUND

- Originally from the United States. Stayed for the health care and the poutine.
- Strong supporter of Idris Elba as the next James Bond 007.
- Advocate that George R. R. Martin must be imprisoned for Game of Thrones Season 8.
- PhD in Rehabilitation Sciences from the University of British Columbia (UBC), 2020.
- Currently a Postdoctoral Fellow at UBC, working under Professor Teresa Liu-Ambrose.
- Father of Budweiser, the American Bulldog. Follow him on IG at: @budweiserbarks

CAREER GOALS

- My main goal is to support the quality of life and functional independence of older adults by promoting healthy cognitive ageing.
- I plan to become an independent investigator who will elucidate the complex relationships of physical activity, sedentary behaviour, and sleep with cognitive health.
- I also aim to build on my recent interest in "big data" to identify behaviour patterns associated with cognitive decline.

RESEARCH INTERESTS

- My research examines how lifestyle impacts cognitive health in people at risk for dementia.
- I am principally interested in three (3) lifestyle factors that share a complex relationship with each other and cognitive health:
  - Physical Activity
  - Sedentary Behaviour
  - Sleep
- I use a combination of observational and experimental studies to examine how these lifestyle factors impact cognitive health.

CURRENT CLSA PROJECTS

1. Age and sex differences in the relationships of cardiovascular risk factors with cognitive function.
2. Age and sex differences in the relationships of physical activity and sleep with cognitive function.
3. The association of pet ownership with mental health during the COVID-19 pandemic.

GOALS FOR SPA

1. Continue to build my skillset in longitudinal data analysis.
2. Develop new partnerships with current and future leaders in the field of healthy ageing research.
3. Increase my knowledge of the CLSA and CCNA, and develop new ideas for future longitudinal research.

THE UNIVERSITY OF BRITISH COLUMBIA

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COGMOB
Aging, Mobility, and Cognitive Neuroscience Lab

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