

FLARE findings 2011-2014

"Are psychosocial symptoms and self-rated health early and shared risk factors for physical disability and cognitive decline in old age?"

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FLARE project

- FLARE project included several substudies
 - Work-related stress and older age physical functioning
 - Stress and later life cognitive functioning
 - The association between physical and cognitive functions in older age
 - Self-rated health and fitness as determinants of older age cognition.
- 3 already existing prospective datasets were used
- The project was conducted in Gerontology research Centre, University of Jyväskylä with close collaboration with University of Eastern Finland, National Institute for Health and Welfare, Finland and Aging Research Center, Karolinska Institutet, Stockholm.
- Funding from Academy of Finland, grant number 250385.

Work-related stress and older age physical functioning

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Perceived Stress Symptoms in Midlife Predict Disability in Old Age: A 28-Year Prospective Cohort Study

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Background. Stress has damaging effects on individual's health. However, i
quences of mental stress is scarce.

Methods. This 28-year prospective cohort study examined on the associations
ability among 2,994 Finnish municipal professionals aged 44–58 years at baseli
assessed at baseline in 1981 and 4 years later in 1985 and perceived disability ir
component analysis was used for differentiation into stress symptom profiles. T
self-care disability (activities of daily living) and instrumental activities of dail
left-censored regression. The odds ratios for mobility limitation were estimated u

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Work-related stress in midlife is associated with higher number of mobility limitation in older age—results from the FLAME study

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Abstract The aim of this study is to investigate whether work-related stress symptoms in midlife are associated with a number of mobility limitations during three decades from midlife to late life. Data for the study come

constant stress. The number of self-reported mobility limitations was computed based on an eight-item list of mobility tasks presented to the participants in 1992, 1997, and 2000. Data were analyzed using joint Bayesian

We found that:

- Perceived stress symptoms predict disability almost 30 years later.
- Those with ADL disability or IADL disability in old age reported constant work-related stress symptoms in midlife almost two to three times more often than those without disabilities in old age.
- Occasional stress symptoms also increased the risk for disability, but less than constant symptoms.

What is the association between cognitive and physical functioning in old age?

Gerontology

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Association between Frailty and Dementia: A Population-Based Study

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Does self-rated physical fitness predict cognitive decline?

Original Article

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Association between mid- to late life physical fitness and dementia: evidence from the CAIDE study

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FLARE project resulted in several interesting findings, which can be used when aiming to prevent physical and cognitive decline among older people.

These findings also give targets for interventions, which could slow down the progression of physical and cognitive decline.

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