

ERA AGE 2

European
Research
Area in
Ageing



FLARE Project: Health and Cognition in Old Age

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*Presentation for the FLARE Summer School 2015 in
Helsinki, Finland.*



UNIVERSITY OF LUXEMBOURG
Integrative Research Unit on Social
and Individual Development (INSIDE)

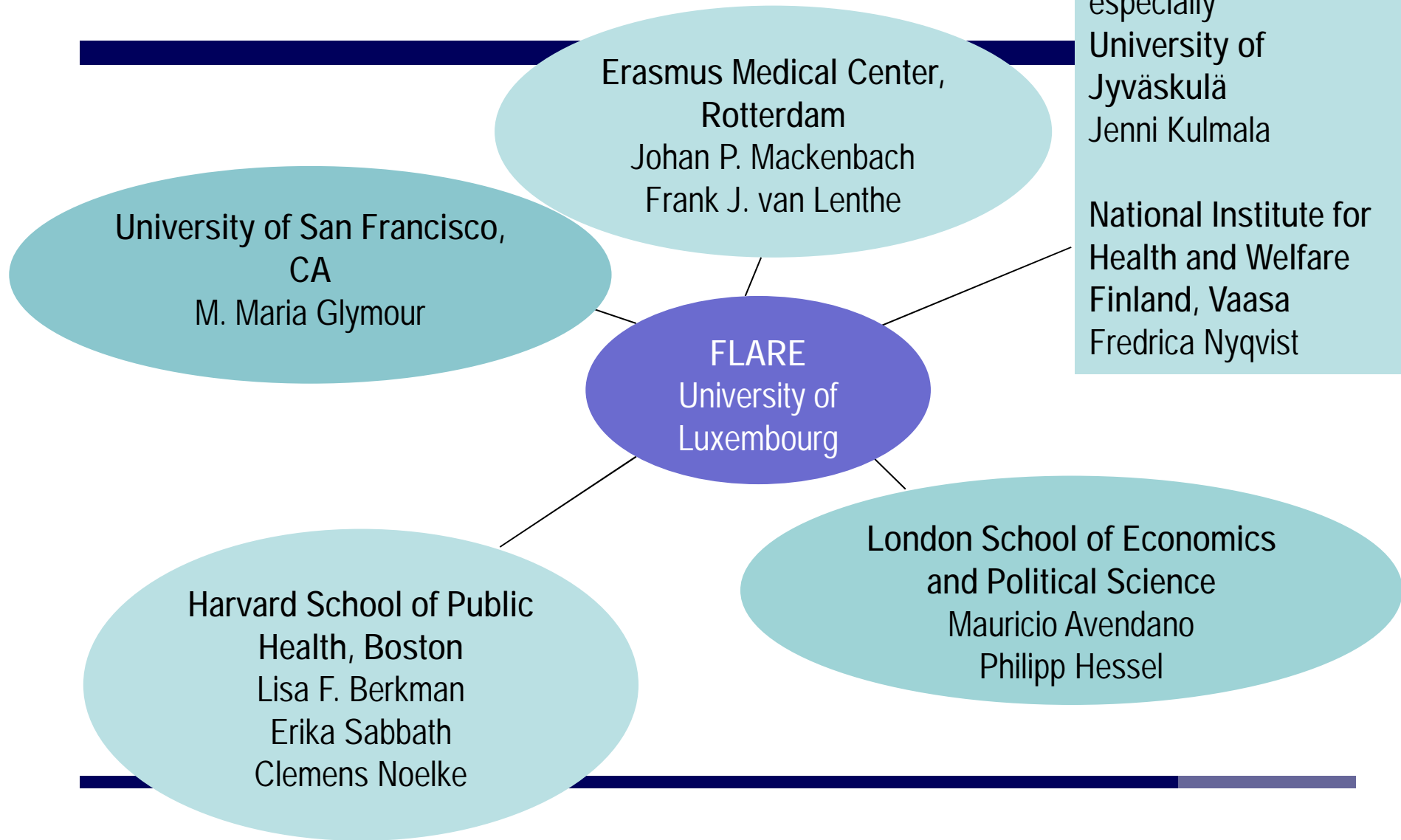


Fonds National de la
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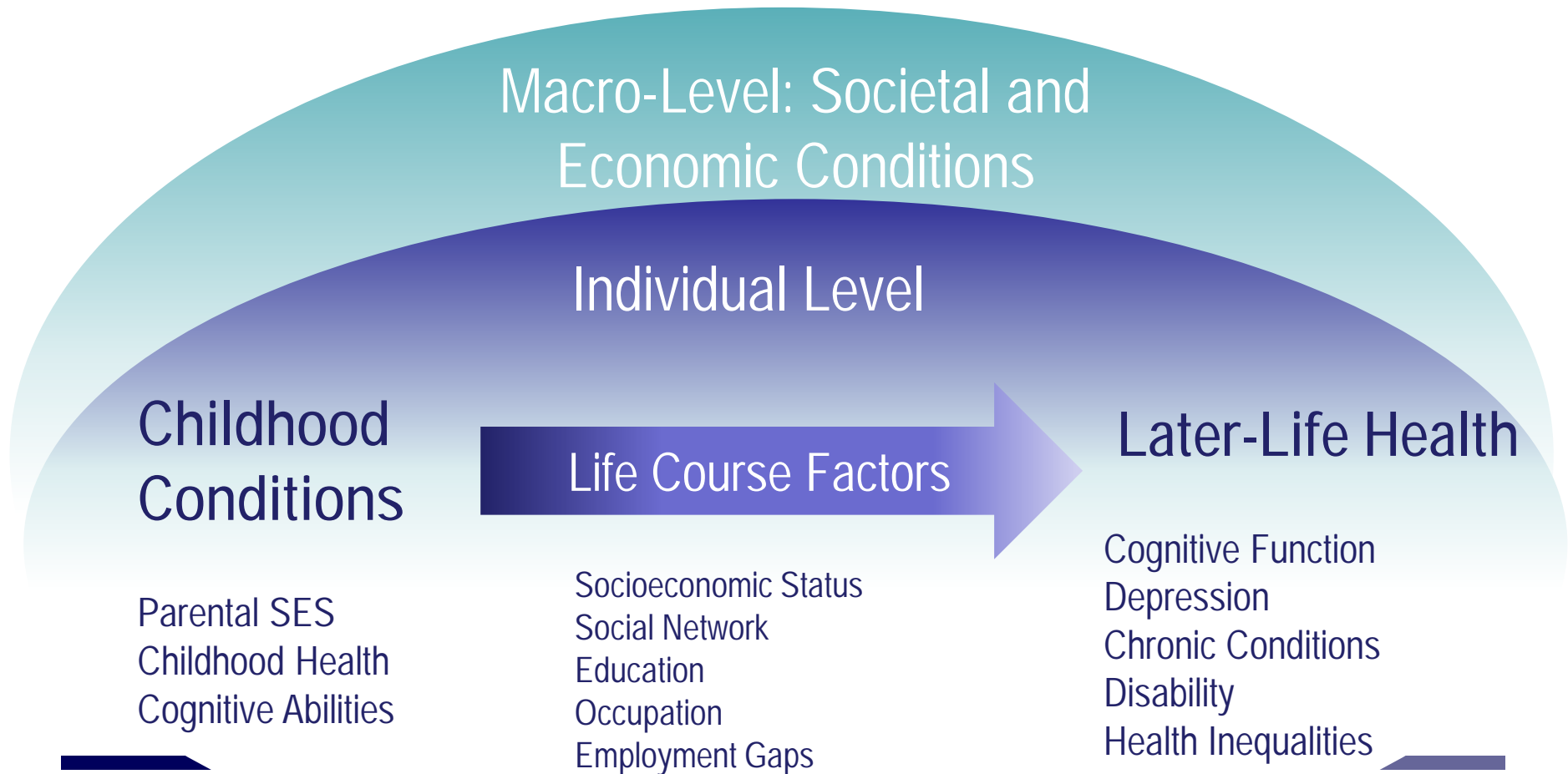
Health in Old Age: A Study on the Interplay of Economic and Individual Influences

- Project cut down to 30 months by uni.lu: 10/2011 – 03/2014
- Cross-national and cross-disciplinary collaboration
 - First year at the Erasmus Medical Center Rotterdam: *Social Epidemiology, Public Health*
 - Second one and a half years at INSIDE, University of Luxembourg: *Psychology, Gerontology*
- Data Analyses Mainly Based on the *Survey of Health, Ageing and Retirement in Europe*
 - In-depth analyses on cognitive function and cognitive decline
 - Advanced multivariate analyses, e.g., mixed (random effects) models
 - Member of the SHARE 'Health' Working Group at Erasmus MC, Rotterdam

The Collaborators



The Framework of the FLARE Project



Main Scientific Output

- Four published peer-reviewed articles
 - *Gerontology*
 - *Annals of Epidemiology*
 - *Journal of Epidemiology and Community Health*
 - *Journal of Happiness Studies*
- Two peer-reviewed book chapters
- Seven published peer-reviewed conference abstracts
- Five invited presentations
- Three press releases in 2013
 - Media echo (selection): The Times London, The Times India, The Independent, The Huffington Post, Le Parisien, Die Welt, SPIEGEL ONLINE.
- Richard Kalish Innovative Publication Award of the *Gerontological Society of America* ■

Findings

- **Social media use of older adults:** Older adults may benefit from participation in forums and networks (however, social networking sites such as Facebook not so much)
- **Work leaves** during young and mid adulthood may benefit cognitive function in later life, especially if leave is taken for childbearing (only results for women available...) or further education/training
- **Economic recessions** during young and mid adulthood are associated with worse cognitive function in later life, possibly mediated via unfavorable changes in working conditions: For men, through risk of being laid off in later mid-age (age 45-49), for women, through risk of working part-time, occupational downward mobility at ages 25-44
- Cognitive function in older age is a reflection of **cognitive reserve acquired across the life course**, through physical activity, social activities, occupational complexity, but also contextual factors such as macroeconomic conditions or socioeconomic status of neighborhood



... and The Book!



Anja K. Leist, Jenni Kulmala, Fredrica Nyqvist (Eds.)

Health and Cognition in Old Age: From Biomedical and Life Course Factors to Policy and Practice

Springer, New York, 2014.

20 chapters by FLARE Fellows working in Europe, Israel, and the U.S.

Foreword by Prof. Alan Walker, University of Sheffield

“... this volume is a clear demonstration of (the FLARE Fellows’) future leader status”

“It is with considerable admiration for the editors and other contributors, and with pride in their achievements as FLARE Fellows, that I wholeheartedly recommend this volume”

Ongoing Projects

Social Inequalities

- Chauvel & Leist, *Socioeconomic hierarchy and health gradient in Europe: The role of income inequality and of social origins*. Revise & resubmit to the *International Journal of Equity in Health*
- Chauvel, Leist & Ponomarenko, *Testing persistence of cohort effects in the epidemiology of suicide: an age-period-cohort hysteresis model*.

Cognitive Trajectories of Older U.S. Adults

- Hessel, Riumallo-Herl, Leist, Berkman & Avendano, *Recessions, unemployment and the brain: Do individual and aggregate economic shocks prior to retirement leave a cognitive 'scar'? Under review*
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Ongoing Projects ctd.

Cognitive Function of Low-Educated Older Adults of a Developing Country

- Leist, Navella & Olivera, *Early- and late-life nutritional status are associated with cognitive function in low-educated poor older Peruvians*. In preparation

Dementia Care

- Leist, *Demographic trends, population aging and consequences for long-term care*. Submitted book chapter draft
 - 'Young Leaders in Dementia'
 - Canada, US, Japan and Europe
 - Supports the work of the World Dementia Council
 - Representative of the YLs at the First WHO Ministerial Conference on Dementia in Geneva in March 2015
 - Currently efforts to create a World Young Leaders in Dementia Network WYLD
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Thank you.



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www.share-project.org



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