

English Longitudinal Study of Ageing

20th Anniversary Conference

Royal Society, London

6-9 Carlton House Terrace
London SW1Y 5AG

Thursday 11th May 2023

09:00 – 17.00

elsa

PROGRAMME



ELSA is funded by the National Institute on Aging (R01AG017644), and by UK government departments coordinated by the National Institute for Health and Care Research (NIHR).

Funding for the ELSA COVID-19 Sub-study was provided by the Economic and Social Research Council (ESRC).

All data collection waves of ELSA have obtained full ethical and data protection approval and are fully GDPR compliant.

For further information, please contact elsa@ucl.ac.uk.

The ELSA Management Group:

Andrew Steptoe, University College London, Director of ELSA
James Banks, Institute for Fiscal Studies and University of Manchester
Jonathan Cribb, Institute for Fiscal Studies
Sir Michael Marmot, University College London
James Nazroo, University of Manchester
Zoe Oldfield, Institute for Fiscal Studies
Nicholas Steel, University of East Anglia
Kate Taylor, NatCen Social Research
Martin Wood, NatCen Social Research
Paola Zaninotto, University College London
Kate Coughlin, University College London, ELSA Manager



09:00-9:30 Registration

INTRODUCTION AND OVERVIEW

09:30

Welcome. **Andrew Steptoe**

09:35 - 09:45

How ELSA began. **Sir Michael Marmot**

09:45 - 10:10

The first 20 years. **Andrew Steptoe**

SESSION 1: INEQUALITIES IN LATER LIFE CHAIR: ANDREW STEPTOE

10:10 - 10:35

The significance of inequalities in later life: Lessons from 20 years of ELSA. **James Nazroo**

10:35 - 11:05

Panel discussion and questions: Martin Hyde, Elizabeth Webb, Robert Willis

11:05 - 11:35 Coffee break

SESSION 2: CROSS-NATIONAL COMPARISONS CHAIR: ANDREW STEPTOE

11:35 - 12:00

Cross-national differences in health at older ages: The role of public policies. **Mauricio Avendano**

12:00 - 12:30

Panel discussion and questions: Jinkook Lee, David Richter, David Weir

12:30 - 13:45 Lunch and Poster Session

SESSION 3:

ELSA AND THE COVID-19 PANDEMIC
CHAIR: PAOLA ZANINOTTO

13:45 - 14:05

The experience of older people during the pandemic. **Giorgio Di Gessa**

14:05 - 14:35

Panel discussion and questions: Arie Kapteyn, Rose Anne Kenny, Nicholas Steel

SESSION 4: COGNITIVE DECLINE AND DEMENTIA CHAIR: PAOLA ZANINOTTO

14:35 - 14:55

The contribution of ELSA to the study of cognitive ageing. **Andrew Steptoe**

14:55 - 15:25

Panel discussion and questions: Michael Hurd, Kenneth Langa, Bernadette McGuinness

15:25 - 15:50 Coffee break

SESSION 5: ECONOMIC ACTIVITY AND AGEING CHAIR: JAMES NAZROO

15:50 - 16:15

Changing patterns of work at older ages. **Jonathan Cribb**

16:15 - 16:45

Panel discussion and questions: Emily Andrews, Axel Börsch-Supan, Sir Richard Blundell

FINAL SESSION

16:45 - 17:00

A look ahead. **Paola Zaninotto**

17:00 Reception

INTRODUCTION

I would like to welcome you to the 20th Anniversary Conference for the English Longitudinal Study of Ageing (ELSA), celebrating the ground-breaking research and insights into ageing that ELSA has provided since 2002.

Our report *Ageing better? Life over 50 in the 21st Century* complements today's conference to highlight the wealth of evidence that ELSA has contributed on a huge range of topics related to ageing. ELSA is unique in this country in its breadth, collecting data on everything from participants' physical and mental health, cognitive function and financial circumstances, through to their attitudes and beliefs on a wide range of topics. Starting with an initial sample of around 12,000 people aged 50 and over 100, ELSA has interviewed more than 19,000 participants over ten waves of data collection, representing more than 20 years of longitudinal data.

We are very pleased to have Sir Michael Marmot with us to kick off proceedings with a look back at how ELSA began all those years ago. I am delighted to be presenting an overview of the research that ELSA has produced over the past 20 years, and we look forward to welcoming you to sessions on cognitive decline and dementia, inequalities in later life, economic activity and ageing, and the COVID-19 pandemic. ELSA is also part of a network of global ageing studies, and we will highlight the role of the study in cross-country comparative analyses.

I would like to thank our funders who have made ELSA possible: National Institute on Aging in the US; and UK government departments including the Department of Health and Social Care (DHSC), Department for Work and Pensions (DWP), Department for Transport (DfT) coordinated through the National Institute for Health and Care Research (NIHR). We are also grateful to the Economic and Social Research Council (ESRC) for funding the ELSA COVID-19 Sub-study. And of course a special thanks goes to our very dedicated panel of ELSA participants, without whom none of this vital work would be possible.

I hope you enjoy the day and I look forward to hearing from you in the panel and poster sessions. Please do also join the discussion on Twitter using #ELSA20.

Professor Andrew Steptoe
Director of ELSA

SPEAKER BIOGRAPHIES



Andrew Steptoe

Andrew Steptoe is professor of psychology and epidemiology at UCL, where he is Head of the Department of Behavioural Science and Health, and Director of the English Longitudinal Study of Ageing (ELSA). He graduated in Natural Sciences from Cambridge University and completed his doctorate at the University of Oxford. He moved to UCL in 2000, where he was British Heart Foundation Professor of Psychology from 2000 until 2016, and Director of the Institute of Epidemiology and Health Care from 2011 until 2017. He is a Fellow of the British Academy, the Academy of Medical Sciences, the Royal Society of Biology, the Academy for Social Sciences, and the Gerontological Society of America. Andrew's research is primarily focused on links between psychological and social processes and physical health, and on population ageing. He is author or editor of 22 books and around 980 journal articles and chapters.

SPEAKER BIOGRAPHIES



Sir Michael G. Marmot CH, MBBS, MPH, PhD, FRCP, FFPHM, FMedSci, FBA

Sir Michael Marmot has been Professor of Epidemiology at UCL since 1985, and is Director of the UCL Institute of Health Equity. He is the author of *The Health Gap: the challenge of an unequal world* (Bloomsbury: 2015), and *Status Syndrome* (Bloomsbury: 2004). He is a Distinguished Visiting Professor at Chinese University of Hong Kong (2019-), and Co-Director of the of the CUHK Institute of Health Equity. He is the recipient of 20 honorary doctorates. Michael has led research groups on health inequalities for nearly 50 years. He chaired the WHO Commission on Social Determinants of Health, WHO Regional Commissions, and reviews on tackling health inequality for UK governments. He is former President of the British Medical Association (2010-2011), and former President of the World Medical Association (2015). He is a Fellow of the Academy of Medical Sciences. In 2000 he was knighted by Her Majesty The Queen, for services to epidemiology and the understanding of health inequalities. He was appointed a Companion of Honour for services to public health in the 2023 New Year Honours.

SPEAKER BIOGRAPHIES



Mauricio Avendano

Mauricio Avendano is based at the University of Lausanne, and the Centre for Primary Care and Public Health (Unisanté) in Switzerland. He is Co-Director of the Health Economics and Policy Unit at the Department of Epidemiology and Health Systems at Unisanté. His research examines how public policies, social transformations and health systems contribute to health inequalities between and within countries. His research has shown that public policies in education, pensions, long-term care systems, health care insurance, poverty and the benefit system, employment and urban planning influence physical and mental health and contribute to health inequalities, both in high- and low-and-middle-income countries. He is a visiting Professor at King's College London, and adjunct Associate Professor at Harvard University. He has published over 130 peer-reviewed papers, and he has been awarded grants by the European Commission, the European Research Council, the ESRC, the NIHR, the Netherlands Research Council, the US National Institute of Health, the Swiss National Scientific Foundation, and the MacArthur Foundation.

SPEAKER BIOGRAPHIES



Jonathan Cribb

Jonathan Cribb is an Associate Director at the Institute for Fiscal Studies (IFS) and Head of the Retirement, Savings, and Ageing sector. Most of his research focusses on understanding economic activity in later life, pensions, saving for retirement, and their interactions with public policies. He has spent his whole career at IFS, alongside which he completed his PhD in Economics in 2020. He is a Director of the Pensions Review, a review of the UK pension system and of the future of financial security in retirement. He is a former editor of IFS' flagship reports on Living Standards, Inequality, and Poverty, and currently coordinates the 17-country IFS Deaton Review Country Studies, which examines a broad set of labour market and income inequalities in Europe and North America.

SPEAKER BIOGRAPHIES



Giorgio Di Gessa

Giorgio is a Lecturer in Data Science in the Department of Epidemiology and Public Health at UCL and a member of the ELSA Research Group. Much of his research has focused on applying quantitative social science research methods to longitudinal data to investigate the social challenges presented by population ageing. In particular, Giorgio is interested in better understanding the social and demographic determinants of healthy ageing to tackle factors that impact older people's health status and wellbeing. Giorgio's research focuses primarily on complex relationships between social engagement (including paid work, volunteering, and provision of informal care to partners and grandchildren) and mental and physical health in mid and later life. With the onset of the COVID-19 pandemic, Giorgio has also investigated the impact of COVID-19 and associated viral suppression measures on mental health, socio-economic outcomes, and access to healthcare.

SPEAKER BIOGRAPHIES



James Nazroo

James Nazroo is a Fellow of the Academy of Social Sciences, a Fellow of the British Academy and Professor of Sociology at the University of Manchester. He is founding and Deputy Director of the ESRC funded research Centre on the Dynamics of Ethnicity, founding and Co-Director of the interdisciplinary Manchester Institute for Collaborative Research on Ageing, and Co-Investigator of the English Longitudinal Study of Ageing, which he has worked on for more than twenty years. Issues of inequality and social justice have been the primary focus of his research activities. His research on ageing has been concerned to understand the patterns and drivers of social, economic and health inequalities in ageing populations in relation to class, race/ethnicity and gender.

SPEAKER BIOGRAPHIES



Paola Zaninotto

Paola Zaninotto is Professor of Medical and Social Statistics at UCL. She is Co-Investigator of ELSA, where she plays a pivotal role in the study's planning and development. She is also a Co-Investigator of the Gateway to Global Aging Data. Throughout her career, she has demonstrated a keen interest in understanding the determinants of healthy life expectancy in older adults, as well as the trajectories of wellbeing, cognitive and physical function. More recently, she has extended her research interests to include the effect of environmental exposures on health outcomes. Her statistical expertise has enabled her to analyse complex datasets from several ageing studies, including the Health and Retirement Study and the Survey of Health, Ageing and Retirement in Europe, in order to answer important scientific questions. She has over 100 scientific papers published in international and British journals, indexed in PubMed.

DISCUSSION PANEL MEMBERS

Name	Affiliation
Emily Andrews	Deputy Director for Work, Centre for Ageing Better
Sir Richard Blundell	Professor of Political Economy, University College London, Director, ESRC Centre for the Microeconomic Analysis of Public Policy, Institute for Fiscal Studies
Axel Börsch-Supan	Director, Munich Research Institute for the Economics of Aging
Michael Hurd	Director, RAND Center for the Study of Aging
Martin Hyde	Associate Professor in Gerontology, Swansea University
Arie Kapteyn	Professor of Economics and Director of the Center for Economic and Social Research (CESR), University of Southern California
Rose Anne Kenny	Professor of Geriatric Medicine and Consultant (Medical Gerontology), Director of TILDA, Trinity College Dublin
Kenneth Langa	Professor of Medicine, University of Michigan
Jinkook Lee	Professor of Economics, Director of Global Aging, Health & Policy, and Director of the Gateway to Global Aging Data, University of Southern California
Bernadette McGuinness	Professor of Ageing, Queen's University Belfast
David Richter	Director SHARE Infrastructure, SHARE Berlin Institute
Nicholas Steel	Professor of Public Health, Norwich Medical School, University of East Anglia
Elizabeth Webb	Research Manager, Age UK
David Weir	Research Professor in the Survey Research Center at the Institute for Social Research and Director of the Health and Retirement Study (HRS), University of Michigan
Robert Willis	Research Professor, Institute for Social Research, University of Michigan

POSTER EXHIBITORS

Using a sequential mixed mode approach: From CAPI to Web-CATI in ELSA

Gianfranco Addario, Lina Lloyd, Jerome Swan, Rebecca Williams

Does dizziness predict falls in older adults? A longitudinal study using data from the English Longitudinal Study of Ageing (ELSA)

Hannah Barbour

The experiences of people with cognitive impairment during the COVID-19 pandemic: Self-isolation, access to care, and mental health

Brian Beach, Andrew Steptoe, Nicholas Steel, Paola Zaninotto

Lifestyle factors in cognitive ageing and dementia in England and China: The role of sleep and physical activity

Mikaela Bloomberg, Laura Brocklebank, Andrew Steptoe

Social isolation as a predictor of intrinsic capacity in older adults

Charlotte Campbell, Dorina Cadar, Anne McMunn, Paola Zaninotto

Gender differences in sexual activities and experiences among older adults in England: the impact of social and health-related circumstances

Georgia Chatzi, Hayley James, James Nazroo

Is social disadvantage a chronic stressor? Socioeconomic Position and HPA axis activity among older adults living in England

Georgia Chatzi, Tarani Chandola, Alexandru Cernat, Natalie Shlomo

Sociodemographic disparities in non-diabetic hyperglycaemia and the transition to type 2 diabetes: evidence from the English Longitudinal Study of Ageing

Georgia Chatzi, Thomas Mason, Tarani Chandola, William Whittaker, Elizabeth Howarth, Sarah Cotterill, Rathi Ravindrarajah, Emma McManus, Matt Sutton, Peter Bower

POSTER EXHIBITORS

The use of video interviewing in longitudinal research during the COVID-19 pandemic

Kirsty Cole, Alexandra Lee, Victoria Ratti, Tom Bristow

Are older people with cognitive impairment more likely to install home adaptations than those without? Findings from the English Longitudinal Study of Ageing

Lisa Davison

The dimensions of discrimination – exploring the intersections between age and disability

Lisa Davison

The Healthy Cognitive Ageing Project (HCAP), a sub-study of cognitive ageing and dementia in ELSA

Shabina Hayat, Sarah Assaad, Andrew Steptoe

Costly Attention and Retirement

Jamie Hentall-MacCuish

Comparisons of disease cluster patterns, prevalence and health factors in the USA, Canada, England and Ireland

Belinda Hernández, Stacey Voll, Nathan Lewis, Cathal McCrory, Arthur White, Lucy Stirland, Rose Anne Kenny, Richard Reilly, Craig Hutton, Lauren Griffith, Susan Kirkland, Graciela Muniz Terrera and Scott Hofer

Clustering by multiple long-term conditions and social care needs:

A cohort study amongst 10,000 older adults in England

Nusrat Khan, Christos Chalitsios, Yvonne Nartey, Glenn Simpson, Beth Stuart, Andrew Farmer, Hajira Dambha-Miller

The impact of the COVID-19 pandemic on socially isolated older people: An outcome-wide analysis

Claryn S. J. Kung, Andrew Steptoe

POSTER EXHIBITORS

Co-residing with a child after age 60 in Europe and China

Anne Laferrère

Does diabetes control status influence walking speed decline in older adults? Evidence from the English Longitudinal Study of Ageing (ELSA)

Mariane M. Luiz, Roberta de O. Máximo, Dayane C. de Oliveira, Paula C. Ramírez, Aline F. de Souza, Maicon L. B. Delinocente, Natália Cochar-Soares, Andrew Steptoe, Cesar de Oliveira, Tiago da S. Alexandre

The effect of frailty and receipt of care on unplanned hospital admission

Asri Maharani, David Sinclair, Tarani Chandola, Peter Bower, Andrew Clegg, Barbara Hanratty, James Nazroo, Neil Pendleton, Gindo Tampubolon, Chris Todd, Raphael Wittenberg, Terence W O'Neill, Fiona Matthews

Associations between a composite inflammatory biomarker score and cognitive performance measured concurrently and subsequently in the English Longitudinal Study of Ageing waves 6-9

Kris Mekli, Asri Maharani, James Nazroo

Genetic risk and phenotype association between personality traits and loneliness: results from the English Longitudinal Study of Ageing (ELSA)

Thamara Tapia Munoz

Did the socio-economic gradient in depression in later-life improve or worsen during the COVID-19 pandemic? New evidence from England using path analysis

Min Qin, Maria Evandrou, Jane Falkingham, Athina Vlachantoni

Social contact mode and 15-Year episodic memory trajectories in older adults with and without hearing loss: Findings from the English Longitudinal Study of Ageing

Snorri Bjorn Rafnsson, Asri Maharani, Gindo Tampubolon

Subjective social status and trajectories of frailty: Findings from the English Longitudinal Study of Ageing

Lindsay Richards, Asri Maharani, Patrick Präg

POSTER EXHIBITORS

Exploring the relationship between loneliness and religion and spirituality in older adults in England

Soureya Seetal

Care receipt and frailty: a longitudinal analysis with multistate models

David Sinclair, Asri Maharani, Andrew Clegg, Tarani Chandola, Peter Bower, Barbara Hanratty, James Nazroo, Neil Pendleton, Gindo Tampubolon, Chris Todd, Raphael Wittenberg, Terence W O'Neill, Fiona Matthews

Life course shaping of frailty in later life: three sisters study of HRS, ELSA and SHARE

Gindo Tampubolon

The relationship of adverse childhood experiences, hair cortisol, C-reactive protein, and polygenic susceptibility with older adults' psychological distress during the COVID-19 pandemic

Katie Taylor, Andrew Steptoe, Eleonora Iob

Has COVID-19 been the great leveller? The changing use of intergenerational digital communications amongst older people in England during the pandemic

Athina Vlachantoni, Jane Falkingham, Maria Evandrou, Min Qin

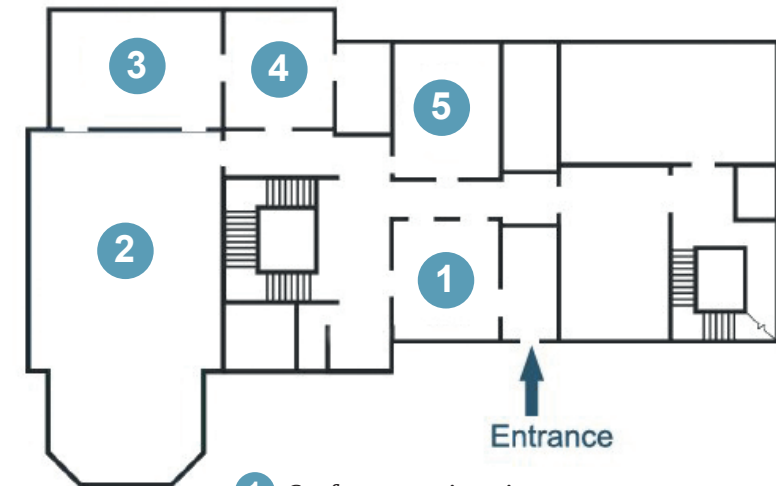
Housing adaptations and older adults' health and social engagement: Evidence from ELSA

Jiawei Wu, Emily Grundy

Pre-pandemic trajectories of depressive symptomatology and their relation to depression during the COVID-19 pandemic: A longitudinal study of English older people

Jingmin Zhu, Paola Zaninotto, Giorgio Di Gessa

VENUE MAP



- 1 Conference registration
- 2 Wellcome Trust Lecture Hall – Presentations
- 3 City of London Room 1 – Refreshments
- 4 City of London Room 2 – Refreshments
- 5 City of London Room 3 – Poster session

OTHER INFORMATION

Presentations will take place in the Wellcome Trust Lecture Hall.

Posters will be displayed in City of London Room 3.

Lunch and refreshments will be served in City of London Rooms 1 and 2.

Reception will take place in the Dining Room on the lower ground floor.

Toilets

The main toilets are in the basement (accessible by lift). There are accessible toilets on the ground floor behind the reception area and in the basement.

WiFi

Name: RS-Public
Password: Newton+apple

Cloakroom

An unstaffed cloakroom is available in the basement.

NOTES



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The English Longitudinal Study of Ageing (ELSA)

www.elsa-project.ac.uk

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