

# Cognitive Impairment and Dementia: English Longitudinal Study of Ageing

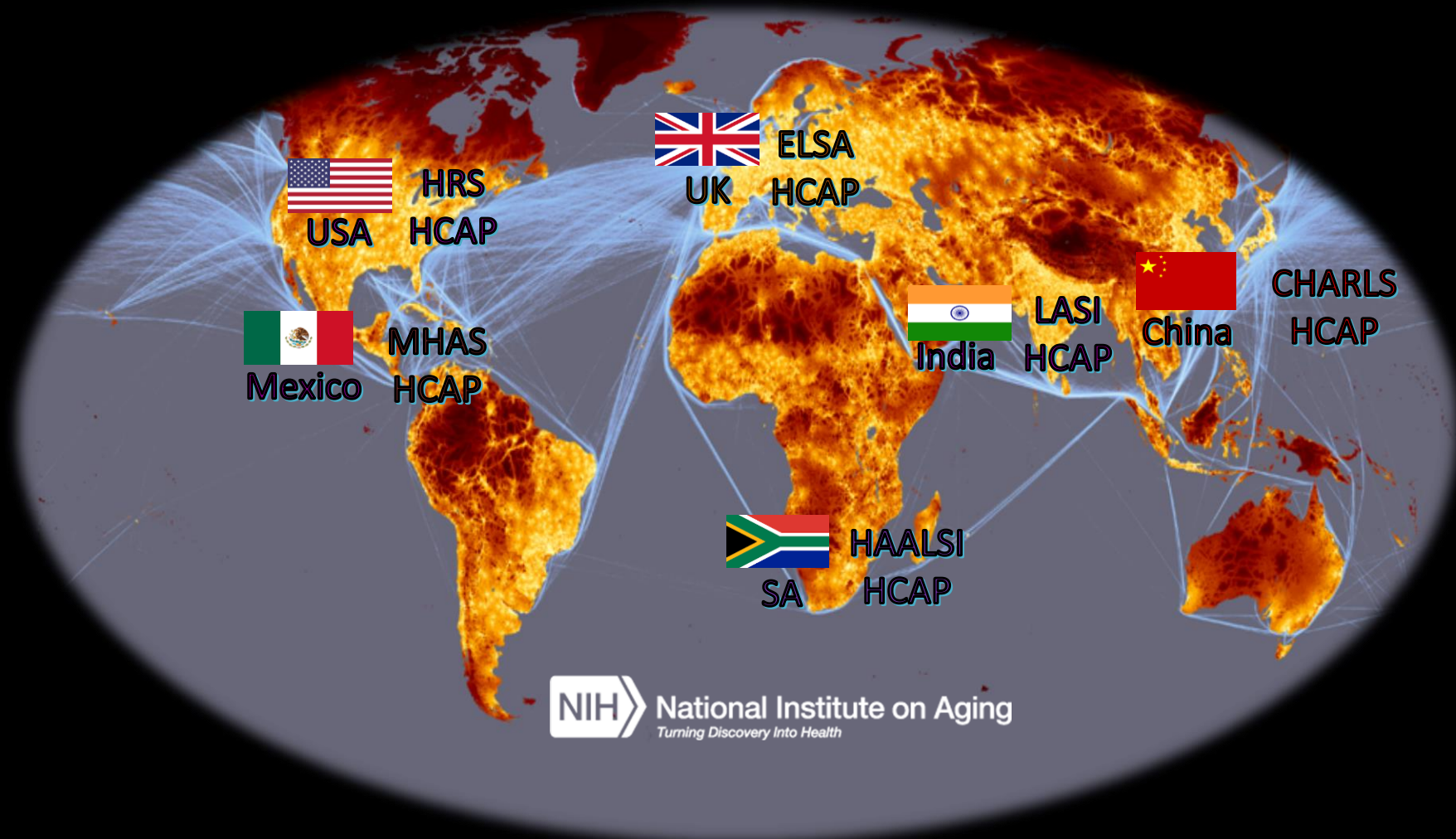


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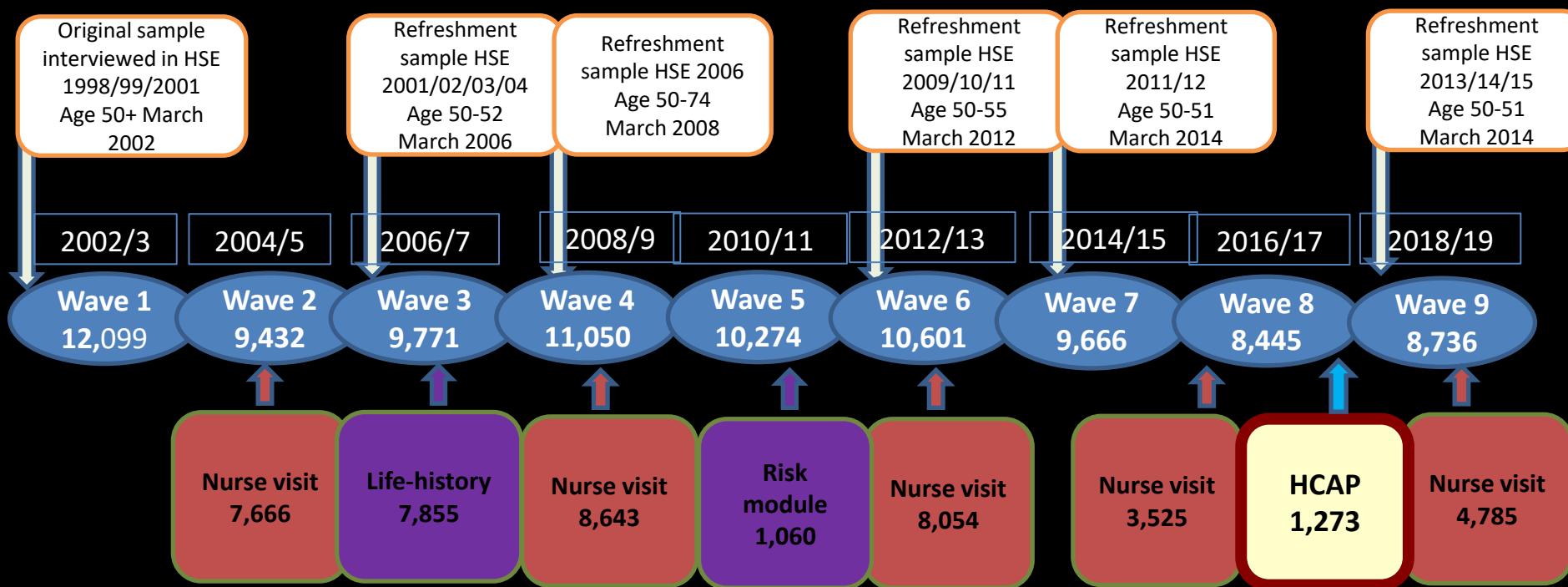


***To examine the prevalence of cognitive impairment and dementia in England using data from the Harmonised Cognitive Assessment Protocol (HCAP), sub-study of ELSA, and the crosswalk algorithm with wave 9.***

# Harmonised Cognitive Assessment Protocol (HCAP), part of the Healthy Cognitive Ageing Project Worldwide

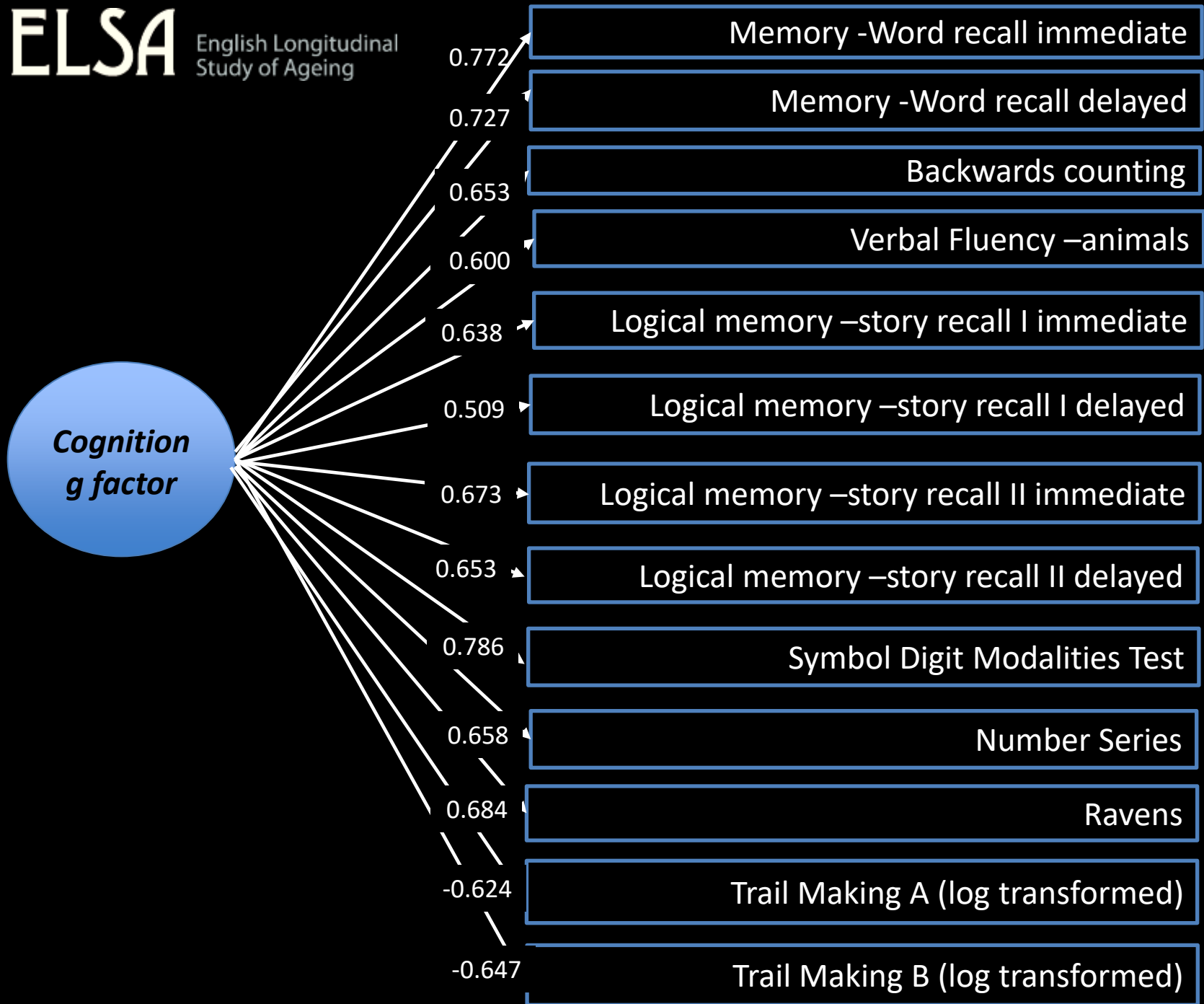


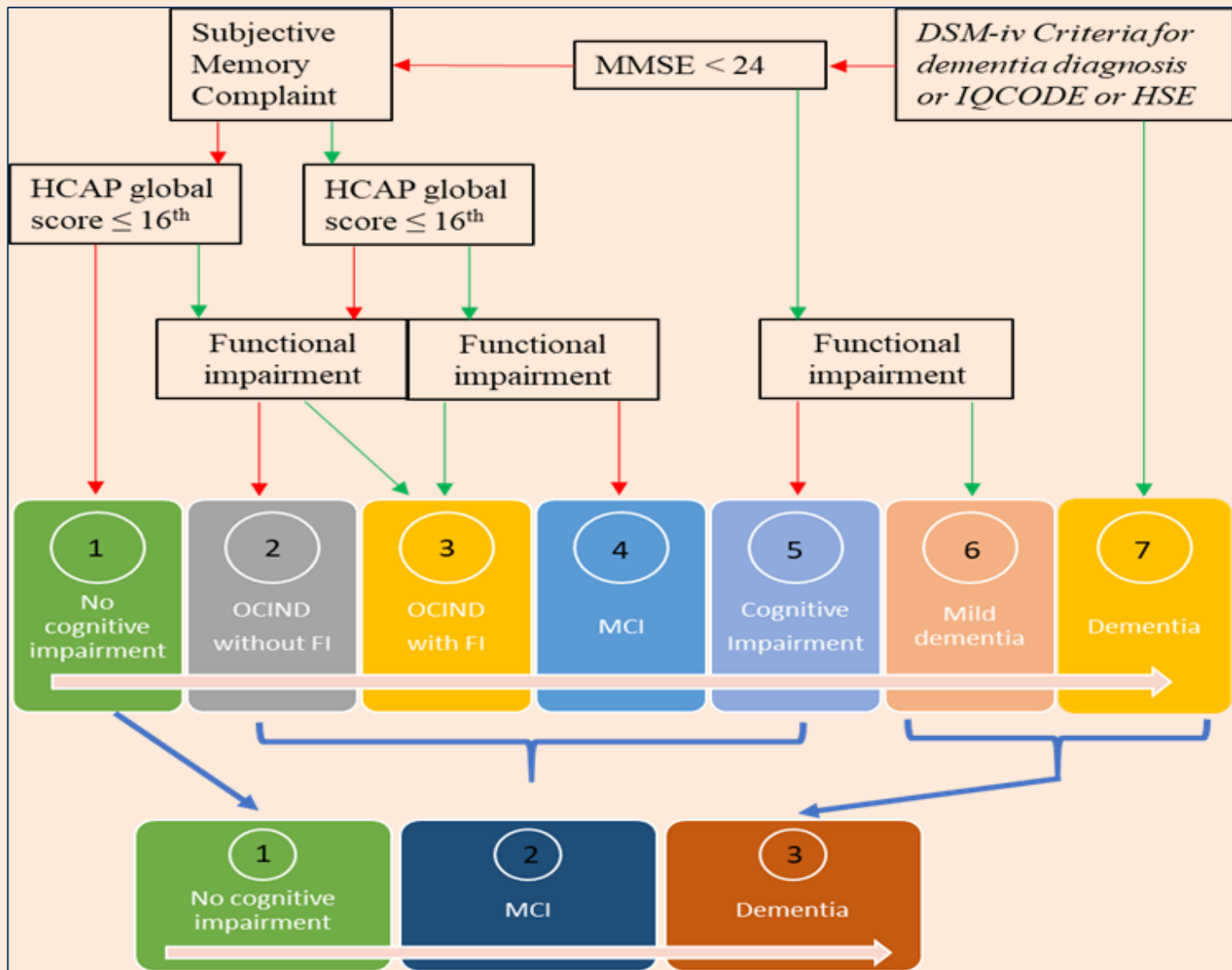
## ELSA & ELSA-HCAP timeline



# ELSA

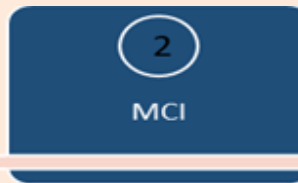
English Longitudinal  
Study of Ageing





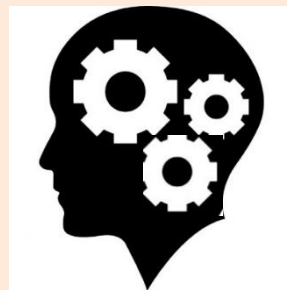
Adapted from Cognitive Functioning and Ageing Study (Richardson et al., 2019)





72%

70 years



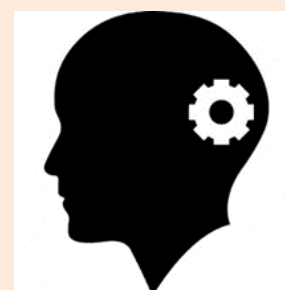
23%

79 years

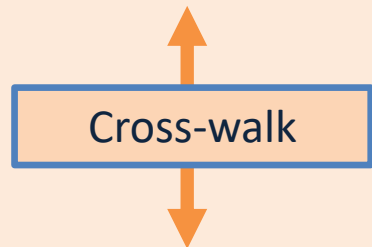


5%

80 years



ELSA wave 9  
N=6,669  
60+yrs



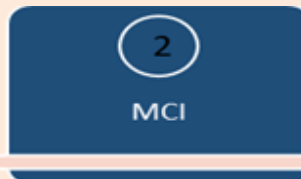
74 years

44%



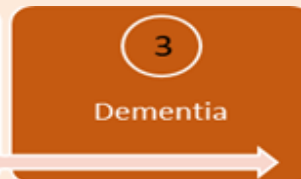
79 years

43%



80 years

13%



ELSA-HCAP  
N=1,273  
65+yrs



***What are the key biopsychosocial determinants of neurocognitive disorders?***



## Biopsychosocial determinants



10 years

Wave 4 (2008-09)

Wave 9 (2018-19)

High blood pressure

Diabetes

Low physical activity

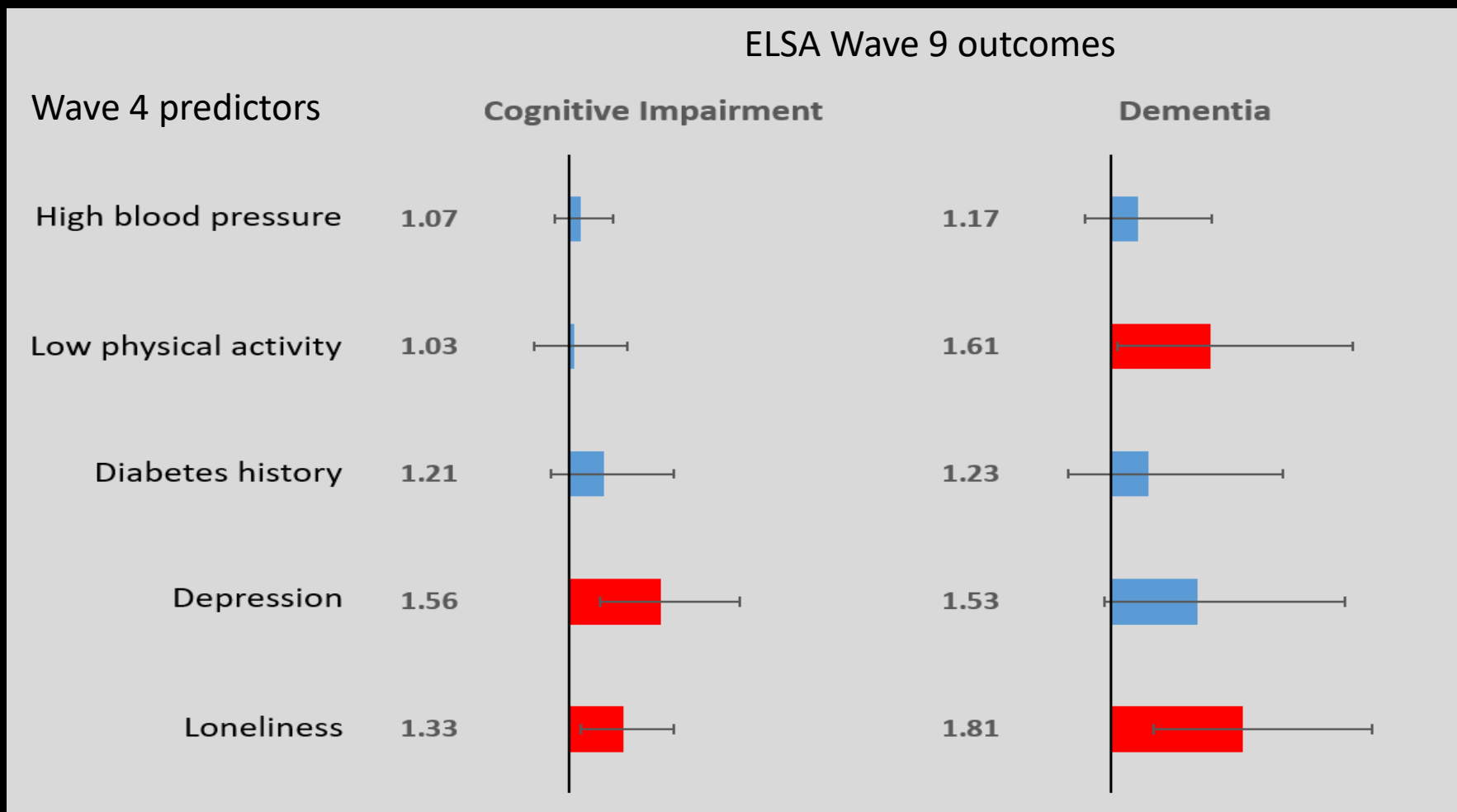
Depressive symptoms

Loneliness

Socioeconomic/neighbourhood

Cognitive  
impairment  
/dementia

# Biopsychosocial determinants of cognitive impairment and dementia at wave 9



*Fully adjusted models including age, age<sup>2</sup>, sex, marital status, household wealth, CVD*

## Concluding remarks

Physical inactivity at wave 4 was an important determinant of dementia risk at wave 9.

We found an increased risk for cognitive impairment at wave 9, for those with elevated depressive symptoms 10 years earlier.

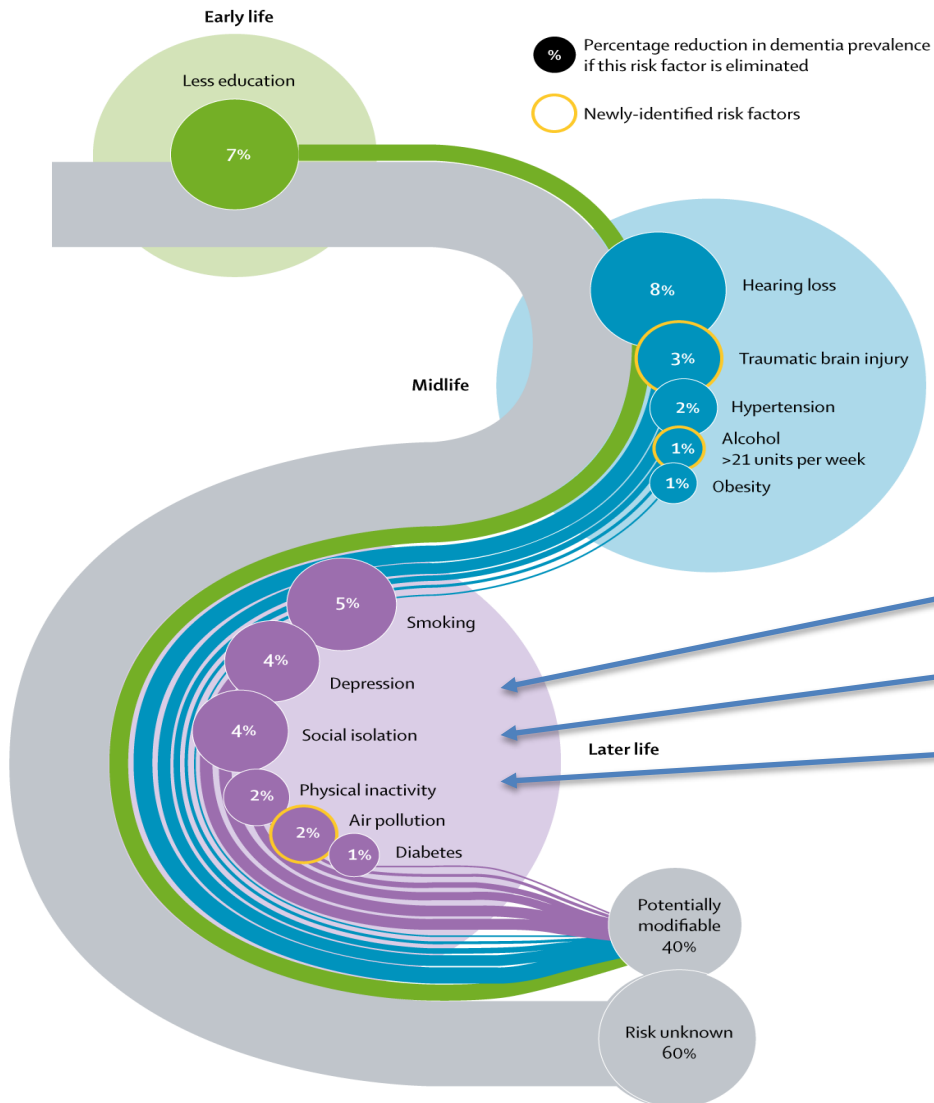
Greater loneliness at baseline was predictive of an increased risk of cognitive impairment and dementia almost a decade later.

The geographical region was not predictive of cognitive impairment or dementia.



## Risk factors for dementia

An update to the *Lancet* Commission on Dementia prevention, intervention, and care presents a life-course model showing that 12 potentially modifiable risk factors account for around 40% of worldwide dementias



**Cognitive  
impairment  
/dementia  
ELSA wave 9**

**Depression**

**Loneliness/ social isolation**

**Physical inactivity**

# Implications

**Loneliness and depressive symptoms** represent important psychosocial determinants of cognitive impairment and dementia. Targeting loneliness and psychological wellbeing in middle aged and older adults, should be considered a priority.





## Acknowledgments

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