



Newsletter 2022

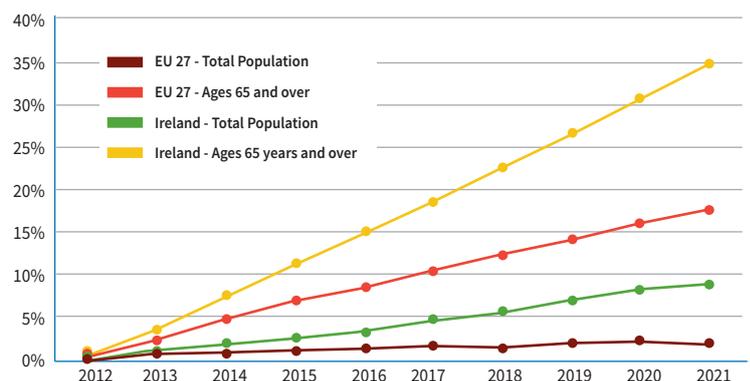
Dear TILDA Participant,

Welcome to TILDA's newsletter for 2022. The major activity for TILDA this year has been the commencement of our Wave 6 health assessments after the pandemic. This is the third wave of health assessments since the study's inception and represents a significant milestone. We were especially delighted to welcome those attending our new research premises in Trinity Central on Pearse Street. We have also been carrying out assessments in participants' homes throughout the country.

When we started TILDA, our youngest participants were 50 years old – they are now 62! And therefore, we have started to 'replenish' the study with new participants aged 45-64. Welcome to you all!

On a personal note, I have been delighted with the reception of my book 'Age Proof', showcasing information from TILDA, which was published in January of 2022. The success of the book is a testament to the work of everyone involved in TILDA, both you and the wonderful team here in Trinity College and other national universities, who have made TILDA the leading voice for health and life research in Ireland. The concept for the book came from the series of lectures that we delivered in collaboration with the GAA Healthy Clubs project throughout Ireland. So, thank you for giving your time to inform everyone about how to live a long and healthy life.

We are sharing TILDA information to help make Ireland one of the leading countries in the world to live a long and healthy life. The recent Health in Ireland Key Trends 2022 report highlights that Ireland has the fastest ageing population in the EU, which emphasises the importance of TILDA's information for all of us, now more than ever.



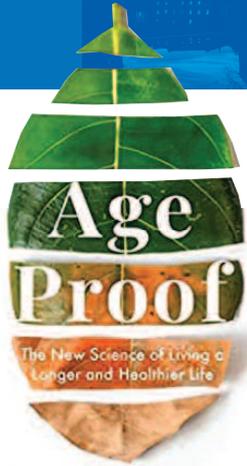
Cumulative Percentage Increase in Population,
All Ages and 65+ for Ireland and EU-27, 2012 to 2021

TILDA has further developed our exciting collaborations with national and international colleagues throughout 2022. We are now actively working in collaboration with the charity Family Carers Ireland. This research project will help to inform how services may be improved to better support family carers. Furthermore, our first big in-person event since the pandemic was held in October, bringing together international experts in ageing research to focus on how genes and environment interact to impact biological ageing. You can read more about this event inside.

As we continue to emerge from the pandemic, we would like to acknowledge the support of our funders. Most importantly, we owe a huge debt of gratitude to you, our participants. Thank you sincerely for your ongoing support and engagement with TILDA, and for continuing this journey with us to improve health and well-being, for longer, happier lives for everyone.

Rose Anne Kenny

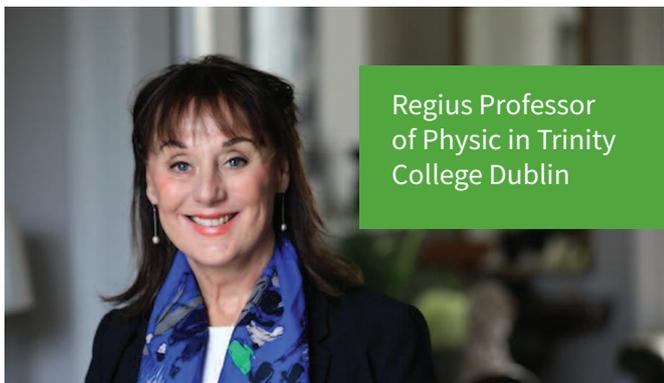
Professor Rose Anne Kenny, Principal Investigator



PROFESSOR ROSE ANNE KENNY

Age Proof: The New Science of Living a Longer and Healthier Life

Age Proof: The New Science of Living a Longer and Healthier Life was published in January 2022 and has become an international bestseller. With glowing reviews in Forbes and featuring in the Top 100 must-reads of 2022 by the Financial Times, and based on Professor Kenny's thirty-five years of experience as a researcher and clinician, the book explores the myriad of factors that contribute to ageing and reveals why and how some people have a lower biological age (how our body looks and feels) than chronological age (in years). TILDA is at the centre of this book and the research presented showcases both TILDA outputs and learning as well as international research.



Regius Professor
of Physic in Trinity
College Dublin

Professor Kenny was also appointed *Regius Professor of Physic* in Trinity College Dublin earlier this year. The Regius Professor of Physic dates from 1637 and is the oldest professorship in Ireland and one of the oldest Medical Professorships in Europe (the Latin, *Physic*, referring to the art or practice of healing disease). Marking the honour, Provost of Trinity College Professor Linda Doyle said: “*The appointment of Rose Anne Kenny as Regius Professor of Physic in Trinity is an acknowledgement of the remarkable impact of her work in the field of medical gerontology and beyond. It recognises the outstanding contribution she has made to clinical research as well as to clinical practice.*”

Did you know that **80%** of our ageing biology is within our control? That there are changes we can make right now - to ensure that we live longer, happier and healthier lives.

Some of TILDA's Discoveries in 2022 - Thanks to You!

1. Higher folate intake decreases the risk of memory issues in later life
2. Adversity experienced in early life, such as childhood poverty or the death of a parent, quickens the ageing process
3. Higher levels of the stress, including the hormone cortisol, increase the risk of developing depression
4. Maintaining physical activity levels at each wave extends the healthy lifespan, that is years in good health
5. In addition to osteoporosis, vitamin D deficiency increases the likelihood of developing diabetes
6. Both depression and loneliness increased in the early months of the pandemic – and while many people have recovered, many continue to experience loneliness and poorer mental health than before the pandemic



How TILDA Research has led to Service Changes in the Emergency Department

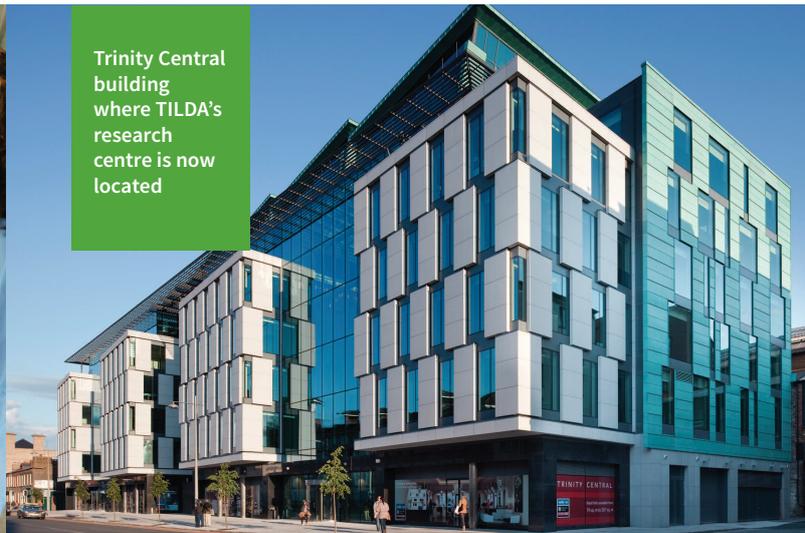
TILDA research has shown that falls are very common, and the risk of which increase with advancing age. Our findings have noted that heart rate and blood pressure abnormalities are often the cause of falls in older adults and further studies have shown that treatment of these conditions reduced falls.

Based on this, a dedicated trained team managed all patients presenting with falls or blackouts at the emergency department with particular focus on heart rate and blood pressure abnormalities. This resulted in annual saving of €7 million to St. James's Hospital in Dublin.

Due to the initial TILDA observations, we are now planning means to roll this initiative out to all emergency departments throughout Ireland. We are in discussions with the HSE and the Department of Health about collaborating with colleagues in St. James's Hospital (Mercer's Institute for Successful Ageing - MISA) in the running of an annual training course to build further capacity for doctors and nurses to deliver this service nationally.



TILDA's new health assessment centre



Trinity Central building where TILDA's research centre is now located

Wave 6 Health Assessments



After inevitable delays throughout 2020 and 2021, we are delighted to have our health assessments up and running, and to welcome you back for this third assessment at our new Health Assessment Centre. The nursing, administrative, research, data and management teams have

worked incredibly hard to ensure that the space is ready and that the experience as smooth as possible for all our visitors. We welcome your feedback on your experience.

At the same time, our home nurses are travelling around the country conducting home health assessments. Their regular reports back from the road have told us how much they are enjoying getting to know those of you opting for the home visit and getting to see new and unfamiliar parts of the country.

Our health assessments are a key part of what makes TILDA unique and has established us as a global leader in longitudinal studies, enabling us to take a lead on collaboration with the World Health Organization. We can't do this without you, and a huge thank you from the team for your time and support.

The international Healthy Cognitive Ageing Project (HCAP)



Memory issues and dementia are still a major challenge for health and social care around the world. In 2019, in collaboration with partners in the US and Northern Ireland, TILDA was awarded research funding to conduct the Irish arm of an international project, the Healthy Cognitive Ageing Project (HCAP). Ireland joins an international network of 11 countries and counting who are conducting the HCAP to produce comparable data on brain health and dementia. Collecting data for Ireland and being able to compare that with other countries will enable us to better understand why we get dementia and how to identify early indicators of dementia and possibly therefore preventative treatments. The assessments for the HCAP are running in tandem with the traditional Wave 6 health assessments over the course of 2022 and into 2023. Over 1,800 TILDA participants over the age of 65 have been randomly selected to be invited to participate in the HCAP. We will keep you informed of our progress with this important research.



TILDA Welcomes New Recruits!

A major milestone 2022 was the launch of TILDA's replenishment campaign to welcome new recruits into the study for the first time since we knocked on your door over 10 years ago. Bringing new individuals into the study is crucial for longitudinal studies on ageing to be able to assess health and well-being of a different age groups. The experience of today's 50-year-old living in 2022 will be very different from 2009, and with replenishing the age groups, we can assess these differences across a range of factors.



Researcher Dr Christine McGarrigle

Dr. Christine McGarrigle is a Social Epidemiology Senior Research Fellow at TILDA since in April 2012.

She received her M.Sc. and PhD in Epidemiology from the London School of Hygiene and Tropical Medicine, University of London (UK), and holds a B.Sc. in Chemistry from University College Dublin.

As part of the TILDA team, Christine's research focuses on intergenerational transfers between generations, the health and social determinants associated with successful ageing and the health and well-being outcomes associated with caring and social participation.

Most recently, Christine was awarded a new grant as part of the Health Research Charities Ireland/Health Research Board Joint Funding Scheme in a joint research project with Family Carers Ireland.

TILDA Epigenetics Workshop 2022

Have you ever wondered why two people of the same age differ in terms of how they are ageing? Consider two 50-year-olds; one might appear 45 and the other 55. Epigenetics may hold some of the answers as to why. It is the study of how changes to our environment and way of life can impact how our genes function and affect how long we live. Using TILDA information, several of our research articles have demonstrated that certain lifestyle choices—including smoking, inactivity, and heavy alcohol use—are associated with an acceleration of biological age. Being physically active and participating in social activities, on the other hand, was linked to a slower rate of biological ageing, demonstrating the significance of our daily activities in shaping how we age.



Together with colleagues from the Northern Ireland Cohort for the Longitudinal Study of Ageing (NICOLA) and the US Health and Retirement Survey (HRS), TILDA recently hosted an epigenetics workshop. More than 20 researchers participated in the workshop, which gave many of our PhD students and other researchers the chance to present their work using TILDA data. It is a part of a longer-term project to understand how the circumstances in which we live, grow, develop, work, and interact, affects how quickly we age and could result in the development of interventions, prevention strategies, and treatments.

Change in contact details?

Our continued engagement with participants is only possible if we have up-to-date contact information for you. Therefore, if you have recently changed your home address, phone number or email contact, please let us know and we will update your information.

Phone: **01 896 2509**

Email: tilda@tcd.ie

Website: www.tilda.ie

Write to:

The Irish Longitudinal Study on Ageing (TILDA) 1st floor,
Trinity Central, 152-160 Pearse St, Dublin 2, D02 R590.

Find TILDA on social media



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