

# British and Irish Longitudinal Studies of Ageing (BILS) meeting

Thursday 16<sup>th</sup> – Friday 17<sup>th</sup> April 2026

**The Seminar Room  
The Institute for Fiscal Studies  
2 Marylebone Road, London, NW1 4DF**

*Please arrive 10 minutes earlier to allow sufficient time for your security photo to be taken before the scheduled start time.*

## **Guidance for Presenters:**

**As the agenda is quite full, we kindly ask that presentations are limited to 10 minutes for slides, followed by 3 minutes for questions. Please email your presentation to [elsa@ucl.ac.uk](mailto:elsa@ucl.ac.uk) by the 14<sup>th</sup> of April.**

## **DAY 1: 13:00-14:00 Lunch on arrival**

**14:00–14:10**

**Welcome and Opening Remarks Andrew Steptoe**

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## **Session 1: Biological & Molecular Mechanisms**

**Chair Bernadette McGuinness**

**14:10–15:10**

**14:10–14:25**

**Brenda Ozeias Santos, TDC (TILDA)**

*Housekeeping genes and socio-economic position*

14:25–14:40

**Katie Duffy, TDC (TILDA)**

*Male–female health-survival paradox (DNAm)*

14:40–14:55

**Robert Leigh, TDC (TILDA)**

*Epigenetic signatures of osteoporosis*

14:55–15:10

**Gilciane Ceolin, UBC (ELSA)**

*Inflammation linking fruit & vegetables to depression*

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☕ **15:10–15:40 Coffee Break**

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## **Session 2: Cognitive Ageing & Dementia 15:40–16:55**

### **Chair Ken Langa**

15:40–15:55

**Yaqing Gao, UCL (ELSA)**

*Severe Infections, Domain-Specific Cognitive Vulnerability, and Future Infection Risk*

15:55–16:10

**Nicola Ann Ward, QUB (NICOLA-HCAP)**

*Applying the Harmonised Cognitive Assessment Protocol in NICOLA*

16:10–16:25

**Danielle Logan, QUB (NICOLA)**

*Cardiovascular health and cognition*

16:25–16:40

**Nicola Ann Ward, QUB (NICOLA-HCAP)**

*Nutritional quality & cognitive health*

16:40–16:55

**Charlotte Sterling, QUB (NICOLA)**

*Prevalence of dementia*

16:55–17:10

**Rebecca Egerton, QUB (NICOLA)**

*Cognitive resilience in NICOLA*

## **Session 3: Cohort Innovation & Future Directions**

**Chair Paola Zaninotto**

17:10–18:00

17:10–17:25

**Lina Lloyd, NatCen (ELSA)**

*Transitioning ELSA to a multimode fieldwork design*

17:25–17:40

**Brendan O'Maoileidigh, TCD (TILDA)**

*Validating a Measure of Trait-Based Coping*

17:40–17:55

**Rose Anne Kenny, TCD (TILDA)**

*Data Collection and Innovation in Health assessments*

17:55–18:00

**Closing remarks**

## **18:00 Walk to Restaurant for Dinner**

**FENG SHANG PRINCESS**

**Cumberland Basin, Prince Albert Rd, Regent's Park, NW1 7SS, London**

**Please note that the dinner will be paid for by ELSA.**

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**DAY 2: 09:00–12:45**

**09:00–09:15 Arrival and coffee**

**Session 4: Health, Mental Wellbeing & Innovation**

## Chair Elaine Douglas

**09:15–09:30**

**Ann Monaghan, TCD (TILDA)**

*Device-Measured Physical Activity and Adherence to WHO Guidelines Among Older Adults*

**09:30–09:45**

**Mikaela Bloomberg, UCL (ELSA)**

*Cognitive decline & accelerometer-measured behaviour*

**09:45–10:00**

**Emma Connolly, TCD (TILDA)**

*Multimorbidity Trajectories and Decline in Health-Related Quality of Life*

**10:00–10:15**

**Grace Lehane, TCD (TILDA)**

*The Clinical Characteristics of Childhood, Lifelong and Adult Syncope*

**10:15–10:30**

**Niall Costello, TCD (TILDA)**

*Longitudinal Mental Health Profiles Among Spousal Caregivers of Partners with Cognitive Impairment*

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☕ **10:30–11:00 Coffee Break**

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## Session 5: Inequalities, Care & Health Trajectories

**Chair Brian Beach**

**11:00–11:15**

**Heidi Karjalainen, IFS (ELSA)**

*Cognitive decline and financial outcomes in retirement*

**11:15–11:30**

**Scott Oatley, UoM (ELSA)**

*Age at Death in the UK: Ethnicity-Based Death Statistics*

**11:30–11:45**

**Georgia Chatzi, UoM (ELSA)**

*Racial Inequalities in Healthcare and Mortality Among Older Adults*

**11:45-12:00**

**Maria Tsantani, NatCen (ELSA)**

*Social Care Needs and Emergency Hospital Admissions*

**12:00-12:15**

**Sarah Gentry, UEA (ELSA)**

*Trends in Polypharmacy and Potentially Inappropriate Prescribing Among Older Adults*

**12:15 Closing remarks Paola Zaninotto**

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**12:45-14:00 Lunch**

**14:00-17:00 Rooms available for networking  
and meetings**

## Attendees

- Beach, Brian, University College London, ELSA
- Bell, David, University of Stirling, HAGIS
- Bloomberg, Mikaela, University College London, ELSA
- Ceolin, Gilciane, University of British Columbia, ELSA
- Chatzi, Georgia, University of Manchester, ELSA
- Conica, Mirela, Trinity College Dublin, TILDA
- Connolly, Emma, Trinity College Dublin, TILDA
- Costello, Niall, Trinity College Dublin, TILDA
- Coughlin, Kate, University College London, ELSA
- Di Gessa, Giorgio, University College London, ELSA
- Doherty, Trevor, Trinity College Dublin, TILDA
- Doogan, Lucy, Trinity College Dublin, TILDA
- Douglas, Elaine, University of Stirling, HAGIS
- Duffy, Katie, Trinity College Dublin, TILDA
- Egerton, Rebecca, Queen's University Belfast, NICOLA
- Gao, Yaqing, University College London, ELSA
- Gentry, Sarah, University of East Anglia, ELSA
- Hever, Ann, Trinity College Dublin, TILDA
- Hogg, Ruth, Queens University Belfast, NICOLA
- Kapadia, Dharmi, The University of Manchester, ELSA
- Karjalainen, Heidi, Institute for Fiscal Studies, ELSA
- Kenny, Rose Anne, Trinity College Dublin, TILDA
- Knight, Silvin, Trinity College Dublin, TILDA
- Langa, Ken, University of Michigan, HRS
- Lehane, Grace, Trinity College Dublin, TILDA
- Leigh, Robert, Trinity College Dublin, TILDA
- Light, Rebecca, National Centre for Social Research, ELSA
- Liu, Abby, University College London, ELSA
- Liu, Jiayu, University College London, ELSA
- Lloyd, Lina, National Centre for Social Research, ELSA
- Logan, Danielle, Queen's University Belfast, NICOLA
- Mak, Karen, University College London, ELSA
- Mc Garrigle Christine, Trinity College Dublin, TILDA
- McGuinness, Bernadette, Queen's University Belfast, NICOLA
- McKay, Gareth, Queen's University Belfast, NICOLA

- Mitcheson, Honor, National Centre for Social Research, ELSA



- Monaghan, Ann, Trinity College Dublin, TILDA
- Oatley, Scott, University of Manchester, ELSA
- O'Maoileidigh, Brendan, Trinity College Dublin, TILDA
- Organ, Kevin, Trinity College Dublin, TILDA
- Ozeias Santos, Brenda, Trinity College Dublin, TILDA
- Qin, Pei, University College London, ELSA
- Scarlett, Siobhan, Trinity College Dublin, TILDA
- Scholes, Shaun, University College London, ELSA
- Smyth, Alannah, Trinity College Dublin, TILDA
- Steptoe, Andrew, University College London, ELSA
- Sterling, Charlotte, Queens University Belfast , NICOLA
- Tsantani, Maria, National Centre for Social Research, ELSA
- Verey, Emma, University College London, ELSA
- Walsh, Seb, University of Cambridge
- Ward, Nicola Ann, Queens University Belfast , NICOLA
- Williams, Rebecca, National Centre for Social Research, ELSA
- Zaninotto, Paola, University College London, ELSA
- Zhang, Shunqi, University College London, ELSA