



NEWSLETTER | 2017

Dear TILDA Participant,

Welcome to the TILDA newsletter for 2017. I am pleased to share highlights of our research findings, news of events and plans for Wave 5 in 2018.

We are delighted to announce that TILDA was awarded continued funding with a grant of €10 million from the Department of Health and €5 million from The Atlantic Philanthropies with continued support from Irish Life. This funding award will enable us to undertake Wave 5 and Wave 6 of the study.

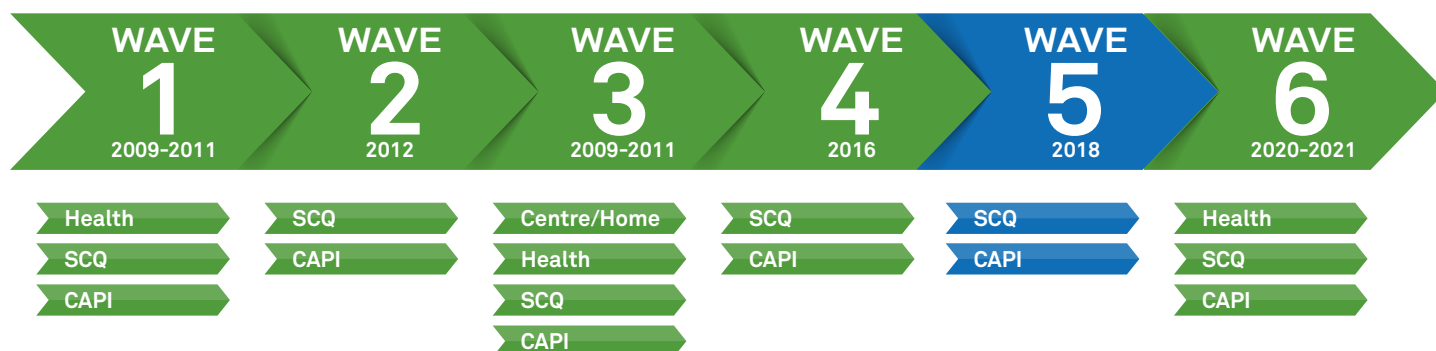
The rich tapestry of information that we collect has positioned TILDA as one of the leading studies of ageing worldwide. As evident from the 2016 Census, the older population in Ireland is growing, with 13% of the population aged 65 and over, up from 11% in 2011. Your commitment to TILDA is helping us to understand the intricacies of ageing well. This work informs a large network of stakeholders, from the individual to healthcare professionals, policy makers to innovators, about ageing to ensure our environment and services meets the needs of our growing population to enjoy a good quality of life.

On behalf of the TILDA team, I thank you most sincerely for your continued and valuable contribution.

Rose Anne Kenny

Professor Rose Anne Kenny
Principal Investigator

Wave 5 commences in 2018



Wave 5 data collection will take place March to December in 2018 and will consist of a home interview and self-completion questionnaire.

We have rescheduled the health assessment to take place during Wave 6. This is because we plan to recruit new participants into TILDA at Wave 6, and we would like to take the opportunity to run the health assessment on all the participants at the same time.

We will be contacting you in 2018 to arrange your home interview and we look forward to seeing you all then.

Wave 3 Report “Health and Wellbeing: Active Ageing for Older Adults in Ireland”

On 7th of March, we published our third report on key findings from our Wave 3 data, “*Health and Wellbeing: Active Ageing for Older Adults in Ireland*”. Our findings show that the major factors which influence health and well-being are volunteering, caring, financial transfers, health insurance coverage, health care utilisation, health screening, diet, medication use and preventative treatments such as vaccination uptake. You can read the full report on our website www.tilda.tcd.ie/publications/reports/

Older adults are the fabric of their families and communities



1 in 4 older adults living with parents provide basic care and **1 in 2** provide financial assistance

- Nearly **50%** of all older parents provide financial assistance to their children
- **1 in 2** adults aged 54-74 spend an average of 36 hours a month looking after grandchildren
- **53%** volunteer with nearly **20%** volunteering every week
- **60%** enjoy regular social and leisure activities

Better mood and quality of life are significantly associated with adults who engage in social participation, volunteer regularly and support children and grandchildren



Looking after your health

Over **90%** visited the GP at least once in 12 month period

- **2 in 5** hold a medical card
- **1 in 3** have health insurance
- **1 in 5** have both a medical card and insurance
- **1 in 10** do not have a medical/ GP visit card or health insurance



Falls are common



2 in 5 experience a fall in a two year period with **20%** requiring hospital attendance. This equates to **60,000 people per year** in Ireland requiring medical attention for a fall. **Risk factors** for falls, such as unsteadiness, depression, fear of falling, **are modifiable** and can be **treated and improved**.

Food and Diet

- **1 in 7** do not comply with Department of Health diet recommendations
- **76%** do not get their “5-a-day” of fruit and vegetables
- **68%** consume one or more servings of foods and drinks high in fat, salt and sugar



Food & Drinks high in Fat, Sugar & Salt

Fats & Oils



Meat, Poultry, Fish, Eggs, Beans & Nuts



Milk, Yogurt & Cheese

Fruit & Vegetables



Bread, Cereal, Potatoes, Pasta & Rice



TILDA Food Pyramid Findings

Department of Health Food Pyramid 2014

Untreated “treatable” conditions

- Up to **40% of cases** of high blood pressure, high cholesterol, irregular heartbeat and osteoporosis are **undiagnosed**.
- Factors that **contribute to disability** such as pain, urinary incontinence and hearing loss are **common, modifiable** and often **untreated**.
- **1 in 20** people have suffered a depressive episode with only **3 in every 10** with depressive symptoms are taking appropriate medication.



These conditions are not a consequence of ageing and can be treated. Talk to your GP if you have any concerns about your physical or mental health.

MISSING



REWARD

1 in 8 adults in Ireland are deficient in vitamin D

- **1 in 8** adults are vitamin D deficient
- Increasing to **1 in 4** during winter
- Deficiency is more common in the **north and west** of Ireland
- Only **8.5%** take a Vitamin D supplement

Most of our vitamin D comes from the sun, with a small amount from the diet. It is necessary for proper calcium absorption and maintenance of healthy bones. Lack of vitamin D is a risk factor for developing osteoporosis, and it may have an important role in other diseases.

If you are concerned about your Vitamin D levels and whether you should take a supplement, talk to your GP.

RESEARCHER SPOTLIGHT: DR EAMON LAIRD



Dr Eamon Laird is a health researcher at TILDA specializing in nutrition and chronic disease in older adults, with a special interest in vitamins D, B12 and folate and how these are linked with health.

Why is nutrition important for healthy ageing?

Having a healthy balanced diet throughout life can help ward off different chronic conditions such as heart disease and osteoporosis. Small changes to your diet can help to slow the

progression of many of the diseases of ageing and improve wellbeing and quality of life.

How does TILDA research contribute to our understanding of nutrition, disease and ageing?

During the TILDA health assessment we took a blood sample which was used to measure vitamins, including vitamin D (needed for bone health) and vitamin B12 and folate (important for energy, preventing depression and for memory). Additionally, we asked you about your diet in the self-completion questionnaire. From these, we will learn more about how nutrition is related to blood pressure, memory, bone health and other health conditions.

Any nutrition tips?

Eat **5** or more portions of fruit and veg per day



Oily fish like salmon, eggs and fortified foods are good sources of vitamin D



Leafy greens are good sources of folate and fibre



Eat **3** portions of dairy (milk/cheese/yogurt) per day to maintain bone health



Limit treats to once or twice a week



KEY EVENTS IN 2017



Professor Kenny receives her award from former Irish Gerontological Society's (IGS) President Ms Mo Flynn

PROFESSOR ROSE ANNE KENNY AWARDED PRESTIGIOUS IGS PRESIDENTIAL MEDAL

The Irish Gerontological Society (IGS) honoured Professor Rose Anne Kenny with its highest honour, the IGS Presidential medal at the IGS annual scientific meeting in Wexford this September. This medal was awarded for her work on TILDA and promoting interdisciplinary approaches to working with older people.

TILDA AND IRISH LIFE AT REPORT LAUNCH

In June, TILDA published a report to look at income adequacy and quality of life in older age. Speaking at the launch of the report, David Harney, Chief Executive of Irish Life, which is a long-term supporter of TILDA, said "The strong association between income and quality of life in older age again highlights the need for people to save for retirement. We recommend a target of one third of salary, plus the state pension, for people to enjoy a comfortable retirement."



Mr David Harney, Irish Life, and Professor Kenny at the Launch of the TILDA Report "Income Adequacy and Quality of Life in Older Age"



PUBLIC LECTURE ON 'SECRETS OF POSITIVE AGEING',

As part of Positive Ageing Week 25th September to 1st October 2017, Professor Kenny delivered a public lecture entitled "*Secrets of Positive Ageing - Evidence from 10 Years of TILDA research*". The lecture highlighted huge impact of the ten years of TILDA research and the incredible contribution of over 8500 participants to older age research in Ireland and to Irish society.

TILDA will host a public lecture for Positive Ageing Week 2018. Details will be in the on the TILDA website, www.tilda.ie, in August 2018.

FREE ONLINE COURSE: STRATEGIES FOR SUCCESSFUL AGEING

Trinity College Dublin developed a free online course that offers tips for healthy ageing and wellbeing. Running since 2016 on Future Learn, an on-line learning platform, the course is one of the most popular on-lines courses available on the site. In 2018 the course will be updated with new content. The course is now running and you can join at any time. Find out more at www.futurelearn.com/courses/successful-ageing/1

KEEP IN TOUCH

If you have changed address, or will be away from the address that we have on record for you for a period of time, please let us know by writing, calling or emailing us. We want to make sure that you will not miss out on participating in the next wave of TILDA. We also welcome any comments you may have on the study.

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TILDA is supported by:

