



NEWSLETTER | 2019

Dear TILDA Participant,

Welcome to the TILDA newsletter for 2019. I am delighted to share highlights of our research findings, news of events and plans for the next waves of data collection.

In 2020 we will commence the next data collection wave for TILDA, which will run throughout 2020 and into 2021. This will involve an interview in your home, the questionnaire, and also a health assessment at our Health Assessment Centre in Trinity College. We are moving to a new Health Assessment Centre, please find details of the move below. Our team will send out location details for our new Centre when they schedule your appointment.

On behalf of the TILDA team, thank you for your ongoing support and the time that you have devoted to us over the years.

We all very much look forward to seeing you again for Wave 6.

Rose Anne Kenny

Professor Rose Anne Kenny
Principal Investigator

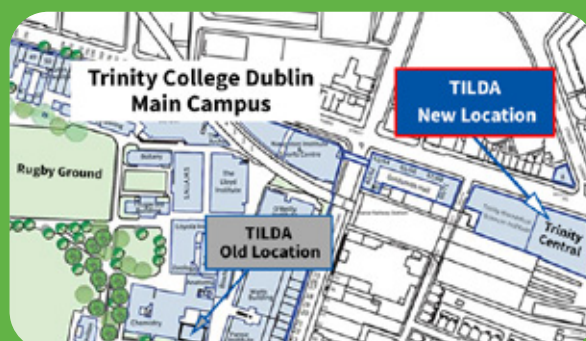


Wave 6 will take place in 2020 and early 2021. This will include an interview, self-completion questionnaire and a health assessment. The health assessment will take place in our Centre at Trinity College Dublin or in your own home. We will be contacting you in 2020 to schedule your home interview and health assessment.

TILDA on the move!

We have a new Health Assessment Centre located in Trinity College Dublin premises on Pearse Street, close to the location of the original Centre. We will send you all the details on our new location when we schedule your health assessment appointment.

TILDA, Trinity Central, 152-160 Pearse Street, Dublin 2.



Physical Activity for Mental Health

The World Health Organisation recommends that adults aged 18-80+ years engage in a minimum of 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity each week. Moderate intensity physical activity is at an intensity where your breathing is increased and you can talk but not sing, and this becomes vigorous intensity when you begin to breath quickly and would struggle to talk. Our data shows that engaging in the recommended amount of moderate or vigorous physical activity can protect your mental health.

People that do at least:

150 — OR — **75**
 minutes of moderate intensity per week
 (increased breathing, still able to talk) minutes of vigorous intensity per week
 (breathing fast, difficulty talking)

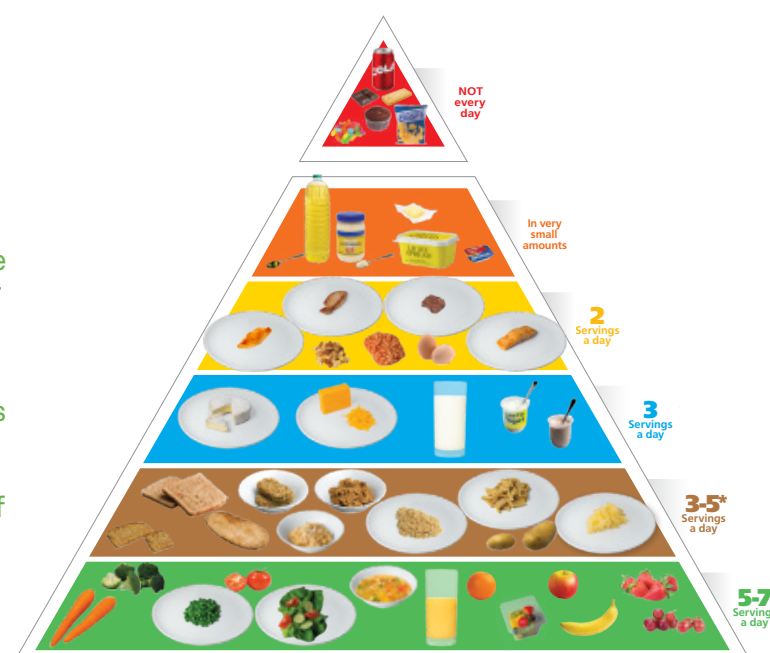
- Are less likely to develop depression by 23%
- Are less likely to develop generalised anxiety disorder by 54%



Healthy Food for Life - Eating Well to Improve Frailty

Frailty is a medical condition, and not an inevitable part of getting older. A common measure of frailty is based on feeling exhausted, losing weight for no apparent reason, muscle weakness, walking slowly and doing little physical activity. When someone has one or two of these criteria, this is classified as “pre-frail”, and three or more is “frail”. Importantly, people do come out of frailty states and improve. One of our research areas is to try to determine how a person can improve their frailty status.

We found that low levels of the antioxidants (substances that protect your cells) lutein, zeaxanthin, and vitamin D are associated with frailty and pre-frailty, and low levels of B vitamins are also associated pre-frailty. Improving dietary intakes of important vitamins and antioxidants may prevent and improve frailty states. Follow Healthy Ireland’s food pyramid guidelines for healthy food for life.



Healthy Ireland Eat Well
<https://www.gov.ie/en/publication/da7f19-eat-well/>

Treat People, Not Diseases

Our data shows that almost 75% of adults have two or more chronic or cardiovascular medical conditions at the same time (also known as multimorbidity), and just over 1 in 3 have four or more conditions. For both men and women, hypertension and high cholesterol were the most common conditions to co-occur, affecting over a quarter of adults. For men, hypertension, high cholesterol, arthritis and obesity were the most common combinations. For women, it was osteoporosis, arthritis, urinary incontinence, and cataracts.

The key finding from this research is that the combination and number of medical conditions present in Irish adults are very mixed. This highlights the importance of ensuring that our healthcare system treats people, not diseases, taking account of all the information about each individual.



Views of the Sea is Associated with Better Mental Health

The coastline appeals to people for the many leisure activities available near it and the attractive views it offers. Research also suggests that access to “coastal blue space” (being near the coast or having a good view of the sea) can bestow specific health benefits. Our research shows that living closer to the coast is associated with a lower risk of depression, and people with a view of the sea from their homes exhibited lower depression scores. When we investigated distance to the coast and sea views together, we found that only individuals with a sea view showed a significantly lower risk of depression than those without a view.

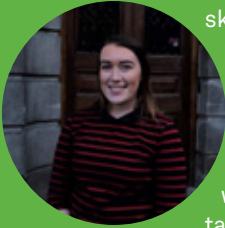


These findings show that the main way in which coastal blue space benefits mental health is by the visual aspect, rather than proximity to the coast. We found consistent associations between better mental health and coastal blue space, which indicates that the sea may have a beneficial effect on mental health.

Research Spotlight: TILDA PhD Students

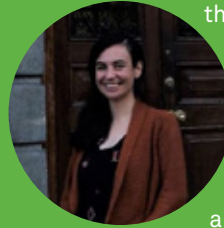
Thanks to your ongoing contribution to TILDA, five students are now using the data to complete their PhD studies.

Sinéad McLoughlin



The goal of my research is to understand how our differences in stress exposure across the lifetime can “get under the skin” affecting health. Adverse life events, perceptions, emotional and behavioural factors, and genetics, may all contribute to wear and tear on our bodies over time. This can be measured using the data collected in TILDA. Understanding this wear and tear will enable us to develop targeted approaches to reduce health inequalities and promote healthy ageing.

Joanna Orr



My PhD examines how the social context in Ireland can influence ageing. Ireland has seen through drastic social changes in the 20th century, including high religious involvement which is now in decline, large families, which are also in decline, and economic boom and bust. My research focus on social networks, through religion, family and friends, and how this influences physical and mental health and highlights the importance of social networks for health and wellbeing.

Deirdre O'Connor



As a Nutritional Scientist I have a keen interest in the influence of our diet on our health and wellbeing, especially the extent to which brain health can be determined by the B-vitamins, Folate and vitamin B12. TILDA data shows that up to 15% of older adult are deficient/low in Folate and 12% are deficient/low in vitamin B12, indicating that current dietary intakes and voluntary fortification of certain foods is ineffective. The outcome of my research will inform policy to improve vitamin status in the population.

Louise Newman



My research looks at blood flow in the brain in older adults and the relationship with ageing, disease and health behaviours. I am investigating brain blood flow at rest, and how that changes when a person stands up. This will provide an insight into how blood flows in the brain, and how to improve and protect brain health.

Siobhán Scarlett



My research focuses on sleep duration and the impact on health and wellbeing. Our data shows that TILDA participants sleep on average of 7 hours and 42 minutes a night; however, 14% are not getting enough sleep, and 17% are sleeping longer than recommended by the National Sleep Foundation guidelines. My research will raise awareness of the impact of poor and long sleep durations and will highlight potentially modifiable factors and can be improved for better sleep, health and wellbeing.



GAA Ambassadors (L-R): Mícheál Ó Muirheartaigh (Longford); Claire Egan (Mayo); Anthony Molloy (Donegal); Maria Devanney (Donegal); Ned Rae (Limerick); Denis Coughlan (Cork)

TILDA-GAA Countrywide Public Talk Series

In 2019, TILDA, in partnership with the GAA Community and Health Department and Irish Life presented a series of nationwide talks on “How to Age Well”. Delivered by Professor Rose Anne Kenny, with well-known local GAA figures as ambassadors, we completed five events in 2019, and more are planned for 2020. Please visit <https://tilda.tcd.ie/gaa/> for more information.

Public Lecture On ‘How To Age Well’ As part of Positive Ageing Week, organised by Age Action with support from Bank of Ireland, Professor Kenny presents the “How to Age Well” public talk in Trinity College Dublin each year at the end of September/early October. Details will be advertised in early September 2020 on the TILDA website and by Positive Ageing Week.

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:

