



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

tilda
Staidéar Fadaimseartha na
hÉireann um Dhul-in-Aois

The Irish Longitudinal
Study on Ageing

Newsletter 2023

Dear TILDA Participant,

Welcome to TILDA's newsletter for 2023. This year saw the completion of our three main fieldwork projects: (i) our Wave 6 health assessments, (ii) our Healthy Cognitive Ageing Project (HCAP) and (iii) our replenishment campaign to recruit over 2,000 new participants aged 45-64.

When we started TILDA, our youngest participants were 50 years old – they are now 63! And therefore, we have started to 'replenish' the study with new participants aged 45-64. Welcome to you all!

We are delighted to announce that TILDA will continue to 2030 informing health, social, and economic research policy and practice to ensure healthy ageing of our population. Wave 7 will be starting in 2024 and will involve an interview in your home and a questionnaire only. We will be in touch with information about Wave 7 in the coming months.

TILDA has continued to collaborate with national and international colleagues throughout 2023. We are now actively working with the World Health Organisation (WHO) to measure healthy ageing globally. We hosted international conferences and a public lecture this year, with visitors from around the

world and across disciplines. TILDA also appeared in a number of television and radio shows and podcasts. You can read more in the next pages.

We would like to acknowledge the support of our funders. Most importantly, we owe a huge debt of gratitude to you, our participants. As a longitudinal study, we collect data from the same participants at various points over time. While our team of researchers allow us to make a difference in the lives of older people with your data, it starts with your contributions and dedication to the study year after year. It is one of the reasons that TILDA is so unique.

Thank you sincerely for your ongoing support of TILDA, and for continuing on this journey with us to improve health and well-being, for longer, happier lives for everyone.

Warm regards,

Rose Anne Kenny

Regius Rose Anne Kenny, Principal Investigator

Wave 6

We were delighted to welcome over 3,200 of you for health assessments and over 2,000 new participants undergoing their first wave of data collection. As part of the health assessments, we also ran the Healthy Cognitive Ageing Project (HCAP), as part of an international study that aims to improve our ability to assess cognitive well-being.

We are sincerely grateful to each and every person who has participated and we hope you found the experience enjoyable and informative.

This is the third health assessment TILDA has completed since we began collecting data in 2009. Having three timepoints of health assessment data substantially improves our ability to perform more detailed and complex data analysis. This helps us to advance health, economic and social policy in Ireland, while also helping us to unravel how we age and how we can improve health, well-being and quality of life for all.



Wave 7

The TILDA team are busy preparing for Wave 7 in 2024. This will be a home interview and questionnaire only wave. You can expect to receive information packs in the post over the coming months, with interviewers inviting you to participate from May 2024.



TILDA Public and Participant Involvement (PPI) Working Group

TILDA involves participants in planning, co-design, and conducting our research, as well as helping to tell the public about research results, through our TILDA Public and Participant Involvement (PPI) Working Group. Our group has been active since 2019, and has helped us enormously to improve our study.

We are now recruiting new members and will be sending out invites to join. Meetings are held twice a year, in-person and on-line. We look forward to our next PPI meeting with new and original members in March 2024.

PhD & Masters Students Spotlight: Your TILDA Data Furthering Education!

Sinead McLoughlin: *An evaluation of the allostatic load framework for quantifying differences in health and longevity.*

Deirdre O'Connor: *Folate and vitamin B12 in TILDA cohort: associations with cognitive function.*

Kevin McCarthy: *Metabolic syndrome and accelerated biological ageing.*

Matt McElheron: *Innate immune variation & accelerated biological ageing: a systems analysis using longitudinal multi-omics data.*

Louise Newman: *Cerebral hemodynamics in older adults: relationship with ageing, disease, and health behaviours.*

Paul Claffey: *The importance of symptoms of orthostatic hypotension and cerebral hypoperfusion in falls and syncope.*

Grace Lehane: *Psychological health outcomes of older adult volunteers: findings from TILDA.*

Marianne Farrelly: *Home is where the heart is: an investigation of the mechanisms connecting housing tenure, quality of life, functional limitations, and stress among older people in Ireland.*

You're as Young as You Feel!
Ageing Well with Regius Rose Anne Kenny

In her bestseller book, *Age Proof*, Rose Anne Kenny encourages us to hone in on these 7 aspects of life to age better. It's never too early or late to start!





TILDA THIS YEAR



National Frailty Education Days

Starting in 2017, TILDA partnered with the National Clinical Programme for Older People (NCPOP) to translate our research findings into a clinical education programme. The programme involves inviting health and social care professionals into TILDA for a one-day training course on frailty assessment and management.

The impact of this training programme has been an example of how to partner research and clinical practice for the benefit of both patients and healthcare professionals. The programme has now been completed by over 3,000 health care professionals across multiple disciplines.

Rose Anne Kenny appointed first ever female Regius Professor of Physic at Trinity

TCD School of Medicine celebrated the School's female full professors and marked the appointment of the first ever female Regius Professorship of Physic (1637) at Trinity College Dublin, Regius Rose Anne Kenny. Professor Kenny is the first female physician to take the prestigious seat; it is the oldest professorship in Ireland, one of the oldest Medical Professorships in Europe, and is an honorary appointment in recognition of outstanding scholarship in teaching and research in medicine. All full professors who were physician scientists or scientists from the School were invited to give an overview of their careers, research and education, in light of the challenges and opportunities of being a female clinician scientist.

Sinead McLoughlin & Team Win Gateway to Global Aging Data's Aging Research Hackathon

The University of Southern California (USC) hosted the 'Gateway to Global Aging Research Hackathon' in August 2023, funded by the US National Institute on Aging. This event brought together 24 international PhD students and researchers with a vision to foster collaboration and innovation within ageing research. Sinead and team were named the winners after presenting to their peers and being evaluated by a panel of distinguished researchers.

HRS Around the World Meeting & Public Lecture

TILDA hosted the meeting of the Health and Retirement Study (HRS) global network of ageing studies with the U.S. National Institutes of Health in August. The meeting was held in Dublin as a memorial to Dr. James P. Smith, the Chair of TILDA's Scientific Advisory Board for over 12 years, a member of the MISA Advisory Board, and an honorary fellow of Trinity College (2017).

Sir Angus Deaton (Nobel Laureate) and Professor Anne Case, authors of the New York Times bestseller *'Deaths of Despair and the Future of Capitalism'*, gave a fascinating discussion of how the flaws in capitalism are fatal for America's working class. Filling Stanley Queek Hall, over 300 people attended this lecture.



USC Students Visit

It was a pleasure to welcome undergrad, postgrad, & PhD students from the University of Southern California's Leonard Davis School of Gerontology. As a part of their summer course, the students received a tour of our Health Centre and lectures from our team.

VHI Women's Mini Marathon

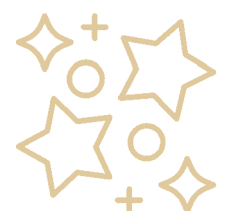
The team participated in this year's VHI Women's Mini Marathon and raised money for ALONE, which is a national organisation that supports older people to age at home. Go girls!!

Senior Times 50 Plus Show

The Senior Times 50 Plus Show was held in the RDS, where members of TILDA's research and health assessment team put on a hugely successful interactive research exhibit showcasing some of our latest findings, news, and study updates.

European Researcher Night

Our staff hosted a stall at this year's Europe-wide public engagement event, which displays the diversity of research and its impact on citizens' daily lives in fun, inspiring ways. Attendees were able to learn more about our research and impact, test out their grip strength- one of our health assessment measures. TCD Provost Linda Doyle dropped in to test her strength!





Researcher highlights



Mark Ward

I'm Mark Ward, a Senior Research Fellow at TILDA. I first joined the TILDA team in 2016 having completed my PhD in sociology in 2014.

My research has consistently shown the importance of social integration for successful ageing, health and wellbeing, and quality of life. As well as carrying out research, I am a member of the national Loneliness Taskforce which comprises of a coalition of organisations and individuals who work to address loneliness across the life course.



Belinda Hernandez

I'm Belinda Hernandez, a Senior Research Fellow and bio-informatician at TILDA. Before joining TILDA in 2017 I was an Assistant Professor in Statistics in UCD, where I developed biomarkers for various diseases like prostate cancer, cardiovascular disease and arthritis.

My current research investigates the causes and consequences of multimorbidity (having two or more chronic illnesses) on how we age, and aims to inform prevention and intervention strategies to stop its onset/delay its progression.

Care and Repair Resource

'Care and Repair Resource: Age Action's Care and Repair' does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence. Care and Repair prioritises jobs in the homes of older people who are being discharged or have recently been discharged from hospital. No matter where they live, Age Action will support individuals with trusted professionals to make sure their house is safe.

Phone: +353 (1) 4756989

Website: <https://www.ageaction.ie/how-we-can-help/care-and-repair>



Listen back

Podcasts: [Listen on Spotify](#) or [Apple Podcasts](#)

How to Live a Longer and Healthier Life, [Snowcast](#)

The New Science of Living a Longer and Healthier Life with Professor Rose Anne Kenny, [Feel Better, Live More, Dr Chatterjee](#)

Healthy aging: The surprising power of your social life, [Zoe](#)

Four Scientifically-Proven Ways to Live Longer, [BBC Science](#)

Professor Rose Anne Kenny on Ageing, [The Mid-Point with Gabby Logan](#)

TV Programmes

Superagers, [RTE One](#) (RTE Player)

Keith's Teeth, [RTE One](#) (RTE Player)

Mary Kennedy: [Fad Saoil](#), TG4 (tg4.ie)

You can find links to recent podcasts and radio shows on our social media.



Change in contact details?

Our continued engagement is only possible if we have up-to-date contact information for you. If you have recently changed your home address, phone number or email contact, please let us know by contacting us:

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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