

*Towards making Ireland the best  
place in the world to grow old*

**tilda**  
Staidéar Fadaimseartha na  
hÉireann um Dhul in Aois

The Irish Longitudinal  
Study on Ageing

# **TILDA**

## **The Irish Longitudinal Study on Ageing**

**Update April 2019**

[www.tilda.ie](http://www.tilda.ie)

**20  
19**

**PI:** Professor Rose Anne Kenny

**Bio data:** Assistant Professor Cathal McCrory, Assistant Professor Nollaig Bourke, Dr Aisling O'Halloran, Dr Ann Hever

**Design:** 8,504 community-dwelling individuals age 50+ living in Ireland. No extant survey to recruit; cold-call 25k+ households sampled in geographical clusters (RANSAM sampling system).

Kearney et al. (2011) Cohort Profile: The Irish Longitudinal Study on Ageing *Int J Epidemiol. Aug;40(4):877-84*

Whelan and Savva (2013) Design and Methodology of The Irish Longitudinal Study on Ageing *JAGS 61:S265-S268*

Cronin et al. (2013) Health and aging: development of the Irish Longitudinal Study on Ageing health assessment. *J Am Geriatr Soc. May;61 Suppl2:S269-78.*

Donoghue et al (2018) Cohort Profile Update: The Irish Longitudinal Study on Ageing (TILDA). *Int J Epidemiol. Oct 1;47(5):1398-1398l*

# Health assessment (biological components)

## Cognitive

- Mini-Mental State Examination (MMSE)
- Montreal Cognitive Assessment (MOCA)
- Sustained Attention to Response Task (SART)
- Picture memory test
- National Adult Reading Test (NART)
- Visual reasoning
- Choice reaction time
- Colour trails test
- Depressive symptoms
- State anxiety

## Cardiovascular

- Pulse wave velocity
- Sitting & standing blood pressure
- Phasic blood pressure
- Heart rate variability
- Cerebral perfusion (NIRS)
- Respiration



## Mobility

- Timed Up-and-Go
- Repeated chair stands
- GAITrite assessment
  - Usual speed
  - Maximum speed
  - Dual task



## Sensory

- Visual acuity
- Contrast sensitivity
- Macular pigment density
- Retinal photograph
- Multisensory integration (SIFI)
- Hearing test



## Anthropometric / other

- Height
- Weight
- Waist & hip circumference
- Grip strength
- Heel ultrasound
- Dental health
- Blood samples
- Hair samples
- Brain MRI
- Accelerometry
- Diet (SCQ)
- Microbiome (W6?)



# Survey domains and demographics

## Economic

- Employment situation
- Job history
- Planning for retirement
- Sources of Income
- House ownership
- Other assets
- Healthcare utilisation
- Literacy (financial, health)

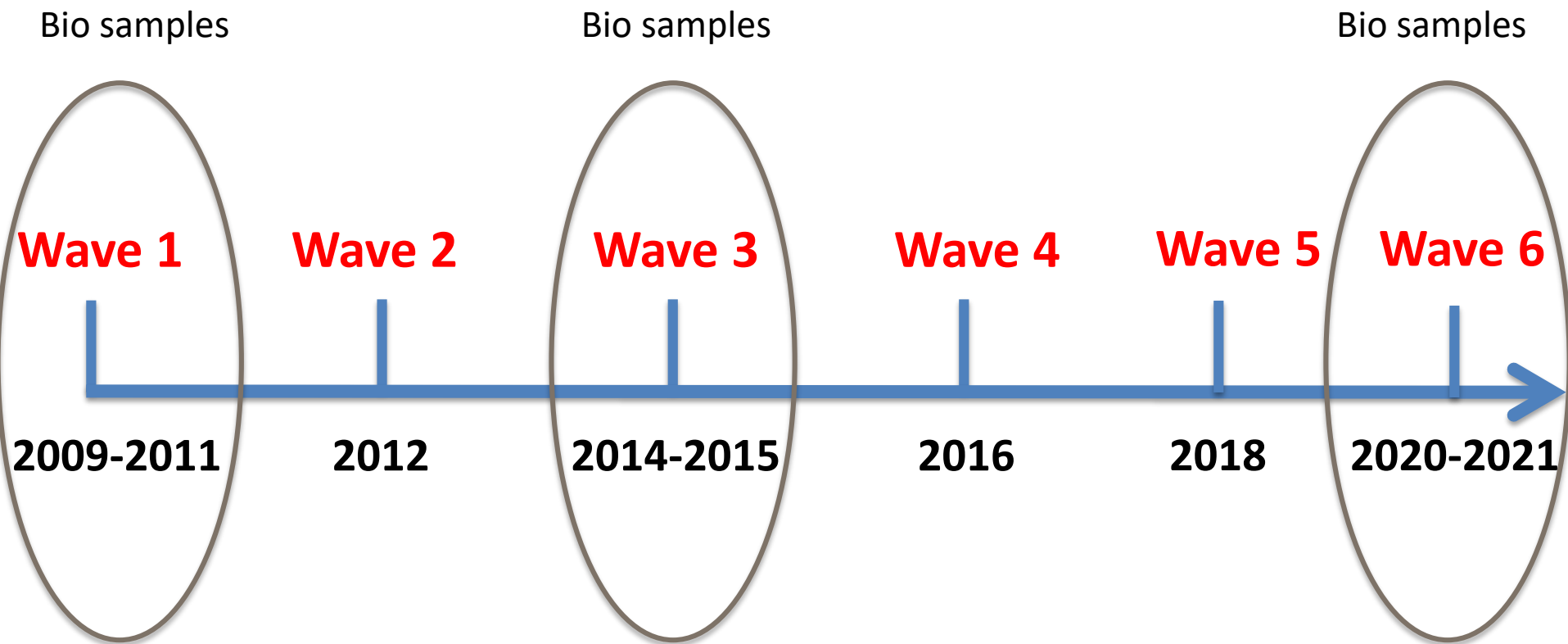
## Health

- Physical health
- Cognitive health
- Mental health
- Behavioural health
- Medications

## Social

- Household circumstances
- Demographics
- Transfers to Children
- Transfers to Parents
- Social connectedness
- Activities of daily living and helpers
- Expectations
- Transport

# Where are we now





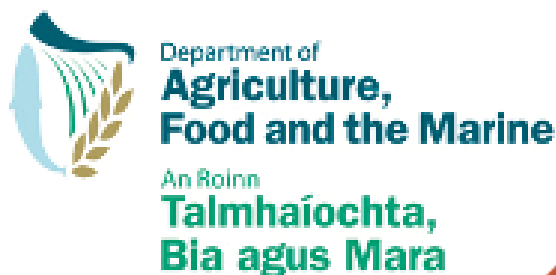
# Irish Life

*The*  
ATLANTIC  
*Philanthropies*



**An Roinn Sláinte**  
DEPARTMENT OF HEALTH

# Additional Funders



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Study on Ageing



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