

Healthy Ageing Current Awareness update

September 2021

Welcome to the monthly **Healthy Ageing Current Awareness Update** (HACAU), produced by [PHE Knowledge and Library Services](#) and the Life Course Team. The purpose of this update is to provide you with the latest, best evidence about healthy ageing and dementia risk reduction, to help you make informed decisions.

To receive these Current Awareness Updates regularly, sign-up [here](#).

Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an Athens username and password, and for PHE and the NHS staff, these can be obtained from <https://openathens.nice.org.uk/>. If you do not work for Public Health England, please contact your local library service who will be able to help you obtain articles.

From 01 October 2021, PHE will cease to exist and the Life Course Team will be moving to the Office for Health Improvement and Disparities, Department of Health and Social Care. We will be sending future bulletins to you from here.

We do not accept responsibility for the availability or reliability of the items of content included in this alert and their inclusion is not an endorsement of any views that may be expressed.

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Health Risk Factors, Healthy Ageing, and Dementia

[Pathways from early life SES to dementia risk in old age: The role of personality](#)

CONCLUSIONS: Early childhood socioeconomic factors may contribute to cognitive impairment in older adulthood, an association mediated, in part, through adult personality traits.

[The Neuroprotective Effects of Moderate and Regular Caffeine Consumption in Alzheimer's Disease](#)

The increasing numbers of elderly Alzheimer's disease (AD) patients because of a steady increase in the average lifespan and aging society attract great scientific concerns, while there were fewer effective treatments on AD progression due to unclear exact causes and pathogenesis of AD.

Living Well with Dementia

[Sitting Time, Physical Activity, and Cognitive Impairment in Midlife and Older Adults](#)

This study cross-sectionally examines the relations of sitting and physical activity (PA) with cognitive impairment in community-dwelling adults aged 55-87 years (n = 3,780). Multivariable logistic regression assessed independent and joint relations of sitting and PA with Montreal Cognitive Assessment scores adjusting for covariates.

Mental Health and Ageing

[Carers' experiences of assistive technology use in dementia care: a cross sectional survey](#)

CONCLUSIONS: Carers report that AT has a beneficial impact. Carers use multiple ATs, perceive AT to be satisfactory and recommend AT use to others. To support carers, we recommend establishment of centrally funded information sources and a loan store for AT. Further research on incremental addition of AT and changes to formal/paid care because of using AT should be undertaken.

Physical Activity and Ageing

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Employment, Volunteering, and Ageing

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Musculoskeletal Health, Falls Prevention, and Ageing

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Multiple Long Term Conditions and Frailty

[Talking about frailty: The role of stigma and precarity in older peoples' constructions of frailty](#)

The clinical identification of frailty is increasingly thought to be important in countries with ageing populations. Understanding how older people labelled as frail make sense of this categorisation is therefore important. A number of recent studies have reported negative perceptions of the term among older people themselves.

Ageism and Discrimination

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