
Multidimensional Healthy Ageing in Population-based study in Singapore

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Project Description:

Global population data demonstrate that humans are living longer, with many people across different countries living 30 years longer than just a century ago. However, this increase in lifespan has not always been paralleled by improvements in healthspan. Failure to recognize the differing nutritional and health needs of the aged, and burdened by social and economic inequalities, a rapidly ageing population has also experienced increased rates of non-communicable disease and healthcare costs. While decline in physical and mental health is considered a universal phenomenon in human aging, huge heterogeneity has been observed in the elderly population. Some individuals experience minimal decline that does not interfere with higher level functions while other individuals have fast and abnormal decline that eventually reach the disabling threshold with functional loss, reduced cognitive abilities and decreased quality of life. Better understanding of the predictors of decline in healthy ageing is important for evidence-based early detection and prevention of premature ageing and the promotion of successful healthy ageing. This research will identify new opportunities to improve public health policies, resulting in better interventions and management of cognitive decline at an early stage.

The overall aim of the proposal is to determine the effects of multi-domain factors across physical, environment, lifestyle and blood biomarkers on change in healthy ageing parameters. Change in healthy ageing parameters are defined as decreased score on independent activity of daily living (IADL) measured by Lawton and Brody IADL scale, health-related quality of life (using the EuroQoL-5 Dimension (EQ-5D)), cognitive tests (using Mini-Mental State Examination (MMSE) and semantic fluency) and mental health (using Geriatric Depression Scale (GDS) and Geriatric Anxiety Inventory) in community dwelling elderly.

This project is open to only PhD students.