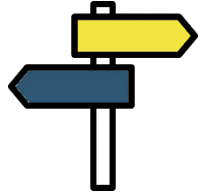


The English Longitudinal Study of Ageing ELSA

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Outline

- An overview of ELSA
- Recent developments
- Latest research findings

What is ELSA?

- ELSA is a multidisciplinary cohort study of a representative sample of people aged 50+ living in England
- Since its inception in 2002, the ELSA sample has been re-surveyed biennially (with regular refreshment samples)

Primary objective

The main objective of ELSA is to understand the complex dynamics of the ageing process.

This includes the relationships between economic and family circumstances, behaviour, social participation, biology, retirement, and health and well-being.

Findings have great use in informing policy and improving the lives of older adults

Summary of Data collection W1-9

Year	Modality	Sample	Refreshment
Wave 1 (2002/3)	CAPI	12,099	
Wave 2 (2004/5)	CAPI + Nurse visit	9,432 (7,666)	
Wave 3 (2006/7)	CAPI + Life History	9,771 (7,855)	HSE 2001-4
Wave 4 (2008/9)	CAPI + Nurse visit	11,050 (8,643)	HSE 2006
Wave 5 (2010/11)	CAPI	10,274	
Wave 6 (2012/13)	CAPI + Nurse visit	10,601 (8,054)	HSE 2009-11
Wave 7 (2014/15)	CAPI	9,666	HSE 2011-12
Wave 8 (2016/17)	CAPI + Nurse visit (50%)	8,445 (3,525)	
Wave 9 (2018/19)	CAPI + Nurse visit (50%)	8,736 (3,069)	HSE 2013/14/15

Measures: main interview

Demographic data

Including Ethnicity, Marital status, and Education

Income and assets

Including Earnings, Pensions, and Housing wealth

Employment

Including Employment status, Job details, and Reasons for retirement

Psychosocial factors

Including Control, Demand, Effort-reward balance

Consumption

Including Transfers, Housing, and Expenditures

Expectations

Including on Mortality, Employment, and Finance

Social and civic participation

Including Transport, Social support, and Loneliness

Physical Health

Including Mobility, Pain, and Disability

Behavioural health

Including Smoking, Physical Activity, and Sleep

Mental health

Including Psychiatric problems, General Health Questionnaire, and CES-D depression scale

Psychological and social well-being

Including Quality of life (CASP-19) and Personality

Cognitive Function

Including Memory, Literacy, and Fluid intelligence

Psychosocial factors

Including Control, and Effort-reward balance

Physical performance

Walking speed

Measures: nurse visit

- Blood pressure (Omron BP monitor)
- Grip strength (gripometer)
- Blood samples – including DNA samples
- Standing height (stadiometer)
- Weight, height
- Waist measurement
- Lung function (spirometer)
- Balance - 3 positions
- Leg raise - for respondents under 70
- Chair rises
- Hair sample

Genetic Data

- GWAS was conducted on 7,597 ELSA participants
- After QC the analytical sample was 7,223 (97.5% $n=7,412$) individuals and 1,374,524 (61.5% of $n=2,230,767$ SNPs) genotyped SNPs
- Polygenic Scores computed and available to use for analysis
- Personality types, Psychopathology, Physical health and longevity, Socio-economic traits, Behavioural traits, Biological outcomes, Reproductive behaviour

Wave 10 2021-2022



Wave 10 fieldwork started in autumn 2021



CAVI as well as CAPI



Minority ethnic groups boost sample



Questions on Covid and prescribed medications added to the main interview



Social prescribing

ELSA-HCAP

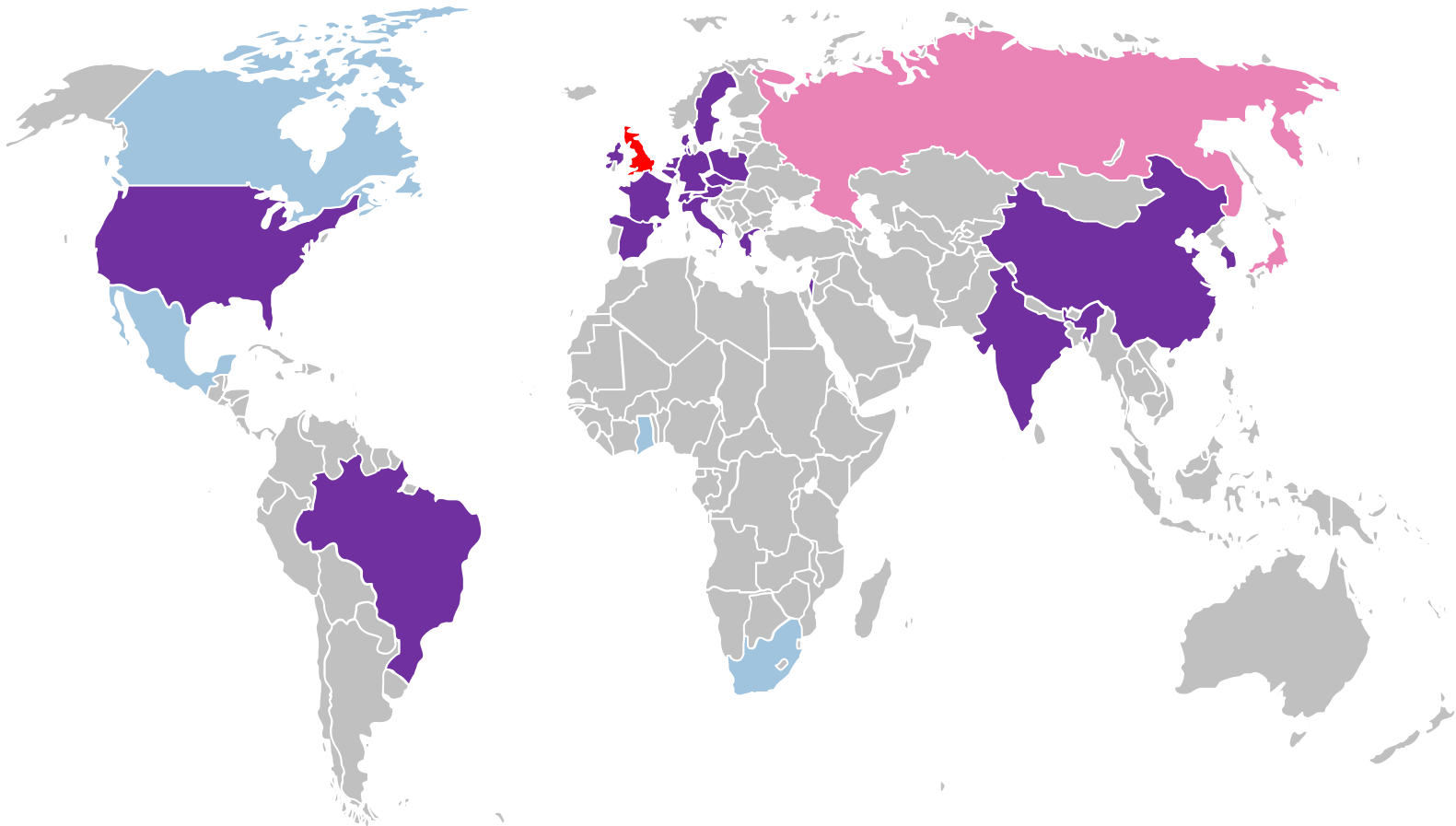
Healthy Cognitive Ageing Project

- Worldwide initiative to implement a harmonised protocol to assess dementia and mild cognitive impairment
- Stratified subsample of 1274 adults 65+ years
- The first England-wide dementia study completed
- Extensive neuropsychology, clinical assessment
- International algorithmic approach to dementia diagnosis

Data Linkage

- National Insurance contributions (ELDAC)
- Benefits incl. state pensions and tax credits
- Tax records, savings, private pensions
- Hospital Episode Statistics
- NHS Central Register (mortality and cancer)
- Air pollution, PM2.5 and NO2

ELSA in global research



US Health and Retirement Study (HRS)

Gateway to Global Aging

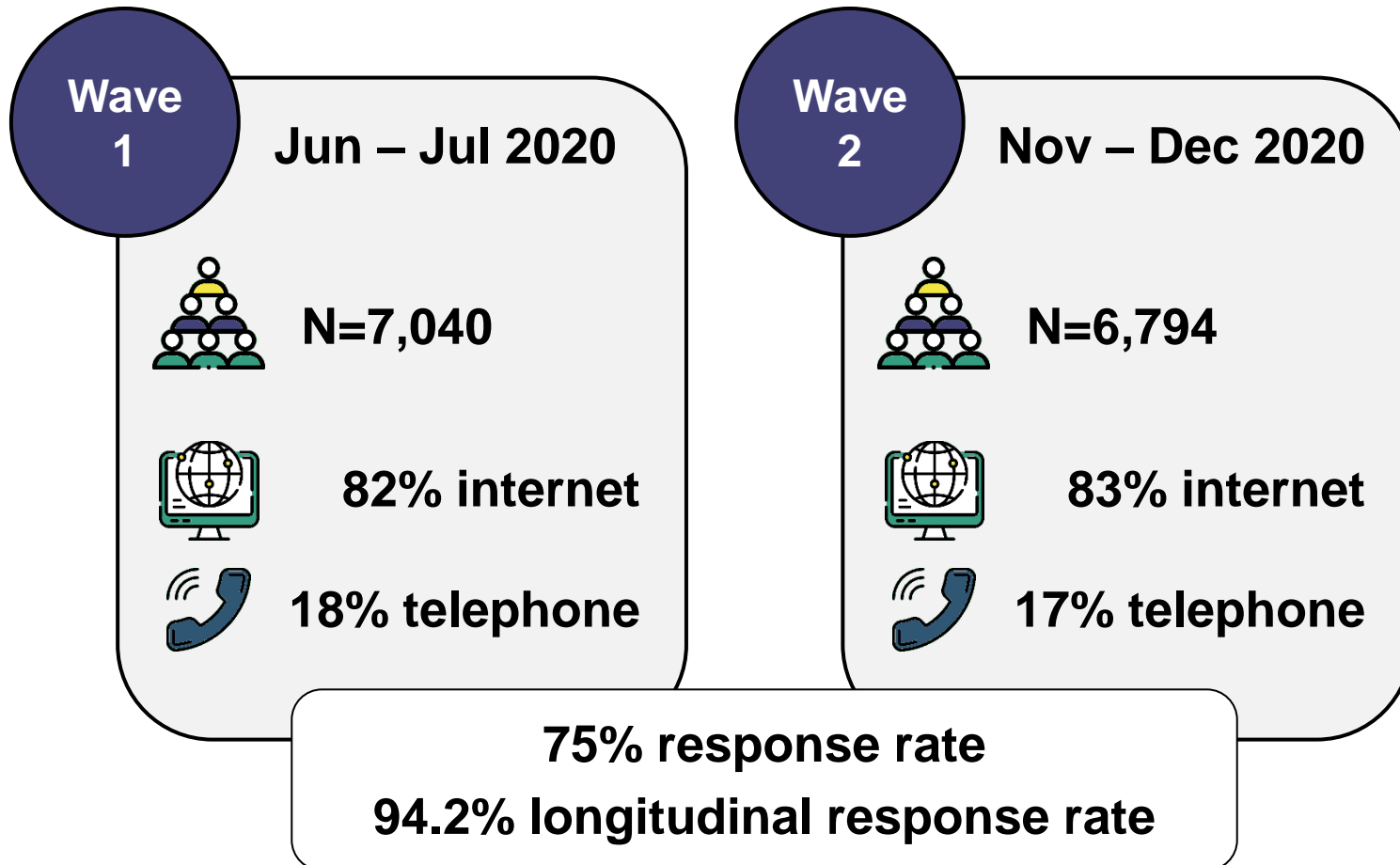
ELSA COVID-19 substudy

Developed to understand the **experience of the pandemic among older people** and whether and how this affected older people's **health, finances, and social lives.**



Funded by the Economic and Social Research Council via the UK Research and Innovation Covid-19 Rapid Response call

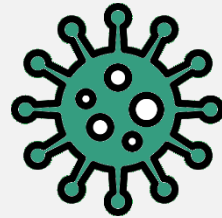
Data collection and participants



Measures



**Household
characteristics**



Covid-19



**Health & health
behaviours**



Employment



**Financial
situation**



**Social participation
and connectivity**

Access to the data

- Researchers can download ELSA data from all waves from the **UK Data Service**
- <https://beta.ukdataservice.ac.uk/datacatalogue/series/series?id=200011>



The immediate and longer-term impact of the COVID-19 pandemic on the mental health and wellbeing of older adults in England*

To evaluate changes in mental health and wellbeing **before and during** the COVID-19 pandemic and investigate whether patterns varied with **age, sex, and socioeconomic status**.

Zaninotto et al. *JAMA Psychiatry* 2022;79(2):1-8
doi:10.1001/jamapsychiatry.20213749

Outcome measures

- Depression
- Anxiety
- Quality of life
- Loneliness

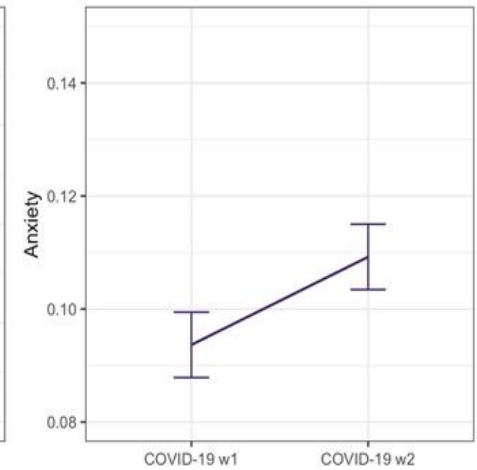
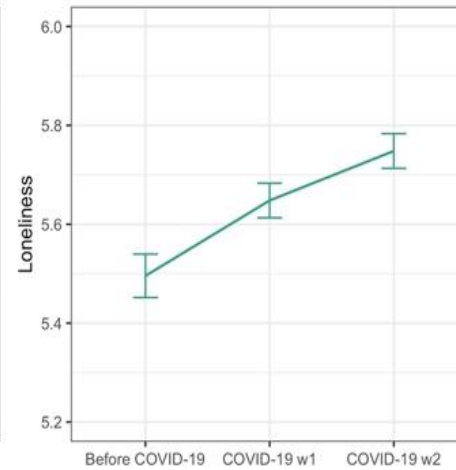
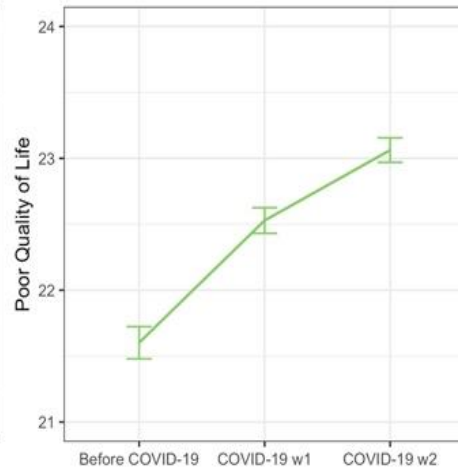
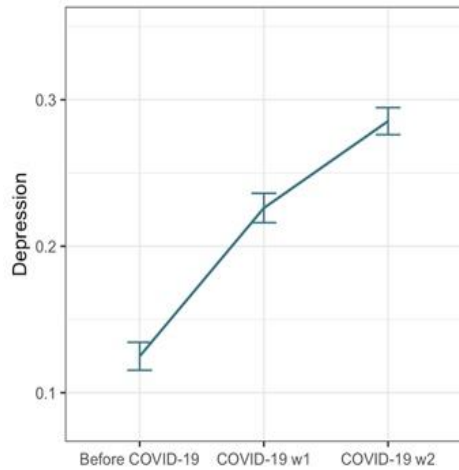
Depression

Poor quality of life

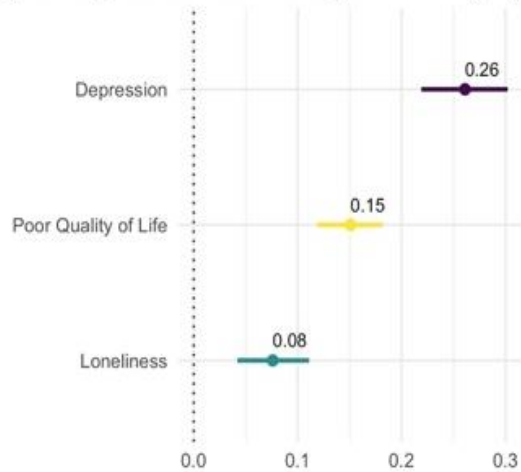
Loneliness

Anxiety

a)

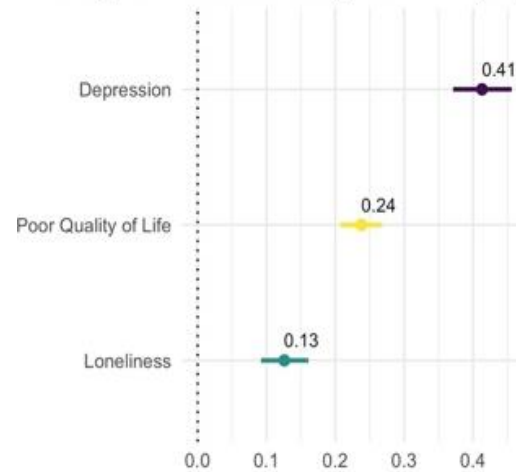


b) Change before and during COVID-19 (w1)



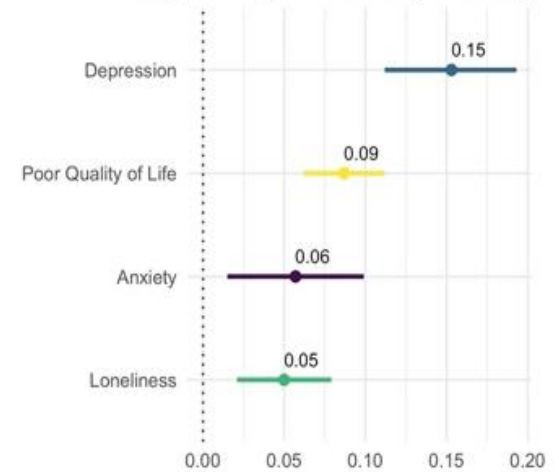
◆ Standardized coefficient (95% CI)

Change before and during COVID-19 (w2)

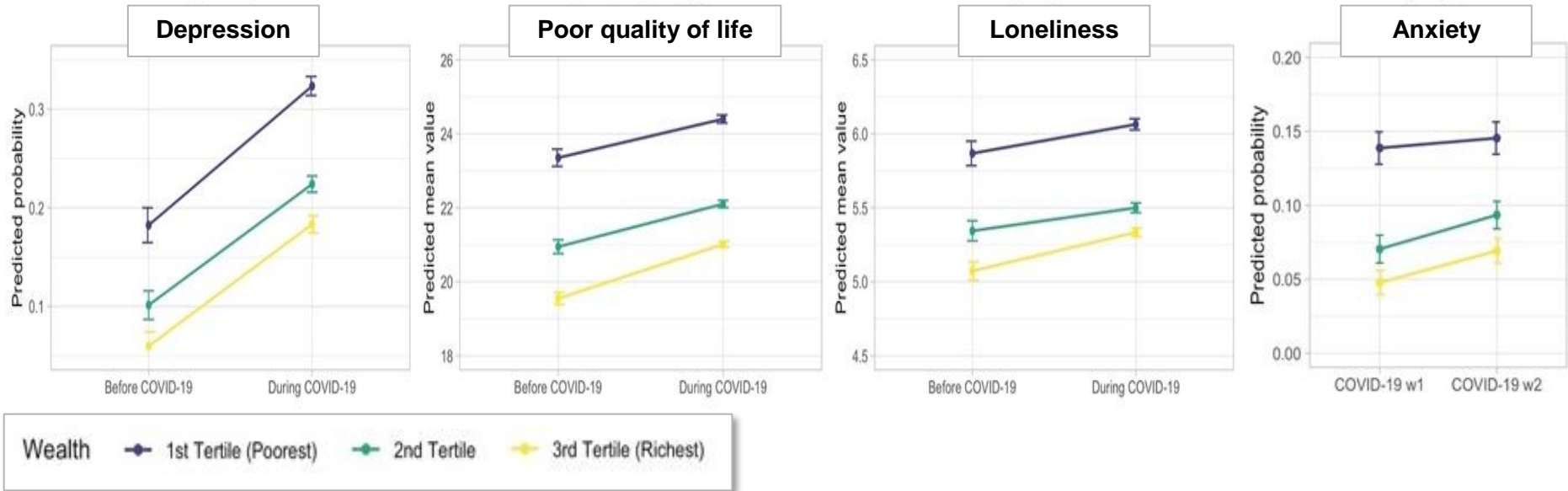
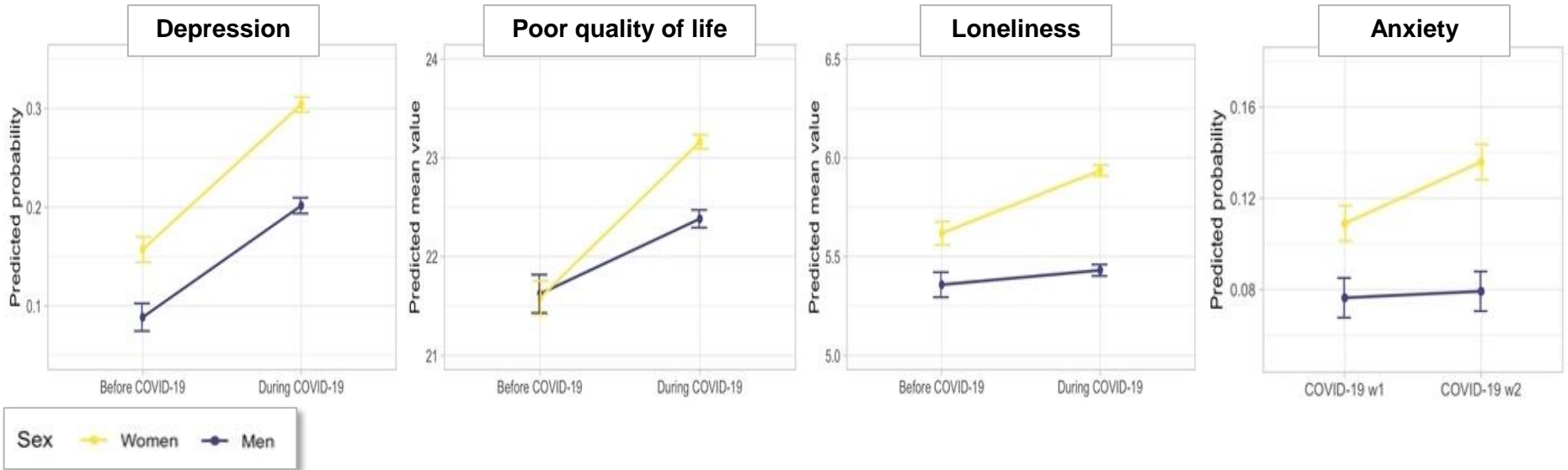


◆ Standardized coefficient (95% CI)

Change during COVID-19 (w1 vs w2)



◆ Standardized coefficient (95% CI)



Useful resources



<https://www.elsa-project.ac.uk/training-resources>



<https://www.elsa-project.ac.uk/covid-19>