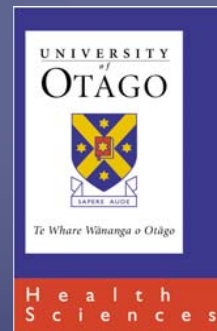




NCLR

NATIONAL CENTRE FOR LIFECOURSE RESEARCH

AGEING in NEW ZEALAND 25 July 2008



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The Dunedin Study

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Study Retention Rates

Age	Year	Number	Percent*
Birth	1972-73		
3	1975-76	1037	100%
5	1977-78	991	96%
7	1979-80	954	92%
9	1981-82	955	92%
11	1983-84	925	90%
13	1985-86	850	82%
15	1987-88	976	95%
18	1990-91	993	97%
21	1993-94	992	97%
26	1998-99	980	96%
32	2004-05	972	96%
38	2010-12	???	??%

* Percentage seen of those who were eligible (i.e. alive) at each age

The Dunedin Multidisciplinary Study of Accelerated Ageing

Aim

Test novel hypotheses around early life risk factors that accelerate progression towards age related disease at age 38.

Example risk factor: chronic or recurrent psychiatric disorders

- Prevalent
- Plausible psychosocial and biological hypotheses
- Need multidisciplinary database
- Amenable to intervention

Potential Indicators of Ageing

1. Cognitive decline
2. Range of sub-clinical biomarkers known to be prognostic early-warning signs for late-life diseases (*e.g. metabolic syndrome*)
3. Early emerging diseases (*e.g. periodontal disease, Chronic Obstructive Pulmonary Disease*)
4. Biological markers (*e.g. shortened telomere length*)

Innovation & Significance

As life expectancy grows, so does the disability burden.

- Policymakers and citizens want *good-quality* extra life;
- Preventing age-related disease and disability requires research to identify candidate risk targets that are modifiable before disease emerges (i.e., in early to mid adulthood);
- Provides targets for direct investment to reduce burden to society and individuals.