

## 75<sup>th</sup> AAN ANNUAL MEETING ABSTRACT

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**Abstract Title:** Life's Simple 7 and the Risk of Dementia among Women

**Press Release Title:** Can Seven Healthy Habits Now Reduce Risk of Dementia Later?

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**Objective:** To determine if higher scores on the American Heart Association (AHA) Life's Simple 7 in midlife are associated with a decreased risk of dementia among women.

**Background:** A growing body of research underscores the need to examine midlife risk factors for dementia, as dementia pathology often begins decades before diagnosis.

**Design/Methods:** The study population included women enrolled in the Women's Health Study who had available risk factor information needed to calculate the AHA Life's Simple 7 at baseline (1992-1994) and approximately ten years later (2004) and were fully covered by fee-for-service Medicare for all eligible person-months. Women received one point for each component of the AHA Life's Simple 7 (smoking status, diet, physical activity, body mass index, diabetes, blood cholesterol, and blood pressure) for which they had ideal cardiovascular health. We used fee-for-service Medicare data (available from 2011 through 2018) and validated lists of ICD-9 and ICD-10 codes to identify dementia diagnoses. We used logistic regression to examine the association between the score, modeled as a continuous variable, and dementia diagnosis adjusted for age and socioeconomic status at baseline.

**Results:** 13,720 women were eligible for these analyses and 1771 (12.9%) dementia cases were observed. The mean age (standard deviation (SD)) was 54.2 (6.6) years at baseline. The average AHA Life's Simple 7 score at baseline was 4.3 (SD=1.3) and after ten years of follow-up was 4.2 (SD=1.3). Higher AHA Life's Simple 7 score as measured at baseline (odds ratio per one unit change in score=0.94, 95% CI: 0.90-0.98) was associated with a decreased risk of dementia. This effect was similar for the AHA Life's Simple 7 score as measured after ten years of follow-up (OR=0.95, 95% CI: 0.91-1.00).

**Conclusions:** Better cardiovascular health in midlife was associated with a decreased risk of dementia in late life among women.

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