

Psycho-Social Determinants of Health

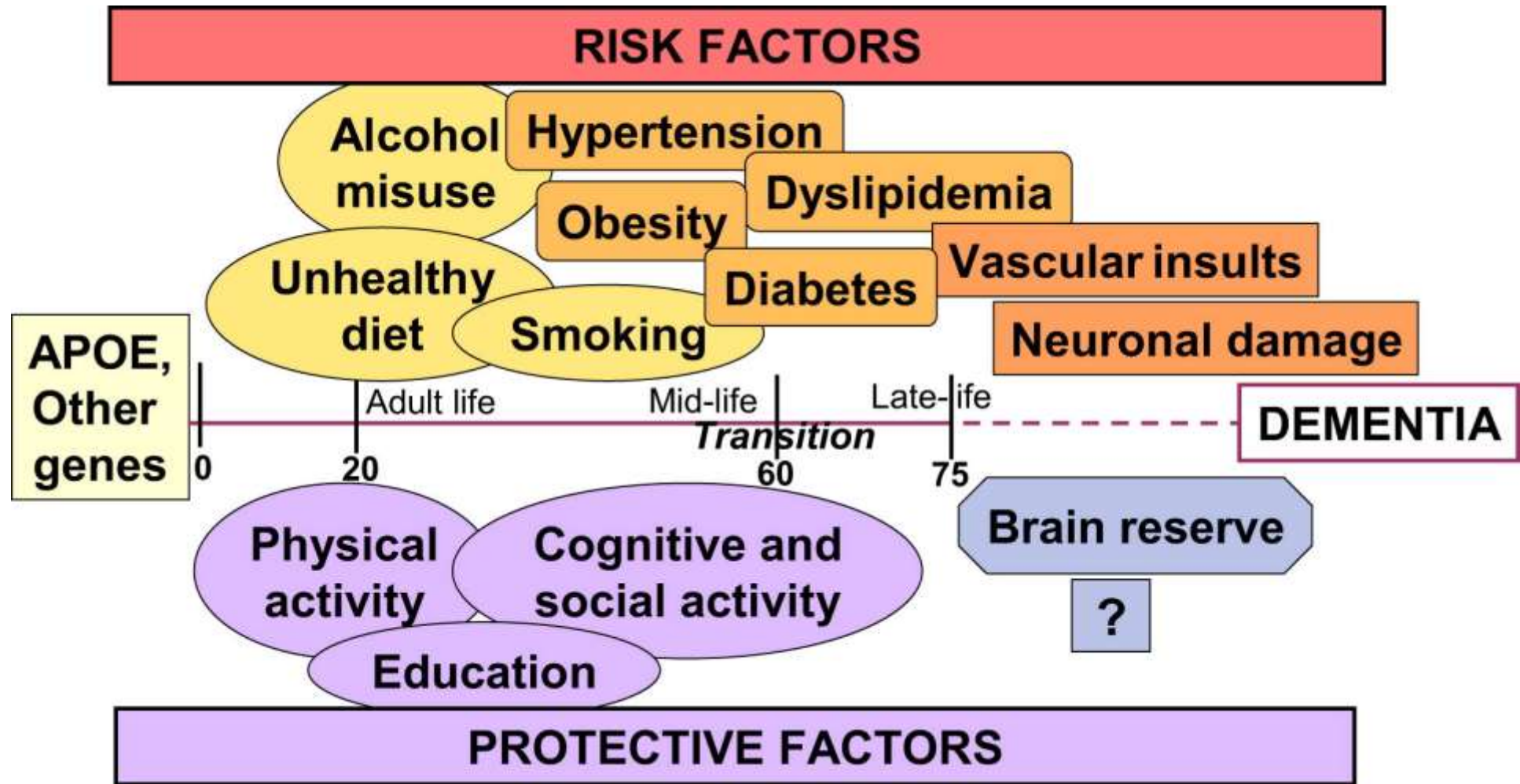
B”H

Psycho-Social Determinants of Health

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Ministry of Health





...including the four most common risk factors.

80% of heart disease, diabetes and respiratory diseases and 40% of cancers are preventable by eliminating four common risk factors

Common Risk Factors



Tobacco use

Unhealthy diets

Physical inactivity

Harmful use of alcohol

	Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Cardiovascular diseases	✗	✗	✗	✗
Diabetes	✗	✗	✗	✗
Cancer	✗	✗	✗	✗
Respiratory diseases	✗			

Chronic Diseases

Source: WHO, Raising the priority of non-communicable disease in development work at global and national levels.

Almost **two-thirds** of non-communicable disease (NCD) deaths are linked to:



Tobacco use



Harmful use
of alcohol



Unhealthy
eating



Physical
inactivity

גורמי סיכון

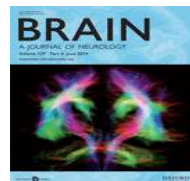
?

ביו-מדיקליים

- סכרת
- יתר לחץ דם בגיל העמידה
- תזונה לקויה וחסר ויטמינים (תזונה ים-תיכונית מגינה)
- עישון
- השמנת יתר בגיל העמידה
- חבלות ראש חוזרות
- תסמונת דום נשימה (OSA)
- ירידה בשמיעה ובראייה
- גיל
- חוסר פעילות גופנית
- ריבוי תרופות (פוליפרמסיה)
- סיפור משפחתי וגנטיקה
- רמת השכלה
- אלכוהוליזם
- אירועים מוחיים ומחלות מוחיות אחרות
- זיהום אויר
- עוד....

Psychological Stress and Risk of Dementia

- **35-year** longitudinal population study
- **Females (n = 1462)**, 38–60 YO, 1968–69 , 1974–75, 1980–81, 1992–93, 2000–03.
- **161 females developed dementia** (105 AD, 40 VD and 16 other dementias).
- Stress at one, two or three examinations was related to a **sequentially higher dementia risk**:
 - **1.10 (0.71–1.71)** for stress at one examination,
 - **1.73 (1.01–2.95)** stress at two examinations
 - **2.51 (1.33–4.77)** at three examinations
- Conclusion: **Association between psychological stress in middle-aged women and development of dementia especially Alzheimer’s disease.**



Brain. 2010 Aug;133(Pt 8):2217-24. Johansson L et al
Kaufman Y. MD, MPH, Behavioral Neurology

Feelings of loneliness, but not social isolation, predict dementia onset:

results from the Amsterdam Study of the Elderly (AMSTEL)

- Association between social isolation (living alone, unmarried, without social support), feelings of loneliness and incident dementia in a cohort study
- 2173 non-demented community-living older persons, followed for 3 years when a diagnosis of dementia was assessed (Geriatric Mental State (GMS) Automated Geriatric Examination for Computer Assisted Taxonomy (AGECAT).
- Logistic regression analysis controlling for sociodemographic factors, medical conditions, depression, cognitive functioning and functional status.
- After adjustment for other risk factors, **older persons with feelings of loneliness were more likely to develop dementia (OR 1.64, 95% CI 1.05 to 2.56) than people without such feelings**. Social isolation was not associated with a higher dementia risk in multivariate analysis.
- **CONCLUSIONS: Feeling lonely rather than being alone is associated with an increased risk of clinical dementia in later life and can be considered a major risk factor that, independently of vascular disease, depression and other confounding factors, deserves clinical attention.** Feelings of loneliness may signal a prodromal stage of dementia. **A better understanding of the background of feeling lonely may help us to identify vulnerable persons and develop interventions to improve outcome in older persons at risk of dementia.**

Holwerda TJ, Deeg DJ, Beekman AT, et al. *J Neurol Neurosurg Psychiatry*. 2014 Feb;85(2):135-42



**THE 'HAPPY TO
CHAT' BENCH**
SIT HERE IF YOU DON'T MIND
SOMEONE STOPPING TO SAY
HELLO

Depression and Dementia

- Systematic review and meta-analysis, 23 community-based prospective studies
- Late-life depression was associated with a significant risk of
 - **All-cause dementia (1.85, 95% CI 1.67-2.04, P<0.001)**
 - **Alzheimer's disease (1.65, 95% CI 1.42-1.92, P<0.001)**
 - **Vascular dementia (2.52, 95% CI 1.77-3.59, P<0.001)**

CONCLUSIONS:

- **Late-life depression is associated with an increased risk for all-cause dementia, VD and AD.**
- **Valuable to design clinical trials on the effect of late-life depression prevention on risk of dementia (VD and AD)**

Diniz BS et al. *Br J Psychiatry*. 2013 May;202(5):329-35.

Effect of a Purpose in Life on Risk of Incident Alzheimer Disease and Mild Cognitive Impairment in Community-Dwelling Older Persons

Patricia A. Boyle, PhD; Aron S. Buchman, MD; Lisa L. Barnes, PhD; David A. Bennett, MD

Context: Emerging data suggest that psychological and experiential factors are associated with risk of Alzheimer disease (AD), but the association of purpose in life with incident AD is unknown.

Objective: To test the hypothesis that greater purpose in life is associated with a reduced risk of AD.

Design: Prospective, longitudinal epidemiologic study of aging.

Setting: Senior housing facilities and residences across the greater Chicago metropolitan area.

Participants: More than 900 community-dwelling older persons without dementia from the Rush Memory and Aging Project.

Main Outcome Measures: Participants underwent baseline evaluations of purpose in life and up to 7 years of detailed annual follow-up clinical evaluations to document incident AD. In subsequent analyses, we examined the association of purpose in life with the precursor to AD, mild cognitive impairment (MCI), and the rate of change in cognitive function.

Results: During up to 7 years of follow-up (mean, 4.0 years), 155 of 951 persons (16.3%) developed AD. In a proportional hazards model adjusted for age, sex, and education, greater purpose in life was associated with a substantially reduced risk of AD (hazard ratio, 0.48; 95% confidence interval, 0.33-0.69; $P < .001$). Thus, a person with a high score on the purpose in life measure (score = 4.2, 90th percentile) was approximately 2.4 times more likely to remain free of AD than was a person with a low score (score = 3.0, 10th percentile). This association did not vary along demographic lines and persisted after the addition of terms for depressive symptoms, neuroticism, social network size, and number of chronic medical conditions. In subsequent models, purpose in life also was associated with a reduced risk of MCI (hazard ratio, 0.71; 95% confidence interval, 0.53-0.95; $P = .02$) and a slower rate of cognitive decline (mean [SE] global cognition estimate, 0.03 [0.01], $P < .01$).

Conclusion: Greater purpose in life is associated with a reduced risk of AD and MCI in community-dwelling older persons.

Arch Gen Psychiatry. 2010;67(3):304-310

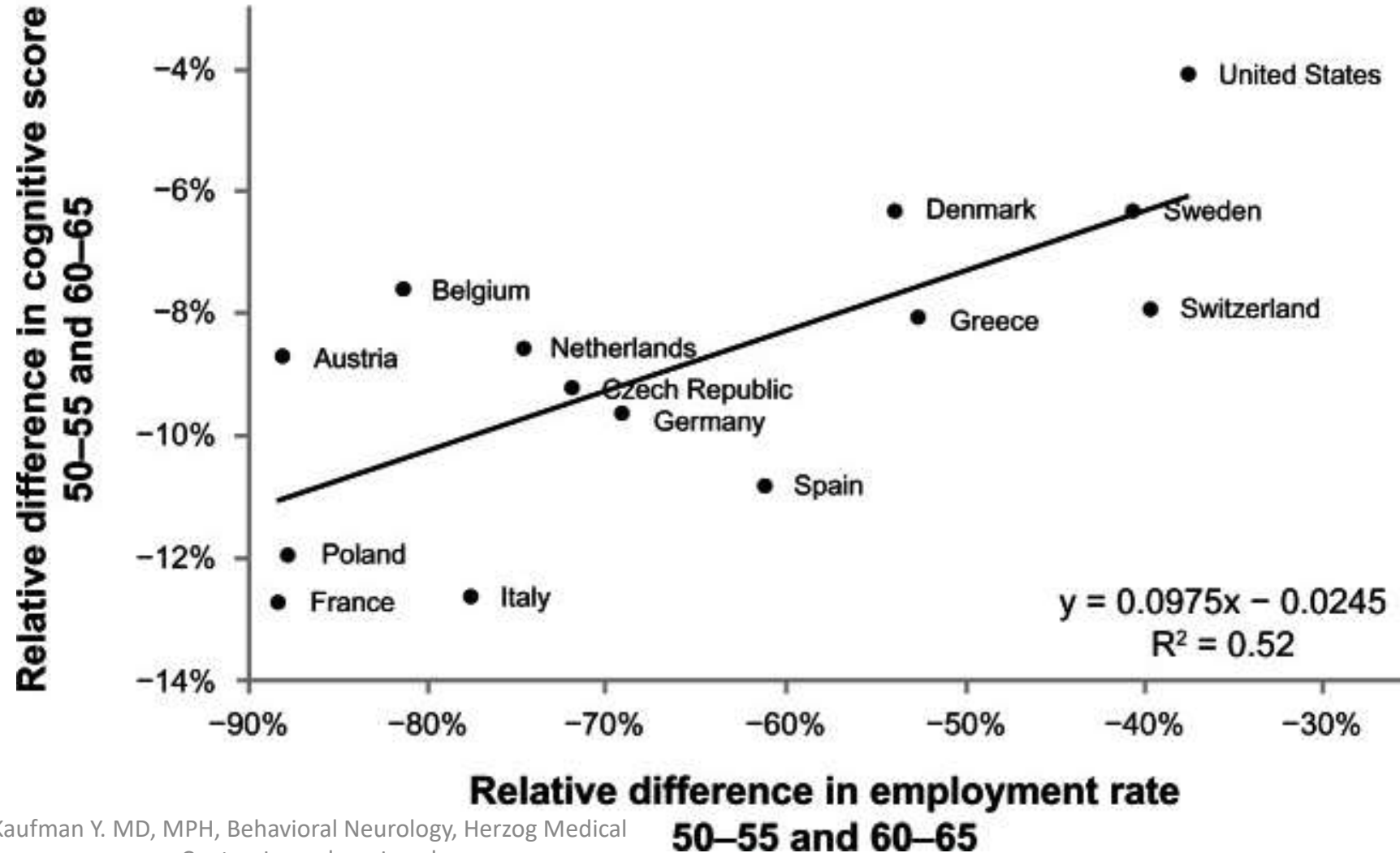
Effect Size

Subjective >> Objective
Psychosocial Physical

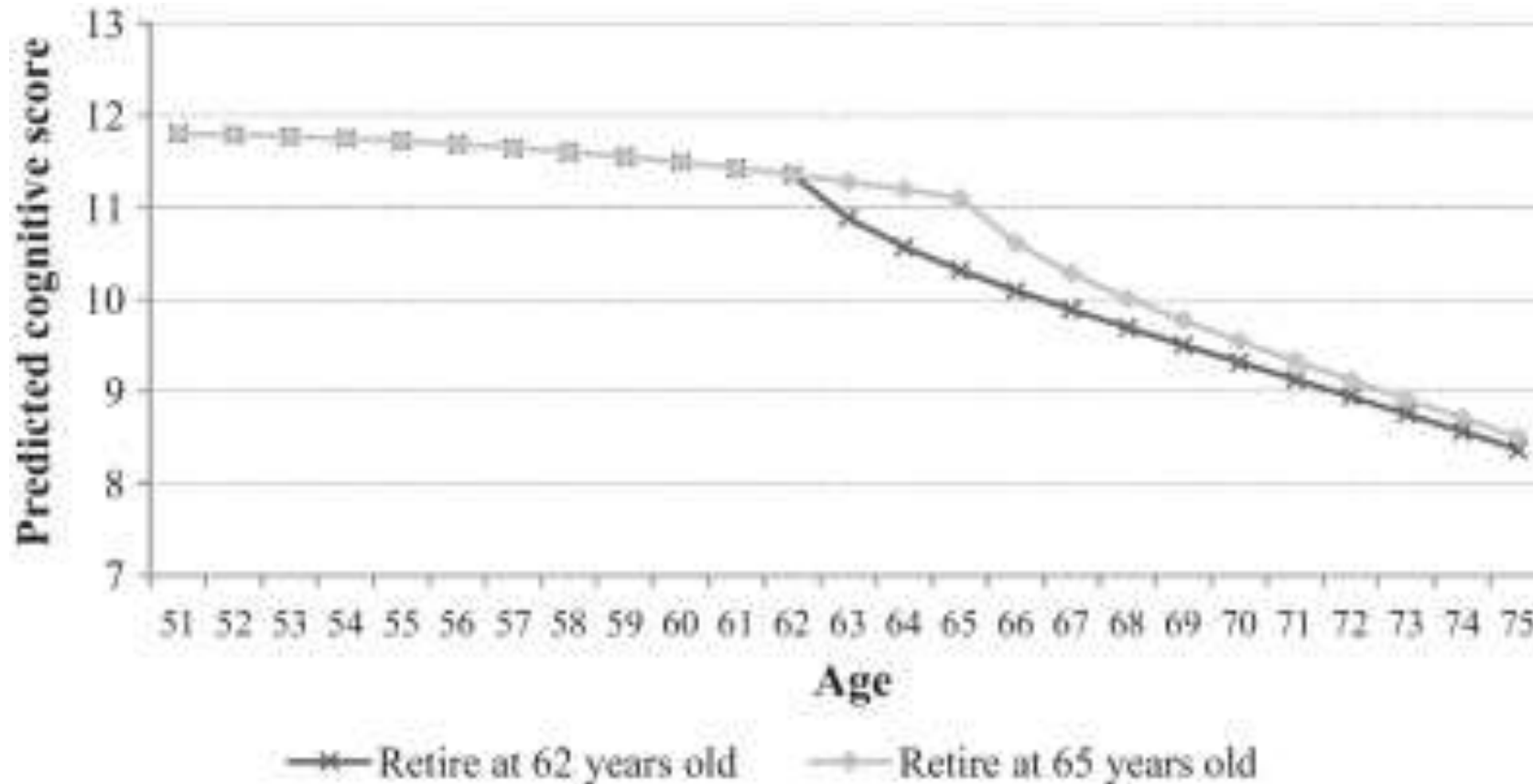
- Stress
- Depression
- Loneliness
- Meaninglessness

Kaufman Y. MD, MPH, Behavioral Neurology, Herzog Medical Center, Jerusalem, Israel

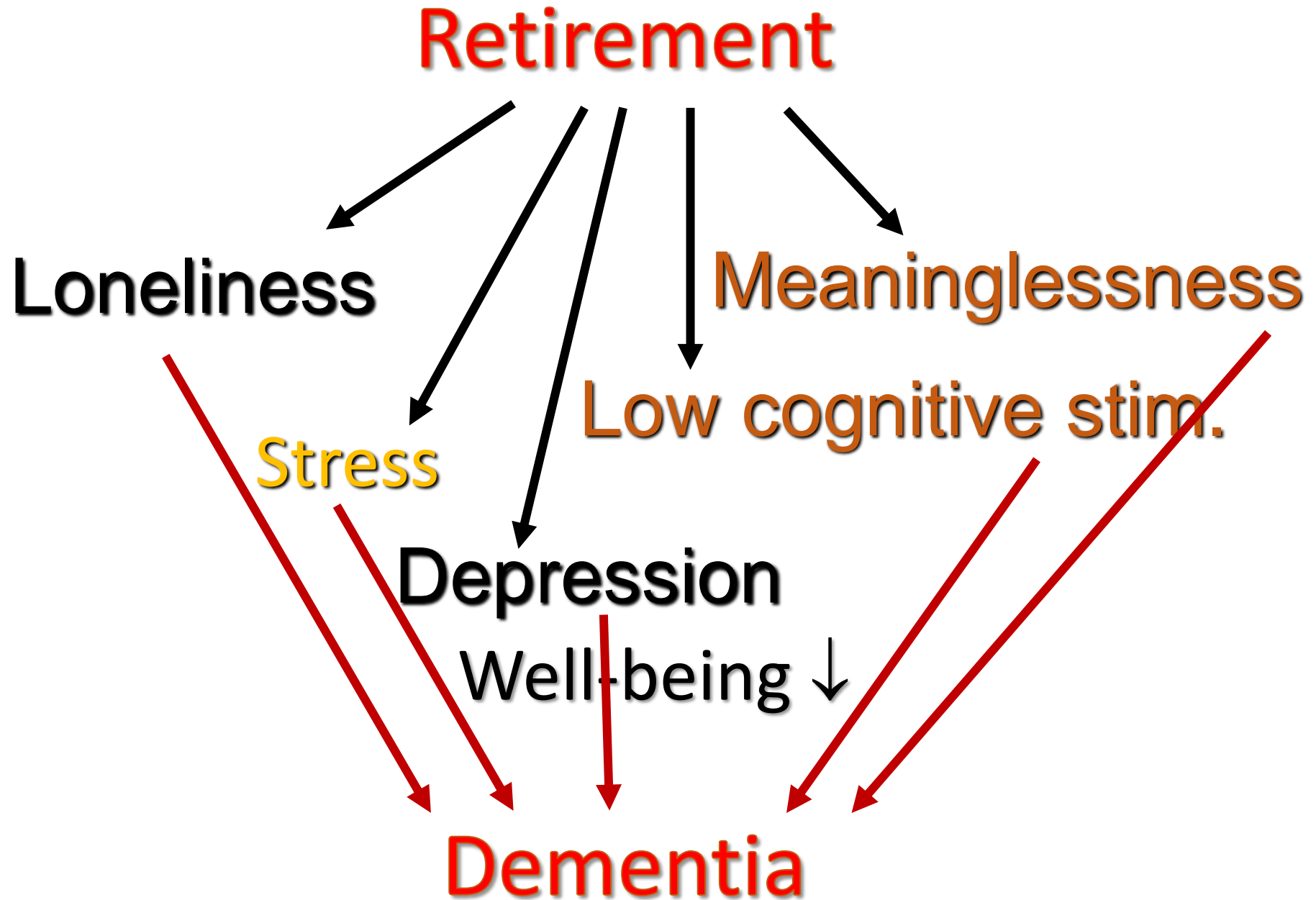
Occupation: Age of Retirement and Cognition



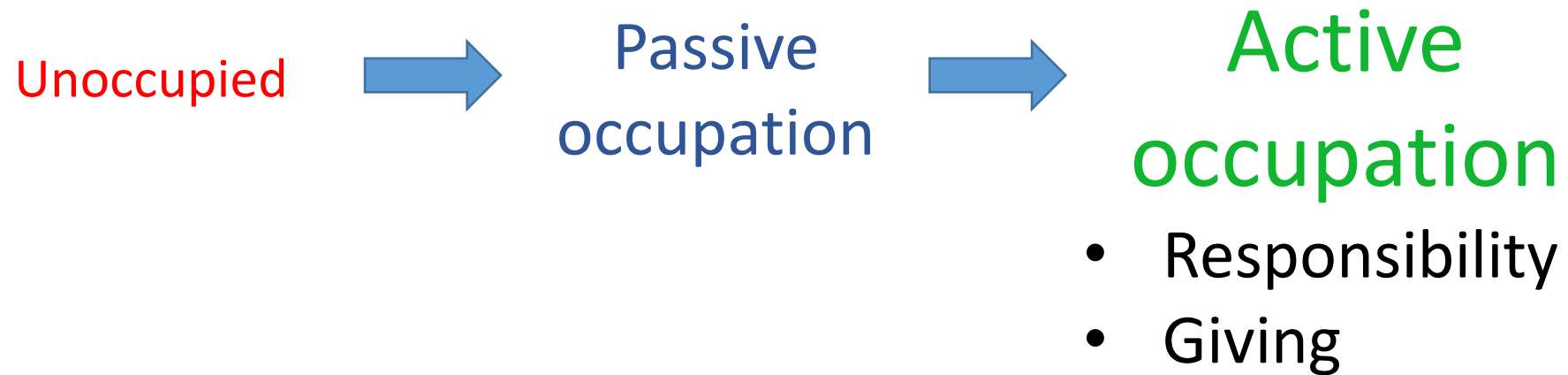
Does retirement affect cognitive functioning?



[Fig. 3](#) These results thus support our previous findings that most of the drop in cognitive functioning due to retirement occurs at the beginning of the retirement period and tends to stabilise afterwards.



Occupational well being



12:07 60% 4G

לשליחת קורות חיים << >>

לייק לדף

**בית החולים
הציבורי אסותא
אשדוד**

ממומן •

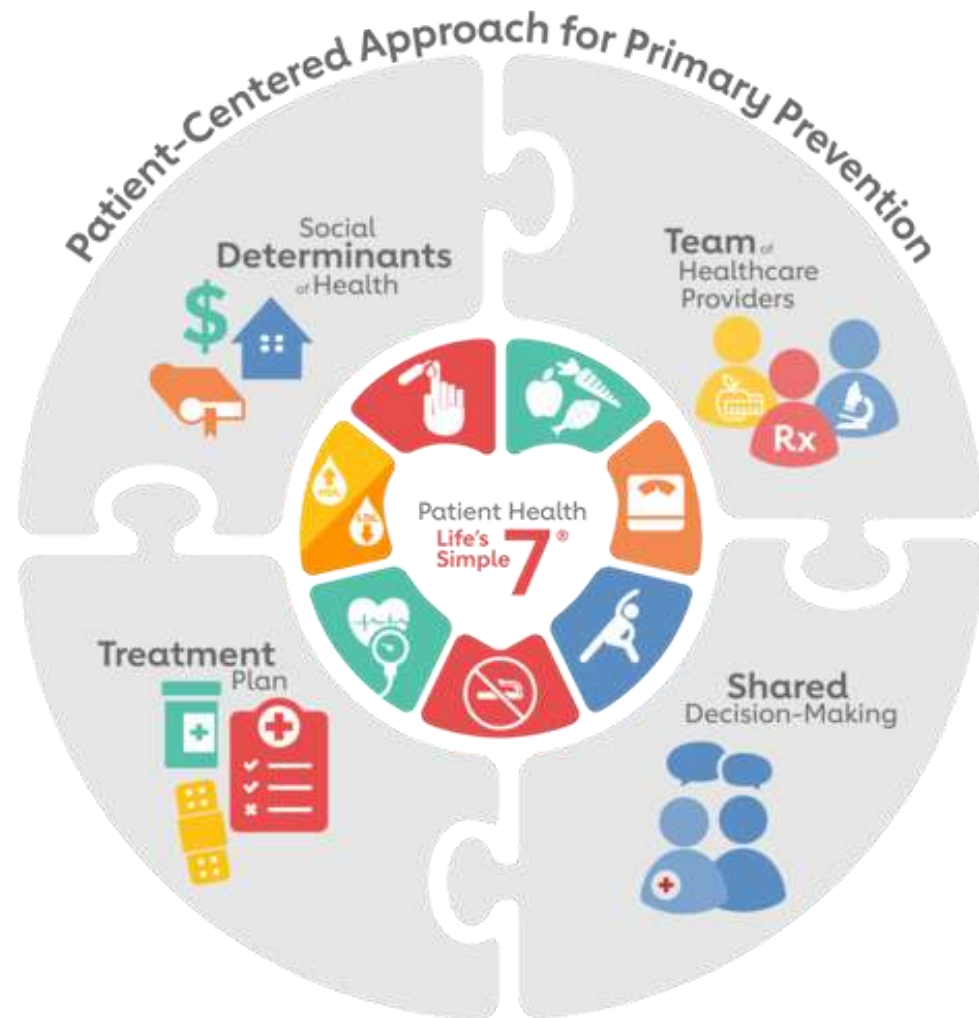
היית בעבר אחראית מחלקה או מנהלת בתחום
הסיעוד בבי"ח ציבורי?
הגיע הזמן לקחת פסק זמן מהפנסיה, ולהצטרף
לבי"ח אסותא אשדוד כמנטורית של מנהלי
המחלקות החדשות. כחלק מצוות ההקמה, יש לך
הזדמנות להשפיע על דור העתיד, בתנאים
מצויינים!



מידע נוסף

לשליחת קורות חיים <<
הקליקי עכשיו
view.co.il

כתבי תגובה... 📷



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RISK REDUCTION OF COGNITIVE DECLINE AND DEMENTIA

WHO GUIDELINES

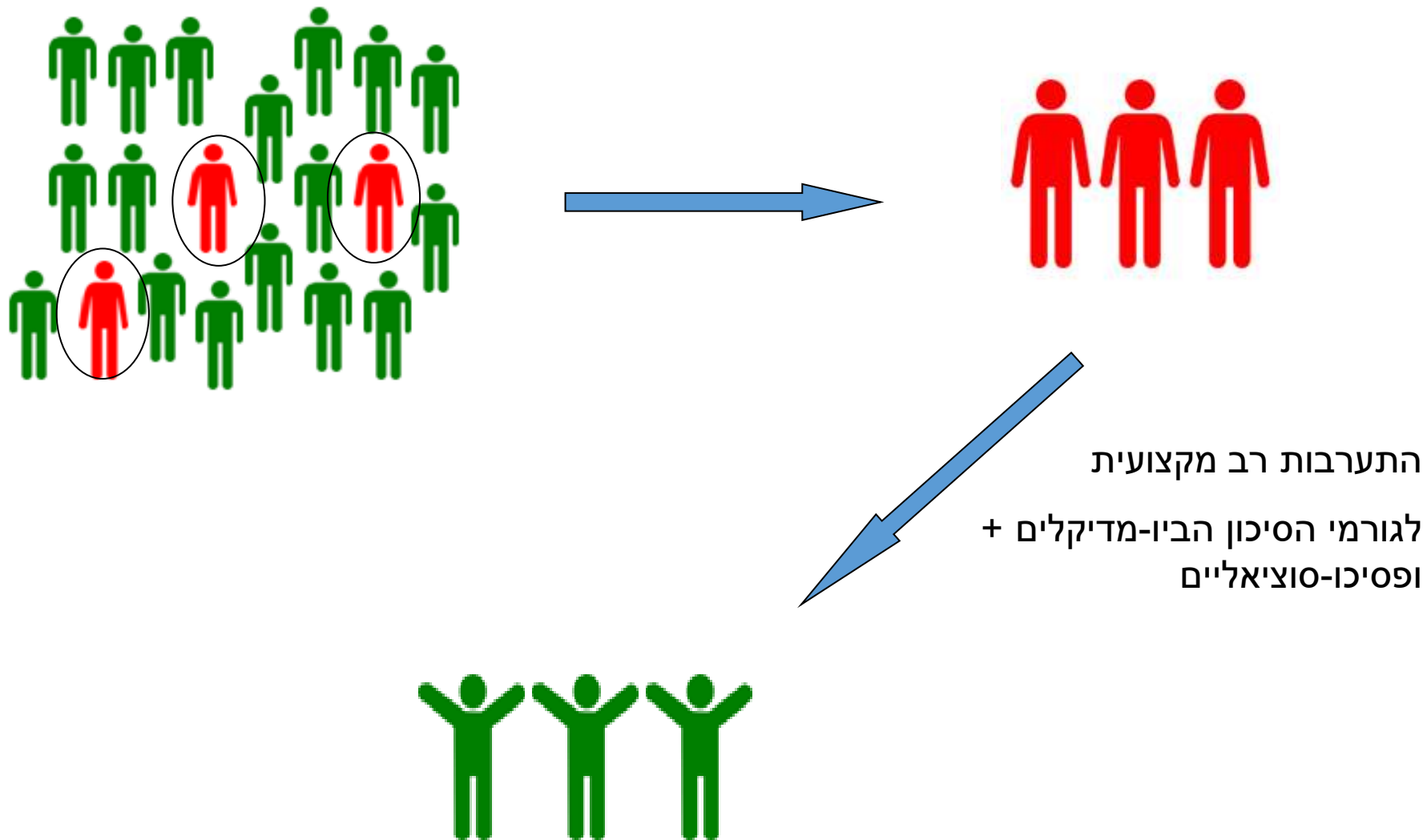
EVIDENCE PROFILES

- Physical activity interventions
- Tobacco cessation interventions
- Nutritional interventions
- Interventions for alcohol use disorder
- Cognitive interventions
- Social activity
- Weight management
- Management of hypertension
- Management of diabetes
- Management of dyslipidaemia
- Management of depression
- Management of hearing loss



**World Health
Organization**

ביקור בריא במבוגרים





Thank You

Health is a state
of complete physical,
mental, and social
well-being and
not merely the
absence of disease
or infirmity.

