

## Women's Health and Aging Study

Three Studies in One

### Purpose

- Aim: To determine the causes and course of physical disability in older women
  - Progression (I) and onset (II)
  - Physical (I, III) and cognitive (II)
  - Increasingly a physiological focus (III): genetic, biomarker, systemic determinants
  - Causes and course of frailty (III)

### Brief Study Design

- WHAS I – 1991- approx. 2001
  - 1002 women 65+ at baseline
  - “1/3 most disabled”
  - MMSE > 18
  - 6 semi annual follow-ups; 2 years surveillance
  - 3 blood draws
  - Weekly substudy in 100 women: 24 weeks

### Brief Study Design

- WHAS II – 1994-2011
  - 436 women 70-79 at baseline
  - “2/3 least disabled”
  - MMSE of 24+
  - 7 1.5-year follow ups
  - Last follow up: dynamic system challenges
  - Cognitive data from second follow up forward
  - Blood draws each visit
- Cognitive pathways grant

### Brief Study Design

- WHAS III – 2001-present
  - WHAS I & II
  - Note sampling weights
  - Extensive biomarker development

### What's available

- Vital status data
- Disability – self reported & performance based
- Abilities and impairments
- Diseases (adjudicated)
- Geriatric syndromes (e.g. frailty, falls)
- Behaviors; some social data
- Cognition, mood
- Biomarkers – inflammation, immune, hormonal, nutritional
- Genetic information

## How to get data

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- Contact a WHAS investigator (KBR, MC, PC, RV, QLX)
- Check out information on Pepper Center website:
  - [http://ihpeppercenter.ihmi.edu/das\\_apps/mainDRS.aspx](http://ihpeppercenter.ihmi.edu/das_apps/mainDRS.aspx)
- Apply: submit a proposal
  - [http://ihpeppercenter.ihmi.edu/das\\_apps/login.aspx](http://ihpeppercenter.ihmi.edu/das_apps/login.aspx)