



Distribution of ideal cardiovascular health in oldest-old and centenarians and the associations with disability and quality of life: Based on the china hainan centenarian cohort study and China Hainan oldest-old cohort study

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Abstract

There was lack of data about the distribution of ideal cardiovascular health (ICH) status among the oldest and centenarians, and the association with disability and quality of life was unclear. Hence, this study aimed to analyze the distribution characteristics of ICH metrics status of the oldest-old and centenarians, and also to explore the relationships with disability and quality of life. 1002 centenarians from China Hainan Centenarian Cohort Study and 798 oldest-old from the China Hainan Oldest-old Cohort study were included in the analysis. ICH, disability and quality of life were assessed according to standard methods. The median number of ICH metrics among centenarians and oldest-old were 4 (4-5) and 3(3-5) respectively. The highest proportion of ICH metrics at ideal levels were glucose (90.2%), BMI (89.8%), and smoking (89.4%). The disability rates of BADL and IADL decreased with the number of ICH metrics. The EQ-5D vas, EQ-5D score showed increasing trend along with the number of ICH metrics ($p < 0.05$). Compared with centenarians who had only 0-2 ICH metrics, the ORs for BADL disability were 0.82(95%CI:0.48-2.72), 0.66(95%CI:0.19-2.24), 0.52(95%CI: 0.15-1.79), 0.44(95%CI:0.29-1.41), and the ORs for IADL disability were 0.74(95%CI:0.41-1.33), 0.65(95%CI:0.35-1.22), 0.58(95%CI:0.32-1.08), 0.41(95%CI:0.19-0.86) for those with 3, 4, 5, ≥ 6 ICH metrics among centenarians. The results in oldest-old showed similar trends. In conclusion, the ICH metrics of centenarians and oldest-old were at a relatively good level, and there was a strong and independent inverse relationship between with both disability and lower quality of life.



Biography:

Miao Liu has completed his MPH at the age of 25 years from Peking University and PhD from Chinese PLA general School of Medicine. she is the vice director of biostatistics and associated researcher of institute of geriatrics in Chinese PLA general hospital. She has published more than 40 papers in reputed journals and has been serving as an editorial board member of 3 journals

Speaker Publications:

1. Bilirubin and its changes were negatively associated with diabetic kidney disease incidence and progression: A five-year's cohort study based on 5323 Chinese male diabetic patients
2. Serum albumin and activities of daily living in Chinese centenarians: a cross-sectional study
3. Distribution of metabolic/obese phenotypes and association with diabetes: 5 years' cohort based on 22,276 elderly



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