THE FRAILTY PROJECT

NEWSLETTER 1 – July 2019

www.frailty-project.nl

The Frailty Project is a research project on frailty epidemiology, funded by an NWO/ZonMw Veni grant [number 91618067].

Introduction

The Frailty Project started early 2018, as a Veni grant awarded to Emiel Hoogendijk, based at the Epidemiology of Aging group (Longitudinal Aging Study Amsterdam) at the Department of Epidemiology & Biostatistics of Amsterdam UMC – location VU University Medical Center.

The Frailty Project is an epidemiological research project with several objectives:
1.To study the public health impact of frailty (e.g., trends, life-expectancy)
2.To study mechanisms that explain the relationship between frailty and adverse outcomes
3.To study the development of frailty in later life, and factors associated with development

Various researchers from the Longitudinal Aging Study Amsterdam (LASA) research group are involved, as well as international collaborators.
In 2019, we started with an additional research project in which we will study frailty and vitality among the oldest old, funded by the SEW foundation (SeW Fonds). See the vacancy below.

Vacancy – Postdoc Frailty & Vitality (0.8 fte – 12 months)

We have a vacancy for a postdoc! Are you joining our team? Apply before August 1st, 2019!

Frailty and vitality are two core concepts in gerontology and geriatrics. The question is to what extent these concepts are opposites of one another. We are looking for a postdoc who will perform the "Frailty and vitality" project. This is a project on frailty and vitality among the oldest old (75+), one of the fastest growing segments of the older population. Purpose of the project is to describe determinants of frailty and vitality in this age group, to predict frailty and vitality, and to study associations between frailty/vitality and various outcomes. Data will be used from the Longitudinal Aging Study Amsterdam (LASA, www.lasa-vu.nl). The project will be conducted in collaboration with researchers of the Dutch National Institute for Public Health and the Environment (RIVM).The tasks of the postdoc include various research activities, such as preparing datasets, performing statistical analyses (e.g., performing a prediction model for frailty and vitality), and reporting the results in a scientific article (in English) and in a report (in Dutch). The postdoc will also be involved in other dissemination activities: preparing a factsheet for policy makers, and disseminating results among primary care providers.

More information: https://www.werkenbijvumc.nl/vacatures/postdoc-frailty-and-vitality/

Conferences

IAGG European congress Gothenburg
In May 2019, the European congress of the International Association of Gerontology and Geriatrics was organized in Gothenburg, Sweden. In a symposium of prof. Hans-Werner Wahl and prof. Dorly Deeg on European aging research, Emiel Hoogendijk presented on “Frailty and Aging. Is European research adding to the overall evidence?”

Picture: Emiel Hoogendijk at IAGG

WEON – Dutch congress of epidemiology
At WEON, in June 2019 in Groningen, Najada Stringa presented on “The effect of polygenic risk scores of grip strength in frailty, physical performance and functional limitations in older adults”. She made use of LASA data, and included the LASA Frailty Index in her analyses.

Picture: Najada Stringa presenting at WEON

Publications

Some of our recent frailty publications:

1. Machado-Fragua, M.D., Hoogendijk, E.O., Struijk, E.A., Rodriguez-Artalejo, F., López-García, E., Beulens, J.W., & van Ballegooijen, A.J. (in press). High dephospho-uncarboxylated matrix Gla protein concentrations, a plasma biomarker of vitamin K, in relation to frailty: the Longitudinal Aging Study Amsterdam. *European Journal of Nutrition*. DOI: 10.1007/s00394-019-01984-9
2. Hoogendijk, E.O., Romero, L., Sánchez-Jurado, P.M., Flores Ruano, T., Viña, J., Rodríguez-Mañas, L., & Abizanda, P. (in press). A new functional classification based on frailty and disability stratifies the risk for mortality among older adults: The FRADEA Study. *Journal of the American Medical Directors Association.* DOI: 10.1016/j.jamda.2019.01.129
3. Lin, H., Guo, Y., Ruan, Z., Kowal, P., Di, Q., Zheng, Y., Xiao, J., Hoogendijk, E.O., Dent, E., Vaughn, M.G., Howard, S.W., Cao, Z., Ma, W., Qian, Z., & Wu, F. (in press). Association of indoor and outdoor air pollution with hand-grip strength among adults in six low- and middle-income countries. *Journal of Gerontology: Medical Sciences.* DOI: 10.1093/gerona/glz038
4. Stenholm S., Ferrucci, L., Vahtera, J., Hoogendijk, E.O., Huisman, M., Pentti, J., Lindbohm, J.V., Bandinelli, S., Guralnik, J.M., & Kivimäki, M. (2019). Natural course of frailty components in people who develop frailty syndrome: Evidence from two cohort studies. *Journal of Gerontology: Medical Sciences*, 74, 667-674. DOI: 10.1093/gerona/gly132