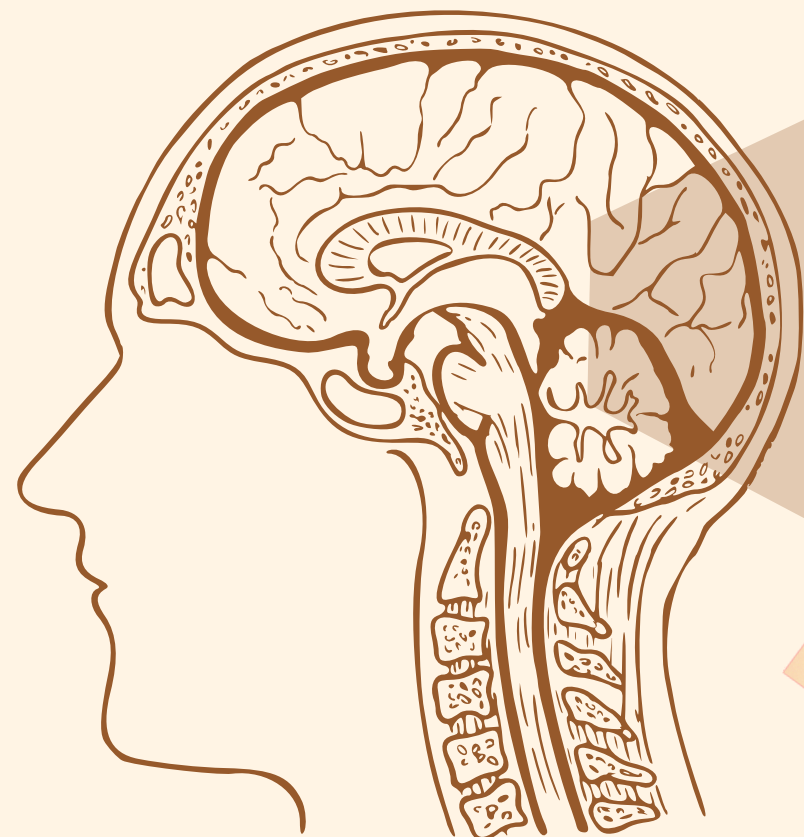


DOES OUR NEIGHBOURHOOD IMPACT OUR COGNITIVE HEALTH?

The global ageing population is growing rapidly, and it is a process often coupled with a decline in **cognitive health**.



COGNITIVE HEALTH
The ability to clearly think, learn, reason, and remember

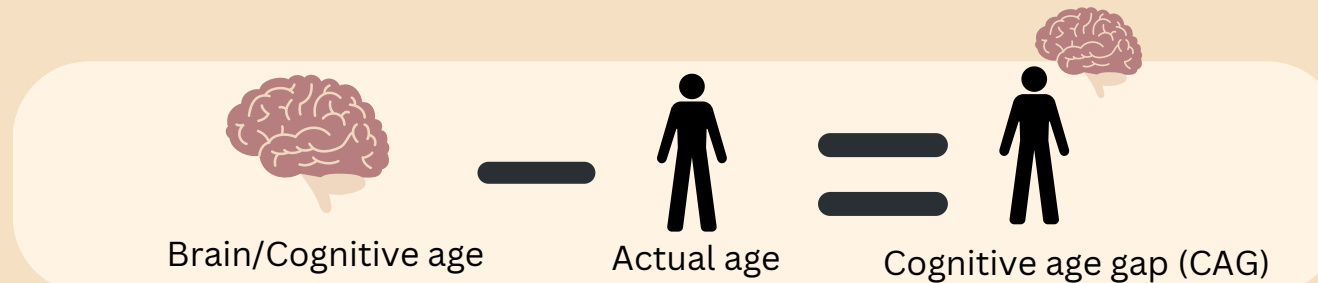
A good marker for cognitive health is your **cognitive age gap**

The creation of **age-friendly neighbourhoods** is a feasible population-wide strategy that could slow down the decline in cognitive health.

Which features of our neighbourhood environments are associated with a smaller **cognitive age gap** in older adults?

What is a Cognitive Age Gap?

Have you ever felt younger than you really are?



Your **cognitive age gap** is the difference between your actual age, and your predicted brain age.

— Negative/small CAG values indicate a younger, more cognitively healthy brain

+ Positive/large CAG values suggest a faster ageing process

4141 participants
34yrs+ (avg.= 61yrs)



Brain/cognitive age was predicted based on scores from 3 different cognitive tests



Associations between neighbourhood characteristics and CAG were determined using statistical analysis



Residents who lived in well-off neighbourhoods that had a high percentage of parks had a smaller CAG, indicating that these aspects of our neighbourhood play an important role in slowing cognitive ageing.



Findings from this study can help planners and developers prioritise neighbourhood features that encourage better cognitive health and slower cognitive decline

Specifically, increasing parkland within neighbourhoods could be an achievable population-level approach to maintain cognitive health.

IMPLICATIONS