

# Identifying Midlife Social Exposures that Might Modify Risk for Cognitive Impairment Associated with Early Life Disadvantage: A Workshop

August 29–30, 2024 | Keck Center, 500 5<sup>th</sup> St NW, Room 100 and Webcast

THURSDAY, AUGUST 29, 2024, 9:00AM – 4:15PM ET

All sessions open to the public.

## Goals

Early-life disadvantages may increase the risk of Alzheimer's Disease and related dementias, and midlife social exposures to structural and institutional forces may modify those risks. Identify research gaps and opportunities to accelerate knowledge of how risks may be reduced.

**9:00–9:30am** Welcome/Introductory remarks from NASEM, NIA, and the Workshop Planning Committee

Malay Majmundar, Director, Committee on Population

Emerald Nguyen, National Institute on Aging

Robert Hummer (*chair*), University of North Carolina-Chapel Hill

**9:30–10:45am** Session 1: Laying the Foundation

Guiding Questions:

- What are the most pressing early life disadvantages that both set up midlife exposures and that are associated with later life cognitive health and dementia risks?
- What population-based data sources exist that help link early life disadvantages with midlife exposures, and what data needs are there in this area of study?

Panelists: Pamela Herd, University of Michigan, Ann Arbor

Paola Gilsanz, Kaiser Permanente

Moderator: Robert Hummer (*chair*), University of North Carolina Chapel Hill

**10:45–11:00am** Break

**11:00–1:00pm** Session 2: Life Course Models of Cognition and Risk of Dementia

Guiding Questions:

- What are the most important midlife social and institutional pathways through which early life social disadvantages create risk for later life cognitive decline and dementia?
- What data sets and methodologies have been or will be most important in understanding these life course processes?
- What are the most important data & methodological needs in this area of research?

Panelists: Claire Yang, University of North Carolina-Chapel Hill, *virtual participant*

Adina Zeki Al Hazzouri, Columbia University

Workshop on Identifying Midlife Social Exposures that Might Modify Risk for Cognitive Impairment  
Associated with Early Life Disadvantage

Moderator: **Rebeca Wong**, University of Texas Health San Antonio, *virtual participant*  
**Hector Gonzalez (Member)**, University of California-San Diego

**1:00–2:00pm Lunch**

**2:00–3:15pm Session 3: Educational and Workplace Contexts/Policy**

Guiding Questions:

- How do educational and workplace contexts influence cognitive decline and risk of dementia?
- What are the key findings and research needs in this area of study?

Panelists: **Eric Grodsky**, University of Wisconsin

**Deborah Carr**, Boston University

Moderator: **Robert Hummer (chair)**, University of North Carolina Chapel Hill

**3:15–3:30pm Break**

**3:30–4:15pm Session 4: Social and Health Policies (e.g., food, housing, healthcare, income, civil rights)**

Guiding Questions:

- How do early social and health policies influence cognitive decline and risk of dementia?
- What are the key findings and research needs in this area of study?

Panelists: **David Rehkopf**, Stanford University

**Jason Fletcher**, University of Wisconsin

Moderator: **Atheendar Venkataramani (Member)**, University of Pennsylvania

**4:15pm END OF DAY 1**

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**FRIDAY, AUGUST 30, 2024, 9:00AM – 1:15PM ET**

**All sessions open to the public.**

**9:00–10:15am Session 5: Social Support & Integration (e.g., families, caregivers, communities/neighborhoods, congregations)**

Guiding Questions:

- How do early social support and integration influence cognitive decline and risk of dementia?
- What are the key findings and research needs in this area of study?

Panelists: **Jessica Finlay**, University of Colorado

**Liz Muñoz**, University of Texas-Austin

**Mike Esposito**, University of Minnesota, *virtual participant*

Moderator: **Jacqueline Torres (Member)**, University of California – San Francisco

**10:15–10:30am Break**

## Workshop on Identifying Midlife Social Exposures that Might Modify Risk for Cognitive Impairment Associated with Early Life Disadvantage

### 10:30–11:45am Session 6: Environmental and Cardiovascular Exposures

Guiding Questions:

- How do environmental exposures influence cognitive decline and risk of dementia?
- What are the key findings and research needs in this area of study?

Panelists: **Priya Palta**, University of North Carolina-Chapel Hill  
**Jennifer Weuve**, Boston University

Moderator: **Jennifer Ailshire (Member)**, University of Southern California

### 11:45–12:15pm Break

### 12:15–1:15pm Session 7: A Discussion of Key Takeaways and Future Directions

Guiding Questions:

- What are the major substantive takeaways from the workshop?
- What are the important data needs to better understand midlife social, structural, and institutional exposures?
- Are there particular methodological needs in this area of study?
- What are the most important suggestions for NIA to spin out of this workshop ... e.g., funding initiatives; research avenues for better understanding the midlife social, structural, and institutional factors associated with cognitive functioning and aging?

Panelists: **Katrina Walsemann**, University of Maryland-College Park  
**Robert Hummer (chair)**, University of North Carolina Chapel Hill

Moderator: **Hector Gonzalez (Member)**, University of California-San Diego

### 1:15pm MEETING ADJOURNS

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**Workshop Planning Committee:** Robert Hummer (Chair), University of North Carolina-Chapel Hill; Jennifer Ailshire, University of Southern California; Hector González, University of California-San Diego; Jennifer Manly, Columbia University; Jacqueline Torres, University of California-San Francisco; Atheendar Venkataramani, University of Pennsylvania School of Medicine

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