

# Lebanon Study of Aging and HeAlth (LSAHA)

HRS – HCAP meeting  
Bethesda, MD 30-9-2024



*GEORGETOWN UNIVERSITY*

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**No conflicts to report**

# LSAHA – Dementia Study in Lebanon



Dementia and Related Health and Social Challenges in Lebanon: A Population Study  
NIH (NIA) R01- AG069016

# LSAHA – Study Team

*GEORGETOWN*  
*UNIVERSITY*

Carlos Mendes de Leon, PI



Faculty of  
Health Sciences

Monique Chaaya, AUB sub-PI  
Abla Sibai, Co-I  
Martine El Bejani, Co-I  
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(University of South Carolina)

Sawsan Abdulrahim, co-I  
Fellow, FXB Center for Health  
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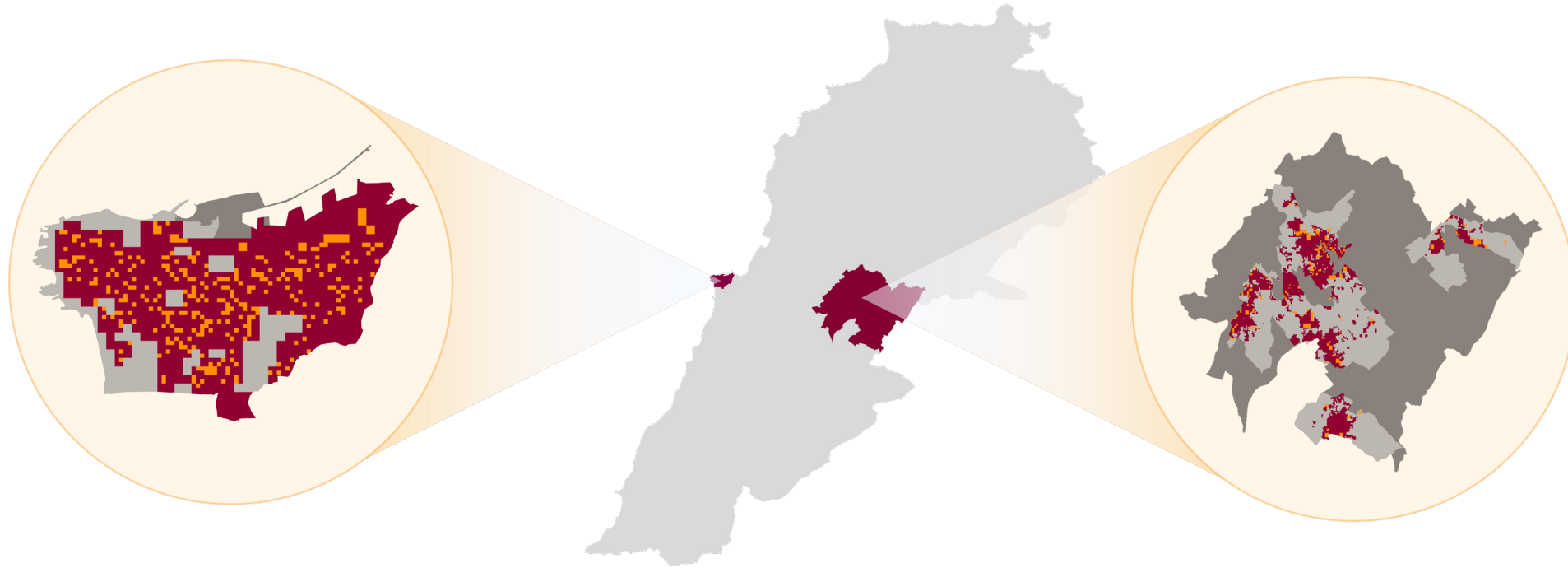


Fredric Conrad, Michigan sub-PI  
Kenneth Langa, Co-I  
Brady West, Co-I

# LSAHA – Design

1. Sample N=3,000 adults aged  $\geq 60$  years from two areas in Lebanon, selected to provide a diverse and “representative” sample of older adults in Lebanon
2. Administer comprehensive health and social survey, anthropometric measures, physical performance tests and HCAP cognitive test battery
3. Collect blood samples
4. Start data collection: October 9, 2023!

# LSAHA – Design



## Beirut

- dark grey --> all administrative areas
- lighter grey --> selected administrative areas (n=11)
- burgundy --> all eligible populated grids (excluding port and highways)
- orange --> selected grids

## Zahle (southern Beeqa)

- dark grey --> all administrative areas area
- light grey --> selected administrative areas (n=25)
- burgundy --> all eligible populated grids (excluding agricultural areas)
- orange --> selected grids

# LSAHA – Respondent (core) Interview

Demographics: age; gender; marital status; country of birth; languages	Mental Health: CESD-8; GAD-7
SES: education, Childhood SES, occupation, retirement	Anthropometric: BP; weight; length; knee height; grip strength; walking speed; balance test
HCAP cognitive battery	War exposure: property losses; work losses; personal losses (injuries & deaths)
Physical health: chronic conditions; subjective memory; sensory imp; pain; sleep	Caregiving and receiving: ADLs, IALDs
Health behaviors (smoking; alcohol; reproductive health; weight loss)	Social Network & Support
Functional Limitations: mobility, muscle function	Neighborhood questions
Health care utilization (incl COVID)	



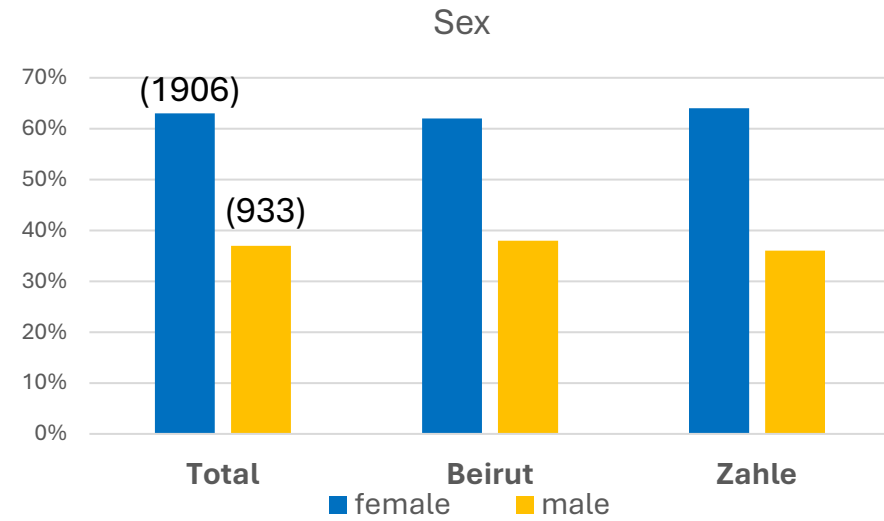
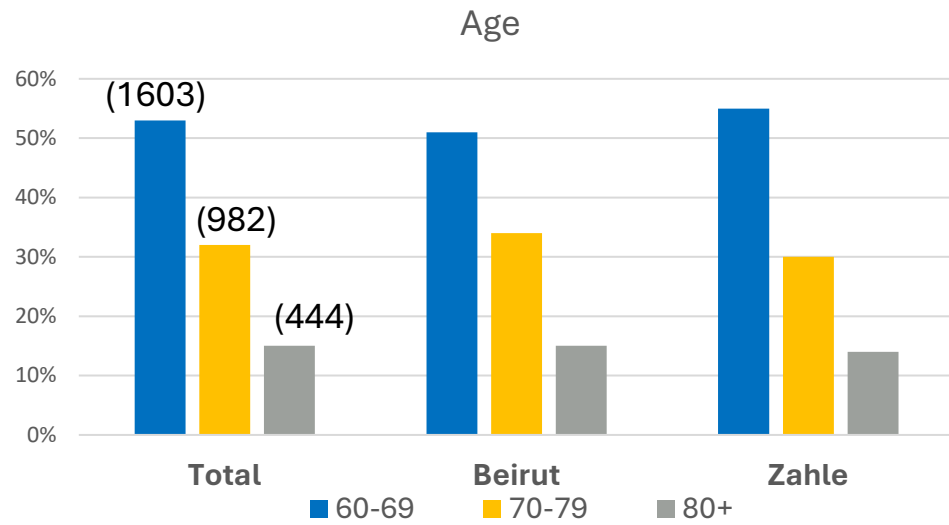
# HCAP battery

CERAD- Word list recall - Immediate	Memory
CERAD- Word list recall- Delayed	Memory
Story recall – Immediate	Memory
Story recall – Delayed	Memory
Fluency (FAS)	Language & Fluency
SDMT	Executive Function
Symbol cancellation test	Executive Function
Similarities	Executive Function
<b>As part of the CSID</b>	
3 word immediate and delayed recall	Memory
Remember name	Memory
Naming and describing objects	Language & Fluency
Carrying out instructions	Language & Fluency
No ifs, ands, or buts	Language & Fluency
Time & space	Orientation
Fluency (Animal Naming Test of the CSID)	Language & Fluency
Constructional praxis	Visuospatial

# Informant Interview

1. Demographics & SES module
2. Short IQCODE
3. Blessed Dementia Rating Scale -- Part 2
4. Informant CSI-D
5. Blessed Dementia Rating Scale – Part 1

# LSAHA Cohort (N = 3,029)



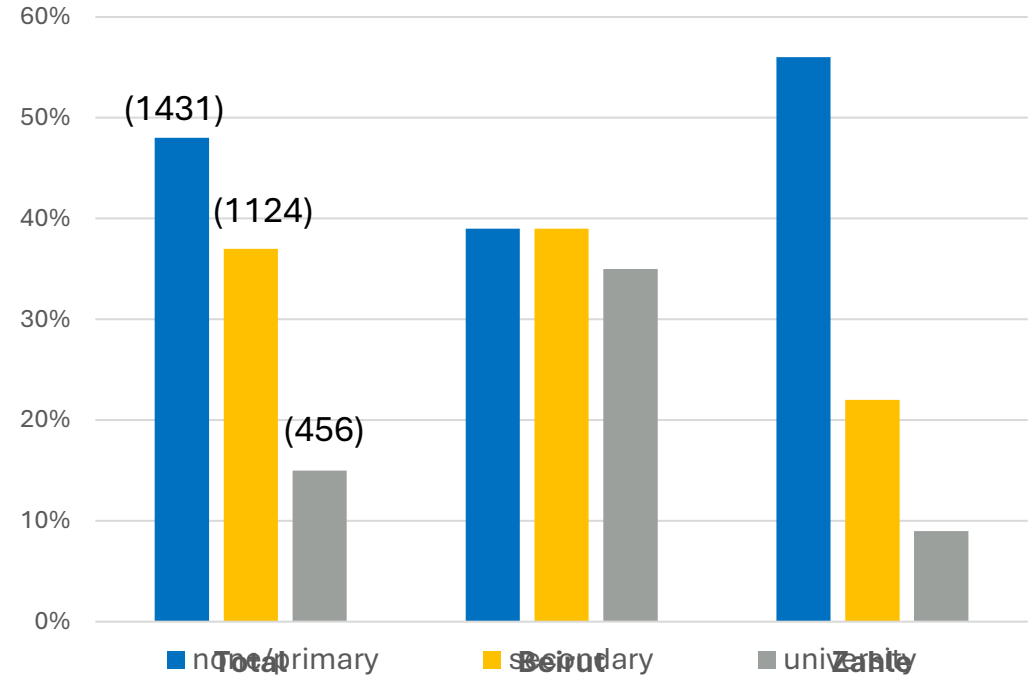
What is the highest grade that you completed in school?

First Grade.....	1
Second Grade.....	2
Third Grade.....	3
Fourth Grade.....	4
Fifth Grade.....	5
Sixth Grade.....	6
Seventh Grade.....	7
Eight Grade.....	8
Ninth Grade.....	9
Tenth Grade (first year vocational).....	10
Eleventh Grade (second year vocational).....	11
Twelfth Grade (third year vocational) .....	12
DON'T KNOW.....	98
REFUSED.....	99

Beyond secondary school, what is the highest level of education that you completed?

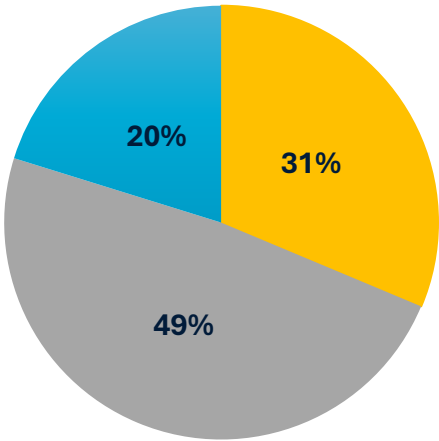
No education beyond 12 <sup>th</sup> grade.....	1
Degree in a vocational institute.....	2
Some university studies but did not complete degree.	3
Undergraduate degree.....	4
Graduate degree.....	5
DON'T KNOW.....	8
REFUSED.....	9

Education



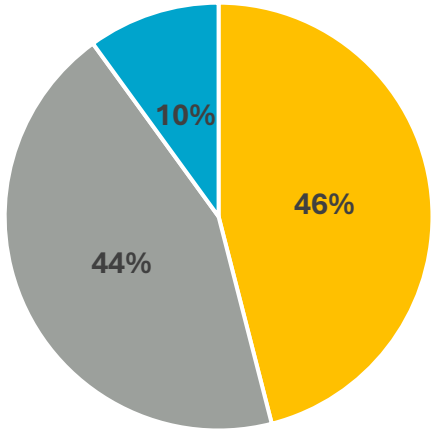
# LSAHA – Preliminary Data

In general, would you say your health is excellent, very good, good, fair, or poor?



■ Excellent (very) good   ■ Fair   ■ Poor

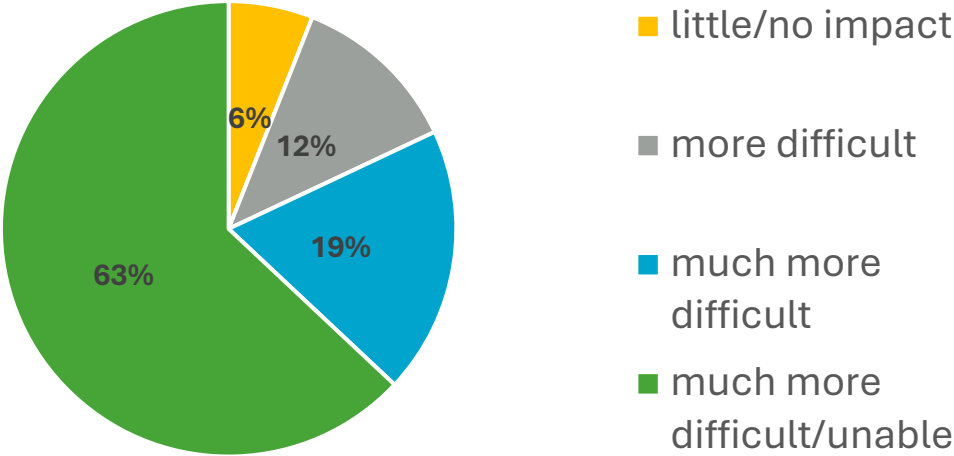
How would you rate your memory at the present time?  
Would you say it is excellent, very good, good, fair, or poor?



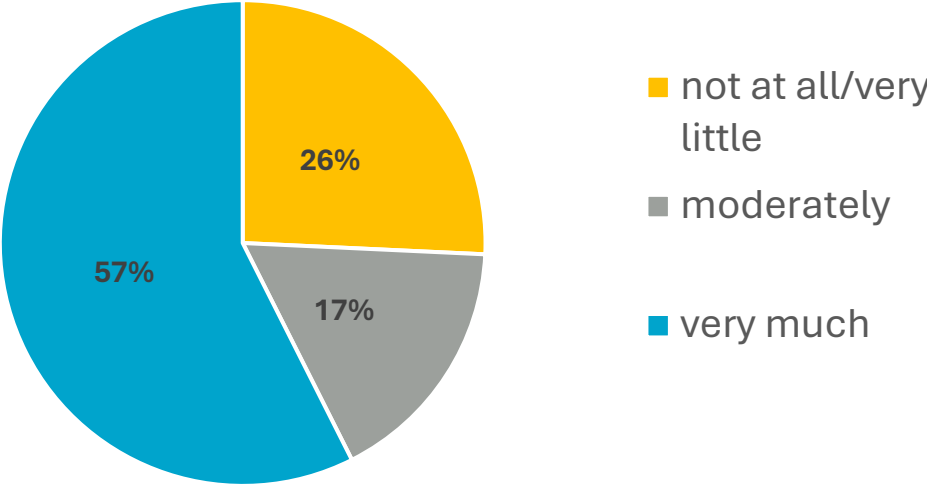
■ Excellent (very) good   ■ Fair   ■ Poor

# LSAHA – Preliminary Data

Now I would like to ask you a question about the impact of the economic crisis. How would you describe your family's ability to cover your basic needs now compared to 3 years ago before the economic crisis (by basic needs, we mean your regular household expenses such as food, electricity and heat, fuel or transportation, etc.). Please, select the answer that best describes your family's situation. Would you say that

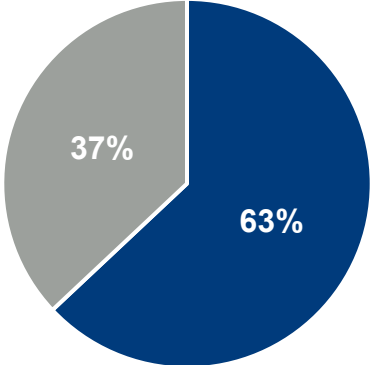


First, I would like to ask how much the war and violence in your lifetime have affected you personally? Would you say not at all, very little, moderately, or very much?



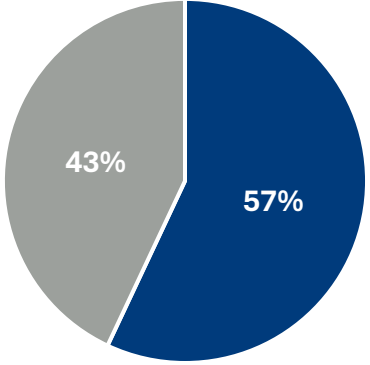
# LSAHA – Preliminary Data

Anxiety



■ minimal/mild ■ moderate/severe

Depression



■ little/no ■ some/lot

# THANK YOU





# LSAHA – Design

Survey Video