



C. Reynolds (PI)

Meet CATSLife!



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The Colorado Adoption/Twin Study of Lifespan Behavioral Development and Cognitive Aging (CATSLife) combines CAP and LTS and is funded by the National Institute on Aging (NIA). It is the only study of its kind that follows the same people from infancy into middle adulthood.

The purpose of CATSLife is to study how genetic and environmental influences accumulate over one's life to affect how well individuals build and maintain cognitive functioning.

CATSLife was launched in 2015, and is expected to be recruiting into 2019. We expect to test a total of 1600 participants -- 776 from the CAP (Colorado Adoption Project) and 824 from the LTS (Longitudinal Twin Study). Participants are all in their early 30's and 40's, and have been tested almost yearly from birth into their 20's on a wide variety of mental skills.

With the help of our coordinators and testing team, Corinne Gunn, Amy Ledbetter, Daniel Ryan, Patricia Townsend and Dina Huber, we are currently:

- Collecting in-depth behavioral questionnaires and interviews, measuring blood pressure, grip strength, and lung capacity, surveying address changes, and testing blood and saliva samples.
- Examining factors associated with decreases, maintenance, or boosts in cognitive abilities. We will be able to assess the association of cognitive change with possible physical and behavioral health precursors, and estimate when these associations begin to emerge.
- Looking for predictors of healthy aging and the health challenges that adults can face.

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Meet the rest of the team and learn more about CATSLife at:
www.colorado.edu/ibg/human-research-studies/catslife



The first prospective study on cognitive aging
from infancy through adulthood

ANNOUNCEMENTS

- We are now recruiting for the current CATSLife assessment!
- We will be recruiting for our new smartphone study of brain games soon!



CATSLife FAQs



What tests are run on the blood samples?

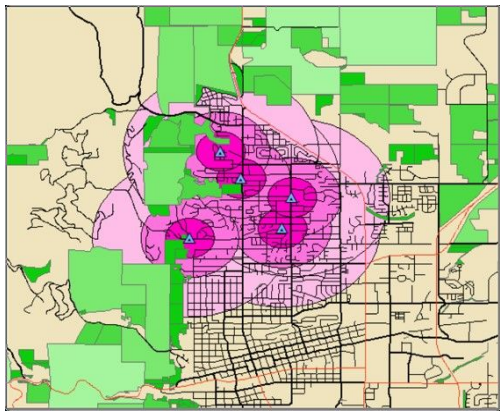
Tests include routine health-related components such as total cholesterol, LDL and HDL cholesterol. We are also testing for less well-known components (e.g., bdnf = brain-derived neurotrophic factor), and we are preparing for genotyping.

Can I see my blood test results?

We do not provide individual results as the primary purpose is to increase scientific knowledge. The samples are frozen and not processed for many months so the results would not represent your current cholesterol levels, for example.

GEOCODING

We are looking at environments in new ways in CATSLife to understand how our surroundings and choices impact mind, body, and wellbeing. Participants will be filling out an address survey to give us data for geocoding. **Geocoding** refers to mapping a postal address description to an exact location. Tracking this information allows us to look at specific circumstances of everyday life. For example, we will be studying the distance between a person's home and the nearest parks and recreation centers to see how those distances relate to his or her physical activity patterns and health history.



Parks within 1/4 mile of a residence are considered to be "walkable". As an example, we have highlighted 1/4, 1/2 and 1 mile radii around 'residences'. A total of 35 parks fell into range of calculation for at least one 'residence'. The average park size in this example was 47 acres and there was access to an average of 11 parks within one mile.

How many papers/articles have been published about the study?

We are still collecting data for this study, so no papers have been published about CATSLife yet. However, there are many papers written on the CAP and LTS studies which can be found on our website: www.colorado.edu/fibg

Will my children be able to participate in research like I did?

We would love to study your children, but at this time there is no funding to do so.

Do you compare my data just to my sibling or to everyone?

Both. We compare your phenotypic data (the trait of interest) to everyone else's. We also compare your data to that of your sibling(s), and then compare to data from other sibling pairs within the data set.

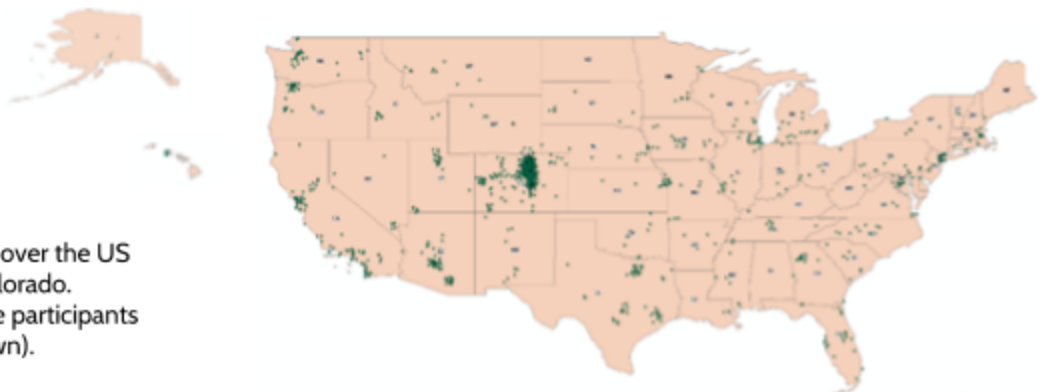
SMARTPHONE STUDY

How sharp are we from day to day? And how much can we gain in terms of cognitive skills from playing smartphone games? We are launching an additional study to CATSLife to consider how our daily environments, as well as genetic influences, may be related to everyday mental activities. It will include up to 600 CATSLife participants who will be asked to carry a project smartphone for 14 days and try their hand at fun "brain game" apps that each take only a few minutes at a time.



WHERE DO CATSLIFE PARTICIPANTS LIVE?

CATSLife participants live all over the US with about 2/3 residing in Colorado. And, about a dozen CATSLife participants live outside the US (not shown).



Note that that the map points have been randomized from their real locations to keep persons anonymous.