

Healthy lifestyle habits and cognitive performance
in middle-aged and older adults

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Healthy lifestyle; Cognitive performance; Dementia

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
Dementia affects approximately 55 million people worldwide and is projected to reach 139 million cases by 2050. Healthy lifestyle behaviors may reduce dementia risk, but their association with cognitive performance is still poorly understood in low- and middle-income countries.	Cross-sectional analysis of 8,168 ELSI-Brasil participants aged ≥50 years. Lifestyle factors were combined into a Healthy Lifestyle Index (HLI), and their associations with cognitive outcomes were evaluated using adjusted linear regression models. ELSI-Brasil Study Nationally representative sample · Adults ≥50 years · n = 8,168 Lifestyle factors assessed Physical activity · Healthy diet · Sleep quality · Smoking status · Alcohol consumption Healthy Lifestyle Index (HLI) Binary lifestyle variables weighted by ordinal regression coefficients Weighted composite score · $HLI = \sum (\beta_i \times \text{lifestyle variable}_i)$ Cognitive outcomes (diagcat) Normal (Preserved cognition) · CIND (Cognitive impairment) · Dementia (Diagnosed dementia) Statistical analysis Survey-weighted ordinal logistic regression (svyolr) Crude · Model 1 (sociodemographic) · Model 2 (fully adjusted) Covariates Age · Sex · Ethnicity · Marital status · Education · Family income · Hypertension · Cholesterol · Diabetes · Depression	Adequate physical activity, non-smoking, good sleep quality, and a higher weighted Healthy Lifestyle Index (HLI) were independently associated with lower odds of more severe cognitive diagnostic categories, including dementia. Healthy diet and alcohol consumption were not significantly associated. OR [95% CI] Physical Activity 0.663 [0.553–0.794] Non-Smoker 0.725 [0.636–0.826] Quality Sleep 0.844 [0.725–0.982] Weighted HLI 0.544 [0.457–0.647] Healthy Alcohol Intake 1.269 [0.951–1.691] Healthy Diet 0.870 [0.723–1.048] Odds Ratio (95% CI) — Model 2, fully adjusted ▲ Weighted HLI ● Not significant ● Significant (p < 0.05)	A healthier lifestyle was independently associated with lower odds of more severe cognitive impairment, including dementia, among Brazilian adults aged 50 years or older.	 CONTACT E-mail: psicodircesilva@gmail.com ALZHEIMER'S ASSOCIATION AAIC 26