

Healthy Aging Through the Senior Years (HATS) Cohort: Brain health among older Black adults in the United States



#9166

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HATS is a novel longitudinal cohort that is well-positioned to advance understanding of modifiable risk factors for dementia among Black Americans living in the upper Midwest of the United States. Recruitment is ongoing will a focus on enrolling men and participants with a wide range of cognitive function.

INTRODUCTION	METHODS	RESULTS	RESULTS	CONCLUSIONS																																		
- Dementia is up to twice as common in older Black Americans compared to older Non-Hispanic White Americans - Vascular disease is thought to be an important cause of dementia in older Black Americans - However, the role of modifiable cardiovascular factors has been understudied - HATS focuses on modifiable cardiovascular and sociodemographic contributions to brain health among older Black Americans	HATS inclusion criteria - Age 55 years or older - Black race - Live in and around Minneapolis, MN HATS exclusion criteria - Vision, hearing, or cognitive impairment that limits ability to participate in HATS assessments Community-based recruitment led by community partners In-person study visits every 15-18 months for 5 years Data collection includes neuropsychiatric assessments, informant interviews, 3T brain MRIs, and ADRD blood-based biomarkers	<table><tr><th colspan="2">HATS participants (n=274)</th></tr><tr><td>Age, mean (SD)</td><td>68.2 (7.8)</td></tr><tr><td>Female, n (%)</td><td>191 (70)</td></tr><tr><td>Years of education, mean (SD)</td><td>14.4 (2.5)</td></tr><tr><td>BMI, mean (SD)</td><td>31.5 (7.4)</td></tr><tr><td>Systolic BP, mean (SD)</td><td>137 (22)</td></tr><tr><td>MoCA, mean (SD)</td><td>20.8 (3.8)</td></tr><tr><td>Subjective memory impairment, n (%)</td><td>123 (45)</td></tr><tr><td>MCI or dementia (n=257), n (%)</td><td>51 (20)</td></tr><tr><td>Enrolled with a study partner, n (%)</td><td>183 (67%)</td></tr></table> Comorbidity Prevalence <table><tr><th>Comorbidity</th><th>Percentage</th></tr><tr><td>Diabetes</td><td>30</td></tr><tr><td>Hypertension</td><td>75</td></tr><tr><td>Hyperlipidemia</td><td>55</td></tr><tr><td>Chronic Kidney Disease</td><td>10</td></tr><tr><td>Sleep apnea</td><td>30</td></tr><tr><td>Stroke</td><td>5</td></tr></table>	HATS participants (n=274)		Age, mean (SD)	68.2 (7.8)	Female, n (%)	191 (70)	Years of education, mean (SD)	14.4 (2.5)	BMI, mean (SD)	31.5 (7.4)	Systolic BP, mean (SD)	137 (22)	MoCA, mean (SD)	20.8 (3.8)	Subjective memory impairment, n (%)	123 (45)	MCI or dementia (n=257), n (%)	51 (20)	Enrolled with a study partner, n (%)	183 (67%)	Comorbidity	Percentage	Diabetes	30	Hypertension	75	Hyperlipidemia	55	Chronic Kidney Disease	10	Sleep apnea	30	Stroke	5	- Community engagement including providing dementia education is a key component of HATS - The HATS participant appreciation event in September of 2025 was attended by >60 participants and community members Community engagement events	- HATS will advance understanding of modifiable risk factors for dementia among Black Americans - Recruitment is ongoing - Focus is on enrolling men and participants with a wide range of cardiovascular risk profiles and cognitive function CONTACT Kerry.sheets@hcmcd.org
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