

# Costa Rican Longevity and Healthy Aging Study

<https://www.neurodegenerationresearch.eu/cohort/costa-rican-longevity-and-healthy-aging-study/>

## Cohort Acronym

CRELES

## Cohort type

General population-based cohort

## Disease

## Participant type

No diagnosis

## Profile

Recruitment Period 2006

Sample size at start or planned sample size if still recruiting 1,550

Estimated Current Sample Size 0 to 4,999

Age at Recruitment >60

Gender Male and Female

Abstract

The Costa Rican Longevity and Healthy Aging Study (CRELES) is a nationally representative longitudinal survey of health and lifecourse experiences of 2,827 Costa Ricans ages 60 and over in 2005. Baseline household interviews were conducted between November 2004 and September 2006, with 2-year follow-up interviews.

The main study objective was to determine the length and quality of life, and its contributing factors in the elderly of Costa Rica.

CRELES uses public data files containing information on a broad range of topics including self-reported physical health, psychological health, living conditions, health behaviours, health care utilization, social support, and socioeconomic status. Objective health indicators include anthropometrics, observed mobility, and biomarkers from fasting blood and overnight urine. Mortality events are tracked and conditions surrounding death are measured in a surviving family interview (longitudinal follow-up data are not yet publicly available).

Country Costa Rica

## Contact details

Institution name University of Costa Rica

Website <http://www.creles.berkeley.edu/>

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Contact phone number  
Funders (Core support) Wellcome Trust

## **Variables Collected**

### **Brain related measures:**

N/A

### **Functional rating:**

Individual physiological, Individual psychological

### **Anthropometric:**

Blood pressure, Height, Hip circumference, Waist circumference, Weight

### **Physical:**

Cardiovascular, Hearing and Vision, Musculoskeletal, Reproductive, Respiratory

### **Biological samples:**

Blood, Urine

### **Genotyping:**

N/A

### **Brain imaging:**

N/A

### **Brain banking:**

N/A

### **Lifestyle:**

Alcohol, Dietary habits, Physical activity, Smoking

### **Socio-economic:**

Education, Ethnic group, Family circumstances, Housing and accommodation, Income and finances, Informal support, Marital status, Occupation and employment

### **Health service utilisation:**

N/A