

Stand up to dementia: Reducing prolonged sitting to improve cognitive function in older adults

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Name of Fellow

Dr Paul Gardiner

Institution

Funder

NHMRC

Contact information of fellow

Country

Australia

Title of project/programme

Stand up to dementia: Reducing prolonged sitting to improve cognitive function in older adults

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The project/programme is most relevant to:

Alzheimer's disease & other dementias

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Research Abstract

Australia has an ageing population, resulting in more people being diagnosed with dementia. Prolonged sitting – (a behaviour that is very common amongst older adults) may increase the risk of cognitive decline and thus developing dementia. This study aims to further explore the relationship of sitting with dementia and cognitive function by using objective measures of sitting and also to develop programs and resources to reduce prolonged sitting which are informed by consumers.

Types:

Fellowships

Member States:

Australia

Diseases:

Alzheimer's disease & other dementias

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