

# Advancing Population Aging Research with NIA-Funded Surveys

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-> Dartmouth in January 2026!

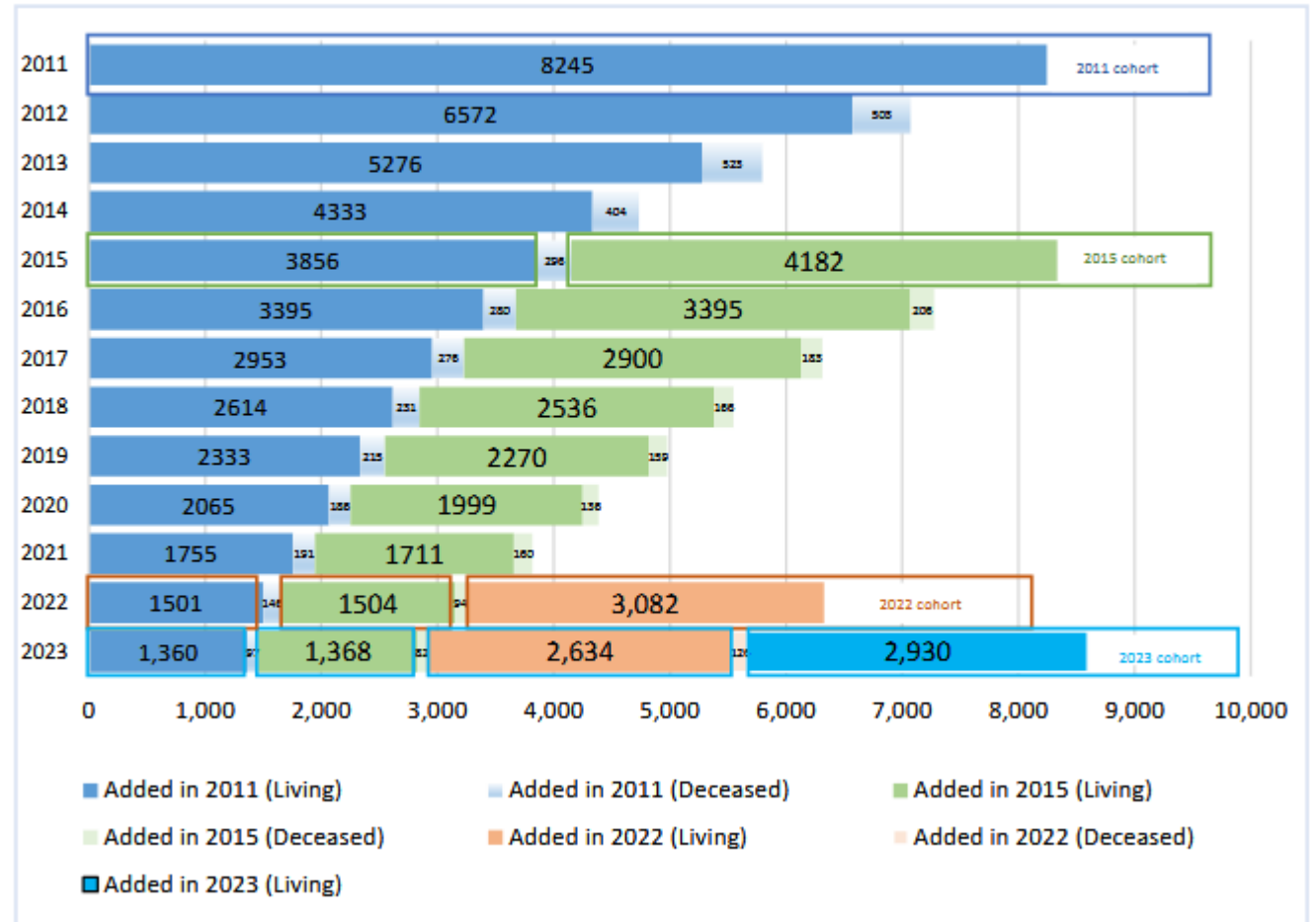
# Agenda

- National Health and Aging Trends Study (NHATS) and Health and Retirement Study (HRS)- what are they?
- Opportunities
- Challenges

# What is NHATS?

- “NHATS is intended to foster research that will guide efforts to reduce disability, maximize health and independent functioning, and enhance quality of life at older ages.”
- Nationally-representative survey, sampling frame of Medicare beneficiaries age 65+ in years 2011, 2015, 2022, 2023
- Geographically clustered sampling
- Older age, Black, and Hispanic individuals oversampled
- Annual survey
- Linked caregiver survey (NSOC)

Figure 1. NHATS Sample and Cohorts by Round



# What is HRS?

- *Mission is to evaluate economic and retirement issues of aging*
- Nationally-representative survey, sampling frame of households of people starting at age 51 and their spouses/partners (can be any age)
- Geographically clustered sampling
- Floridian, Black, and Hispanic individuals oversampled
- Survey is conducted EOY
- Refreshed every 6 years

Sub-sample Abbreviation	Sub-sample Name	Birth Year of Age-Eligible Respondents	First Wave	Data Collected
AHEAD	Aging & HEAlth Dynamics	1890-1923	1993	1993 1995 1998 2000 2002 2004 2006 2008 2010
CODA	Children Of the Depression Age	1924-1930	1998	1998 2000 2002 2004 2006 2008 2010
HRS	Health & Retirement Study	1931-1941	1992	1992 1994 1996 1998 2000 2002 2004 2006 2008 2010
WB	War Baby	1942-1947	1998	1998 2000 2002 2004 2006 2008 2010
EBB	Early Baby Boomer	1948-1953	2004	2004 2006 2008 2010
MBB	Mid Baby Boomer	1954-1959	2010	2010

# Key opportunities

- Follow large cohorts over time!
  - Remember: NHATS surveys annually, HRS every other year

[> Eur J Epidemiol.](#) 2025 Oct 27. doi: 10.1007/s10654-025-01302-0. Online ahead of print.

## Coffee and tea intake, circulating inflammatory biomarkers, and long-term risk of dementia: findings from two longitudinal studies

Minqing Yan <sup># 1</sup>, Jie Shen <sup># 1</sup>, Mengjia Zhao <sup>1</sup>, Leqi Fei <sup>1</sup>, Yuhui Huang <sup>1</sup>, Minyu Wu <sup>1</sup>, Ting Shen <sup>1</sup>, Gulisiya Hailili <sup>1</sup>, Dan Liu <sup>2</sup>, Geng Zong <sup>3</sup>, Yan Zheng <sup>4</sup>, Dong Hang <sup>5</sup>, Changzheng Yuan <sup>6 7</sup>

Affiliations + expand

PMID: 41144110 DOI: [10.1007/s10654-025-01](#)

[> J Geriatr Psychiatry Neurol.](#) 2025 Nov;38(6):475-483. doi: 10.1177/08919887251336461.

Epub 2025 Apr 18.

## Incident Hearing Loss and Subsequent Risk of Dementia: The Health and Retirement Study 2010–2018

Jingkai Wei <sup>1 2</sup>, Youngran Kim <sup>3</sup>, Yike Li <sup>4</sup>, Donglan Zhang <sup>5</sup>, Casey Crump <sup>1 2</sup>

[PMCID: PMC12433528](#) DOI: [10.1177/08919887251336461](#)

[> Chest.](#) 2024 Dec;166(6):1431-1441. doi: 10.1016/j.chest.2024.04.039. Epub 2024 Jun 11.

## Resilience, Survival, and Functional Independence in Older Adults Facing Critical Illness

Julien Cobert <sup>1</sup>, Sun Young Jeon <sup>2</sup>, John Boscardin <sup>3</sup>, Allyson C Chapman <sup>4</sup>, Edie Espejo <sup>3</sup>, Jason H Maley <sup>5</sup>, Sei Lee <sup>2</sup>, Alexander K Smith <sup>2</sup>

Affiliations + expand

PMID: 38871280 DOI: [10.1016/j.chest.2024.04.039](#)

# Key opportunities

- Link to Medicare claims and CMS data via LINKAGE

> [J Cancer Surviv.](#) 2025 May 16. doi: 10.1007/s11764-025-01797-2. Online ahead of print.

## Financial burden of high-cost immunotherapy among cancer survivors in Medicare

Kelsey M Owsley <sup>1</sup>, Cathy J Bradley <sup>2</sup>

Affiliations + expand

PMID: 40375053 DOI: [10.1007/s11764-025-01797-2](#)

Comment > [JAMA Intern Med.](#) 2025 Oct 1;185(10):1257-1265.

doi: [10.1001/jamainternmed.2025.3684](#).

## Social Participation Among Older Adults Before and After Long-Term Care Facility Entry

Kenneth Lam <sup>1</sup>, Irena Cenzer <sup>2</sup>, Claire K Ankuda <sup>3</sup>, Cari R Levy <sup>1</sup>, Alexander K Smith <sup>2</sup>,  
Kenneth E Covinsky <sup>2 4</sup>, Ashwin A Kotwal <sup>2</sup>

Affiliations + expand

> [Ann Am Thorac Soc.](#) 2025 Sep 30. doi: 10.1513/AnnalsATS.202504-387OC. Online ahead of print.

## Associations between Social Determinants of Health and Post-Hospitalization Rehabilitation among Critically Ill Older Adults

Snigdha Jain <sup>1</sup>, Terrence E Murphy <sup>2</sup>, Jason R Falvey <sup>3 4</sup>, Linda Leo-Summers <sup>5</sup>, Emma Zang <sup>6</sup>,  
Thomas M Gill <sup>7</sup>, Harlan M Krumholz <sup>8</sup>, Lauren E Ferrante <sup>9</sup>

Affiliations + expand

PMID: 41025933 DOI: [10.1513/AnnalsATS.202504-387OC](#)

70 PMID: PMC12322826 (available on 2026-08-04)

[amainternmed.2025.3684](#)

# Key opportunities

- Link the experience of older adults to that of their spouse (HRS) or caregivers (NHATS)

> [Gerontologist](#). 2025 Sep 26;65(10):gnaf175. doi: 10.1093/geront/gnaf175.

## Does caregiver stress get under the skin? Associations with care recipient inflammation

[Sophia Tsuker](#)<sup>1</sup>, [Yin Liu](#)<sup>2</sup>, [Lauren Bangerter](#)<sup>3</sup>, [Elaina Baker](#)<sup>4</sup>, [Hannah Lee](#)<sup>5</sup>, [Amanda Leggett](#)<sup>1</sup>

Affiliations + expand

PMID: 40729249 PMCID: PMC12470654 (available on 2026-07-29) DOI: [10.1093/geront/gnaf175](#)

[Comparative Study](#) > [Gerontologist](#). 2017 Apr 1;57(2):319-328. doi: 10.1093/geront/gnv148.

## Does Caring for a Spouse With Dementia Accelerate Cognitive Decline? Findings From the Health and Retirement Study

[Kara Bottiggi Dassel](#)<sup>1</sup>, [Dawn C Carr](#)<sup>2</sup>, [Peter Vitaliano](#)<sup>3</sup>

Affiliations + expand

> [J Am Geriatr Soc](#). 2017 Oct;65(10):2220-2226. doi: 10.1111/jgs.15039. Epub 2017 Aug 24.

## Association Between Spousal Caregiver Well-Being and Care Recipient Healthcare Expenditures

[Claire K Ankuda](#)<sup>1 2 3</sup>, [Donovan T Maust](#)<sup>3 4 5</sup>, [Mohammed U Kabeto](#)<sup>4 6</sup>, [Ryan J McCammon](#)<sup>6</sup>,  
[Kenneth M Langa](#)<sup>3 4 6 7</sup>, [Deborah A Levine](#)<sup>3 4 6 8</sup>

Affiliations + expand

PMID: 28836269 PMCID: [PMC5762126](#) DOI: [10.1111/jgs.15039](#)

# Key opportunities

- Access
  - Nearly all survey data is immediately downloadable, or available with a brief application
  - CMS data available via LINKAGE, which means that it is \*free\* although requires application
- Wide range of variables in both surveys
- NHATS has particularly strong technical guidance and research community (webinar series, summer workshop, etc)

# Challenges

- Sample size issues for rare conditions/contexts
  - Improving with time!
  - Must mind the particulars of constructing a cohort if examining people over time: NHATS provides technical guidance on this “Accounting for Sample Design in NHATS Analyses FAQs”
- The question you want may not exist
  - Opportunities to suggest that questions be added, particularly for one-off modules

# Please contact me for any assistance!

- The Mount Sinai OAIC (Pepper Center) Population Data Management core runs a \*free\* consulting service for assistance with NHATS, HRS, other data resources
  - Email [claire.Ankuda@mssm.edu](mailto:claire.Ankuda@mssm.edu) for a consult!