

Socioeconomic and Lifestyle Factors Related to Instrumental Activity of Daily Living Dynamics: Results from the English Longitudinal Study of Ageing

Eleonora d'Orsi, PhD,^a Andre Junqueira Xavier, PhD,^b Andrew Steptoe, PhD,^c Cesar de Oliveira, PhD,^d Luiz Roberto Ramos, PhD,^e Martin Orrell, PhD,^f Panayotes Demakakos, PhD,^c and Michael Gideon Marmot, PhD^{c,g}

OBJECTIVES: To investigate socioeconomic, demographic, and lifestyle factors that predict incident instrumental activity of daily living (IADL) impairment and recovery.

DESIGN: Data from English Longitudinal Study of Ageing (ELSA), a biennial prospective observational study.

SETTING: Individuals aged 50 and older living in England.

PARTICIPANTS: A sample of 8,154 individuals without any difficulty in activities of daily living (ADLs) or IADLs was selected from the initial 11,391 participants.

MEASUREMENTS: The first outcome was impairment in at least one IADL, and the second was IADL recovery. Main predictor: baseline socioeconomic position measured according to wealth. Outcomes and predictors were measured at each of the five follow-up interviews. Unadjusted and adjusted incidence rate ratios (IRR) and 95% confidence intervals were calculated through 2-year lagged Poisson regression in generalized estimating equation models, adjusted for sociodemographic, lifestyle, quality-of-life, and health variables.

RESULTS: Between any two consecutive waves, 1,656 (20.3%) participants developed some IADL impairment. Those with higher socioeconomic position, better quality of life, vigorous physical activity, paid work, **digital literacy (use of Internet or e-mail)**, and cultural leisure activities had significantly lower risk of IADL impairment.

There was a significant association between smoking, cardiovascular disease, arthritis, poor memory, diabetes mellitus, and depressive symptoms and IADL impairment. Better quality of life, good self-rated memory and vigorous physical activity were independent predictors of IADL recovery.

CONCLUSION: Better quality of life, vigorous physical activity, not smoking, paid work, cultural leisure activities, and **digital literacy** are modifiable factors that can decrease the incidence of IADL impairment. Good quality of life and vigorous physical activity have a significant role in recovery. Low socioeconomic position was a predictor of incident impairment of IADLs but not recovery. *J Am Geriatr Soc* 62:1630–1639, 2014.
