The Importance of Cognitively Stimulating Material in Childhood

Access to books in early childhood is protective for cognitive functioning in older adulthood.

Based on over 32,000 participants from 11 European countries

Access to Reading Materials in Childhood Increases Years Without Cognitive Impairment

Associated with ~20% reduction in risk of cognitive impairment

Maintain Cognitive Performance

LESS ACCESS TO BOOKS

MORE ACCESS TO BOOKS

A typical 80-year old participant

+2 YEARS of cognitive healthspan

For more information, see https://doi.org/10.1093/geroni/igad124

Lewis, Yoneda et al., Innovation in Aging

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