ALZHEIMER'S DISEASE & DEMENTIA RESEARCH CENTER

Cache County Memory Study & How it Aids Future Research



The Cache County Study on Memory in Aging is a longitudinal, population-based study of Alzheimer's disease and other dementias. Initiated in 1995 and extending to 2013, the study has followed over 5,000 elderly residents of Cache County, Utah for 12 - 18 years. Achieving a 90% participation rate at enrollment, and spawning many other ancillary projects, the study has published over 150 scientific papers on genetic, psychosocial or environmental risk factors for Alzheimer's disease, late life cognitive decline, the clinical expression of dementia after its onset, and caregiver well-being. The study continues to contribute findings on genetic and lifestyle factors that either increase or decrease the risk for dementia and cognitive decline as well as factors associated with longevity, healthy aging, and quality of life in older adults.

Important dementia research has been going on in Cache Valley for decades. Scan the QR code to read about the findings from the Cache County Memory Study.

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